



### Conceptual review of *Amlapitta* (Ayurvedic View)

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#### ABSTRACT:

*Amlapitta* (Hyperacidity) is very common disease encountering in present population with more or less severity. Generally 80% of the top ten life threatening disease in the world are due to wrong in dietary habits.<sup>1</sup> *Amlapitta* (Hyperacidity) is one of the commonest *Vyadhi* (Disease) of *Annavaha strotas* (Channel for digestion, absorption and transportation), caused by vitiated *Agni* (Digestive fire). *Amlapitta* (Hyperacidity) is a condition where *Amlaguna* (Sour taste) of *Pachak Pitta* increases due to *Samata* (toxins). *Aacharya Charaka* has not mentioned *Amlapitta* (Hyperacidity) as separate disease but described in *Grahani* (digestive disorder) as one of its lakshana.<sup>2</sup> According to Ayurveda, many disorders are due to vitiated *Agni* (digestive disorder). Various factors and progressive changes such as adaptation of newer and newer food materials, junk foods, fast foods,

changes in method of cooking, occupational hazards etc. have precipitated the increasing trend of the disease. Along with those stimulating factors tremendous stress, anxiety had significantly aggravated the digestive disorders including *Amlapitta* (Hyperacidity). Here in this present study, *Amlapitta* disease is reviewed in detail according to ayurvedic view.

**Keywords-** *Amlapitta*, Hyperacidity, Ayurveda, Lifestyle disorder, *Samata*, *Pitta*

#### INTRODUCTION

In today's modern lifestyle rapidly growing civilization and technology life become stressful and busy so people neglect healthy food and are attracted towards junk food, oily, spicy, frozen, half cooked food. These factors hampered the digestion & is cause many digestive diseases like dyspepsia,

hyperacidity, gastritis, etc. all these disorders are covered under *Amlapitta* (Hyperacidity) in *Ayurveda*.<sup>3</sup>

According to *Ayurveda Mitthya Ahar-Vihar* (Unwholesome diet and living practices) is the main causative factor of *Amlapitta* (Hyperacidity), this gastro-intestinal disorder is described in many *Ayurveda Samhitas* like *Kashyapsamhita*, *Gadanigraha*, *Yogratnakar*, *Haritsamhita*, *Madhavanidana*, *Chakradatta*, *Sharandhar*, *Vangsen Bhavprakash*, *Bhaishyajya Ratnawali* etc.<sup>4</sup>

It produces indiscriminate & prolonged use of therapeutic agent like Anti-inflammatory drugs, NSAIDs, steroids, consumption of alcohol, smoking, tea, coffee which result in *Amlapitta* (Hyperacidity). *Acharya Charka* has described 'Ashtaaharvidhivisheshayatan' which explain the proper method of consumption of food. If one does not follow these methods and having mental stress, he is unable to digest the food properly. Thus, undigested food disturbs the physiology of *Annavaha strotas* (Channel for digestion, absorption and transportation). In Ayurvedic terminology, this *Amlapitta* (Hyperacidity) is formed due to vitiation of *Pitta Dosha* along with *Kapha Dosha*, *Pitta* plays an important role for genesis of *Amlapitta* (Hyperacidity). Improper digestion of *Amla Ras* (sour taste) produces *Amlapitta* (Hyperacidity). It was first described by *Acharya Kashyapa* in detail in separate chapter. In ancient classical text *Charak Samhita*, *Amlapitta* (Hyperacidity) was described with its causes and pathogenesis.<sup>5</sup>

## NEED TO STUDY

Many individuals are suffering from *Amlapitta* (Hyperacidity). To avoid further complications *Amlapitta* have to be treated

in early stages. Synthetic chemical drug are no doubt very effective and shows chromatic results but at the same time they show quick resistance and became no longer effective in same dose.

However many studies have been conducted to evaluate the effectiveness of ayurvedic formulae on *Amlapitta* (Hyperacidity).

## MATERIAL AND METHODS

The basic and conceptual materials were collected from the Ayurvedic classics viz. *Bruhatrayi* and *Laghutrayi* with their available commentaries, research papers and journals.

## ETYMOLOGY

*Amlapitta* (Hyperacidity) is composed of two words *Amla* and *pitta*. The term *Amla* refers to a particular type of taste equated with the sour taste which causes excessive salivary secretion. *Pitta* is a bodily chemical substance which is mainly responsible for the maintenance of the process of digestion, transformation and transmutation. On combining both these words the term *Amlapitta* implies to a disease or condition in which the sourness of *Pitta* gets increased.

## LITERATURE REVIEW

### • REFERENCE :

References of *Amlapitta* (Hyperacidity) in Ayurvedic texts was mentioned in *Kashyap Samhita*, *Madhav Nidana*, *Yogratnakara*, *Bhavprakash*, *Chakradatta* and *Rasaratnasammucchya*. *Acharya Charaka*, *Sushruta* and *Vagbhata* have not described the disease *Amlapitta* (Hyperacidity) in a separate chapter though it has been mentioned at certain places in their *Samhita*, as follows

1. **In Charak Samhita**, *Amlapitta* (Hyperacidity) has not been directly described as disease, he has mentioned that when *Aamvisha* get directly mixed with *Pitta*, *Amlapitta* is developed.<sup>6</sup>
2. **Acharya Kashyapa** was the first who mentioned the disease *Amlapitta* (Hyperacidity) in a separate chapter and he has also mentioned *Manasika bhava* as a chief cause of this disease as well as the analysis of *Amlapitta* (Hyperacidity) on the basis of *Dosha* have been done by *Acharya Kashyapa*, whereas *Kashyapa* believed that the disease is caused by vitiation of *Tridoshas* causing *Mandagni* leading to *Vidagdhajirna* ultimately manifesting as *Amlapitta*.<sup>7</sup>
3. **Acharya Madhavkara** has given detailed description about this disease including classification of the same according to *Gati i. e. Urdghvaga and Adhgoga amlapitta*.<sup>8</sup>
4. *Chikitsa* of *Amlapitta* has been described by **Bhavamishra**.

#### • NIDANA

*Virudha* and *Dushta Ahara* (leads to *Agnimandya*) and excessive *Amla* and *Vidahi* foods (leads to *Pitta* aggravation) are aetiological factors of *Amla Pitta*. Following types of foods may cause *Amla Pitta* : *Ati-ushna*, *Ati sheeta*, *Atisnigdha*, *Atirukha*, *Ati-guru*, *Ati drava*, *Ati-ghana*, *Ati amla*, *Abhisyandi* and *Viruddha-Ahara* (incompatible diet). *Abhojna* (starvation) and *Athibhojana* excessive eating are responsible for the production of *Amla Pitta* by disturbing the physiological process of *Agni*, *Kulatha*, *Madya*, *Bhrishta Dhanya* (fried) and *Adhyasana* are also the causative factors of *Amla Pitta*. (*Adhyashana* means

to take meal prior to the digestion of previous meal).

#### • RUPA (SYMPTOMS)

*Samanya Lakhana* of *Amla Pitta* include, *Avipaka* (indigestion) *Utklesa* (Nausea), *Aruchi* (tastelessness), *Tikta-Amla-Udgara* (Acid bitter eructations). *Guru koshta* (Abdominal discomfort) and *Hrida Kantha Daha* (Pyrosis). *Kasyapa* has added, *Antrakujana* (gargling), *Udara Adhmana* (tympanitis), *Vidabheda* (diarrhoea) and *Hrid Shula* (precordial pain). Above symptoms are related to gastro intestinal tract. Other symptoms are *Gaurava* (malaise), *Klama* (Lassitude), *Shiroruja* (Headache) and *Romaharasha* (goose bumbs).

#### TYPES OF AMLAPITTA

According to *Dosha Dushti*:

i) **Kashyapa Samhita**- here three types are mentioned:-

- a) *Vataja Amlapitta*.
- b) *Pittaja Amlapitta*.
- c) *Kaphaja Amlapitta*.

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

- a) *Vatadhikya Amlapitta*.
- b) *Kaphadhikya Amlapitta*.
- c) *Vata-Kaphadhikya Amlapitta*.
- d) *Shleshma- Pittaja Amlapitta*.

#### According to Sthana Dushti:

- 1) *Urdhwaga Amlapitta*
- 2) *Adhoga Amlapitta*

#### • Samprapti Ghataka of Amlapitta:-

1. *Dosha* :- *Pachaka Pitta*, *Samana Vayu*, *Kledaka Kapha*.
2. *Dushya* :- *Rasa Dhatu*

3. *Agni :-Jatharagni.*
4. *Aama :-Jatharagnijanya Aama.*
5. *Srotas :- Annavaha and Rasavaha.*
6. *Srotodusti Prakara:- Sanga, Vimarga Gamana*
7. *Udbhava Sthana :- Aamashaya.*
8. *Adhishthana :- Aamahsaya.*
9. *Sanchara Sthana :- Mahasrotas.*
10. *Vyakta Sthana :- Aamasaya.*
11. *Roga Marga :- Abhyantara.*
12. *Sadhyasadhya :- Sadhya Vyadhi*

## MANAGEMENT:

The dietary interventions found to be more beneficial in *Amlapitta* as the majority of causes are dietary. Selection of the right food goes back to the ages of *vedic* period . There is beautiful food prayer that shows the devotional aspect of eating food.

“*Annam brahma Raso Vishnu Pakto Devo Maheshwara Evam dnyatva tu yo Bhunkte Anna Dosho Na Lipyate* ||“ i.e. *Brahma* gives us food, *Vishnu* makes the ability to find its essence. *Shiva* cooks this essence into us, when you eat with this awareness, the food becomes pure and no toxins stay in your body. Ayurved has provided a simple and cost-effective treatment for *Amlapitta*. Main line of treatment is to correct *ama* formation & *Agnimandya*. *Ama shodhana* is done by *mridu vaman*, *Mridu virechana*, *Anuvasana* & *Niruhan*. In the person who is already weak, *ama paachan* with the relevant herbs and medicines are to be employed. *Langhan*---by absolute fasting for few days or by only taking light food for some days,

*Paachan* medicines—mostly *tikta rasa yukt* herbs like *patol*, *neem*, *giloy*, *triphala* , *shatavari*, *harad* and *prawaal*. *Yogratnakar* says, if *amalpitta* is not cured with above methods, *raktamokshan* should be done.

## DO's :

- Take tiny meals often times.
- Food must be taken in loving manner with attention and awareness.
- Eating is best during *Pitta* period, between 10 A.M. and 2 P.M Or when you feel hungry.
- Drink juice of raw vegetables like cabbage.
- Take *barley*, *paraval* .
- Relax your mind and body at meal hour.
- Drink plenty of water before meals.
- Masticate food well.
- Get away from intensely hot and cool foods, Strong tea, black coffee, alcohol and junk food.
- The diet should consist of old rice.
- Other recommended substances are: barley, wheat, rice (at least one year old), cucumber, bitter gourd, green banana, pumpkin, pomegranate, and cow's milk.



- Eliminate carbonated beverages from your diets. Remember that beer also contains gas.
- Cut back on fatty meats.
- Exercise regularly. Reduce undue mental stress. Yoga is a good option.

#### DONT's :

- Avoid fatty and salted fish.
- Don't sleep just after taking the meal.
- Try to avoid high-stress situations.
- Avoid to skip meals
- Do not take the frozen foods and chilled drinks
- Avoid excess sugar and sweets.
- Avoid Alcohol, strong tea, spicy and fried food.
- Avoid Raw vegetables, Meat, pickles.

## DISCUSSION

Brief *Nidanas* (cause) of *Amlapitta* are divided into four groups i. e. *Aharaja*, *Viharaja*, *Manasika* and *Agantuja*. The *Aharaja Hetus* are again divided into two subgroups. i. e. *Nidanas* related with *Ahara Vidhi Vidhana* and *Nidanas* related with *Ahara Dravyas*. In the *Samprapti* of *Amlapitta*, the normal and abnormal functions of *Amla Rasa* are basically attributed to *Pitta Dosha*. *Pitta prakopa* and *Vidagdha* of *Pitta* are main responsible factors in pathogenesis of *Amlapitta*. *Amla Rasa*

and *AmlaVipaka* have important roles in the pathogenesis of *Amlapitta*. *Dosha*, *Dushya*, *Srotas*, *Agni* and *Ama* are the five basic most components of disease process. Involvement of these factors, with different *Gunas* are responsible for different symptoms of *Amlapitta*. Due to incidence and importance of *Amlapitta*, *Acharya* may have given detailed explanation of *amlapitta* and its way of approach in management. A person living in *Anup desha* is prone for *amlapitta* as *Anup desh* is *Ahita desha* according to *charaka*.

## CONCLUSION

*Amlapitta* is very common and major problem due to changing life style and dietary habits. In the ancient texts of *Ayurveda*, it is described that irregular food and life style habits are the main causative factor for the disease. While describing the total management for this disease, it is very much emphasized that treatment will only successful if the causative factor are corrected and implemented in the proper manner. *Pitta prakopaka nidanas*, which includes *Aahara*, *Vihara* and *Mansika hetus*, are predisposing factors to play a major role in aetiology of *Amlapitta*. As enumerated earlier, *Pitta prakopa* and *Vidagdha* of *Pitta* are main responsible factors in pathogenesis of *Amlapitta*. So that type of medicines should be recommended which pacify these factors and it can be

accomplished by combination of *Madhura vipaka*, *Ushana virya* drug. *Pathya and Nidana Parivarjana* also play an important role in the management of *Amlapitta*.

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