

## CONCEPTUAL STUDY OF AMLAPITTA ON LIFE STYLE DISORDERS

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**ABSTRACT**

In this modern era fast life everyone is busy and living stressful life. Today's lifestyle is completely changed by all means our diet pattern, lifestyle and behavioral patterns are changed and are not suitable for our normal physiology of digestion of the body. So due to this reasons the trend is changing toward increased prevalence of chronic diseases with causative factors mostly related to diet and lifestyle. Among them Amlapitta disorder has acquired majority of the share with causative factors like improper diet and habits, stress, spicy irritant food, oily foods, bakery products, etc. in this present article Amlapitta disease is reviewed in detail according to Ayurveda and Modern life style view.

**KEYWORDS:** Amlapitta, Life style, hetu.**INTRODUCTION****In Ayurveda view**

Amlapitta disease contains the vitiation of both kapha and pitta dosas. It is caused due to taking of milk and fish together or taking stale or contaminated food items. It is also caused by intake of such liquid items vitiate the pitta dosa. It's vikriti of pachakapitta along with the kledaka kapha and samana vayu. Amlapitta is one of the major diseases. The disease is not described independent in any text of Brihat Trayi, but can be correlated to Vidagdhajirna mentioned.

**In modern life style view**

Today's modern time is fast forward life style in which demand for fast food is increasing per day. Consuming food against code of dietetics leads to a number of diseases. It is caused by life style changes and its prevalence is increasing day by day. It is very much essential to correlate the disease which are mentioned in the classic with the recent diseases of modern medicines for a better comprehension of the pathogenesis. It is very difficult to correlate amlapitta with a single disease of modern science.

**Hetu**

one who consume food which are incompatible, rotten, sour, food substances which increases burning sensation inside, other factor which aggravates pitta, eating before the digestion of previous meal. Acharya Charaka has advised to take food only after the previous meal is digested otherwise, this type of Adhyashana may cause

aggravation of Doshas. In many urban habitation, people do to their busy schedule does not bother to take food at its proper time rather have the habit of eating irregularly and also snacks between the meal timings, tea, coffee, addiction of smoking, tobacco all these contribute to the Nidana for Agnidushti.

**In present era**

In this modern era due to changes in lifestyle, like delayed dinner time, fast food, coffee, oily spicy food, alcohol intake is responsible for amlapitta. And anti inflammatory drug infection, bacterial infection is also known causes of amlapitta.

**Samprapti**

Due to above etiological factors vatadi dosas get aggravated leading to mildness of agni. At this time whatever is eaten by an ignorant person, the same gets burnt, due to improper digestion, food gets acidified inside the stomach. If person doesn't follow rules and regulation of diet even at this stage and indulging unwholesome diet due to greed, the same gets severely vitiated due to pitta is known as amlapitta. As the milk poured into undried & uncleaned curd pot, immediately it attains sourness & gets inspissated in a brush form; in the same way repeatedly eaten food gets improperly processed into rasadhatu in case of amlapitta. In this vitiation of Pitta is necessary for the clinical manifestation of Amla Pitta. It may be caused by both the increase and decrease of Pitta-Agni situated in the stomach. (K.S.khi. 16/7- 13.).

Samprapti Ghatak -  
Dosha - Pitta Pradhan tridoshaj  
Vata - samana ,udana  
Pitta - pachak pitta  
Kapha - kledaka kapha  
Dushya - Dhatu – rasa  
Srotas- rasavaha, annavaha  
Adhithana- amasaya  
Agni - jatharagni, Dhatvagni  
Rogmarga- abhyantara  
Roga bheda- urdhvaga, adhoga

#### Laksana according to modern view

Amlapita is characterized by indigestion, exhaustion, nauseasour or bitter eructation, heaviness, burning sensation in the chest & throat of appetite.

#### Lakshna according to Ayurveda

Gaurava, daha, trishna, udgar, vaman, hriday avsad, murchha,

#### Adhoga amlapitta

Adhogat amlapitta is a charactrised by thirst, burning sesation, burning sensation, giddiness, delusion, downword movements of various kinds, occasional oppression in chest skin rushes, diminished function, of agni, horripilations, perspiration and yellowish discolouration of the body.

#### Urdhvaga amlapitta

urdvaga amlapitta is characterized by vomiting, which is green yellow, blue, black, slighty, red bright, sour substances, it resemble like muttonwashed water, shiny thin, followed by kapha.

#### CONCLUSION

THE Amlapitta is acute and chronic problem due to changing life style habits. In the ancient text books of Ayurveda it is described that pathya, apathya and bed food habits are the main causative factor for the disease. According to Ayurveda Pachak pitta acts as Agni. When its liquid form is lost, this Agni is important in digestion. So this Pachak pitta is similar to HCL & Amalapitta is condition where Pachak Pitta is increased in quantity. the following are the know causes and factors leading to amlapitta.

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