

REVIEW OF AYURVEDIC AND MODERN PROSPECTIVE OF AMLAPITTA VYADHI

Dr. Santosh Girbide¹, Dr. Sanjukta Deshmukh^{*2}, Dr. Jyoti Meghdambar³, Dr. Sandeep Kale⁴, Dr. Milind Kamble⁵ and Dr. Savita Gudade⁶

¹Professor and HOD, Department of Rognidan and Vikruti Vigyan, R.A. Podar Medical College, Worli Mumbai, 400018, Maharashtra.

²P.G. Scholar, Department of Rognidan and Vikruti Vigyan, R.A. Podar Medical College, Worli Mumbai, 400018, Maharashtra.

³Associate Professor, Department of Rognidan and Vikruti Vigyan, R.A. Podar Medical College, Worli Mumbai, 400018, Maharashtra.

⁴Assistant Professor, Department of Rognidan and Vikruti Vigyan, R.A. Podar Medical College, Worli Mumbai, 400018, Maharashtra.

⁵Assistant Professor, Department of Rognidan and Vikruti Vigyan, R.A. Podar Medical College, Worli Mumbai, 400018, Maharashtra.

⁶Associate Professor, Department of Rasashastra, G.A.C. Osmanabad, 413501, Maharashtra.

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*Corresponding Author: Dr. Sanjukta Deshmukh

P.G. Scholar, Department of Rognidan and Vikruti Vigyan, R.A. Podar Medical College, Worli Mumbai, 400018, Maharashtra.

ABSTRACT

Amlapitta may be defined as a life style disorder. It's miles a psycho- somatic disease induced because of intellectual stress & strain. Hurry, Worry, and Curry are the three essential motives for the ailment. *Dushti* of *annavaha srotas* because of Improper and defective nutritional habits ends in diverse issues and *Amlapitta* is one in all them. *Amlapitta* could be very commonplace disease encountering in present population with greater or less severity. 80% of the top ten lifestyles threatening diseases of the world are because of faults in dietary behaviour. *Amlapitta* is maximum commonplace disease in the society nowadays. It is a sickness that frequent everywhere in the world. The growing prevalence charge is a steady assignment to the research people. *Amlapitta* may be co- relates with gastritis/ acid peptic ailment/ hyperacidity. *Amlapitta* disease is reviewed in element in line with *ayurvedic* angle and contemporary view in this article. The current article focussed on *amlapitta* with the help of simple principles mentioned in Ayurvedic literature and contemporary science. Modern aspect of *amlapitta* is also discussed in this article.

KEYWORDS: life style disorder, *Amlapitta*, *pitta*, *ayurved*, gastritis, hyperacidity.

INTRODUCTION

Amlapitta is one of the diseases of *Annahava Srotas* and is more normal in the current period of undesirable diet plans and defective things to do. *Amlapitta* is not mentioned in *Brihatrayi*. It was first mentioned in *Kashyapa samhita*.^[1] *Amlapitta* term is made out of the two words ; *Amla* and *Pitta* from which , the word *Amla* shows the property which is perceived by the receptor that is organoleptic in nature and perceived with the assistance of tongue while the word *Pitta* is characteristic of one of the *Tridosas* and furthermore it is liable for the digestion. in *amlapitaa pachak pitta* loses its *prakrut* properties and turns out to be more *vidahi amla dharmi* and prompts an ailing condition with *amlagunodrikta*

pitta that is *amlapitta*. This infection mostly includes the *Rasa, Rakta, Annavaha* and *Purishavaha Srotas*. *Samprapti* of *amlapitta* incorporates *Pitta Vriddhi* by its own *Drava, Ushna, Sara, Tikshna, Amla Guna*.

Extreme utilization of flavours, chillis and other aggravation substances in food , Greasy suppers cause deferred gastric discharging. It is great to devour minimal less amount of food which works with the activity of *Pachaka Pitta* which will assist with controlling the arrangement of *Ama*. Since the eating routine which disturbs the *Kapha*, additionally contributes the development of *Ama* .Thus, dairy products, oily food items, salty and sour food articles should be avoided.

Aim

- 1) To review the disease *amlapitta* in *Ayurvedic* and modern perspective.
- 2) To review *nidanpanchak* of *amlapitta vyadhi*.

MATERIALS AND METHODS

Conceptual and the basic materials were collected from the *Ayurvedic samhita*. *Bruhatrayi* and *Laghutrayi* with their available commentaries, journals and research papers.

HISTORICAL REVIEW**(1) Vedic Kala**

No reference of *Amlapitta* was found in *Vedic kala*.

(2) Samhita Kala

Amlapitta is mentioned in *Kashyap Samhita*, *Madhava Nidana*, *Yogratnakara*, *Bhavprakash Chakradatta* and *Rasaratnasammucchya*. *Charakacharya*, *Sushrutacharya* and *Vagbhat acharya* not described disease *Amlapitta* in a separate chapter although it has been mentioned at certain places in their *Samhita*.

(3) Charaka Samhita

Amlapitta as a separate disease is not found in *Charak Samhita*, but the word "*Amlapitta*" is used at different places in *Sutrasthana* & *Chikitsasthana*.^[2] According to *Acharya Charaka* food is not digested nicely due to *agnimandya* and it bureaucracy *Annavisha* which whilst mixed with *Pitta* reasons *Amlapitta*.^[3] Ch. Chi. 15/47.

(4) Sushrut samhita

Acharya Sushrut has mentioned symptoms like "*Amlika*" in his *Samhita*.^[4] *Acharya Sushruta* has not described disease *Amlapitta* in a separate chapter.

(5) Astanga Sangraha

If *Shodhana* isn't always accomplished in time, many illnesses arise, one of which is *Pramilika*. *Indu* says *Pramilika* is a synonym of *Amlapitta*.^[5]

(6) Astanga Hrudaya

While describing *Pittaja Hrudroga*, *Vagbhata* has used the term *Amlapitta*.^[6]

(7) Kayashap samhita

Kashyap samhita is the primary which described the *Amlapitta* in element with its *nidana*, *rupa*, *chikitsa* and *pathya* and *apathya*. *Acharya kashyap* gives extra significance to the *desha* and *kala* entity while describing the *amlapitta vyadhi*. He has additionally cited *Manasika bhava* as causative aspect for *amlapitta*.

According to *Acharya Kashyapa Tridosha* vitiation is accountable for this disorder inflicting *mandagni* and *vidagdha jeerna* then ends in disease *amlapitta*.^[7]

(8) Madhava Nidana

In *Madhava Nidana Amlapitta* is described with its *nidana*, *rupa*, types and *samprapti*. *Acharya Madhavkara* give detailed description of *amlapitta* disease in his *Samhita* under separate Chapter *Amlapitta nidanam* and in the same chapter he classifies *amlapitta* according to *gati bheda* as;

- 1) *Urdhavaga amlapitta* and
- 2) *Adhoga amlapitta*.^[8]

(9) Chakradutta

In *Chakradutta*, *Chikitsa* of *Amlapitta* is described in detail.^[9]

(10) Sharangadhara samhita

In *Sharangadhara Samhita*, *Chikitsa* of *Amlapitta* is described in detail.^[10]

(11) Yoga Ratnakara

Yogratnakar described *amlapitta* in detail with its *nidana*, *rupa*, *prakara*, *samprapti* and *upadravas*.^[11]

(12) Bhaishajyaratnavali

In *Bhaishajyaratnavali*, *amlapitta chikitsa* and effectiveness of various *yogas* have been described in detail.^[12]

Definition

The condition in which *Vidahi* and *Amla guna* of *Pitta* is exaggerated, is called *Amlapitta*.^[13]

According to *Acharya Kashyapa*, the *Vidagdha Ahara* became *Amla* and remains in Stomach inviting *Pitta dosha*. *Vitiated Pitta* causes *manda-agni* because of this *katu rasa* get transformed into the *Amla rasa* causes "*Amlapitta*".^[14]

- *Amlaya Pittam Amlapittam* | (*Vachaspatyam*)

According to *Vachaspatyam*, *Amlapitta* means *Pitta* leading *amla gunatmak* that is sour in taste.

- *Vidahyamlagunodriktam Pittam Amlapittam* | (*Vijayaraksita*)

Commentator of *Madhava Nidana*, *vijayraksita* defines the *Pitta* having *Vidahi avastha* give rise to *Amla* or sour taste.

- *Amlapittam Chaiti Amlagunodriktam Pittam* | (*Chakrapani*)

This means the qualities of *Pitta* i.e. sourness is increased leading to *Amlapitta*.

- *Amlam Amladhikam Pittam Yatra Tada amlapittam* (*Gananatha Sen*)

In book *Sidhanta Nidana Shri Gananath Sen* has given similar definition, as the qualities of *Pitta* i.e. sourness is increased which leads to *Amlapitta*.

Synonyms

1. *Pramilika* -As. Sa. Su. 5/27 *Indu* Commentary
2. *Amlika*- Su. Su. 42/9

3. Pittamalaka- Harita

Aetiopathogenesis

When a person with a pre current tendency for immoderate *pitta* secretion (habitually) takes incompatible, excessively sour, unhygienic, heart burn generating and *pitta* vitiating foods and drinks there is malsecretion of *pitta*.

Nidana

After cautious screening and evaluation of the etiological elements of *Amlapitta*, they'll be mentioned under 4 groups viz. The *Aharaja Hetu* (dietary factors), *Viharaja Hetu* (dependency factors), *Manasika Hetu* (psychogenic factors) and *Agantuka Hetu* (miscellaneous factors).^[15]

1. Aharaja Hetu (Dietary factors)^[16]

The first and the foremost organization of etiological elements of *Amlapitta* may be taken into consideration as the dietary elements. Under this organization consumption of meals in opposition to the code of dietetics i.e. *Ahara Vidhividhana* and *Aharavidhi Visayatana* is covered. Various style of incompatible materials, extra of *Pitta* aggravating factors like *Katu*, *Amla*, *lavana Vidahi* etc. *Bharjitanna* and premature consumption of food are the elements against the dietetic code and they're without delay answerable for the disturbances of *Pitta*.

2. Viharaja Hetu^[17]

Atiasna (Taking excessive bath), *Ati avagahanat* (Excessive swimming) *bhuktwa diwasvapna* (Sleeping in day time after meals), *Veganam dharanam* (Suppression of natural urges) *Shayyaprajagaraihi* (Improper habits of sleeping)

3. Manasika Hetu (Psychogenic factor)^[18]

Psychology additionally plays an exquisite role in preserving the health and mental activities. On the other hand a peculiar psychology, in terms of anger, tension, greed and many others. Might affect the body structure of digestion. Either there might be a lesser secretion of the digestive juice or secreted at unsuitable times and on occasion it is able to be secreted in immoderate amount. All these conditions aggravate *Pitta*, which in the end offers rise to *Amlapitta*. The modern investigators have mounted that acid gastritis is not anything else however is the syndrome because of pressure and pressure which indicates the vital role played by way of psychogenic factors in the production of *Amlapitta*.

4. Agantuka Hetu

Now days, iatrogenic diseases are common. *Amlapitta* might be a sequel of defective drug or drug abuse habits. Over the counter intake of non steroidal anti-inflammatory tablets and anticoagulant cure one ailment however it is able to produce *Amlapitta*. *Ayurvedic* tablets, specially unpurified and defective *Rasa Aushadhi* may additionally cause *Amlapitta*. Even *Ushna*, *Tikshna* drug if used excessively, without proper assessment of

ailment for a long duration may also produce *Amlapitta*. Similarly *Panchakarmas* with *Heena Yoga* or *Mithya Yoga* or *Atiyoga* lead towards many sicknesses via attacking on *Agni*, for this reason *Amlapitta* additionally can be visible as an *Upadrava* of a few other illnesses like chronic *Vibandha*, *Arsha*, *Ajirna* and *Pandu*.

Purvarupa

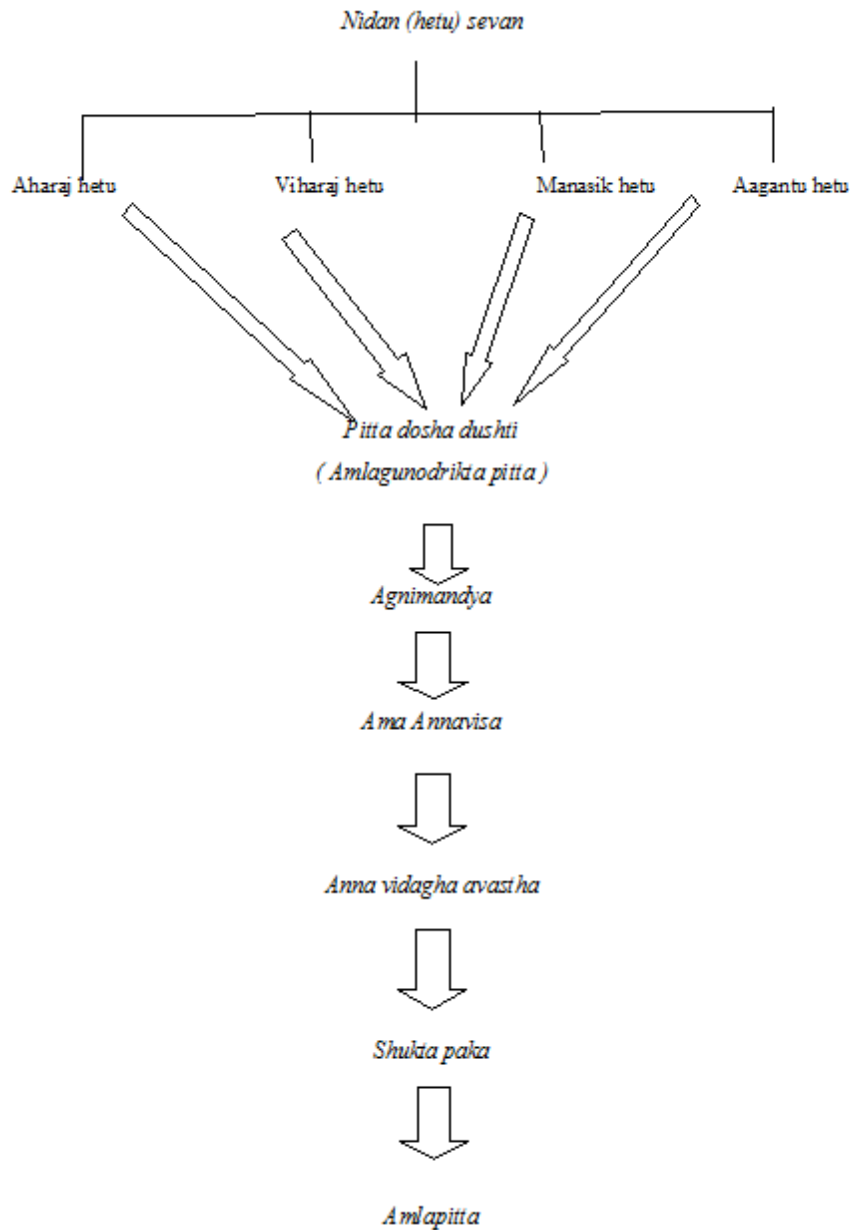
In ancient *Ayurvedic* texts, no specific *purvarupa* are given for *Amlapitta*.

Clinical features of amlapitta / rupa

There are various clinical features have been mentioned in our *Ayurvedic* literatures i.e. *Avipaka* (Indigestion), *Tikta-Amla Udgara* (Bitter-sour eructation's), *Aruchi* (Loss of appetite), *Gaurava* (Heaviness in body), *Utklesha* (Nausea), *Hrita shula* (Pain in heart region), *Hrita-Kantha daha* (Retrosternal burning), *Chhardi* (Vomiting), *Shiro-ruja* (Headache), *Klama* (Mental fatigue), *Antrakujana* (Gurgling of intestine), *Vidbheda* (Diarrhoea), *Romharsha* (Horriification), *Udara-Adhamana* (Flatulence).

Samprapti^[19]

Due to *nidanasevan*, *pitta prakopa* may additionally arise and this *prakupita pitta* mixes with *sanchit pitta* and it leads to *Amlodgara* (sour belching), *Daha* (burning sensation) and so forth, it results in *Amlapitta*. If *nidanas* are *Amlarasa pradhan* (sour flavour), prominent 2nd level of *avasthapaka* takes vicinity which results in increase *pittodirana* (Own properties *Ati Usnata / Atitiksната*). This *Amapitta* (Premature *pitta*) produces *Amlodagara*, *Daha* and so forth.



Types Of Amlapitta

According to *Dosha Dushti*

- i) **Kashyapa Samhita**- here three types are mentioned
- Vataja Amlapitta.
 - Pittaja Amlapitta .
 - Kaphaja Amlapitta.

ii) **Madhava Nidan**- here four types are mentioned

- Vatadhikya Amlapitta.
- Kaphadhikya Amlapitta.
- Vata-Kaphadhikya Amlapitta.
- Shleshma- Pittaja Amlapitta.

According to *Sthana Dushti*

- Urdhwaga Amlapitta
- Adhoga Amlapitta

Samprapti Ghataka of Amlapitta

- Dosha:-Pachaka Pitta, Samana Vayu, Kledaka Kapha.
- Dushya: - Rasa Dhatu
- Agni:-Jatharagni.
- Aama:-Jatharagnijanya Aama.
- Srotas: - Annavaha and Rasavaha.
- Srotodusti Prakara:- Sanga, Vimarga Gamana
- Udbhava Sthana: - Aamashaya.
- Adhishthana: - Aamashaya.
- Sanchara Sthana: - Mahasrotas.
- Vyakta Sthana: - Aamasaya.
- Roga Marga: - Abhyantara.
- Sadhyasadhya: - Sadhya Vyadhi

Upasaya Anupasaya^[20]

While describing *Dosaja* types *Kashyapa* explained about *Upasaya* and *Anupasaya* of *Amlapitta*.
Vataja Amlapitta - Snigdha Upasaya

Pittaja Amlapitta - Swadu and Sita Upasaya
Kaphaja Amlapitta - Ruksha and Ushna Upasaya

Upadrava^[21]

Complication of *Amlapitta* was no longer described with the aid of historical *Acharyas* besides *Kashyapa*. The author has mentioned 8 *Upadravas* and said that the ailment is incurable of their presence. The *Upadravas* are; *Jvara, Atisara, Panduta, Shula, Shotha, Aruchi, Bhrama, Grahani Roga*. Though *Madhavakara* has now not mentioned the complication of *Amlapitta* but included *Shoola* in its *Vatika primary* variety. Hence, *Parinama* and *Annadrava Shoola* can be taken as complications of *Amlapitta*. According to *Acharya Gananath Sen, Upadravas* of *Amlapitta* are *Amasayakala Shopha, Grahani Kala Shopha, Kandu, Mandala, Pidaka, Shitapitta, Udara, Vicharchika, and Vispota*.

Sadhyasadyata

1) According to *Acharya Madhava Nidana, Amlapitta* with recent origin is *sadhya* but in chronic stage it becomes *yapya* or *krichhasadhy*.^[22]

2) According to *Acharya Kashyapa, Amlapitta* becomes *asadhya* (incurable) when its associated with *upadrava*.^[23]

SAPEKSHANIDANA (DIFFERENTIAL DIAGNOSIS)^[24]

- Vidagdha ajirna,
- Pittaja atisara,
- Pittaja grahani

Modern Aspect of Amlapitta

It is very difficult to correlate *Amlapitta* with a single disease of modern science. It can be co-relates with.

Gastritis/ Acid Peptic Disease/ Hyperacidity

Hyperacidity refers to the signs resulting from an imbalance among the acid secreting mechanism of the stomach and proximal gut and the protective mechanisms that make sure their safety. Acid is secreted by way of parietal cells inside the proximal 1/3 a part of the stomach. When there's excess production of acid inside the stomach, it effects within the circumstance known as acidity.

Gastritis

Gastritis syndrome Gastritis manner irritation of gastric mucosa, whereas syndrome means a condition that is associated with exclusive styles of signs and symptoms. The time period refers back to the nature of the disease as an meeting of signs resulting out of pathophysiological circumstance of the stomach.

Causative Factors

'Hurry', 'Worry', and 'Curry' are the three main causative factors responsible for the disease.

Signs and Symptoms

1. Heart & chest burn (retrosternal burning),
2. Sour or bitter belching.

3. Regurgitation of food or sour substance
4. Nausea,
5. Throat burn.
6. Vomiting
7. Heaviness in abdomen
8. Indigestion.
9. Headache
10. Gaseous distention of abdomen
11. Pain in abdomen.
12. Chest pain.
13. Bad breathe.
14. Foul smelling loose motions.
15. Severe burning sensation over feet, hands
16. Thirst
17. Mouth ulcer
18. Tiredness
19. Fatigue (especially in legs)
20. Fainting.
21. Giddiness.
22. Itching all over the body.

Investigation

1. Gastroscopy (upper gastro intestinal endoscopy)
2. Oesophageal ph monitoring
3. Barium meal x-ray
4. Serology and Histology for H-pylori

Complication

1. Gastric ulcer
2. Chronic gastritis
3. IBS
4. Duodenitis
5. Anaemia

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