

A REVIEW STUDY ON AMLAPITTA AND ITS AYURVEDA MANAGEMENT

Dr. O. P. Vyas¹ and Dr. Shivangi Rathor^{2*}

¹Professor and HOD, Department of Kayachikitsa Govt. Dhanwantari Ayurveda College
Ujjain (M.P.).

²PG Scholar, Kayachikitsa Department Govt. Dhanwantari Ayurveda College & Hospital
Ujjain (M.P.).

Article Received on
10 Sept. 2023,

Revised on 01 Oct. 2023,
Accepted on 22 Oct. 2023

DOI: 10. 20959/wjpr202319-30120

*Corresponding Author

Dr. Shivangi Rathor

PG Scholar, Kayachikitsa

Department Govt.

Dhanwantari Ayurveda

College & Hospital Ujjain

(M.P.).

ABSTRACT

Ayurveda is one among the ancient health science. *Amlapitta* is very common disease in present time. All over the world, *Amlapitta* is a life-style related disease. *Amlapitta* as per *Ayurveda*, is a disease in which increase secretion of *Amla Guna* of *Pitta* causing symptoms like burning sensation. *Amlapitta* as per modern science, specifically correlate with Gastritis. In the present times, due to the busy life of man, where he is suffering from mental stress, acidity disease is becoming more painful and frightening with the passage of time. According to recent survey Gastritis is common medical problem. Up to 10% of people, who come to a hospital emergency department with complaints of an abdominal pain, have gastritis. In India incidence of gastritis is approximately 3 in 869 that is about 12,25,614 people

suffering from gastritis out of the total 1,06,50,70,607 population. The sero prevalence studies from Delhi, Hyderabad and Mumbai have shown that by ten years of age more than 50% and by 20 years more than 80% of population is infected with gastritis. This disorder related to *Mahasrotas* (gastrointestinal tract). *Amlapitta* is *Pitta* predominance disease which is related to *Annavaha Srotas* and *Purishvaha Srotas* occurs due to *Mandagni* and *Ama*. The basic principle of treatment are-1-*Nidana Parivarjan*, 2-*Shodhan*, 3- *Shaman*. In *Shodhan*, *Vamana*, *Virechan* are mentioned for *Urdhvagati* and *Adhogati* of *Doshas*.

KEYWORDS: *Amlapitta*, Gastritis, *Nidana Parivarjan*, *Shodhan*, *Shamana*.

INTRODUCTION

Ayurveda is science of life. More than a medical system, *Ayurveda* is a way of life, a way of co-operating with nature and living in synchronization with her. According to *Ayurveda*, to preserve the health, one has to follow the basic principles like *Dinacharya* and *Ritucharya* which balances the *Tridosha* viz. *Vata*, *Pitta* & *Kapha*. In 21st century, man is unable to follow *Dinacharya* and *Ritucharya*; because fast-track life style has made man restless to achieve his unlimited desires in a very short period of time. At present time, he is also attracted towards fast food, junk food, processed food which directly or indirectly disturbs the gastro-intestinal tract. 25-30% of persons are suffering from *Amlapitta*(Gastritis) in India. There is no separate description of *Amlapitta* in the *Samhitas*. *Amlapitta* is described in separate chapter 51 in *Madhav nidana*.^[1] In the *Kashyap Samhita* there is a description of *Amlapitta* by the name of *Shuktaka*.^[2] Various *Acharya* has described *Amlapitta* as separate disorder but *Samprati* of *Amlapitta* is clearly mentioned in "*Grahni Chikitsa Adhayay*" while describing *Samprapti* of *Grahni Doshas*.^[3] Around *Madhukosh* explained *Amlapitta* as "*Amlam Vidagdham Cha Tat Pittam Amlpittam*" *Amlapitta* denotes the vitiated condition of *Pitta* and It impact *Amlatvam* and *Vidagdathavam* to the ingested food.

DEFINITION OF AMLAPITTA

- *Amlapitta* is composed of 2 words *Amla*+ *Pitta*, Also it is said that *Amla* has been a natural properties of *Pitta* along with *Katurasa*.^[4]
- *Sushrut* has enlisted *Katu* as its original rasa and mentioned that when *Pitta* becomes *Vidagdha* changes into *Amla*.^[5]
- The *Pitta* which attains *Amla Guna* and *Vidagdhata* is called as *Amlapitta*.^[6]

NIDANA OF AMLAPITTA^[7]

When a person with a pre existing tendency for excessive *Pitta* secretion takes incompatible, unhygienic (excessive) sour, heart burn producing and *Pitta* vitiated food and drinks there is mal secretion (hypo and hyper secretion of gastric juice) of *Pitta*, the medical sages call this condition as *Amlapitta*.

CLASSIFICATION OF AMLAPITTA

Madhavkara classified, *Amlapitta* in two ways.

❖ According to *Pravritti*

1- *Adhoga Amlapitta*^[10]

When a person with dyspepsia has excessive thirst, burning sensation, fainting, giddiness, and mental confusion and he passes different kinds of stool the condition is known as "*Adhogami Pitta*", it may sometimes be associated with nausea, urticarial rashes, depressed digestive fire (power), sweating, and yellowish discoloration of the body.

2- *Urdhavaga Amlapitta*^[11]

Character of the vomitus- In *Urdhavaga* type of *Amlapitta*, the vomitus is green, yellow, blue, black, mixed with blood or looking like blood and is sour.

When associated with the vitiated of *Kapha*, the vomitus resembles meat washings and may be excessively slimy and white and of various tastes.

Relations with food- During the digestion of food or sometimes even on an empty stomach there is an acrid and sour vomitus. various kinds of eructation are produced with a burning sensation in the throat, pre cordial region and the epigastrium along with the headache.

Other clinical features

In the variety in which both *Kapha* and *Pitta* are vitiated there is a burning sensation and warmth in the palm and sole, excessive anorexia and fever, it also produces itching, patches and hundreds of eruptions all over the body.

❖ According to *Dosha*

1- Associated with *Vata*^[12]

When it is associated with the vitiated "*Vata*" should be recognized by the presence of tremors, delirium, fainting, tingling sensation, fatigue of the limbs, colicky pain, a feeling of darkness all round, dizziness, confusion.

2- Associated with *Kapha*^[13]

When it is associated with the vitiated "*Kapha*", the patient has mucoid expectoration, heaviness, stiffness, anorexia, a feeling of coldness, depression, vomiting, sticking in the mouth, weak digestion, loss of strength, an itching sensation and sleepiness.

3- Associated with *Vata* and *Kapha*^[14]

When *Amlapitta* is associated with *Vata* and *Kapha* together the clinical feature due to both as described above are present.

❖ *Slesmapitta*^[15]

Bitter, sour and pungent eructation, burning sensation in the pericardium flanks and the throat, dizziness, fainting, anorexia, vomiting, laziness, headache, excessive salivation and a feeling of sweet taste in the mouth.

Kashyapa described this disease into 3 types according to prominent of *Dosha*^[16]

1- *Vataj*

2- *Pittaj*

3- *Kaphaj*

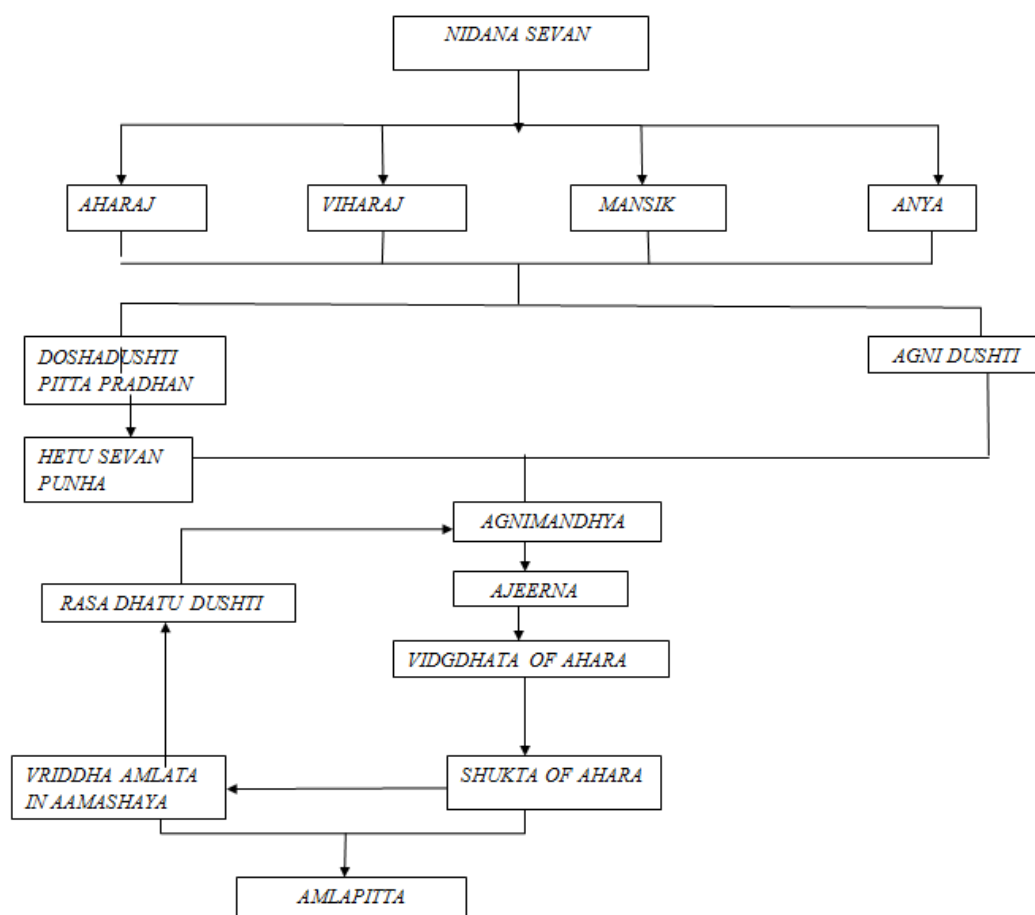
Due to "*Vata*", there is pain, lethargy, yawning and unctuous substance are suitable.

Due to "*Pitta*" is giddiness, burning sensation and sweet along with cold things are suitable.

Due to "*Kapha*" there is heaviness along with vomiting and dry along with hot are suitable.

SAMAYKA LAKSHAN OF AMLAPITTA^[9]

Avipaka, Klama, Utklesh, Amlaudgar, Gaurav, Hrid Daha, Kanth Daha, Aruchi.

SAMPRAPTI OF AMLAPITTA

SAMPRAPTI GHATAK^[8]

- *Dosha- Pitta*
- *Dushya- Rasa, Rakta*
- *Srotas- Annavaaha Srotas*
- *Adhishthan- Amashya*
- *Strotodushti- Vimarggaman*
- *Agni - Manda*
- *Swabhava – Aashukari*
- *Sadhya Asadhyata– Sadhya*

CHIKITSA OF AMLAPITTA

According to Acharya Charak Viman, Chikitsa of all disease can be divided into 3 parts.

"Samshodham Sanshaman Nidanasya Cha Varjanam"^[18]

1- Nidana Parivarjan

Withdrawal of the etiological factors of the disease is called *Nidana Parivarjan*. Acharya Sushrut mentioned *Nidana Parivarjan* as the first line of treatment of all the disease.^[19]

2- Samshodhan Chikitsa^[20]

1- *Vamana* (Emetic) therapy - In *Urdhavaga*(upward moving) *Amlapitta*

2-*Virechana* (Purgation) therapy - In *Adhoga*(downward moving) *Amlapitta*

- In the upward moving *Amlapitta* dominated by "*Kapha*", the patient should take decoction of *Patola leaves*, *Nimba leaves* and *Madanaphala* treated with honey and rock salt.
- In the downward moving *Amlapitta* dominated by "*Pitta*", the patient should take decoction or juice of *Amala* treated with honey and nishoth.
- In *Amlapitta* patient firstly Emesis (*Vamana*) should be under taken followed by *Mrdu Virechan*(Mild purgation). After these measures "*Snigdha*" aushada is should be administered. After *Snehana* "*Anuvasana Vasti* " should be given.^[21]
- In chronic patient, *Aasthapana Vasti* should be employed.^[22]

Samshaman Chikitsa^[23]

1- Rasa/Bhasma/Pisti- *Matra-125mg, Anupana-* honey, water *SutshekharRasa, Kamdugdha Rasa, Shankha Bhasma, Praval Pisti, Praval Panchamrit Pisti*

2-Vati-Matra- 250-500 mg, Anupana- water

Paniya Bhakta Vati, Sobhgya Sunthi Modak.

3-Churna- Matra- 3-6 gm, Anupana- lukewarm water

Aviptikar Churna, Triphala Churna, Haritaki Churna, Mulathi Churna, Amlaki Churna, Panchnimbadi Churna.

4 Kwath/ Asava/ Arista-Matra- 20-30 ml, Anupana- water

Patoladi Kwath, Panchtikta Kwath

5- Ghrita-Matra- 10-30ml, Anupana- lukewarm water

Vasa Ghrita, Shatavari Ghirta, Narayan Ghirta, Jirakadi Ghirt

6- Avleha/ Paka-Matra- 15-20gm, Anupana- Milk

Khand Kushmand Avleha, Narikel Khand

PATHYA AND APATHYA OF AMLAPITTA^[24]

Pathya

- *Laja, Mudge, Yava, Chane Ka Sattu*
- *Honey, Dudga, Jangal Mansa*
- *Patola, Karela, Vastuka*
- *Rasona, Haritaki, Pippli, Tikta Pradarth*
- *Vaman, Virechan, Basti, Shital Jalpan.*

Apathya

- *Guru, Vidahi, Vishtambhi*
- *Kanji, Lavana, Tea, Coffee*
- *Pizza, Burger, Samosa, Kachori*
- *Potato, Benzal, Rice*
- *Besan, Maida*
- *Veg Dharana*
- *Diwa Swapana.*

SADHYA ASADHYATA OF AMLAPITTA^[17]

This Amlapitta disease is curable in the early stage. If treated with care.

In the chronic stage, it can only be relieved.

However, in some it may be curable with difficulty.

UPDRAVA OF AMLAPITTA^[25]

Jwara, Atisar, Pandu, Shool, Shoth, Aruchi, Bhrama

CONCLUSION

- *Amlapitta* is the most irritating disease due to irregular life style, irregular dietetic schedule, mental stress.
- Vitiation of *Pitta* is necessary for the producing the clinical manifestations of *Amlapitta* and vitiation of *Kapha* and *Vata* also associated with this disease.
- The basic principle of treatment is *Nidana Parivarjan, Samshodhan, Samshamana Chikitsa*.
- If person performing appropriate diet, doing exercise, having control upon oneself. If he does all this then becomes free from the *Amlapitta* disease.

REFERENCE

1. *Madhav Nidan- Roga Viniscaya* of *Sri Madhavakara* with Sanskrit commentary *Madhukosh* by *Brahmanand Tripathi* volume-2, chapter 51.
2. *Kashyap Samhita Khilasthan* chapter 16.
3. *Agnivesh Charak Samhita Shri Satyanarayan Shastri* laborated *Vidyotani* Hindi commentary by *Pt.Kashinath Shastri* and *Gorakhnath Chaturvedi Choukhamba Bharti Academy* 2nd part *Chikista Sthan*, 15/44.
4. *Agnivesh Charak Samhita Shri Satyanarayan Shastri* laborated *Vidyotani* Hindi commentary by *Pt.Kashinath Shastri* and *Gorakhnath Chaturvedi Choukhamba Bharti Sansthan* Varanasi 1st part *Sutra Sthan* 1/60, 36.
5. *Sushrut Samhita* edited with *Ayurveda Tatva Sandipika* by *Kaviraj Ambika Dutta Shatri Choukhamba Sanskrit Sansthan Varanasi Sutra Sthan* 26/11, 116.
6. *Shri Madhavkara Madhav Nidan Madhukosh* Sanskrit commentary by *Vijayrakshit* and *Kanthadutta* with *Vidyatoni* Hindi commentary by *Sudarshan Shastri* revised and edited by *Yadunandan Upadhyay Choukhambha Prakashan Varanasi* chapter 51, 203.
7. *Madhav Nidan "RogaViniscaya"* of *Shri Madhavakara* edited with authentic medical interpretation in English and Hindi explanatory notes and research aspect by *G.D. Singhal, S.N. Tripathi, K.R. Sharma*.
8. *Kayachikitsa* 2nd volume written by *Prof Ajay Kumar Sharma* chapter 25 *Amlapitta*, 328.

9. *Madhavnidanam "RogaViniscaya"* of *Sri Madhavakara* with the Sanskrit commentary *Madhukosh* by *Vijayrakshit* and *Sri Kanthadutta* By *Dr. Brahmananda Tripathi* vol. 2nd *Chaukhamba Surbharati Prakashan Varanasi* 51/2, 226.
10. *Madhav Nidana "RogaViniscaya"* of *Shri Madhavakara* edited with authentic medical interpretation in English and Hindi , explanatory notes and research aspect by *G.D. Singhal* , *S.N.Tripathi* , *K.R. Sharma Chaukhamba Sanskrit Pratishthan*, 51/3, 356, 357.
11. *Madhav Nidana "RogaViniscaya"* of *Shri Madhavakara* edited with authentic medical interpretation in English and Hindi, explanatory notes and research aspect by *G.D. Singhal*, *S.N. Tripathi*, *K.R. Sharma Chaukhamba Sanskrit Pratishthan*, 51/4-6, 357.
12. *Madhav Nidana "RogaViniscaya"* of *Shri Madhavakara* edited with authentic medical interpretation in English and Hindi, explanatory notes and research aspect by *G.D. Singhal*, *S.N.Tripathi*, *K.R. Sharma Chaukhamba Sanskrit Pratishthan*, 51/9, 358.
13. *Madhav Nidana "RogaViniscaya"* of *Shri Madhavakara* edited with authentic medical interpretation in English and Hindi, explanatory notes and research aspect by *G.D. Singhal* , *S.N. Tripathi*, *K.R. Sharma Chaukhamba Sanskrit Pratishthan*, 51/10, 358.
14. *Madhav Nidana "RogaViniscaya"* of *Shri Madhavakara* edited with authentic medical interpretation in English and Hindi, explanatory notes and research aspect by *G.D. Singhal*, *S.N.Tripathi*, *K.R. Sharma Chaukhamba Sanskrit Pratishthan*, 51/11/1, 359.
15. *Madhav Nidana "RogaViniscaya"* of *Shri Madhavakara* edited with authentic medical interpretation in English and Hindi, explanatory notes and research aspect by *G.D. Singhal*, *S.N. Tripathi*, *K.R. Sharma Chaukhamba Sanskrit Pratishthan*, 51/11-12, 359.
16. *Kasyapa Samhita* or *Vrddhajivakiya Tantra* text with English translation and commentary by *P.V. Tiwari Chaukhamba Visvabharati Varanasi Khilsthana* chapter 16 *Amlapitta* verses 16-17, 631.
17. *Madhav Nidan "RogaViniscaya"* of *Shri Madhavakara* edited with authentic medical interpretation in English and Hindi, explanatory notes and research aspect by *G.D. Singhal* , *S.N. Tripathi*, *K.R. Sharma Chaukhamba Sanskrit Pratishthan*, 51/7, 358.
18. *Charak Samhita* text with English translation and critical exposition based on *Cakrapani Datta's Ayurveda Dipika* vol. 2nd by *R.K.Sharma* and *Bhagwan Dash Choukhambha Sanskrit Varanasi Charak Viman* 7/30, 213.
19. *Sushruta, Sushruta Samhita* edited with *Ayurved Tatva Sandipika* by *Kaviraj Ambika Dutta Shastri Choukhamba Sanskrit Sansthan Varanasi Uttar Tantra* 1/25.

20. *Bhaisajya Ratnavali* of *Shri Govinda Dosji Bhisagratna* commented upon by *Vaidya Shri Ambita Dutta Shastri* English translation by *Dr. Kanjiv Lochan Chaukhamba* *Sanskrit Bhawan Varanasi* vol. 3rd chapter 56 *Amlapitta* 56/3-4, 112,113.
21. *Yoga Ratnakara* sanskrit text with english translation and explanatory notes edited and translated by *Dr. Madham Shetty Suresh Babu Choukhamba* *Sanskrit Varanasi* vol. 2nd *Amlapitta* shlok no.16, 970.
22. *Yoga Ratnakara* sanskrit text with english translation and explanatory notes edited and translated by *Dr. Madham Shetty Suresh Babu Choukhamba* *Sanskrit Varanasi* vol. 2nd *Amlapitta* shlok no.17, 971.
23. *Kayachikitsa* vol.2nd written by *Prof Ajay Kumar Sharma* chapter 25 *Amlapitta*, 332.
24. *Kayachikitsa* vol.2nd written by *Prof Ajay Kumar Sharma* chapter 25 *Amlapitta*, 335.
25. *Kasyapa Samhita* or *Vrddhajivakiya Tantra* text with English translation and commentary by *P.V. Tiwari Chaukhamba Visvabharati Varanasi Khilsthan* chapter 16 *Amlapitta* verses 49, 635.