

Nidanpanchatmak View On Amlapitta Exercise

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Abstract:

Modern era's changing lifestyle along with changing food culture and also depending upon ones body constitution Amlapitta is one of the most common disease seen in the society. 'Hurry', 'Worry', and 'Curry' are the three main reasons for the disease. Excessive increase of Pitta dosha' which tries to find its way out of the body either through oral or rectal pathway and along with it exhibits symptoms of amlapitta. From very beginning Ayurveda is playing a major role in the management of this disease. Improvement of digestive system is the main key for treating Amlapitta. This article is based on the Ayurvedic review on Amlapitta

Introduction:

The most important presenting sign of Amlapitta is burning sensation of the stomach, heart and throat. This sign is most prominent and is in the middle stage of the disease. This is due increasing drava guna and vidagdhatva of the pitta. Amlapitta is commonly encountered disease of Annavaahasrotas (GIT). Though it can be described as a disease of modernization due to irregular eating habits, it is more of psychosomatic disorder caused due to mental stress and strain alongwith dietetic in discrimination. In Ayurveda Amlapitta cannot be correlated with one particular disease more or less precisely. But it can be correlated with Acid Reflux syndrome which comprises of GERD, Gastritis, dyspepsia, Acid peptic disorder, hyperacidity etc. In Ayurveda sign and symptoms of amlapitta looks very similar to GERD and Gastritis

Aim & Objectives:

Study the Amlapitta as per ayurvedic classics.

Material& methods :

Different Ayurvedic classical books, research papers and journals were referred to fulfill this part. Amlapitta is mentioned in Kasyapa Samhita, Madhava nidana, Bhavaprakasa and Cakradatta. Acharya Caraka, Susruta and Vagbhata have not described this disease. Amlapitta, as separate though it has been referred at certain places.

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 vidagdhm cha tat pittam amlapittam** the pitta which attains amla guna & vidagdhata is called as amlapitta.

Acidity related to heartburn and gas formation in stomach. In acidity, acid reflux or

Gastro esophageal reflux disease (GERD), with Acid spepsia, ign and Gastritis. pers and entioned prakasa known as 'Urdhvag Amalpitta' in ayurveda, or more c 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 aggarvation of Pitta dosha.

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

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.

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

Vist 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.

Samprapti of Amlapitta

Due to nidana seven, pitta prakopa may occur and this prakupitta pitta mixes with sanchit

pitta and it leads to Amlodagara, Daha etc. symptoms. It results in Amlapitta. If nidanas are Amlarass 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 Amlapitts first there is production of Shuktapaka due to Agni dushti and if it mixes with Pitta it produces the disease. Means along with excessive HCI 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 guess 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 .
- Purishavaha iv. Raktavaha
- Srotodushti-Sanga, Vimarga gamana, Atipravriti
- Adhithana - Amashaya, Grahani Dushya Rasa, Rakta
- Vyakti- Amashaya, Grahani
- Marga-Abhyantara (Kostha) prakupitta an, Daha Amlarasa ace which ture pitta) Amlapitta hti and if it hexcessive acids.

Chikitsa

Main line of treatment is to correct ama formation & Agnimandya. Ama shodhana is done by

mridu vaman, Mridu virechana, Anuvasana&Niruhan. In the persons who are 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 for some days

Paachan- 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 employed.

Discussion

Amlapitta is probably a commonest digestive disorder. A drastic change in mankind has taken place mostly due to urbanization and industrialization. To 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.

Conclusion:

To take regular healthy diet in proper time, proper sleep, exercise are the important factor to leave out Amlapitta. Pariharv Hridayay life lots o

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