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Evaluation of diet and life style in etiopathogenesis of Urdhwaga Amlapitta**Dr.Sachin Pandurang Wayase**

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Introduction:-

Now days increased the prevalence of chronic diseases with chronic factors mostly related to diet and life style. Among them Urdhwaga Amlapitta a gastrointestinal tract disorder, has acquired majority of the share with causative factors like improper diet and habits ,stress, spicy irritant food , oily foods ,bakery products, etc.A survey study was conducted on patients of irrespective of sex religion, etc. who had presented with the clinical symptoms of Urdhwaga Amlapitta. Information on demography dietary intake and life style factors was collected by standard questionnaires. The data revealed that majority of the patients indulged in faulty dietary habits like excess katu Ahara seven ,Amala Ahara seven, Guru Ahara, Snigdha Ahara, Viruddha Ahara, Abhishyandi Ahara ,Atiushana Ahara , Vidahi etc. and the data on lifestyle revealed that majority of the patients indulged in Diwasvapa , Antarodaka Paanam Chinta.etc. The data reflects that dietary patterns, lifestyle choice, and physical activities play an important role in the etiopathogenesis of Urdhwaga Amlapitta.

In the society ,due to improper diet habits , stress, not following Ahar vihar, Asatamya ahar , stale food, spicy food, oily food, bakery food, fast foods, excess consumption of tea and coffee, drinking excess wine , cigarette smoking etc.

Materials and Methods of Study:-**Selection of patients:-**

Patients were eligible for study if they were over 15 years and below 65 years of age and had classical signs and symptoms of Urdhwaga Amlapitta like Avipaka, Vidaha, Klama, Tiktamlodgara, Hritdaha, Kanthadaha etc. Patients who had chronicity for more than 5 years and were having organic diseases like gastric ulcer, duodenal ulcer, cancer of stomach, and major illnesses like cardiac diseases, diabetes, etc. excluded.

Laboratory investigations:

CBC, Urine Routine & microscopic , Biochemical examination Fasting blood sugar, Sr. cholesterol, Sr. Triglycerides, High density lipoprotein (HDL), Blood Urea, Sr. creatinine, Serum glutamate pyruvate transaminase (SGPT), Serum glutamate oxaloacetate transaminase(SGOT), Sr. total proteins, albumin, globulin.

Discussion:-

The fast emerging life style diseases in India today inflict heavy burden on the society is new national reality. By and large they are born out of faulty diet and lifestyle modification, comprehensive, workable and cost effective, preventive alternatives are available in Ayurveda which need recognition and promotion. But prevention of the disease is better than cure so also Nidan parivarjan has been suggested as the first line of treatment is almost all the disease. In the present

study most of the etiological factors were found to be related with the diet and lifestyle. If does not follow proper dietary habits, Agni will be diminished due to irregularities in the digestion and finally will lead to Urdhwaga Amalapitta. Maximum number of patients belonged to the age group between 25 to 45 years. It is the most productive age of life as they struggle for improving their economic status due to which they suffer from stress and strain. The irregular food and drinking habits in their services might have lead to more incidences. This age group also has pitta dominance.

Most of the individuals who were taking dominant rasa as Katu, Amla, and Lavana were prone to this disease. Proving the classical etiological factors for causing and aggravating the disease most of patients following Adhyashana.

Acharya Charaka has advised to take the food only after the previous meal is digested. Adhyashana causes aggravation of doshas and due to insufficient rest to the stomach. The mucus membrane is hampered which will lead to local damage. Some patients were addicted to chewing tobacco which due to its Ushana, Tikshana, Vyavayi gunas causes and aggravates Amalapittas. Those patients were suffering from krush, krura koshtas which is due to Vata doshas. These people were more prone to constipation which is also one of the symptoms of Urdhwag Amalapitta. Stress is the known factor for disturbing the sleep. IN this study more patients reported disturbed sleep followed by Alpanidra.

Conclusion:-

Urdhwaga Amlapitta is a chronic recurring condition that affects health related quality of life. As a result of the economic and social burdens of Urdhwaga Amlapitta, it is important for patients to have access to diet and lifestyle modification. The results of survey study suggest that unwholesome diet, fast and stressful lifestyle with sedentary habits play an important role in the manifestation of this disease. Currently, research in this area is minimal.

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