

AMLAPITTA: A COMPREHENSIVE REVIEW FROM THE AYURVEDIC PERSPECTIVE

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ABSTRACT

Amlapitta is one of the most prevalent lifestyle disorders characterized by vitiation of *Pitta Dosha* with increase in *Amla* and *Drava guna* of *Pitta*. It manifests with symptoms like *Tikta amlodgara*, *Hrit Kanta Daha*, *Utklesha*, *Avipaka*, *Chardi*, *Aruchi*. The increasing prevalence of improper dietary habits, irregular lifestyle and excessive consumption of spicy, processed, fermented foods has contributed to a rise in the incidence of *Amlapitta*. Owing to its increasing prevalence, a comprehensive review of the classical Ayurvedic literature is essential.

KEYWORDS: *Amlapitta*, *Pitta Dosha*, *Urdhwaga Amlapitta*, *Adoga Amlapitta*.

INTRODUCTION

Amlapitta occurs when *Amla Guna* of *Pitta* increases due to *Vidagdha Avastha* of the *Pitta*.^[1] The *Vidagdha Annarasa* turns to *Shukta*, this *Shukta Annarasa* is retained in *Amashaya* combines with *Vruddha Pitta* leading to *Amlapitta*. *Amlapitta* is not directly mentioned in *Brihatrayee*, but mentioned in other texts like

Kashyapa Samhita, *Madhava Nidana*, *Bhavapraksha*, *Yogaratanakara* in detail. According to *Gati*, *Amlapitta* is broadly classified into *Urdhwaga Amlapitta* and *Adoga Amlapitta*.^[2] Ayurvedic management emphasizes on *Nidana Parivarjana*, Appropriate *Shodhana* procedures according to the *Dosha* involved, *Shamana* medications, following *Pathya* and avoiding *Apathya*.

NIDANA

Table 1: *Nidana of Amlapitta*.

AHARAJA	VIHARAJA	MANASIKA	KALAJA
<i>Amla, Lavana, Katu rasa atisevana</i>	<i>Bhukte Bhukte Avagaha</i>	<i>Krodha</i>	<i>Sharad rutu</i>
<i>Atisnigdha, ruksha sevana</i>	<i>Bhukte Bhukte Snana</i>	<i>Chinta</i>	
<i>Adhyashana, Ajeerna, Atibhojana</i>	<i>Bhukte Bhukte Divaswapna</i>	<i>Shoka</i>	
<i>Bhristadhanya atisevana</i>	<i>Vegadharana</i>	<i>Bhaya</i>	
<i>Viruddha Bhojana</i>			
<i>Vishamashana</i>			
<i>Drava atisevana</i>			
<i>Ikshu vikara atisevana</i>			
<i>Kulatta atisevana</i>			
<i>Madya, Sura, Pista atisevana</i>			

PURVAROOPA

In classics, no specific *Purvaroopa lakshanas* are mentioned for *Amlapitta*. Any *Amlapitta Lakshana* in its low intensity can be considered as *Purvaroopa*.

SAMPRAPTI

Acharya Madhavakara described *Samprapti* in brief and *Bhavaprakasha*, *Yogarathnakara*, *Gada Nigraha* and *Vangasena Samhita* followed the same description. *Acharya Charaka* has not mentioned about *Amlapitta* as a different disease but while mentioning about *Grahani*

Roga in Chikitsa Sthana he has briefly mentioned about the Amlapitta Samprapti with relation to Ajeerna that is

Amlapitta caused by Amavisha with aggravated Pitta.^[3]

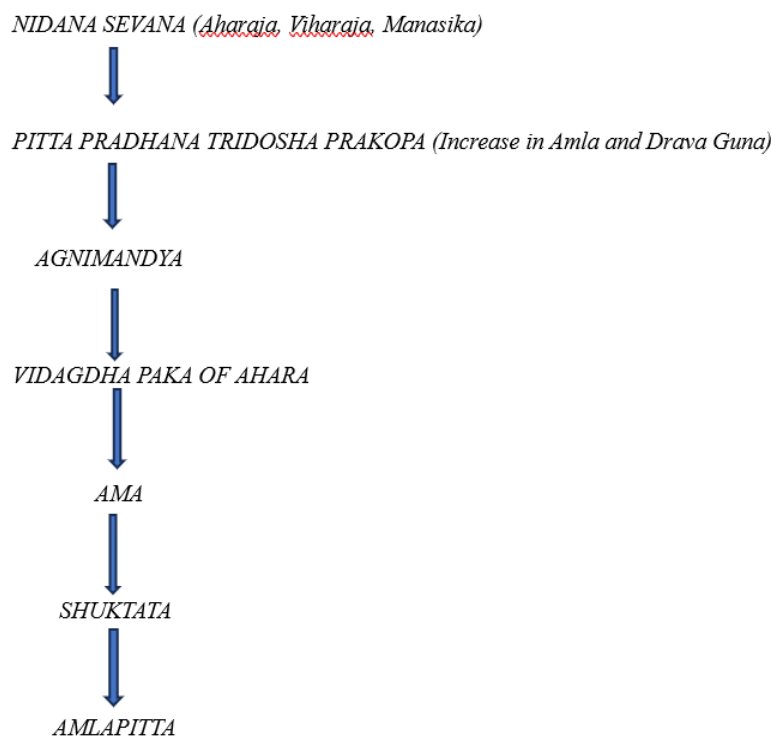


Figure 1: Samprapti of Amlapitta.

ROOPA

It can be classified in three headings

- ✓ 1. Samanya Roopa
- ✓ 2. Vishesha Roopa according to Gati
- ✓ 3. Vishesha Roopa according to Dosha

1. **Samanya Roopa** – Avipaka, Aruchi, Hritdaha, Kantadaha, Tikta amlodgara, Gaurava, Utklesha, Klama.
2. **Vishesha Roopa according to Gati** – Urdhwaga Amlapitta and Adhoga Amlapitta

Table 2: Lakshana of Urdhwaga and Adoga Amlapitta.

URDHWAGA AMLAPITTA	ADOGA AMLAPITTA
Vamana of Harita, Peeta, Neela, Krishna, Arakta Raktabha and excessive Amla rasa contents.	Pravritti of Harita, Peeta, Krishna, Rakta, Durgandha mala.
Udgara of Amlatikta rasa	Trushna, Daha
Kanta daha, Hrit daha, Kukshi daha	Murcha, Bhrama, Moha
Shiroruja	Agnisada, Atisweda
Kapha prokopa along with Pitta will lead to excessive Aruchi, Kandu, Mandala, Pidaka all over the Shareera.	Hrillasa, Kota

3. Vishesha Roopa according to Dosha

Table 3: Vishesha Roopa according to Dosha.

VATAJA	KAPHAJA	KAPHAPITTJA	VATA KAPHAJA
Kampa	Kaphasteevana	Tikta amla katu udgara	Lakshanas of Both Vataja and Kaphaja
Pralapa	Gaurava	Hrit kukshi Kanta daha	
Murcha	Jadata	Bhrama	
Chimchimayana	Aruchi	Murcha	
Gatrasada	Sheetata	Aruchi	
Shoola	Angasada	Chardi	
Tamasodarshana	Vamana	Alasya	
Bhrama	Balakshaya	Shiroruja	
Moha	Kandu	Praseka	
Romaharsha	Atinidra	Mukhamadhurya	

SADYA ASADYATA^[4]

- Nava Amlapitta is Sadhya.
- Chiroththa Amlapitta is Yasya.
- If Proper diet care is taken, even Kasta sadya Amlapitta is also treatable.

CHIKITSA

- ✓ Nidana Parivarjana
- ✓ Samshodhana
- ✓ Samshamana
- ✓ Pathya Apathya

NIDANA PARIVARJANA - The cause responsible should be avoided i.e Ushna, Vidahi, Vistambhi, Pittavardhaka Ahara Vihara. Manasika Bhavas like Krodha, Chinta has to be avoided.

Chikitsa According to Kashyapa Samhita^[5]

- Vamana is the first line of treatment, as the disease Mula Sthana of Vyadhi is in Amashaya and in individuals who are "Akshina Bala Mamsa".
- Vamana is advised with Lavanambhu, Sukoshna Jala, Ksheera, Ikshurasa.
- Benefits of Vamana - By eradicating the disease at its root, there will be no reversal of symptoms.
- Shamana Chikitsa is advised for the purpose of Sesha Dosa Nirharana after Vamana.
- Langhana, Laghu Bhojana which is Satmya, is advised to increase the Jataragni.
- Virechana is advised to remove Doshas which have moved to Pakwashaya.
- Virechana is done with Triphala, Trayamana, Katukanrohini, Patola, Trivruth.

PATHYA

- Ahara

Table 4: Pathya Ahara in Amlapitta.

Annavaarga	Yava, Godhuma, Purna Sali, Mudga Yusha, Laja Saktu.
Saka varga	Karavellaka, Patola, Kushmanda etc
Phala Varga	Dadima, Amalaki, Kapittha etc.
Dugdha varga	Godugdha
Mamsavarga	Jangala Mamsarasa
Miscellaneous	Takra, Sarkara, Madhu, Narikela Udaka

- **Vihara:** Sheetopachara, Vishrama

APATHYA

- **Ahara** – Guru, Vidahi, Viruddha, Kulatha Navanna, Tila, Lavana Amla Katu rasa Pradhana Ahara.
- **Vihara** – Vegavidharana, Atapasevena, Ati ambupana, Diwaswapna, Atiushna ahara sevana.
- **Manasika** – Chinta, Krodha, Shoka, Bhaya.

CONCLUSION

Amlapitta is one of the Pitta Pradhana Annavaaha Srotodusti Vikara. The classification into Urdhwaga and Adoga Amlapitta helps in understanding the clinical presentation and planning treatment. Detailed description of Nidana, Roopa, Samprapti, Chikitsa in the Ayurvedic classics provide a comprehensive understanding of the

Importance of Desha

- To a person who developed the disease in Anupa Desa, should be treated with drugs from Jangala Desa.
- Even if the disease doesn't subside, he should move to another place.

Chikitsa According to Bhava Prakasha^[6]

- Urdhwaga Amlapitta- Vamana
- Vamana Yoga: Patola, Arista, Madana with honey, Saindhava
- Adhoga Amlapitta- Virechana
- Virechana Yoga: Trivrt, Dhatriphala Kwatha and Madhu

Chikitsa According to Cakradatta^[7] and Bhaishjya Ratnavali^[8]

- Vamana followed by Mrdu Virechana
- Snehapana
- Anuvasana Basti
- Shodhana, Shamana, Pathya should be followed according to Dosha and Bala of the person.

Based on Associated Dosha

- Urdwaga Amlapitta – Vamana
- Adhoga Amlapitta – Virechana
- **Chikitsa According to Vangasena Samhita^[9] and Yoga ratnakara^[10]**
- Vamana with Madana, Patola, Nimba, Madhu and Saindhava.
- Virechana with Triphala or Trivruth.
- If the disease is not subsided by Vamana and Virechana, then Raktamokshana to be done.

disease. Nidana Parivarjana remains the primary and essential step in the management of Amlapitta. Pathya Ahara and Vihara are crucial for maintain Agni and preventing the recurrence. A complete Ayurvedic approach addressing Agni, Dosha, Srotas, Ahara and Vihara are essential for effective management and prevention of recurrence.

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