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Amlapitta – A Nidanpanchatmak View**Dr.Megha Adsul.**

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Abstract-

Amlapitta is one of the common problem of todays life due to the change in lifestyle. It is more of a psycho-somatic disorder caused due to dietetic indiscrimination and mental stress and strain. It is a pitta pradhana disease of the Annavaha and Purishavaha srtotas caused due to mandagni and ama. The patho-physiology of the Amlapitta states it to be a disease caused due to functional disturbance rather than organic lesion. o cope-up with the speed of the modern era, one has to adopt junk food preparations, over-work and stressful duty schedule. 30% of the general population is suffering from gastro-oesophageal reflux and gastritis resulting in heartburn. Hence this article suggested that how changing life style causes the Amlapitta and what done in this condition for the preventive in detail.

Introduction

Amlapitta is probably a commonest digestive disorder. A drastic change in mankind has taken place mostly due to urbanization and industrialization . It is caused due to Viruddhashana and Pittaprakopaka bhojana and pana. Individuals with a Pitta imbalance are susceptible to hyperacidity, peptic ulcers, and some types of inflammatory disorders.The pathogenesis of amlapitta involves three important factors i.e. Agnimandya, Ama & Annavaha Strotodushti. Along with this, the vitiation of pitta leading to quantitative & qualitative increase of pachaka pitta especially in its ama & drava guna gives rise to amlapitta.The gastric glands produce acids, which help break down food during digestion. Excess production of acids in stomach is termed as the hyperacidity

Aim & Objectives –

- To study the Amlapitta as per ayurvedic classics

Material & methods

Different Ayurvedic classical books, research papers and journals were referred to fulfill this part.

Nirukti: -

Literally amlapitta means the pitta is of sour taste. Etymologically the word Amlapitta comprises of two components i.e. Amla & pitta
Amlapitta= Pitta+ amla

Acc to Acharya Sushruta when Pitta becomes Vidagdha then it changes into Amla but According to Acharya Caraka, Natural property of Pitta is Amla & Katu condition where excessive secretion of Amla guna, Pitta takes place causing vidahyadi conditions. Therefore, it means a condition in which sourness of Pitta gets increased. In disease Amlapitta, the Pitta gets vitiated by one or all gunas, causing various patho-physiological conditions of Anna and Purishavaha Srotasa.

Def: -

1) Chakrapani in his commentary on Charak Samhita defines

“Amlapittam Cheti amlagunoundriktam pittam” -

The augmented or increased amla guna of pitta is known as Amlapitta.

2) Shrikanthadutta in his Madhukosha vyakhya defines

“Vidahadyamla gunaoundrikta pittam amlapittam”

i.e. the pitta becomes augmented or vidagdha because of excessive increase of amla guna of pitta &

“Amlam vidagdham cha tat pittam amlapittam”

The pitta which attains amla guna & vidagdhatata is called as amlapitta.

Acidity is related to heartburn and gas formation in stomach. In acidity, acid reflux or Gastro esophageal reflux disease (GERD), or more commonly known as 'Urdhvag Amalpitta' in ayurveda, there is a movement of gastric juices (acid in nature) from the stomach into the lower part of esophagus. Ayurveda considers it to be caused by the aggravation of Pitta dosha.

Etiological factor of Amlapitta

In brief Nidanas of Amlapitta are divided into four groups i.e. Aharaja, Viharaja, Manasika and Agantuja

Aharaja hetu

The first and the foremost group of etiological factors of Amlapitta may be considered as the dietary factors. Under this group the intake of food against the code of dietetics i.e. Ahara Vidhi Vidhana and Ahara Viseshayatana is included. Various types of incompatible substances, excess use of Pitta aggravating factors like Katu, Amla, Vidahi etc.

Viharaja hetu -

It requires having regular habits of defecation, to eat properly and to sleep in time. It is not to suppress the natural urges, maintaining the equilibrium of the body. If these instructions are not followed regular, the whole functioning of the body will be disturbed and in long run, they will cause the disturbance of the equilibrium of Pitta and digestion which ultimately will lead to Amlapitta.

Manasika Hetu –

Manasika bhavas plays an important role in maintaining the health. On the other hand an abnormal psychology, in terms of anger, anxiety, greediness etc. would affect the physiology of digestion. Either there would be a lesser secretion of the digestive juice or secreted at improper time and sometimes it may be secreted in excessive quantity. All these conditions lead to indigestion which ultimately gives rise to Amlapitta.

Agantuja Hetu –

Allied factors can be taken under this factor. Under this group constant and excessive consumption of alcohol, tobacco, beverages, smoking or other irritant substances etc. are taken. These substances cause a local irritation in the stomach which in turn secretes more gastric juice.

Samprapti or pathogenesis of amlapitta

Due to nidana seven, pitta prakopa may occur and this prakopita pitta mixes with sanchit pitta and it leads to Amlodagara, Daha etc. symptoms. It results in Amlapitta. If nidanas are Amlarasa pradhan, prominent 2nd stage of avasthapaka takes place which leads to increase pittodirana. This Amapitta (Premature pitta) produces Amlodagara, Daha etc. In the pathogenesis of Amlapitta, first there is production of Shuktapaka due to Agni dushti and if it mixes with Pitta it produces the disease. Means along with excessive HCl secretion there may be production of organic acids. So whenever patients complain about hyperacidity, his thorough examination as per Ayurvedic point of view should be done. We must analyze that either the pitta is premature (Amapitta) or it is mixed with the ama of digestive system (Samapitta) as treatment differs in these situations. Mainly Drava and Amla guna is increased in this disease. By observing the signs and symptoms of disease, it can be guessed by which guna (property) the pitta is vitiated.

Pitta guna & there symptoms-

- Drav-Hrillas, chardi
- Amla-Amlika, Amloudgar, Amlasyata
- Tikshna-Vedna, Vran

- Ushna-Ura-udar kantha daha, Jwar pratiti, sarvang dah
- Vistra-Asyadourgandhya, lohaamgandh
- Sara- Asanhat malpravrutti.

Samprapti Ghataka

- ✓ Dosha - Pitta (Pachaka)
 - Vatha (Samana, Prana, Apana)
 - Kapha (Kledaka, Bodhaka)
- ✓ Agni – Mandagni, Vishamagni
- ✓ Srotus - i. Annavaha ii. Rasavaha iii. Purishavaha iv. Raktavaha
- ✓ Srotodushti - Sanga, Vimarga gamana, Atipravriti
- ✓ Adhithana - Amashaya, Grahani
- ✓ Dushya - Rasa, Rakta
- ✓ Vyakti - Amashaya, Grahani
- ✓ Marga - Abhyantara (Kostha)

Discussion

The faulty food habits and life style have a definite impact on bio rhythm of intestinal function. Amla, is important as it indicates a group of Gunas . The disorders caused by not following the rules as well as observation of today's society are given with each rule. The rules are supported by modern physiological and experimental studies. Some points are applicable to all the statements collectively and separately. While mentioning dietetic rules it is already considered that they should be applied along with proper diet. Wholesome diet if taken in improper way can lead to diseases. In the same way improper diet even taken in proper manner leads to disorders.

Conclusion

Amlapitta is very common and major problem due to changing life style habits. In the ancient text books 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 be only successful if the causative factor are corrected and implementation in the proper approach.

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