

## A REVIEW LITERATURE ON MANAGEMENT OF AMLAPITTA - A LIFESTYLE DISORDER

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### ABSTRACT

Due to speedy lifestyle, incompatible food habits, nowadays lifestyle disorders are very common e.g. Diabetes, Obesity, Hypertension, *Amlapitta*, Atherosclerosis, Stroke, Asthma, Cancer and Chronic liver diseases. Among these *Amlapitta* (Acid Peptic Disorder) is a commonest disease found in the present Techno Era. It is an abnormal pathological condition of *Pitta* occurring due to indulgence in *Ahara* (food), *Vihara* (lifestyle) and *Manasik Bhava* (mental attitude) which includes improper diet like oily, spicy, junk food, bakery products, persistent intense stress, bad habits like excess alcohol, tobacco consumption, sedentary lifestyle, etc. Symptoms of *Amlapitta* are *Aruchi* (anorexia), *Avipaka* (indigestion), *Utklesha* (nausea), *Tikta-Amla Udgar* (bitter- sour belching), *Hrutkanthadaha* (heart and throat

burn) and *Gaurav* (heaviness). *Amlapitta* is a chronic lifestyle disorder caused by suppression of *Jatharagni* (gastric fire). *Amlapitta* is a curable disease and line of treatment includes *Nidan Parivarjan* (avoidance of causative factors), intake of *Pathya* (wholesome) *Ahara- Vihara*, practice of good lifestyle habits [*Dinacharya* (daily routine), *Ratricharya* (night routine), *Ritucharya* (seasonal activities)], *Shodhana Upakram* (purification method) [*Vamana* (emesis), *Virechana* (purging) etc.], *Sadvritta palan* (following good behavior).

**KEYWORDS:** *Amlapitta*, *Pathya Ahara*, *Vihara*, *Nidan Parivarjan*, *Sadvritta Palan*.

### INTRODUCTION

*Ayurveda* is holistic science which deals not only with the curative aspect but also preventive one. It focuses on eradication of illness and maintaining health.<sup>[1]</sup>

*Amlapitta* is a very common disease nowadays.

**Definition:** -*Pitta* increases because of *Amla Guna* and produces *Amlapitta*.<sup>[2]</sup>

**Lakshana** (symptoms):-Changing diet habits, lifestyle and social structure produces the symptoms like *Avipaka*, *Klama* (fatigue), *Utklesha*, environmental and mental stress, *Aruchi*, *Tikta-Amlodgar*, *Hrut-Kantha- Daha* etc.<sup>[3]</sup> According to *Kashyapa Vidabheda* (stool separation), *Hritashula* (heart pain), *Udara Aadhamana* (flatulence of the belly), *Antrakujana* (rumbling noise in the bowels) etc. symptoms are added.<sup>[4]</sup> *Amlapitta* is a disease of *Annavaha Strotas* (Gastro-Intestinal tract) i.e. *Amashaya* (stomach).<sup>[5]</sup>

*Amlapitta* disease is separately explained in the *Madhava Nidana*. *Yogaratanakar* has also explained about *Amlapitta*, its medicine and *Pathya-Apathya* (wholesome- unwholesome). *Acharya Kashyapa* has described *Amlapitta* as *Shuktaka* (sour). In *Charak Samhita* in *Grahani Adhyaya* while explaining pathogenesis of *Grahani Roga* (Malabsorption syndrome), *Amlapitta* has been explained.<sup>[6]</sup>

**According to Gati Bheda Amlapitta is of 2 types**

A) *Urdhvaga* B) *Adhoga*.<sup>[7]</sup>

**According to Dosha Bheda**

A) *Vatadhik* B) *Kaphadhik* C) *Vata Kaphadhik*.<sup>[8]</sup>

The condition in which *Pitta* becomes *Vidagdha* (indigestion) and *Amla* (sour) is called as *Amlapitta*. *Pitta* is of 2 types: - a) *Prakrut* b) *Vidagdha*. Normally *Pitta* has *Katu Rasa* (pungent taste) but when converted to *Amla Rasa* (sour taste) causes *Amlapitta*.<sup>[9]</sup>

**Sadhya-Asadhyata** (Curable-Non curable):-The *Nav* (new) *Amlapitta* is *Sadhya* (curable), whereas the *Chira* (chronic) *Amlapitta* is *Yapya* and if the person who is following the proper *Ahara* and *Vihara* the *Kashtasadhya Amlapitta* also becomes *Sadhya*.<sup>[10]</sup>

Primary method of preventing the process of the disease is *Nidan Parivarjan*. The concept of prevention is avoidance of causative factors.

**Nidana** (Causes): - One should avoid *Viruddha Ahara* (incompatible food), *Adhyashana* (taking meal on meal). *Ajirna* (indigestion) and *Ama-Avastha* (indigested state) avoid food. As per *Acharya Kashyapa* *Apakva Madya* (immature liquor), *Guru* (heavy), *Pishtanna Bhojana*, *Abhishyandi Bhojana*, *Paryushita Anna* (stale food), *Vegadharana* (natural urge),

excessive intake of *Amla* and *Ushna* (hot) *Ahara*, *Divaswap* (day sleep) are the causes of *Amlapitta*.<sup>[11]</sup>

As prevention, *Sadvritta Palan*, *AcharaRasayana* (rejuvenating behavioral therapy), *Aptavachan Sevan* can be followed to avoid occurrence of *Amlapitta*. The main focus of managing *Amlapitta* is *Nidan Parivarjan*, *Shodhan* (purification) and *Shaman* (pacification).<sup>[12]</sup>

***Samprapti*** (Pathogenesis)<sup>[13]</sup> - Above mentioned *Nidana* causes vitiation of *Vata* and *Pitta* *Dosha*. These involved anyone *Dosha* decreases *Jatharagni* (digestive fire) i.e. *Jatharagnimandya* (weak digestive fire). At this stage, when food is consumed then it will be *Vidagdha*. Then it becomes *Shukta* and it lies in the stomach stagnant. Any food which is taken becomes *Vidagdha*. At this stage *Vidagdhajirna* (form of indigestion) is the *Poorvarupa* (prodromal) of *Amlapitta*. After that vitiated *Pitta* is mixed with *Shukta* and form *Pitta Amavisha* (a substance similar to poison) *Sammurchhana* (spreading). Then after that it is called as *Amlapitta*. At this stage if not treated properly then it leads to *Bhedavastha* (differential state).

### ***Ayurvedic Management of Amlapitta in 3 type***

- 1) *Nidan Parivarjan*
- 2) *Shodhana Chikitsa*
- 3) *Shamana Chikitsa*

***Nidan Parivarjan***: - In *Anup Desha* a person can do *Divaswap*, eating *Tikshna*, *Ushna*, *spicy*, and *Amla Ahara* are the causes of *Amlapitta*. *Pitta* is aggravated during *Varsha* and *Sharad Rutu*, *Deshantargaman Chikitsa* (longitudinal travel treatment) described in *Kashyapa Samhita*. *Jangal Aushadhi Dravya* (Medicinal drug) should be used while treating such patients.<sup>[14]</sup>

Prevention can be done following *Dinacharya*, *Ritucharya*, *Ratricharya* and stage of pathogenesis of disease. It keeps *Dosha-Dhatu* in the body in equilibrium. In modern era changing lifestyle along with food habits and change in working hours *Dosha- Dhatu Vaishamya* occurs which causes different diseases like *Amlapitta*, etc.

***Shodhan Chikitsa***: -*Amlapitta* developed from *Amashaya* (stomach) where the *Kapha* and *Pitta* resides, so the wise physician should give *Vamana* for *Kapha* and *Pitta* disorders, from

the very beginning to one who has lost his strength and bulk. *Vamana* is the best treatment for *Amlapitta*. When the disease is in an advanced stage it is just like destroying the tree by cutting its roots.<sup>[15]</sup> *Vamana* is given to patient for *Urdhwag Amlapitta* and *Virechan* in case of *Adhoga* peptic disorder.<sup>[16]</sup> After the *Vamana*, *Langhana* (fasting) should be given to the patient. At the same time *Shamana-Pachana* drugs should be given.<sup>[17]</sup> After *Vamana-Virechana* followed by *Anuvasana Basti* (oil enema).<sup>[18]</sup> Chronic *Amlapitta* treated by *Asthapana Basti* (decoction enema).<sup>[19]</sup>

**Shaman Chikitsa**<sup>[20]</sup>:- *Kapha-Pitta Shaman Chikitsa* followed by *Gudkushmanda, Khandamlaki*.

*Kansa Haritaki* - When *Vat Anubandha* (contract) is present.

If the *Amlapitta* still persistent then given - *Drakshadi Ghrita, Drakshadi Gutika, Narikela Khandapak, Sutshekhar Ras, Patoladi Kwath, Eladi Churna, Bhunimbadi Kwath, Avipattikar Churna*, etc.<sup>[21]</sup>

The goal of medicine is to promote health, preserve health and restore health when it is impaired.

**Pathya** – Wholesome diet barley, wheat, old rice, warm water, sugar candy, honey, matured ash gourd, ladyfinger and pomegranate should be eaten for prevention of *Amlapitta* and other diseases.<sup>[22]</sup>

**Apathya** – *Tila, udida, kulattha*, garlic, *Amla-Katu Ras* diet (sour and spicy food), curd, alcohol, new rice, spicy food etc. should be avoided.<sup>[23]</sup>

## AIM

To study the management of *Amlapitta*.

## OBJECTIVES

1. To maintain and promote the health of a healthy individual.
2. To understand the treatment of lifestyle disorders like *Amlapitta*.
3. To know the Prevention of *Amlapitta* through *Nidan Parivarjan, Shodhana, Shamana, Pathya-Apathya (Ahara and Vihara)*.

## MATERIAL AND METHODOLOGY

Different *Ayurvedic* classical texts have been studied: *Charak Samhita*, *Sushrut Samhita*, *Kashyapa Samhita*, *Madhav Nidana* and *Yogaratanakar*.

## DISCUSSION

*Amlapitta* is mainly due to aggravation of *pitta* where the *Pitta* becomes *Amla Rasa*. Causative factors for aggravation of *Pitta Dosha* are excessive intake of spicy food, sour food items, alcoholic beverages, salt, garlic which causes burning sensation, anger, fear, excessive exposure. Nowadays, change in lifestyle and dietary food habits, stress, *Divaswap*, *Ratri Jagran* (night awakening) increases the prevalence of this disease worldwide. As the definition of health states that 'Equilibrium state of *Doshas*, *Agni* (digestive power) must be in a balanced state and the tissues (*Dhatus*) and *Malas* (wastes) must work in a normal state. The sensory and motor organs and mind, *Atma* (soul) must also be in a pleasant state. Such a person is called a healthy person or *Swastha*.'<sup>[24]</sup>

## CONCLUSION

In today's lifestyle, it is necessary for everyone to understand the importance of health. Because of a speedy lifestyle, change in dietary habits, *Amlapitta* is a common lifestyle disorder. It is seen in all ages, all communities, and all classes which decrease the quality of life day by day. Excessive production of acid in the stomach results in hyperacidity.

In the present era most of the people are having GI tract burning symptoms because of *Amlapitta*. For prevention and total cure of the disease not only the physiological functions of the body but also mental functions should be in a balanced state. Through the holistic approach this can be achieved. Good lifestyle is important to prevent lifestyle disorders and increase good health and life span.

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