

AMLAPITTA W.S.R. TO HYPERACIDITY: A CLASSICAL REVIEW

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ABSTRACT

In this modernized and fast life each person is busy and living stressful life. People are unaware to take healthy food and most of them are attracted towards the junk foods and also changing their diet pattern. *Amlapitta* is a result of inappropriate dietary regimen or stress. *Amlapitta* is one of the commonest diseases, of *annavahasrotas* (Gastrointestinal tract) caused by vitiated *agni* (appetite). *Amlapitta* is a condition where *amlaguna* (Sour Taste) of *pachak pitta* (gastric Juice) increases due to *Samata*. *Amlapitta* has been considered as *pitta* a *Trikaphapradhandoshaja Vyadhi* (compound disease caused by multiple factors). *Acharya Kashyapa* has mentioned as the involvement of three *Doshas* in *Amlapitta* while *Madhvakara* has mentioned that the *pitta* is dominant in this disease. *Acharya Charaka* has not mentioned *Amlapitta* as a separate disease but as a symptom. The signs and symptoms of *Amlapitta* are very similar to gastritis or Hyperacidity. According to conventional medical science the most common causes of gastritis are H. pylori infections and prolonged use of Non-Steroidal Anti-Inflammatory Drugs (NSAIDs).

KEYWORDS: *Agni, Amlapitta, Annavahasrotas.*

AIMS

1. To take review of comparative study “Acidity and *Amlapitta*” as given below.
2. To undergo study of Hyperacidity and *Amlapitta* from ancient classical text with modern aspects.

OBJECTIVES

1. To observe and present the applied aspects of pathogenesis of *Amlapitta* and Hyperacidity.
2. Attempt to represent the pathogenesis of *Amlapitta* / Hyperacidity in view of different causative factors on today for prevention of *Amlapitta*.

INTRODUCTION

Ayurvedic samhitas have described healthy routine under *dinacharya* & *rutucharya* but in present scenario due to busy life style people are unable to follow the norms of *dinacharya* and *rutucharya* resulting in *agnimandya* which ultimately lead to diseases like *Amlapitta*. In *Ayurveda*, all the diseases are due to hypofunctioning of *Agni*. *Amlapitta* is commonly encountered disease of *Annavaahasrotas* (GIT). Though it can be described as a disease of modernization due to irregular eating habits, it is more of psycho-somatic disorder caused due to mental stress and strain along with dietetic indiscrimination. The word “*Amlapitta*” has two words- ‘*Amla*’ (Sour) and ‘*Pitta*’ (juice). In *Amlapitta* the quantity of *Pachaka Pitta*

(Gastric juice) is increased, its quality of normal bitter Taste (Alkaline) is changed to more sour Taste (Acidic) as a result of fermentation. Because of increased sour quality it is called as *Amlapitta*. Its discovered that irregular intake excess of salty, spicy food, suppression of natural urges and fluently use of NSAID and antibiotics steroids, aspirin like medicine are major role in developing disease *Amlapitta*.

References of *Amlapitta* in *Ayurvedic Samhitas*

Amlapitta is mentioned in *Kashyap Samhita*, *Madhvanidana*, *Bhavprakash*, *Yogarajnakara*, *Chakradatta* and *Rasaratna Samuchaya*. *Acharya Charaka*, *Sushruta* and *Vagbhata* have not described disease *Amlapitta* in a separate chapter though it has been referred at certain places in their *Samhita*.

1. *Acharya Kashyap* has first of all mentioned the disease *Amlapitta* in a separate chapter and he has also mentioned *Manasika Bhava* (Psychological factors) as a chief cause of this disease. Analysis of *Amlapitta* on the basis of *Dosha* has also been done by *Acharya Kashyap*, whereas *Kashyap* believed that *Amlapitta* is caused the vitiation of *Tridosha* causing *Mandagni* leading to *Vidagdhaajirna* ultimately manifesting as *Amlapitta*.
2. *Acharya Madhvakara* has given detailed description about *Amlapitta* including classification of the same

according to *Gati* i.e. *Urdhavaga Amlapitta* and *Adhoga Amlapitta*.

3. *Bhavamishra* described the *Chikitsa* of *Amlapitta*.
4. *Charak aacharya* in *Charak Samhita Amlapitta* has not been described as disease. He has mentioned that when *Amavisha* is directly mixed with *Pitta*, *Amlapitta* will develop.

Causes of Amlapitta

1) Aharaj (Dietary cause)

This includes various kinds of faulty dietary habits which are against the normal habits as mentioned in *Ayurveda*. According to *Kashyap Virudha Ahara* (Incompatible diet), *Adhyasana* (food after meal), *Ama Bhojana* (to consume food although previous food is not digested), *Ajeerna Bhojana* (constant indigestion), *Guru* (heavy meal), *Snigdha Bhojana* (oily food), *Ati Rukshanna* (excessive dry food), etc. causes *Agnimandya* (loss of appetite) that leads *Amlapitta* (hyperacidity).^[1] *Acharya Madhavakara* says that increased *Pitta* (gastric juice) is aggravating factor responsible for *Amlapitta* (hyperacidity) disease.

2) Viharaja: (Life style causative factor)

This includes the factors which are against the rules of normal hygienic behaviour. It is of two types

- a) Excessive physical work.
- b) No or less physical work.

Excessive physical work includes more exercise than the normal, *Ratri-jagarana*, *Dhatukshaya*, *Upavasa* etc, which causes *Vata Pitta Prakopa*. *Kashyapa* mentions that the causative factor may be *Vegadharana*, *Divaswapa* after intake of *Bhojana*, more *Snana*. So, the above factor causes *Jatharagnimandya* that leads to the disease *Amlapitta*.

3) Agantuja Hetu: (Eccentric Causative Factor)

In this group factors like constant and excessive consumption of alcohol, smoking, tobacco, beverages and other irritant and toxic substances are included. These substances cause local irritation in the stomach which eventually secretes more gastric juice and cause *Amlapitta*.

4) Manasika Hetu: (Psychological Causes)

Psychological factor also plays an important role in the maintaining of health.

5) Other causes- (Secondary causes)

Living in *anoopadeshai*, *Sharadritu* (autumn season), addiction of alcohol, smoking, tobacco chewing, prolonged intake of NSAIDS (pain killers), *helicobacter pylori* infection. All the above factors result in excessive increase of '*Pitta dosha*' in body and exhibits symptoms of *Amlapitta*.

Causes of Amlapitta as per modern medical science

The most important causative factors of *amlapitta* are

- Excessive use of the oily and spicy foods.
- Foods which are rich in fats, such as chocolates.
- Irregular eating habits.
- Excess use of leafy vegetables.
- Consumption of maida products in large quantity.
- Sleeping after meals.

- Carbonated drinks. □ Drinking of excess water.
- Excessive intake of the caffeine and nicotine products.
- Excessive intake of alcohol, smoking.
- Keeping stomach empty for long time, skipping breakfast.
- Constipation.
- Anxiety, depression and anger.
- Excessive use of Analgesics esp. NSAIDs.

Samprapti (Pathogenesis)

Samprapti Ghatak

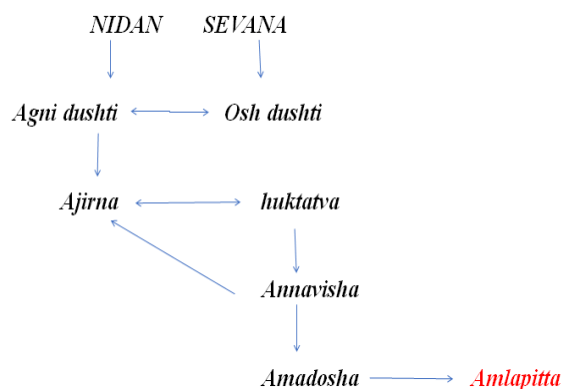
Dosa – Pitta vishesa

Dusya – Rasa

Adisthana – Amashaya, Grahani

Srotas – Annavaha (upper GIT & middle GIT)

samanya samprapti of Amlapitta



Classification (Types) of Amlapitta

According to Dosha Dushti

i) *Kashyapa Samhita*- Three types are mentioned:-

- a) *Vataja Amlapitta*- *Shoola*, *Angasada*, *Jrumbha*, *Snigdhaguna Upasaya*.^[3]
- b) *Pittaja Amlapitta*- *Bhrama*, *Vidaha*, *Sitaupasaya*, *Svadupasaya*.^[4]
- c) *Kaphaja Amlapitta*- *Gaurava*, *Chhardi*, *Rukshaguna*, *Upasaya*, *Usmaguna*, *Upasaya*.^[5]

ii) *Madhava Nidan*- Four types are mentioned: -

- a) *Vatadhikya Amlapitta*- *Kampa*, *Pralapa*, *Murchha*, *Chimchimitva*, *Gaatraavasada*, *Shoola*, *Tamodarshana*, *Vibhrama*, *Moha*, *Harsha*.^[6]
- b) *Kaphadhikya Amlapitta*- *Kapha*, *Nishthivana*, *Gaurava*, *Jadata*, *Aruchi*, *Shita*, *Saada*, *Vami Lepa*, *Agnimandya*, *Kandu*, *Nindra*.^[7]
- c) *Vata-Kaphadhikya Amlapitta*- Combined Lakshanas of *Vataja Amlapitta* and *Kaphaja Amlapitta*.^[8]
- d) *Shleshma- Pittaja Amlapitta*- *Tiktodgara*, *Amlodgara*, *Katu Udgara*, *Hrididaha*, *Kukshidaha*, *Kanthadaha*, *Bhrama*, *Murchha*, *Aruchi*, *Chhardi*, *Alasya*, *Shiroruja*, *Praseka*, *Mukha Madhurya*.

According to Sthana Dushti

1. *Urdhwaga Amlapitta*- *Vamana*, *Harita*, *Pitta*, *Neela*, *Krushna*, *Rakta*, *Raktabha*, *Mansodakabha*, *Varna*, *Atiamla*, *Atipichhila*, *Achha*, *Shleshmanujata*,

Vividha Rasa, Amlodgara, Tiktodgara, KanthaHrid-Kukshi Daha, ShirahShoola, Kapha-Pittaja Jwara Kandu, Mandala, Pidaka.^[9]

2. *Adhoga Amlapitta -Trushna, Daha, Murchha, Moha, Hrillasa, Kotha, Agnimandya, Harsha, Sveda, Anga Pittata.*^[10]

Symptoms of Amlapitta

According to their types

1. *Adhoga (downward) Amlapitta*

Thirst, burning sensation, fainting, giddiness, delusions, downward movement of different kinds (of diarrhoea) and occasional oppression in the chest, rashes on skin, poor digestion, horripilation, perspiration and yellowish skin.

2. *Urdhvaga (upward) Amlapitta*

Vomiting of green, yellow, blue, black, slightly red or bright coloured, very sour materials, resembling mutton wash, very sticky, thin, followed by *kapha*; vomiting occurring during digestion of food or even on empty stomach, with bitter or sour taste occasionally, belching also of similar nature, burning sensation in the throat, chest and upper abdomen, headache, burning sensation in the palms and soles, feeling of great heat, loss of appetite, appearance of rashes, itching.

Sadhyasadhyata (Prognosis)

1. *Amlapitta* of recent origin (*Naveen amlapitta*) is *Sadhya*.
2. Chronic *Amlapitta* is *Yapya* i.e. maintainable.
3. If proper dietic care is taken, an even *Kasta- Sadhya* type of *Amlapitta* is treatable.

Do's (Pathya) in Amlapitta-

- Light food, coconut water, articles having cooling properties.
- Vegetables like white pumpkin, bitter gourd, matured ash gourd, leafy vegetables except *methi*.
- Wheat, old rice, barley, green gram, sugar candy, cucumber
- Fruits like gooseberry, dry grapes, black grapes, sweet lime, pomegranate, fig, dry fig,
- Take adequate amount of fluids like pomegranate juice, lemon juice, amla juice, sweetlime juice, medicated water with *ushir (wala)* or coriander seeds, or *laja* (puffed rice) lukewarm water.
- *Dadimpak* (sweet preparation made of pomegranate) *Moramla* (jam made from *amla*), *gulkand* (jam made from rose petals) with milk
- A cup of lukewarm milk after every two or three hours
- One teaspoonful of ghee with warm milk
- Take adequate sleep & rest
- Practice *Yoga, pranayam*, meditation

Don'ts in Amlapitta

- Avoid excessive spicy, sour and salty substances.
- Avoid fried and junk food items.

- Do not remain hungry. Avoid fast.
- Do not overeat, take small frequent meals .
- Avoid untimely and irregular food habit.
- Avoid foods containing excess amount of garlic, salt, oil, chillies, etc.
- Avoid rice, curd and sour fruits.
- Avoid lying down immediately after food and in supine position. The best recommended position is left lateral.
- Avoid smoking, alcohol, tea, coffee and aspirin type drugs.
- Avoid stress.

DISCUSSION

It is clear that *Amlapitta* is mainly due to aggravation of *pitta*. Aggravation of this *pitta dosha* is excessive intake of pungent and sour food items, alcoholic preparations, salt, hot and sharp stuff which cause burning sensations. Anger, fear, excessive exposure to sun and fire, intake of dry vegetables and alkalis, irregularity in taking food, etc. should be avoided as far as possible. As a rule, all persons with acidity can take a milk diet excellently, although some, at first have trouble in absorbing milk. This is because the large amount of acid in the stomach forms hard curds combined with the proteins of the milk. Often these are vomited. Yet milk is excellent in the condition, especially when preceded by a fast, adjusted to your general condition. The milk diet should be adhered to several weeks if possible. Along with this, drink warm water freely. *Ayurveda* insists on this because, according to it, "hot destroys hot" (*ushnam ushna hanti*). Moreover, it has been found by physiological experiments that cold water increases the amount of acid secreted in the stomach. When the stomach seems to be in better condition, the milk may be taken with an evening meal consisting of easily digestible and non-irritating foods. For a time, it is better to use foods requiring only moderate mastication, since mastication naturally increases the flow of gastric juice with its acid. Yet insufficient mastication of the food chosen will aggravate by causing gastric irritation. So, mastication should always be moderate in this particular condition. It is important not to overeat, but to take small meals, three times a day. Avoid artificial stimulants, all of which raise *pitta*. Alcohol, in any form, is like throwing fuel on the *pitta* fire. The drawback of the caffeine in coffee and tea is that it increases acid production in stomach if consumed excessively.

CONCLUSION

As review has been taken through *classical Ayurvedic Text. Charak Samhitas, Vagbhat* as well as modern aspects, It's reveals that as we know the prevention is better than cure, so everybody should obey the rules of intake of food and behaviour for avoid the *Amlapitta* or Hyperacidity.

Mainly excess salty, sours, spicy, pungent food should be avoided as well GIT [gastrointestinal tract] and

jatharangi should be maintained naturally as season, *prakruti* etc as prescribed by text.

Excess of salty, spicy food, irregular intake of food, alcohol as well as NSAID, steroids, night jobs schedule, angry nature, irritate bowl nature and suppression of natural urges are most commonest causative factor of *Amlapitta* or Hyperacidity. Practically Hyperacidity and *Amlapitta* both are most resemble diagnosis.

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