

Role of Pathyapathya on Amlapitta -A Review**Sneha R Tiwari ;**

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Abstract**Introduction :**

Amlapitta is one of the most common disease seen in today's modern era. It is mainly caused due to aggravation of pitta. Due to changing lifestyle and stress it is increasing day by day. It can be correlated with hyperacidity or gastric of Modern Science.. According to prevalence studies 50% of population is affected by it. Modern treatment mainly include use of antacids. Ayurveda mainly emphasizes on prevention of disease. Pathyapathya is mentioned in Ayurveda to prevent as well as to treat the disease. It is a unique measure of Ayurveda.

Aim and objective- To review Role of Pathyapathya on Amlapitta

Material & method; References regarding Amlapitta and Pathyapathya were collected from Bruhatrayi, Laghutrayi Modern textbooks and Research articles and analysed them.

Observation and result ; Review of literature and research articles searched on Amlapitta showed that one should take madhur, katu rasatmaka ahara which is laghu (easily digestible) having deepan and pachana properties. They also advocated that one should consume Yava, Godhum, Munga, Amala, karavellaka, milk, ghrith and buttermilk. These studies showed that one should avoid amla, tikta rasatmaka, guru ahara like masha, curd, kanji, lime chilly spicy food junk food. One should follow Dincharya and Rutucharya to avoid the aggravation of doshas. Use of Meditation and Yoga also helps to relieve anxiety and stress which are the main causative factors of Amlapitta.

Conclusion ; From above review it can be concluded that Amlapitta can be prevented and treated by pathyapathya given in Ayurveda.

Key word; Amlapitta, Pathya Apathya, GERD

Introduction –

From stone-age to space age, food pattern of people has undergone innumerable changes. These changes have been always for the better aspect of life, yet most of the diseases are firmly rooted in poor dietary habits and life style. None of the existing systems of medicines are providing satisfactory answers for all the health problems as all these aim at symptomatic relief rather than a total cure. Amlapitta is a burning problem with causative factors like improper diet and habits, stress, spicy irritant foods, etc.[1]

Acharya Charaka has mentioned that if a person is under psychological stress; even the wholesome food taken in proper quantity will not get properly digested.[2] Vagbhata has described that all diseases are caused due to Mandagni. Among the Nidanas of Amlapitta, dietary factors, addiction to alcohol, tobacco chewing or smoking, drinking tea several times are chiefly associated and commonly found.[3] Acharyakashyapa was the first who describe the diseases on doshas basis and given the samprapati in detail.[4]

Pathya is referred to the Ahara and Vihara, which causes pacification of the disease.[5] Apathya is referred to the Ahara and Vihara, which causes complications and aggravate the disease.[6] Ahara is the base and cause for the strength, complexion and vitality of the living beings. It has the ability to promote health as well as to control the disease pathology.[7] The benefits of food like health, strength, longevity and energy are achieved only when the food is consumed by the person

according to its *Swabhava, Samyoga, Samskara, Matra, Desha, Kala, Upayokta* and *Upayoga Samstha*. [8] Otherwise it will end up in manifestation of diseases.

In today's modern era it is observed that 30% of general population is suffering from this disorder. In this century our day to day life has turned to be very fast as a result of which people don't have much time to look after their own health. As a result of changing life style, many health issues especially Amla pitta have become common and alarming. [9]

According to various *Acharya*, different *varga* are been described like *annavarga* (*puranashaali, mudga, yava*) *ksheervarga* (milk and *gogrita*) *shakavarga* (*pautika, Vasa* and *kusmanad*), *mansavarga* (*jangalamansa*) and *phalavarga* (*dadima, amlaki*), are considered as *Pathyain Amlapitta*

Amlapitta *Ahar* having properties like *Laghu, snigdha, shitaguna, madhurrasa, madhurvipak, shitavirya* is considered as *Pathya*. *Ahar* having above properties prevents aggravation of *pitta*, pacifies *samanavayu*, and causes *agnidipana, amapachan* and *vatanulomana*. *Snigdha* *Ahar* decreases *rukshata* of intestinal mucosa and regulates the *Vayu*.

Apathya *Aharin Amlapitta* that are *annavarga* (*navanna, masha*) *Madhya varga* (*nutanamadya*), *kandavarga* (*aluka*), *ksheeravarga* (*dadhi, aviksheera*) *mams varga* (*matsya, anupamamsa*)

Common things to be Avoided

Excessive use of spices, chillis and other irritant substances in food. Fatty meals cause delayed gastric emptying. It is good to consume little less quantity of food which facilitates the action of *Pachaka Pitta* which will help to control the formation of *Ama*. Since the diet which aggravates the *Kapha*, also contributes the formation of *Ama*. Thus, dairy products, oily food items, salty and sour food articles should be avoided.

Consumption of incompatible food items i.e. *Viruddha Ahar* should be strictly avoided since, it is considered to be a chief etiological factor of the disease. It is better to avoid excessive water intake after consuming food as it interferes with the concentration of the digestive enzymes and slows down the digestive process. Most of the patients having addiction of tea, tobacco, smoking, alcohol which also plays an important role in etiology and aggravating factors also.

Material And Methods

Various *ayurvedic samhitas* were searched on *pathyapathya* *Ahar* in *Amlapitta*. Recent articles, Journals and P.G. Thesis, etc. were also studied for this purpose.

Observation

Various research study on dietary management in *amlapitta* are as follows

- Sudhakarreddy et al (2014) conducted comparative study on ayurvedic compound, anta acid and dietary management in *amlapitta* were 60 patient were taken divided in three equal group (group A, B, C) group A Ayurvedic compound (*guddughi, neema, triphalachurna*) 5 gm twice a day. group B patients were given anta acid aluminium hydroxide and magnesium trisilicate 15 ml twice a day, group C patients were given dietary chart to flow study was conducted for 4 weeks Result Were withdrawn that 100% result in group A, 94% in group B, 83.33% in group C, the study concluded that dietary therapy can prevent *amlapitta*. (11)
- V.J. Tiwari et al 2016 the study was conducted on *amlapitta* with dietary management total 30 patients were taken for study. total duration of study was of 20 days diet chart has been prepared as per Ayurvedic classics which contains the time to take food, item of food to be taken and things to be avoided. The study revealed that *Pathya-Apathya* plays an important role to achieve *Niramavastha* and hence half of the disease gets cured. Ayurveda agrees that

no medicine is equivalent to food; it is possible to make a person disease free merely with appropriate diet .pathya is the main key for treating Amlapitta.

- Rinky Thakuretal 2017 conducted the study on DIET AND LIFESTYLE modification with and without gudduchadimodak on amlapitta .total 30 patients were taken divided onto 2 group equally in which Group I- Ahara-Vihara therapy Group II- GudadiModaka (5gm twice a day) + Ahara-Viharatherapy for 2 month's.better result was obtained in group 1 which was only treated with Aahar –Vihar as compare group 2 treated with ahar +gudduchadimodak . The study revealed that proper and carefully planned diet and lifestyle as per the description in Ayurveda along with medicine can go long way rooting out the disease and restoring strong health.
- Ballarianupama et.alstudy was conducted on PIPPALI GHRITA in the mangment of amlapitta AMLAPITTA (URDVAGA) long with pathyapaln total 30 patient were take of urdvagagataAmalpitta . patient were given pippalighrita for 15 days before with pathya plane and results had analysed statistically before, after treatment and after follow up The study concluded that the medicine along with pathyakara diet and anupana is very effective in the management of patients with UrdhvagaAmlapitta.

Discussion

Pathya is used for prevention as well as a part of treatment of the diseases. AcharyaCharak had stated *Pathya*(wholesome)as a synonym for treatment. This indicates the importance of *Pathyapathya* in *Ayurveda*⁹⁰.It emphasizes on diet and regimen along with medicine. Ayurveda describe the *pathyavyavastha* (planning of diet-dietetics) in a very scientific way.

The diet beneficial to the body and mind are called as *pathya* (wholesome) *aahar* whereas which adversely affect mind and body are called as *Apthyaahar* (unwholesome diet)

Most of the disorders develop due to faulty eating habits and *Amlapitta* is one of them. The first and the foremost group of the etiological factors of *Amlapitta* may be considered as the dietary factors⁹¹. In this group, the intake of food against the code of dietetics i.e. *Aharavidhividhana* and *Aharavidhivishayatana* is included

For According to *Kashyapasamhita*, *puranashaali*, *mudra*, *masura*, *harenu*, milk and *gogrita*,*jangalamamsa*, *kalayashaaka*, *pautika*, flowers of *Vasa* and *vasuka* are considered as *PathyainAmlapitta*⁹²

For *Amlapitta*aaharhaving properties like *Laghu*, *snigdha*, *shitaguna*, *madhurrasa*, *madhurvipak*, *shitaviry* is considered as *Pathya*. *Ahar*having above properties prevents aggravation of *pitta*, pacifies *samanavayu*, and causes *agnidipana*, *amapachan*and *vatanulomana*.*Snigdha*aahar decreases *rukshata* of intestinal mucosa and regulates the *Vayu*.⁹²

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Conclusion

Ayurveda does not regard *Amlapitta* as a disease that can be treated by mere medicine or by a dietary regimen. Though it is a *Yapya* (not totally curable/difficult to cure) disease, the prolonged use of the above *Pathya* along with treatment procedure will not only generate the person free from *Amlapitta* but protect to live a long life.

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