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## **The Study of Literature Review of Urdhwag Amlapitta according to Shatkriyakal**

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### **Abstract-**

*The Aim of the present articles to discuss the Samprapti of urdhwag amlapitta according to shatkriyakal. Shatkriyakal is a concept which is described by Acharya sushruta in Vyadhi Nirmiti. The six Avasthas are Sanchay, Prakop,Prasar, Sthansanshrayam, vyakti,Bhed. These six avastha helps to break the samprapti of disease which in case helps in the chikitsa of disease. If we break the samprapti of any disease in prakopadi avastha then the more complication could be avoided and the disease will be suksadhya. In Urdhwag Amlapitta the Pravridha pitta vitiates the kaph and Vata dosha then spreads in whole body and where there is sthana vaigunya the dosh dushya gets ashrited and urdhwag amlapitta is formed. This Urdhwag Amlapitta occurs in adults mostly so this is the valuable topic of concern in present era.*

**Keywords-**Amlapitta,Shatkriyakal,urdhwag amlapitta.

### **Introduction-**

1. Shatkriyakal is a concept which is described by Acharya Shushruta<sup>1</sup>. Shatkriyakal means the six stages of formation of disease<sup>1</sup>. These stages are called as the six avastha<sup>1</sup>. The six avastha are
  1. Sanchay
  2. Prakop
  3. Prasar
  4. Sthansanshrayam
  5. Vyakti
  6. Bhed.

For the chikitsa of any disease we have to break the samprapti of disease, that is why Shatkriyakal is very important role in the management of disease. The six avastha of Shatkriyakal shows the disease in different stages. If we cure the disease in the earlier stage, the disease will be cured fast. The pathogenesis of the disease in the body will not occur. In Ayurvede it is said that the newly formed disease are suksadhya and they are cured fast in sanchayadi avastha as compared to kashtsadhya diseases.

In Shatkriyakal we have to perform the different kriyas for the treatment of disease to avoid the complication of disease, so it is very important to study the disease according to shatkriyakal.

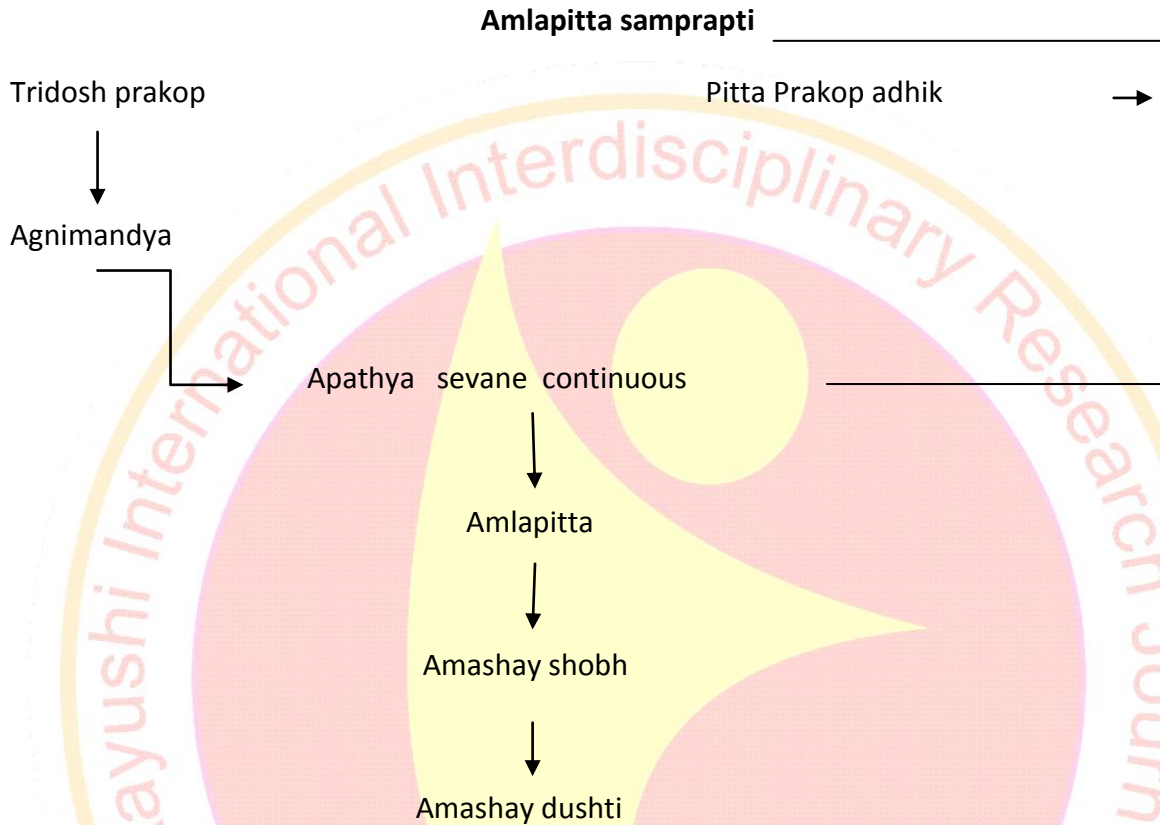
### **Discussion**

Amlapitta is a disease which is described by Acharya Madhavnidan, Kashyap, Yogratanakar, Bhavprakash<sup>2</sup>. Amlapitta is Abhyantar Margag Vyadhi<sup>3</sup>. It is caused due to intake of Pitta prakopak aahar, ushna, tikshna, amla rasatmak aahar also.

### **Samprapti of Amlapitta**<sup>4</sup>

In common samprapti of Amlapitta, the three doshas are in prakopak stage, but pitta dosh is mainly vitiated by Drav and amla gunas. Due to Vitiated Pitta dosh agnimandya occurs and if the hetus

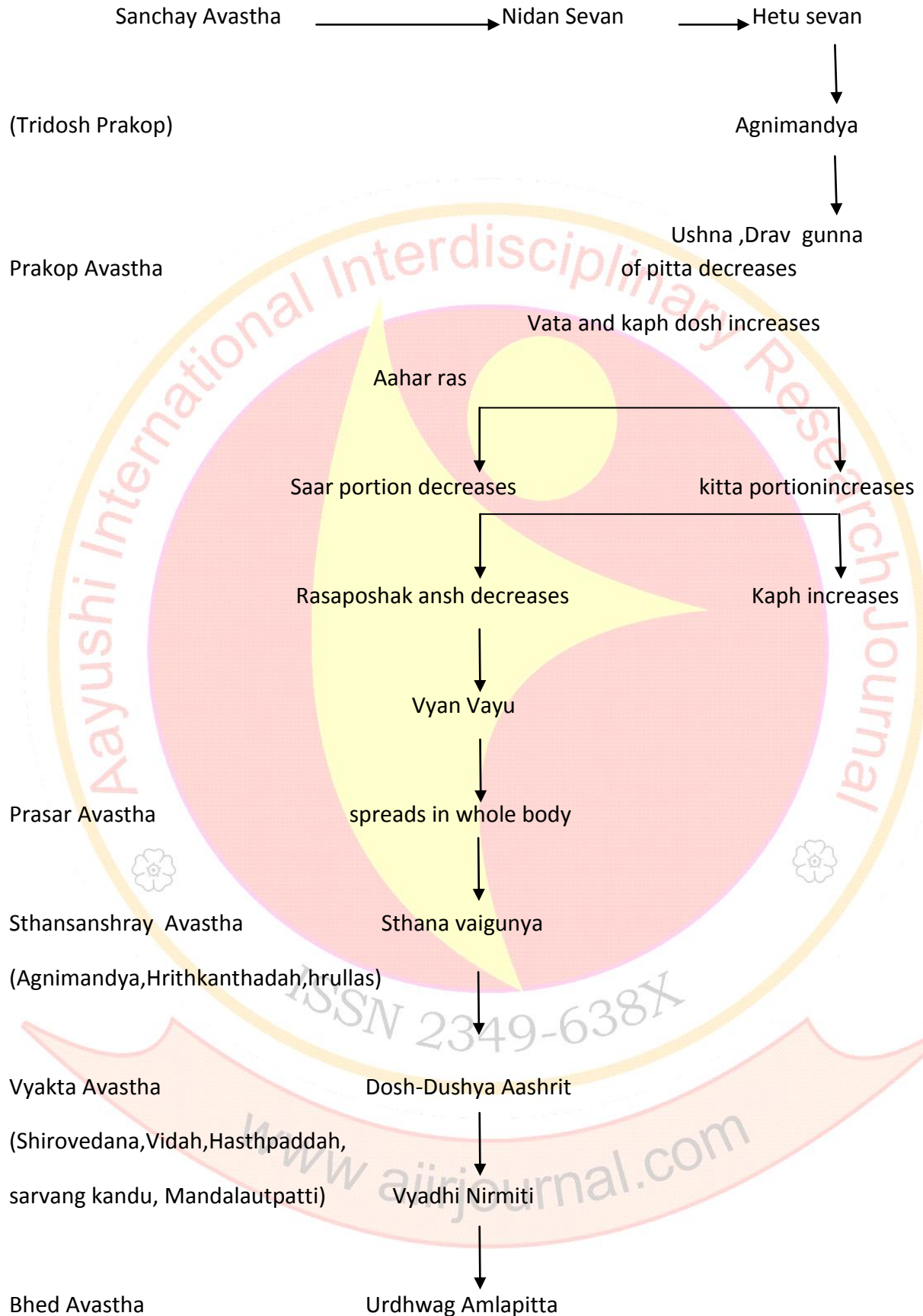
will be continued then the Anna becomes vidagdha. And in Amashay kshobh is nirman and amlapitta Vyadhi is uttapana.



According to gati Amlapitta is divided in 2 types urdhwag amlapitta and Adhogh amlapitta<sup>5</sup>

### **Samprapti of Urdhwag Amlapitta**<sup>6</sup>–

Urdhwag amlapitta is Kaphanubandhi which gets reliefs by vaman and adogh amlapitta by virechana. It is also caused by pitta prakopadi aahar etc. The common clinical feature are nausea, headache, burning sensation in epigastric region. In samprapti of urdhwag amlapitta.



IN Sanchay Avastha, Due to nidan sevana Agnimandya occurs .

In Prakop Avasta , the pitta doshas , ushna and drav gun gets decreased and the vata and Kaph dosh gets increased.

IN Prasar Avastha The ahar gets divided in sar bhag less and kitta bhag more and due to vyan vayu spreads in whole body.

IN Sthansanshrayam and where there is Sthana vaigunya means in urdhwa amashay shobh is nirman.

In Vyakyavastha the Dosh and dushya gets aashrit and in Bhed Avastha Vyadhi is formed that is urdhwag amlapitta .

### **Conclusion-**

By the above Article we can conclude that by Studying Urdhwag Amplapitta according to Shatkriyakal will be beneficial for Diagnosis and management purpose. And will avoid the further complication of urdhwag amlapitta like perforation etc.

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