

AN AYURVEDIC REVIEW OF CAUSES OF AMLAPITTA (HYPERACIDITY)

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ABSTRACT

Nowadays there is a very fast life, each and every person is busy and spending their life very stressfully. Most of people are not completely aware about their balanced diet or what kind of food should be taken by them accordingly by the time. There are number of people who mostly prefer street food. By these small mistakes related to their food habits changed their diet plan. *Amlapitta* is conclusion of inappropriate dietary regimen or stress. *Amlapitta* is one of the commonest disease of *Annavahasrotas* (Gastrointestinal tract disorder), caused by vitiated *Agni* (appetite). *Amlaguna* (sour taste) of *Pachak pitta* (gastric juice) increases because of *Samata* in *Amlapitta* disorder. It is considering that *Amlapitta* is a combination disorder of *Pitta kaphapradhana Tridoshaja Vyadhi*. According to *Acharya Kashyap* accepted that there are *Tridosha* present in *Amlapitta* disorder. Dominancy of *pitta* was accepted by *Acharya Madhavkar* in *Amlapitta*, whereas *Acharya Charak* hadn't mentioned *Amlapitta* as separate disease, but he accepted that *Amlapitta* is a symptom of *Grahani* (loose motion followed by constipation) disease. In modern science *Amlapitta* can be co-related with Hyperacidity as far as concerned. In this condition acid formation or the level of acid in stomach is increases. During the digestion process stomach secretes a limited amount of hydrochloric acid and digestive juices which converts the food into small particle for easy and normal digestion, but sometime hydrochloric acid level increases beyond the normal limits in excessive amount this condition is called hyperacidity. Most common causes of gastritis are *H.pylori* infection and prolonged use of Non steroidal anti-inflammatory Drugs (NSAIDS).

KEYWORDS: *Agni, Annavaahasrotas, Amlapitta, Hyperacidity, Pachak pitta.***INTRODUCTION**

The word *Amlapitta* is a combination of two different words with different meaning are; *Amla* means Sour and *Pitta* means Gastric juice. In many *Ayurvedic Samhitas Acharyas* have given a good description about how we maintain a healthy and good life under *Dinacharya* and *Ritucharya*. According to the present condition life is very busy for all and not everyone follow the rules which have mentioned in *Dinacharya* and *Ritucharya* which leads to *Agnimandya* which ultimately converts into *Amlapitta* (Hyperacidity). Hypofunction of *Agni* is the root cause of all diseases in Ayurved. *Amlapitta* is commonly encountered disease of *Annavahasrotas*. In *Amlapitta* the quantity of *pachak pitta* (Gastric Juice) is increased, its quality of normal bitter taste (Alkaline) is changed to more sour taste (Acidic) as a result of fermentation. Increased sour quality it is called *Amlapitta*.

Amlapitta (Hyperacidity) is gastrointestinal disorder which is described in Ayurveda, in modern medical science it can be correlated with the Hyperacidity. It is a

process of digestion in which HCL plays an important role. HCL converts inactive enzyme pepsinogen into active enzyme pepsin which then helps digestion by breaking the bonds linking amino acids, a process called proteolysis.

Causes of Amlapitta**1) Aharaj (dietary causes)**

This includes *Virudha Ahara* (Incompatible diet) and *Acharya Kashyap* also said that about *Virudha Ahara* like *Adhyasana* which means having food after meal, *Ama Bhojana* means to consume food although previous food is not digested, *Ajeerna Bhojana* which means consant in digestion, *Guru* that is heavy meal, *Snigdha Bhojana* that is oily food, *Ati Rukshanna* means excessive dry food, etc. all these factor are responsible for *Agnimandya* (loss of appetite) which further converts into *Amlapitta* (Hyperacidity). *Acharya Madhavkar* has stated that increased *pitta* (gastric juice) is aggravating factor responsible for *Amlapitta* (Hyperacidity).

2) Viharaj

It is divided into two parts; it includes the factors which are completely opposite to the rules of normal hygienic behaviour, these are

- Physical work in excess
- No or less physical work

Excessive physical work done by a person it includes more exercise than normal like *Upavasa*, *Dhatukshaya*, *Ratrijagrana* etc. these many kind of factors which causes *Vata Pitta Prakopa*. *Acharya Kashyapa* also gave some causative factors which leads to *Jatharagnimandya*, like *Vegadharna*, *Divaswapan* after having the meal, which ultimately causes a disease called *Amlapitta*.

3) Agantuja Hetu

In this condition all those factors are responsible which are taken in excessive amount like consumption of more alcohol, smoking, tobacco, beverages and other irritant and toxic substance are included. Due to the excessiveness of these substances in the stomach causes local irritation which further secretes more gastric juice which causes *Amlapitta*.

4) Manasika Hetu

In this diseases there are so many psychological factors which are also play an important role for maintaining of health.

Other causes: Those who are living in *Anoopadeshai*, *Sharad ritu*, addiction of alcohol, smoking, tobacco chewing, taking NSAIDs for a long time, *Helicobacter pylori* infection. All these factors mentioned above are responsible for excessive increase of *Pitta dosha* and originates the *Amlapitta* symptoms.

Causes of Amlapitta as per Modren 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.
- 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.

According to Dosha Dushti

1) **Kashyap Samhita:** a) *Vataja Amlapitta* –*Shoola Angasada*, *Jrumbha*, *Snigdha*, *Upasaya*.

b) **Pittaja Amlapitta**- *Bhrama*, *Vidha*, *Sitaupasaya*, *Svadupasaya*.

c) **Kaphaja Amlapitta** –*Gaurava*, *Chhardi*, *Rukshaguna*, *Upasaya*, *Usmaguna*.

2) **Madhava Nidan** - here four types are mentioned:-

a) **Vatadhikya Amlapitta**-*Kampa*, *Pralapa*, *Murchha*, *Chimchimitva*, *Gaatraavasada*, *Shoola*, *Tamodarshana*, *Vibhrama*, *Moha*, *Harsha*.

b) **Kaphadhikya Amlapitta**- *Kapha*, *Nishthivana*, *Gaurava*, *Jadata*, *Aruchi*, *Shita*, *Saada*, *Vami Lepa*, *Agnimandya*, *Kandu*, *Nindra*.

c) **Vata-Kaphadhikya Amlapitta**- Combined *Lakshanas of Vataja Amlapitta* and *Kaphaja Amlapitta*.

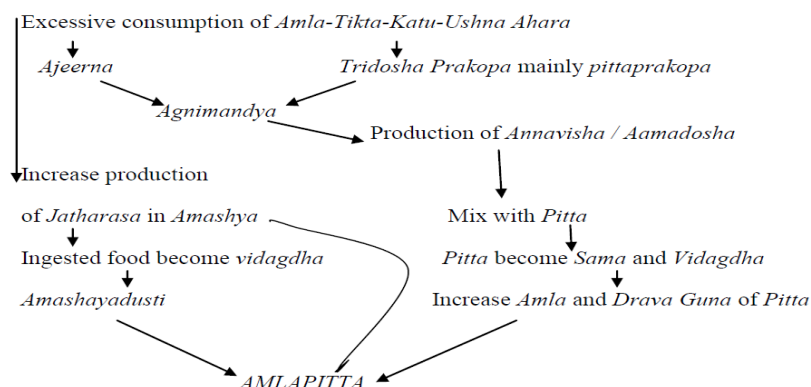
d) **Shleshma**- *Pittaja Amlapitta*- *Tiktodgara*, *Amlodgara*, *Katu Udgara*, *Hridaha*, *Kukshidaha*, *Kanthadaha*, *Bhrama*, *Murchha*, *Aruchi*, *Chhardi*, *Alasya*, *Shiroruja*, *Praseka*, *Mukha Madhurya*.

According to Sthana Dushti

1) **Urdhwaga Amlapitta**-*Vamana Harita*, *Pitta*, *Neela*, *Krushna*, *Rakta*, *Raktabha*, *Mansodakabha Varna*, *Atiama*, *Atipichhila*, *Achha*, *Shleshmanujata*, *Vividha Rasa*, *Amlodgara*, *Tiktodgara*, *Kantha*- *Hrid*-*Kukshi Daha*, *ShirahShoola*, *Kapha-Pittaja Jwara* *Kandu*, *Mandala*, *Pidaka*.

2) **Adhoga Amlapitta** -*Trushna*, *Daha*, *Murchha*, *Moha*, *Hrillasa*, *Kotha*, *Agnimandya*, *Harsha*, *Sveda*, *Anga Pittata*.

SAMPRAPTI



COMPLICATIONS

In these disease complications starts when it not is treated timely, regimen and habits continued; it may leads to gastric ulcer, chronic gastritis, duodenitis, irritable bowel syndrome, mal- absorption, anaemia, peptic stenosis.

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.

Sadhyasadhya (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 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 has been clear now that *Amlapitta* is originates due to accumulation of *Pitta*. Aggravation of this *Pitta dosha* is excessive intake sour food items, alcoholic preparations, salt, hot and sharp stuff which cause burning sensation. *Amlapitta* is a common functional disease of *Annavaha Srotas*. Materialistic life style provokes people to run behind a busy and stressful life with least concern towards proper food habit. *Amlapitta* it is a combination of two words are *Amla* and *Pitta*. In which *Amla* (sour) taste it refers to a particular type of taste which causes excessive saliva secretion. Whereas *Pitta* is a bodily chemical substance which helps to maintains the process of digestion, transformation, transmutation. The above given description of *Amlapitta* emphasizes that *Amlapitta* is a patho-physiological condition in which *Pitta* gets vitiated in term of *Virudhi* (excessiveness) and sourness of *Pitta* is increased.

When any variation comes into the *Agni* it leads to various diseases. It is common for many of us to face a burning sensation in stomach and chest at times. This excessive secretion of acidic material in the stomach, in Ayurvedic terminology, this is referred as *Amlapitta*.

CONCLUSION

In *Ayurveda* term *Amlapitta* can be correlate with in modern science with term Hyperacidity. During the process of digestion occurs HCL i.e. hydrochloric acid plays an important role which converts inactive enzymes into active like pepsinogen converts into pepsin, these enzyme helps digestion by breaking the bonds linking amino acids this process called proteolysis.

In *Amlapitta* the quantity of *pachak pitta* (Gastric Juice) is increased, its quality of normal bitter taste (Alkaline) is changed to more sour taste (Acidic) as a result of fermentation. Increased sour quality it is called *Amlapitta*. In modern literature, some technical terms have been used to indicate an abnormal condition resembling to *Amlapitta* (Hyperacidity). These terms either explain the pathological condition of the disease or explain the characteristics of the disease. It is very difficult to correlate *Amlapitta* (Hyperacidity) with a single disease of modern science.

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