

## CRITICAL REVIEW ON AMLAPITTA AND ITS AYURVEDIC MANAGEMENT

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## ABSTRACT

In today's lifestyle we can observe totally changed diet patterns, lifestyles behavioural patterns which totally against normal physiology of digestion. In present scenario with hasty and agonizing mental stress in competitive life and incompatible diet, people are suffering from many lifestyle diseases. Amlapitta is one of the most common diseases seen in society. 'Hurry', 'worry' and 'curry' are the three main reasons for the disease. It is a pitta predominance disease of the Annavaaha occurs due to mandagni. In the management of Amlapitta, following the dietary do's and don't's help to produce soothing effect on inner layer of GIT. As prevention of disease is better than cure, so nidana parivarjan has been suggested as first line of treatment in almost all diseases.

KEYWORDS: Amlapitta, Diet, Lifestyle.

## INTRODUCTION

Amlapitta is one of the vyadhi of annahavaha strotas which basically deals with the vitiation of agni caused by various aharaj, viharaj and mansik hetus. Considering today's lifestyle the prevalence of amlapitta has increased. Due to lifestyle changes and sedentary lifestyle improper eating habits like junk food, preserved food and plenty of drinks causes mandaagni, Amlaguna and vidagdha of pachak pitta increases due to samata, causing heartburns, ultimately causing amlapitta. Amlapitta is amla gun yukt pitta.

## MATERIAL AND METHOD

## Defination

Vidagdha ahar becomes amla and remains in stomach which vitiate pitta dosha. Vitiated pitta causes mandaagni due to this katu rasa get converted into amla rasa causing Amlapitta.<sup>[1]</sup>

The condition in which vidahi and Amla guna of pitta is exaggerated, is called Amlapitta.<sup>[2]</sup>

## Causes of Amlapitta

## 1. Aharaj

Virrudha ahara (Incompatible diet), Adhyasana (food after meal), Ajeerna Bhojana (constant indigestion), Guru (heavy meal), Snigdha bhojana (oily food), Ati Rukshanna (excessive dry food), Agnimandya (loss of appetite).<sup>[3]</sup>

## 2. Viharaj

Ratri- jagrana, Upvasa, Dhatukshaya, vegdharana, Divaswapa.

## 3. Agantuja

Excessive consumption of alcohol, tobacco chewing, smoking. These substances cause local irritation in stomach which secretes more gastric juice and cause Amlapitta.

## 4. Manasika

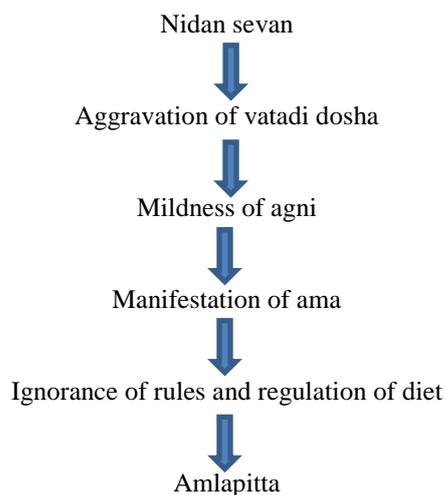
Psychological factor also play an important role in maintaining of health.

## According to sthana Dushti

1. Urdhwaga Amlapitta- Vamana harita, pita, neela, krushna, rakta, Amlodgara, Tiktodgara, shirahshoola, daha, pidaka, kandu kapha-pittaj jwara.<sup>[4]</sup>
2. Adoga Amlapitta- Daha, Trushna, Moha, Murcha, agnimandya, harsha.<sup>[5]</sup>

## SAMPRAPTI

Nidana sevana causes doshaprakopa especially pitta dosha. This eventually creates mandagni due to which ingested food become vidagdha form. This vidagdha and shuktibhava of food creates amlata in Amashaya. This condition is called amlapitta.<sup>[6]</sup>

**SAMPRAPTI GHATAKAS**

Dosha: Tridosha (pitta predominancy)  
Dushya: Rasa, Rakta  
Srotas: Annavaha  
Agni: Jatharagni  
Ama: Jatharagnimandhyajanya  
Udbhavasthana: Amashaya  
Sanchara: Annavaha  
Pradhanta: Pitta Doshapradhana  
Swabhava: Chirkari  
Adhithana: Adoamashaya.<sup>[7]</sup>

**ROOPA**

| Sr. | Roopa        | K.S | M.N | B.P | Y.R | S.N |
|-----|--------------|-----|-----|-----|-----|-----|
| 1   | Avipaka      |     | +   | +   | +   |     |
| 2   | Klama        |     | +   | +   | +   | +   |
| 3   | Utklesha     |     | +   | +   | +   |     |
| 4   | Tiktodgara   |     | +   | +   | +   |     |
| 5   | Amlodgara    |     | +   | +   | +   | +   |
| 6   | Gaurava      |     | +   | +   | +   |     |
| 7   | Hriddaha     | +   | +   | +   | +   | +   |
| 8   | Kanthadaha   | +   | +   | +   | +   | +   |
| 9   | Aruchi       |     | +   | +   | +   |     |
| 10  | Vidbheda     | +   |     |     |     |     |
| 11  | Gurukosthata | +   |     |     |     |     |
| 12  | Amlakosthata | +   |     |     |     |     |
| 13  | Shriroruja   | +   |     |     |     |     |
| 14  | Hridshoola   | +   |     |     |     |     |
| 15  | Adhmana      | +   |     |     |     |     |
| 16  | Angasada     | +   |     |     |     |     |
| 17  | Roma harsha  | +   |     |     |     |     |
| 18  | Antrakujana  | +   |     |     |     |     |
| 19  | Urovidaha    | +   |     |     |     |     |
| 20  | Tiktasyata   |     |     |     |     | +   |

**Updrava:** atisara, shotha, aruchi, bhrama, shola, dhatukshinata, pandu.

**Sadhyasadhyata**

Amlapitta with recent stage is sadhya but in chronic stage it becomes yapyra or krichhasadhya.

When it is associated with updrava becomes asadhya.<sup>[8]</sup>

**TREATMENT<sup>[9]</sup>**

Vaman- It is the first line of treatment for amlapitta.

Drugs used such as patol, neem, madanf.

Virechan- mrudu virechan (Triphala= madhu)

Basti- Anuvasan and Asthapan basti in chronic amlapitta.

Shaman chikitsa-

Aushadhi and ahar according to predominance dosha (bhunimbadi kwath, patoladi kwath, guduchi moodak.

1. Nidan parivarjan
2. shatavari ghrit

3. Sutshekhar ras

4. Avipattikar churna

5. Narikel khand

**Pathyapathya**

1. Avoid late night work
2. Avoid long gaps between the meals
3. Regular exercise
4. Avoid spicy, oily, and fried food
5. Avoid curd
6. Avoid alcohol & smoking

**CONCLUSION**

Amlapitta is very common emerging which is an abnormal pathological condition of pitta occurring due to indulgence in aahara, vihara and mansika bhava which are of incompatible combination, faulty dietary habit, persistant intense stress, excess alcohol consumption,

spicy and oily food and sedentary lifestyle. The condition can be cured using medication but the condition may relapse as soon as nidana sevana is done. So the holistic approach is a must to tackle this problem like intake of pathyahara, sodhan kriya, yogic kriya, yogasana, pranayama, lifestyle modification etc. By the use of these approaches the condition can be treated to its root. Moreover, amlapitta can be prevented by the use of pathyahara and practice of good lifestyle habits (Vihara).

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