

**THERAPEUTIC EFFECT OF YUSHA KALPANA AND LIFESTYLE MODIFICATION IN
AMLAPITTA: A CASE REVIEW****¹*Dr. Aditi Acharya, ²Dr. Manir Uddin Dewan**¹* 2nd yr PG Scholar, Dept. of Kayachikitsa, Govt. Ayurvedic College & Hospital, Assam.²Assistant Professor, Dept. of Kayachikitsa, Govt. Ayurvedic College & Hospital, Assam.***Corresponding Author: Dr. Aditi Acharya**2nd yr PG Scholar, Dept. of Kayachikitsa, Govt. Ayurvedic College & Hospital, Assam.DOI: <https://doi.org/10.5281/zenodo.22159424>**How to cite this Article:** ¹*Dr. Aditi Acharya, ²Dr. Manir Uddin Dewan (2026). Therapeutic Effect Of Yusha Kalpana And Lifestyle Modification In Amlapitta: A Case Review. World Journal of Pharmaceutical and Medical Research, 12(9), 36-43. This work is licensed under Creative Commons Attribution 4.0 International license.

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ABSTRACT

In today's lifestyle, the improper diet habit, stress, spicy irritant food, oily food, alcohol beverages etc play an important role in etiopathogenesis of Amlapitta, a chronic recurring annavahastrotasroga. Amlapitta is primarily characterized by aruchi(anorexia), utklesh(nausea), acid eructation(tiktaamlaudhar) etc due to agnimandya, vidhagd pitta and pitta sleshmaprakop. A wholesome diet is considered as "Mahabhaishaja". Yusha are very light in digestion, has deepanpachankarma. In BhaisajyaRatnavali mudgaadiyusha has been indicated with lifestyle modification in management of Amlapitta. Therefore, this paper highlights the potential benefits of lifestyle modification, Pathya- Apathya and Yushakalpana like MudgaYusha, DhanyaYusha, DadimaYushaetc from various Ayurvedic literature in mitigating the Amlapitalakshan and improving the quality of life.

KEYWORD: Lifestyle, Amlapitta, PathyaApathya, Yusha.**1) INTRODUCTION**

In this competitive lifestyle full of stress everyone is struggling with various functional or psychological diseases. Majority of disease are due to faulty dietary habits, high intake of fast food, lack of physical activity, long sedentary hours and mental stress.

Amlapitta (hyperacidity) is one of the gastrointestinal disorder, which is closely related with food habits, behavioural pattern and lifestyle. Acharya Vagbata states that mandaagni is the root cause of all the disease. Amlapitta is a common chronic recurring disease of annavahasrotas caused due to mandaagni due to consumption of vidahianna, which further increase dravaguna & amlaguna of pitta.

Nidanparivarjan and SampraptiVighatanis considered as the primary principle of treatment. Diet is said to be the basic of life. Any other medicament just like congenial diet is not available or capable to make man disease free; therefore, ahara is termed as "Mahabhaisaj". Yusha type of Kritanna is considered as wholesome diet for healthy or diseased persons. Moreover, it can be easily prepared thus can be adopted easily in our daily routine. Therefore, practice of Yusha along with Pathya and Apathya and

lifestyle modification has the potential to cure Amlapitta and improve the quality of life.

2) LITERATURE REVIEW**1. DISEASE REVIEW**

The mechanical lifestyle of the modern era is the main cause of the common chronic recurring disease of annavaha srotas Amlapitta.

1.1 Synonyms

Acharya Sushruta has coined the term "Amlika" which is similar to Amlapitta and caused due to excessive intake of lavana rasa.

The term "Amlahikka" has been used for Amlapitta in Harit Samhita.

1.2 Definition

Amlapitta is a pitta pradhan tridosha-janiya annavahasrotas roga, which has been given special recognition in laghutrayee. Acharya Kashyap at 1st defined amlapitta as a roga where vidahiahara becomes amla and remains in amashaya vitiating the pitta dosha. And this vitiated pitta dosha leads to mandaagni, as the

parkrit pitta rasa i,ekatu rasa get converted into amla rasa. (Ma.ni 51/1)
(Ka.khil 16/9).

According to Madhukosh the condition where the vidahi and amlaguna of pitta dosha get exaggerated due to various pitta prakopakanidansevan is termed as Amlapita.

1.3 Nidan

Acharya Chakrapanisays, "Nidan is the beginning of any disease". In Amlapitta also nidana act as a seed which get sprouted into the roga.

a) Sanikrishta Nidana

Table No: 1.

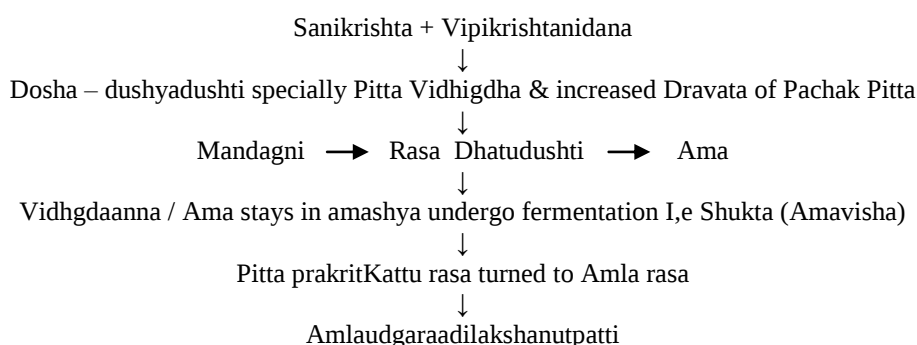
AHARAJ NIDAN	VIHARAJ NIDAN	MANASIK NIDAN
Atiamla&ushanabhojana Atiruksha, vidahibhojana Abhishyandhi, Pishtanna Atimatra, Akale&Ahitbhojanam Kulatha Alcohol	Sleeping at day just after heavy meal Ratrijagharan (awake late night) Vega dharana Drinking water in between the meals	Atikrodha Lobha Kama Irsha Moha Anxiety & Depression

b) Viprakrishta Nidana

- Prakriti: Pittajprakriti persons are more prone to Amlapitta
- Desh: Acharya Kashyap stated that Amlapita is predominant in "Anupdesha" due to Kapha provocation nature
- Ritu: In Varsharitu due to "Amlavipaka" of water and eatables it leads to mandaagni and vitiation of tridosha

1.4. Samprapti

In Amlapitta due to Sanikrishta and Viprakrishtanidanatisevanat there is agnimandya and the amla & dravaguna of pachak pitta increase in amashaya. The kledakakapha, which used to protect the lining of amashayawas destructed due to action of vitiated pachak pitta, this causes imbalance of pitta pradhantridosha.



1.5. Rupa

Table No: 2.

VISHISHTA RUPA	VATAJ	PIITAJ	KAPHAJ
A/C Kashyap Samhita	Shoola, angasad, jimbha	Bhrama, vidaha	Gaurava, Charadhi
A/C MadhavNidana	Kampa, pralapa, Murcha, chimchimitva, shoola, vibhrama, vimoha, harsha, tamodarshana	Tiktodgar, Amlaoudgara, katuoudgara, hrididaha, bhrama, aruchi, charadhi, alasya	Kaphanishthivana, gaurava, jadata, aruchi, sita, sada, vami, lepa, agnimandya, kandu, nidra

1.6. Bheda

Table No: 3.

URDHAWGATA AMLAPITTA	ADHOGATA AMALAPITA
• Yellowish, greenish, bluish acidic vomitus • Sour eructation • Vomiting after or without food • Hrittakanyhaurahdaha (burning sensation at epigastrium, throat & chest) • Headache	• Trishna • Murcha • Daha • Bhrama • Moha • Agnimandhya

- Felling warmth & burning sensation in palms & feet - Aruchi - Kandu - Jawara - Mandala pidika (rashes & boils)	- Utklesha (nausea) - Green, yellowish reddish discharge per rectum - Horripilation - Sweating - Yellowish tinge of body
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1.7. Pathya-Apathya

Table No: 4.

	PATHYA	APATHYA
AHARAJ	Quality food : Laghu, madhur, tikta, kattu rasa paradhan, sheetavirya Cereal : Purana Shali, yava Pulses: Mudga, Chana Sattu Veg & fruits : Patola, Dadima, Amla, Banana flower, ripe Kapitta (wood apple), Kushmanda (Ash gourd), karvellak (bitter gourd), Narrikal (coconut), Pipali, Sunthi, Draksha, Shatavari	Quality of food : Oily, Spicy, Atilavana rasa yukta ; fast food, Atiushna in virya, Fermented food, Abhishyandhi, Ati guru, Vidahi, Cereal: Maida based products like pizza, biscuits, burger Dairy products like cheese Pulses: Kulatha Beverages : Tea, Coffee, Preservative drinks, Beer, Alcohol Veg & fruits : pitta prakopitavege like Brinjal
VIHARAJ	Follow Dinacharya Follow Rituacharya Pranayam : Nadi Sodhana Pranayam , Sheetal Pranayama Yoga: Vajrasana, Vakrasana Bhujanga asana Pawan Mukta asana Shava asana	Diwasapana Ratri Jagrana Vega Dharan Atikodha, lobha, moha, irsha

2. YUSHA REVIEW

Acharya has classified the Aharavarga into 12 subdivision like Shukdhaniya, Simbidhaniya, Kritannavarga etc. Yusha is a variety of Kritanna, which means liquification and metabolism.

2.1. Preparation of Yusha

- Acharya Sharangdhar stated that when one pala of dravyas (like mugdha, chanaka) are mixed with half karsha of sunthi & pippalichurna and then boiled in one prastha or 16 times of water, this is known as Yusha.
- According to Kaidev Nighantu and Bhavpraksha the liquid consistency is must, thus it is prepared by boiling one part of Sambidhaniya in 18 parts of water.

2.3 Guna of Yusha

Acharya Kashyap stated the eatables mixed with Yusha becomes more congenial to healthy and diseased person. Vriddha Jivaka described Yusha as the drug capable of suppressing various diseases, appetizers, aphrodisiacs; enhance complexion, strength, and increases digestive as well as metabolic fire.

The hot yusha when treated with twin oleaginous substance i.e ghrita & taila are beneficial for Vatajroga and varana. It act as Pittahara due to its snigdha and kashayaguna and Kaphahara due to ushana and samskarguna.

1. Yusha to pacify Vata Dosha

1. Lasuna Yusha
2. Patra Yusha
3. Masooradi Yusha
4. Kambalika Yusha
5. Kulatha Yusha
6. Yusha of Punnarnava, Rasana, Changeri, and Bala with curd and taila

2. Yusha to pacify Pitta Dosha

1. Pushpa Yusha
2. Pallava Yusha
3. Dhanya Yusha.

3. Yusha to pacify Kapha Dosha

1. Mudga Yusha
2. Moolaka Yusha
3. Kulatha Yusha

2.4. Yusha beneficial for AnnavahaSrotas and Amlapitta

Table No: 5.

S.No	NAME OF THE YUSHA	INGREDIENTS	BENEFITS
1	MUDGA YUSHA	Mudga, Dadima, Pippali, Jeerak	- Dipaniya&Pachaniya, Mandagninashak - Beneficial for RasavahaSrotodushti and AnnavahaSrotodushti - Hridrogahara - Mudga is kapha – pittahara
2	RAGASADAVA YUSHA	Mudga, Dadima, Mrdivika	- Relishing - Light in digestion - Tridoshashamak - Beneficial for AnnavahaSrotodushti
3	DADIMA YUSHA	Dadima, Ghrita	- Tridoshashamak - Agni-dipanya - Mukhadoshaghamam - Trina, Daha, Jawarnashanam - Medabalapradam - Grahi
4	CHANAKA YUSHA	Chanaka	- Laghu, Madhura, Alpakashya rasa - Dipaniya&Pachaniya - Kapha- pitta hara - Beneficial for AnnavahaSrotodusti , PranavahaSrotodushti&RaktavahaSrotodushti - Trishna, Jawara, Prameha, Tamakswasa, Pratisaya
5	CHITRAK YUSHA	Chitrakmula/ leaves of Chitrak	- Dipaniya&pachaniya - Amanashak - Grahaniroga, Pliharoga, Arsa, Hridroga - Beneficial for AnnavahaSrotodushti&RasavahaSrotodushti
6	CHANGERI YUSHA	Changeri	- Ruchya - Agni-dipaniya - Light to digest - Kapha- vatashamak - Grahi, - Atisara, Kushta,Saamavata, Arsa - Beneficial for AnnavahaSrotodushti&PurishvahaSrotodushti
7	DHANYA YUSHA	Yava (barley), Mudga(green gram & black gram), Rice, Tila, Jujube, Bala, Any two oily substance (oil/ghee), Dadima, Dahi	- Dipaniya - Beneficial for AnnavahaSrotodushti - Trishnahara - Atisar
8	PHALA YUSHA	Kapitha (wood apple), Bilva, Dadima, Badar	- Trishnahara, - JirnaAtisara
9	PUSHPA YUSHA	Sana, Shalmali, Dhataki, Padmasugandhi	- Udar- Roga - Dahashamak - Raktapitta, Asrigdara - Beneficial for AnnavahaSrotodushti&RaktavahaSrotodushti
10	PALLAVA YUSHA	Tender leaves of : Nyagrodha, Udumbara, Aswatha, Plasha, Palsa, Kamala Medicate them with ghrita and dadima	- All Pitta prakupita diseases - Daha - Garbhachyavana - Beneficial for Annavaha&ArthavaSrotodushti
11	PANCHAKOLA	Panchakola ,Sati, Karkataki,	Agni-dipaniya,

	YUKTA DIPANIYA YUSHA	Bilwa, Ajashringi, Pauskara, Dhataki, Dadima, Changari, ghrita, Lavana	• Sanghrahi • Tridosahara • Amanashak • Beneficial for Annava, Rasavaha&Purishvashrotodushiti
12	MULAK YUSHA	Prepared after squeezing the young raddish boiled in water than frying the same with oil/ghrita and add prakshepdavya like pippali, sunthi, lemon etc	• Sarvarogavinashaka (cure all the disease) • Ruchya • Tridoshashamak • Light to digest • Hridiya • Dyslipidemia \ • Gulma, kasa, kshya, varana, netraroga

3) CASE REVIEW

A 35 yr male patient, OPD NO.42913 came to GACH, Guwahati came with the chief complaints of frequent sour eructation even after taking small quantity of food, burning sensation in chest and occasionally sense of nausea & vomiting since last 2 weeks. He also complaint of on and off upper abdominal pain. He had irregular passage of stool, needs to smoke for satisfactory defecation. He also feel lassitude even without doing any work (kalama) and occasionally feeling of reeling head (bhrama). He had no history of T2 D.M, Syt HTN etc. He had taken antacid and PPI for few days but had only temporary relief.

3.1. Personal History

- Occupation - Stationary Shop
- Socio economic status - Middle class
- Education - Graduate
- Marital status – Married
- Appetite – Reduced

- Diet - Almost Daily non veg
- Food Habits - Frequently food from outside, frequent eating before digestion of prior

Food

- Sleep - Inadequate, Day sleeping
- Exercise - Moderate
- Addiction - Chronic Smoker, Alcohol occasionally

3.2. Ashtavidha Pariksha

- Nadi(pulse)- 74/min, regular
- Mutra (urine)- Samyak
- Mala (stool) - Irregular, needs to smoke for satisfaction
- Jivha (tongue)- Sama (coated)
- Shabda(speech) - Sparsha (clear)
- Sparsha (touch)- Anushna
- Drik (vision) – Samayak
- Akriti (build) - Madhyam

3.3. Subjective Criteria.

Table No 6: The assessment of the subjective features were done on the basis of gradation of symptoms:- (Seema H Thakare, Prashil P Jumade, SnehaVidhate; Management of Amlapitta (Hyperacidity) with Patoladikwath: A Case Study; International Journal of Ayurvedic Medicine, 14(1), 2023; 297-301).

S.No	FEATURES	GRADATION	PARAMETERS
1	Daha	0	No daha
		1	Daha in one area i.e.ura, udara, kukshi for more than 1/2 hr occasionally
		2	Dahaocyn any 2 region or occurs daily for 1/2 an hour to 1 hour.
		3	Daha occurs in more than 2 areas daily for 1hr or more and relieves after vomiting or digestion of food
		4	Daha occurs in most of the areas so that patient may not able to sleep at night and doesn't get relieve by any measure.
		5	Sever daha occurs in whole body areas like hands, feet, or Sarvanga and doesn't get relieves by any measure.
2	Amlaudgara	0	No Amlaudgara
		1	Occasionally occurs during day or night time and last for less than 1/2 hr after eating meal.
		2	Amlaudgara occurs daily for 2-3 times for 1/2 hrs and relived by sweets, water and antacids.
		3	Amlaudgara occurs after intake of each meal or any food substance for period of 1/2 to 1 hr and get relieved by digestion of food or vomiting.
		4	Amlaudgara occurs for more than 1hr not relieved by any

			measures.
		5	Amlaudgara causing distrubance to patient, even small quantity of food regurgitate to patients mouth
3	Chardi and Hrillasa	0	No vomiting at all
		1	Frequent salivation
		2	Feels sense of nausea and vomiting occasionally
		3	Frequency of vomiting is 2-3 times or more per weeks and comes whenever daha or pain gets aggravated.
		4	Frequency of vomiting daily
		5	Frequency of vomiting after every meal or without meal
4	Udarshula	0	No pain at all
		1	Mild/ occasionally pain which need no medication
		2	Pain abdomen for less than 1/2 hr and relived after intake of sweets, cold drink, food, antacid,milk etc.
		3	Abdominal pain due to ingestion of food and relieves after digestion of food or by vomiting
		4	Sever unbearable pain, which does not subside by any measures and the patient awake at mid night.
		5	Unbearable pain associated with frequent vomiting and hematemesis.
5	Aruchi	0	Willing for all edible
		1	Unwilling for some specific food but less than normal.
		2	Unwilling for specific rasa i.emadhura/katu/amla/etc.
		3	Unwilling towards food but could take the meal.
		4	Unwilling towards disliked foods but cannot take even other food.
		5	Completely unwilling towards meal
6	Klama	0	No Klama at all
		1	Occasionally feels lassitude without Sharma which remains for some time and then vanish
		2	Feeling of lassitude without Sharma daily for sometime
		3	Feeling lassitude withoutshrama daily for long duration
		4	Always feel tired and have no enthusiasm

3.4 Chikitsa Siddhant: NidanParivarjan & Lifestyle Modification

Table No: 7.

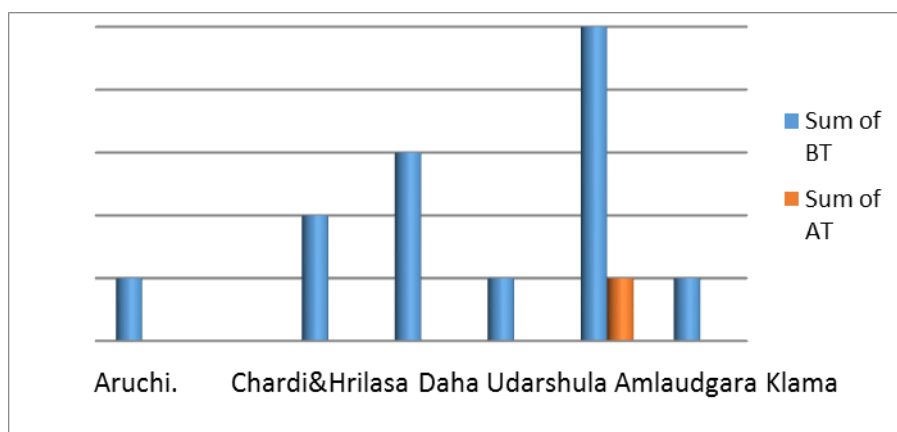
TIME	LIFESTYLE BEFORE	LIFESTYLE MODIFICATION
7:00 am	Wake up Smoke for easy defecation	- Wake up - Do Nadi Shodhan &Sheetali Pranayam - Do 5 sets of Surya Namaskar - Avoid Smoking - Try once for defecation - Take bath - Do Puja or Meditation for 10-20 min
8:00 am	Morning Milk tea + biscuit	- Replaced Tea with RagasadvYusha - No Maida based item - Replaced Biscuit with Puffed Rice (Murmura)
8:30 am	Breakfast (Rice, dala, sabji or non veg etc)	- Less oily and spicy food - Reduce quantity of non veg - Included Pitta shamak vegetable like Ash gourd, Patola etc.
10:00 am to 3:00 pm	At Work Milk Tea + Biscuit + Namkeen	- Drink Lukewarm Water infused with Ajwain, Jeerak and Dhaniyak - Replace Milk tea with Red tea - Avoid More Consumption of Biscuit and Namkeen - Avoid anger, stress at workplace
3:30 pm	Lunch (Rice, Sabji, Pork/chicken/fish)	- Try to have lunch at 2 to 2 :30 pm - MudgaYusha - Less oily and spicy food

		• Reduce quantity of non- veg • Include Pitta shamak vegetable like Ash gourd, Patola etc.
4:00pm to 5:30 pm	Sleep	• Do Vajar asana for 15 to 30 min and Shava asana for 15 to 30 min • Avoid day sleeping
6 pm to 9 pm	At work Milk tea + outside oily snacks like Samosa, Breadprakora, sweets	• ChangeriYusha / Ragsadavayusha before going to work • Carry Puffed rice or snacks made at home • Avoid oily spicy outside food
10 pm	Reach home and watch T.V Milk tea	• Try to have Dinner by 8:30 to 9 pm or max upto 10 pm • Have Mudga / Changeri/ RagsadavaYusha
11pm	Dinner (Rice , dala, sabji , pork/ chicken/fish)	• Try to have light dinner like only rice dal or rice sabji • Do Chankramana (walk) for 15 to 30 min after dinner • Do Vajarasana for 10 -15 min
11:30 pm	Sleep	• Try to sleep early by 10 : 00 pm • Before Sleeping Do Meditation for 10 – 20 min

3.5. OBSERVATION AND RESULT

Table No: 8

S.N	LAKSHANA	BT	F1 (after 7 days)	F2 (after 14 days)	After 21 days	Percentage of relief
1	TiktaAmlaudgara	5	4	2	1	80%
2	Chardi&Hrillasa	2	2	1	0	100%
3	Daha	3	1	1	0	100%
4	Udarshula	1	1	0	0	100%
5	Aruchi	1	1	0	0	100%
6	Klama	1	0	0	0	100%



4) DISCUSSION

As Acharya has mentioned that “Pathyakalpana” prevents the progression of a disease if taken in Sanchayaavastha (before onset of a disease) and will milder the progression and symptoms of the disease if taken in Kupitaavastha (in progressive state). Therefore, in this case we have tried lifestyle modification of the patient by eliminating the faulty habits.

1. Benefits of Pranayam & Yoga assana: Stress and an unhealthy lifestyle are the key contributing factors of Amlapita. NadiSodhanaPranayam, Sheetal Pranayam, Anulomvilometc are the simplest way to reduce stress. As perAcharyasSheetaliPranayam has been considered to completely cure diseases like Gulma, Pittajaniyaroga, Trishna and vishajaniyaroga because of its cooling effect. Yoga assan such as Surya Namaskar is a complete package for healthy

mind and body. Vajrasana, Pavanmuktaasana, Vakrasana, Bhujangaassan, Paschimotasana, Dhanurasan, Trikonasana, Salabhasana, Ushtrasana help to regulate apanavayu, vayanvayu, secretion of pachack pitta and therefore increase Agni, prevents constipation, ajeerna, amlapita and other annavaha&purishvahasrotodushti.

2. Benefits of Meditation or Puja: Secretion of digestive hormones is regulated by autonomic nervous system and central nervous system; meditation can be helpful in reducing stress caused due to sympathetic dominance and the level of stress hormones and severity of diseases decreases. The mantra recited during Puja stimulates all our panchindriyas, leading to healing, calmness, and peace of mind.

3. Benefits MudgaYusha: Yogratnakar has mentioned MudgaYusha is superior among all Yusha. Mudga has madhur rasa, katuvipaka, sheetavirya and laghu, grahi, vishadguna therefore clears the obstructed strotas and increase the digestive as well as metabolic Agni. Pippali and sunthi are added to the Yusha, which enhances the Agni and amanashak property.
4. Benefit of RagasadavaYusha: RagasadavaYusha having mridvika, Mudga and dadhima is very beneficial for annavahasrotodushti. Mridvika is vata pitta shamak, Trishna, dahahar, virechanopak and ruchikar. Dadima is tridoshhar, trit - dahahar, clarifys the oral cavity, grahi due to its kashaya rasa, laghu and hridya.

5) CONCLUSION

Curry, hurry and worry are the 3 prime causes of amlapita. Thus in this case we had targeted these three by incalculatingYusha, pathyaahara, replacing outside oily spicy food, NadiSodhanaPranayam, SheetalPranayam, various yoga asanas like Vajara asana, Surya Namaskar, Bhujanga asana etc and medication in his daily routine. In addition, reduction in severity of the symptoms has been noted from the first follow up. At last, the conclusion is lifestyle diseases can be only prevented and cured by lifestyle modification and healthy diet.

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