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AN ANALAYATICAL REVIEW ON AMLAPITTA VYADHI AND IT'S CHIKTSA

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ABSTRACT: - Prakruta Pitta is Katu Rasatmaka. When this Pitta Dosha is vitiated because of particular etiological factors, Amlatwa is increased in Pitta Dosha. This vitiated Pitta Dosha i.e., Vikrut Pitta / Vidagdha Pitta, particularly associated with Amla Guna is responsible for Amlapitta Vyadhi. In this era, People are not following Aahar Vidhi-Vesheshatayanas. Also, urbanization and fast life, results in stressful life. This all reflects on general health of mankind which gives rise to many diseases, Amlapitta is one of them. It is the major problem in youngsters, which indirectly affects their working capacity. In Ayurveda lots of single and compound Herbo mineral preparation use in the Chikitsa of Amlapitta. In Ayurveda Chikitsa of Amlapitta is mainly divided into three parts- Nidana Parivarjana, Shodhana Chikitsa and Shamana Chikitsa.

KEYWORDS: - Amlapitta, Mandagni, Shodhana Chikitsa, Shamana Chikitsa.

INTRODUCTION: - In today's fast-moving world, people have no time to take proper food and not follow the Ahar Vidhi Visheshayatan resulting in a lot of indigestion problems. They may be in the form of Sthoulya, Grahani, Karshya, Malavaṣṭambha, Pandu and so many diseases out of which the prevalence of Amlapitta is the most. Studies show that 30- 54 percent population is suffering from Amlapitta. In present era, Changes in life style and food habit leads to imbalance of Sharirika Doṣhas, as well as Manasika Doṣhas and produce Amlapitta. In Amlapitta, there is Avipaka, Amloudgara, Hṛuddaha, Kanthdaha, Utklesh, Avipaka resulting in discomfort and agony in human being.

Amlapitta disorders are being treated satisfactorily by Ayurvedic physician, and Ayurveda has a lot to offer in the management of Amlapitta. disorder. Many single and compound drugs have been tried on Amlapitta. Right from Kashyapa, Chakradatta, Bhavamishra, have given emphasis to Shodhana procedure especially Vamana and Virechana in the management of Amlapitta. In Shamana Chikitsa, Ayurveda have mentioned the drug, which are having Tikta and Madhura- Rasa, Sheeta- Virya and Katu -Vipaka, Laghu and Ruksha property

AIMS AND OBJECTIVES: - To study literary explanation of Amlapitta Vyadhi and its Chikitsa

HISTORICAL REVIEW OF AMLAPITTA

Samhita Kala- Charaka Samhita- though Amlapitta as a separate disease is not mentioned in Charaka Samhita, symptoms of Pittaja Grahani are similar to that of Amlapitta Vyadhi.

2) Sushruta Samhita- In Rasavishesh Vignaniyam Adhyaya, while explaining Lavan Rasa Atiyoga, uses the word 'Amlak', which is the symptom of Amlapitta.

3) Kashapa Samhita - Kashapa was the first one to describe Amlapitta vyadhi in details. It is described in Khilasthan, adhyaya no 16. Nidan panchak, types and treatment both shodhan and shaman are given.

4) Harita Samhita- Harita have mentioned Nidan, Lakshanas and treatment of Amlapitta in details. It is similar with that in Kashapa Samhita.

5) Ashtanga Hrudaya- has described Vidgdh-Ajirna that is parallel to Amlapitta

6) Bhavaprakash- Amlapitta is mentioned in part 2 (Uttarardha) Adhyaya no. 10 Chikitsa Prakarana- Nidan Panchak and more than fifteen Chikitsa Yogas have been described.

7) Yogaratnakara- Adhyaya Amlapitta Nidan, Amlapitta Chikitsa.

8)Bhaishajya Ratnavali -detailed Chikitsa Siddhanta and Bhaishajya and Rasa Kalpas with panchakarma treatment are mentioned in Amlapitta Chikitsa Adhyaya no.56.

NIDANA OF AMLAPITTA: - Hetu of Amlapitta can be summarized into following categories. 1) Aaharaja 2) Viharaja 3) Manasika 4) Other

1) Aaharaja Hetu- in Amlapitta dietary factors play a predominant role as etiological factor.

a) Some specific food substances: -1) Pishtanna-e. g. Udad Dala.2) Apakwa Madya-Unfermented alcohol. 3) Apakwa Paya - Raw milk and unformed milk products. 4) Phanit -Unfermented sugar cane products. 5) Ikshuvikara - e.g., Jaggery 6) Kulattha 7) Bhrushta Dhanya - Roasted food grains.8) Pulaka 9) Pruthaka 10) Til Taila 11) Ajamamsa, Avika Mamsa- Meat of goat, sheep.12) Dadhi 13) Pinyaka 14) Matsya .

b) Specific Gunatmaka food substance: - 1) Guru 2) Abhishyandi 3) Ati Ushna 4) Ati Ruksha 5) Ati Drava 6) Vidahi Aahara Matsya, Chilies.7) Dushtanna 8) Pryushitanna

c) Specific Rasatmaka food substance: - 1) Lavan Rasa 2) Amla Rasa 3) Katu Rasa

d) Eating style: - 1) Adyashana 2) Ajirna bhojana 3) Anashana 4) Viruddhashana

2) Viharaja Hetu: - These are the factors like exercises, nature of work etc. daily activities which when wrongly practiced become etiological factors for the disease.1) Vega Vidharan 2) Divaswapa 3) Atap sevan 4) Ratri Jagaran 5) Ushna Sevan 6) Atisnavagahana 7) Ati Maithun

3) Manasik Hetu: - In the case of Amlapitta these psychological factors are told to be responsible-1) Chinta (Worry) 2) Krodha (Anger) 3) Bhaya (Fear and Fright) 4) Shoka (Grief, Sorrow) 5) Dwesha (Hatred) 6) Matsarya (Jealousy) 7) Indolence. Pradhnyaparadh, Asatmya-Indriyarth Samayoga etc. also lead to disturbance of equilibrium of Satwa, Raja and Tama, and are considered as Manasic Hetu.

4) Others: - **1) Prakruti**- Vata pitta Prakriti and Pitta Prakriti Individual more commonly get Amlapitta Vyadhi than others do.**2) Kala**- Age of person- In young age incidence is more. **3) Time of the day**- Mid day and mid night, mid of Paripakwa Kala of food **4) Ritu**- Varsha and Sharad Ritu.**5) Desha**- Incidence of Amlapitta is considerably high in Anup Desha.

HETU OF AMLAPITTA ACCORDING TO DIFFERENT CLASSICS-

SR. NO.	PARTICULARS	BH. PR.	MA. NI.	KA. SA.	YO. RA	HA. SA.
1	Viruddha Bhojana	+	+	+	+	+
2	Vikruta Bhojana	+	+	-	+	+
3	Eating during indigestion	-	-	+	-	-
4	Pishtanna	-	-	+	-	-
5	Apakwa Madya	-	-	+	-	-
6	Guru Anna	-	-	+	-	-
7	Abhishyandi Aahara	-	-	+	-	-
8	Vega Vidharana	-	-	+	-	-
9	Hot Beverages	-	+	+	-	-
10	Excessive Fatty Foods	-	-	+	-	-
11	Dry, Roasted Substances	-	-	+	-	-
12	Ati Amla food	+	-	+	+	+
13	Unfermented sugar cane products	-	-	+	-	-
14	Sleeping after meals	-	+	+	-	-
15	Vitiated food	-	+	+	+	+
16	Atisnavagahana	-	-	+	-	-
17	Varsha Rutu	+	+	-	+	-
18	Pitta Prakopak causes	+	+	-	+	-
19	Anup Desha	-	-	+	-	-

SAMPRAPTI OF AMLAPITTA: - Samprapti of Amlapitta first in detailed described in Kashapa Samhita. It is an Aamashayottha Vyadhi. Whole Samprapti takes place in Aamashaya. Virudhashana, Adhyashana, Ati Ushna, Snigdha, Amla, Aahara Sevana and other Hetu Sevana causes vitiation of Tridosha and produce Agnimandya. In Varsha Rutu Pitta Chaya takes place due to Swabhavika Kalaja Effect. In these conditions if Pitta Prakopi and other Aahara Vihara continued, person gets Ajirna, this again leads to increase Amlaguna of Pitta causing Vidagdhatta to Pitta Dosha. This Vidagdhatta Pitta makes function of Agni more suppressed and hence the vicious cycle goes on. The food consumed is not properly digested and so gets fermented (Shuktata). The fresh food taken inside comes in contact with undigested food and food continuously remains in the state of Shuktata. The food is not made available to the Dhatu in absorbable state and there is no formation of Rasadi Dhatu. The symptoms of Amlapitta like Hrut Kantha Daha, Tikta Amla Udgara etc. appears.

Though all the three Doshas are involved in Samprapti the main component in Amlapitta Vyadhi is Pitta Dosha

COMPONENTS OF SAMPRAPTI OF AMLAPITTA: -

A) Vyadhi: - Amlapitta **B) Udbhava Sthana** - Amashaya **C) Sanchara** - Annavaaha Strotasa, Rasavaaha Strotasa. **D) Adhishtana:** -Amashaya, Grahani **E) Dosha:** -i) **Vayu** - Prana,Udana, Samana, Vyana ii) **Pitta** - Pachaka iii) **Kapha**- Kledaka, Bodhaka **F) Dushya** - Rasa, Rakta, Mansa **G) Strotasa** - Annavaaha, Rasavaaha

H) **Vyakti Lakshana** - Avipaka, Klama, Utklesha etc.
Chirakari

I) **Swabhava** -

TYPES OF STROTODUSHTI A) **Atipravrutti**- Pitta, Vata, Kapha B) **Sanga** -Ama (Apachita Aahara Rasa)
C) **Siragranthi** - Annavaaha Strotasa D) **Vimargagamana** - Apachita Aahara Rasa, Prana and Udana Vayu.

PURVA RUPA: - In case of Amlapitta Vyadhi there is no detailed description of Purva-rupa found in Samhita. Purva-Rupa described here are purely on observations. They are Kshudhalpata (Loss of appetite), Hrut Daha (Precordial burning), Kanthadaha (Throat burn), Hrullasa (Nausea) etc.

RUPA: - The common signs and symptoms of Amlapitta are 1) Avipaka 2) Klama 3) Utklesha 4) Udgara 5) Gaurava 6) Hrut Kanth Daha 7) Aruchi 8) Chardi 9) Trushna 10) Kotha 11) Dravamala Pravrutti 12) Kara Pada Tala Daha 13) Shiroruja- Bhrama Murcha etc.

LAKSHANA OF AMLAPITTA ACCORDING TO VARIOUS CLASSICS: -

SR.NO.	PARTICULARS	KA.SA.	MA.NI.	BH.PR.	YO.RA.	HA.SA.
1	Vingabheda	+	-	-	-	-
2	Gurukoshta	+	-	-	-	-
3	Amlotklesh	+	+	+	+	-
4	Shirovedana	+	-	-	-	-
5	Hritshula	+	-	-	-	-
6	Angasada	+	-	-	-	-
7	Antrakoojana	+	-	-	-	-
8	Kanthadaha	+	+	+	+	+
9	Urapradeshdaha	+	+	+	+	+
10	Romaharsha	+	-	-	-	-
11	Klama	-	+	+	+	-
12	Tiktodgara	-	+	+	+	-
13	Amlodgara	-	+	+	+	-
14	Gaurava	-	+	+	+	-
15	Aruchi	-	+	+	+	-
16	Tiktasyata	-	+	+	+	-
17	Bhrama	-	-	-	-	-
18	Kandu	-	+	-	-	-
19	Kukshidaha	-	+	+	+	-
20	Kaphapittaja Jvara	-	+	+	+	-
21	Mandala	-	+	+	+	-
22	Pidika	-	+	+	+	-
23	Lohita Vanti	-	+	+	+	-

24	Matsyodakabh Vanti	-	+	+	+	-
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AVASTHA OF AMLAPITTA: -

1. A) Samavastha – If there is loss of appetite and all the symptoms are present, it is called as samavastha. The patient has usual symptoms like Gaurave, Aruchi, Asyavairasya etc.

B) Niramavastha- If there is normal appetite and symptoms are present it is called as Niramavastha. The patient has usual symptoms like Kantha Daha, Uro Daha, Amlodgara etc.

2. Ashukari -Chirakari: - If the disease is of longer duration, it is Chirakari and if is of shorter duration it is Ashukari.

3. Vegavastha - Avegavstha: - If the severities of the symptoms are more it is Vegavastha and if symptoms are very mild it is Avegavastha.

4. Sadravastha – Adravastha: - **A) Sadrava Amlapitta-1) Hetu** - Atyambupana, Atidrava Ahara, Anup Desha, Divaswapa, Excessive intake of tea etc. **2) Lakshana**- Amlapraseka, Amlachardi, Urodaha, Shirashula, Kshudhalpata, Kandu etc. there will be relief after Chardi.

3) Upashayanupashaya- Milk intake Anupashaya. **4) Treatment**- Drava Shoshana, Pachana, Anulomana, Vamana, Virechana, Raktamokshana. Gairika, Kamadudha, Pravala, Hingwashtaka Churna, Avipattikara Churna etc.

B) Nidrava Amlapitta- 1) Hetu- Ruksha Ahara, Jagarana, Langhana, Katu, Kashaya Rasa Atisevana. Antacids in more quantity. **2) Lakshanas**- Urodaha, Malavashtambha, Adhmana. **3) Upashayanupashaya**- Upashaya with milk **4) Treatment**- Snigdha, Pachana, Deepana, Anulomana, Snehana, Matrabasti. Shatavari Ghruta, Abhayarishta, Kushmandavaleha etc.

B) Nidrava Amlapitta- 1) Hetu- Ruksha Ahara, Jagarana, Langhana, Katu, Kashaya Rasa Atisevana. Antacids in more quantity. **2) Lakshanas**- Urodaha, Malavashtambha, Adhmana. **3) Upashayanupashaya**- Upashaya with milk **4) Treatment**- Snigdha, Pachana, Deepana, Anulomana, Snehana, Matrabasti. Shatavari Ghruta, Abhayarishta, Kushmandavaleha etc.

we can differentiate two Avasthas- Sadravastha and Adravastha in practice. Because of consumption of Antacids most Amlapitta patients present in Pitta Nidravatwa Avastha gets relief. While giving Panchakarma Chikitsa, immediately after taking Snehapana Nidrava Amlapitta patients gets relief from Hrit-Kantha-Daha, Avipaka etc. And after Vamana get it back mildly. In Sadrava Amlapitta patient, vomiting takes place daily during Snehapana and symptoms completely disappear after Vamana.

UPADRAVA: - The Upadras of Amlapitta described in classics are- Jwara, Atisara, Pandu, Shula, Shotha, Aruchi, Bhrama, Dhatukshinata

UDARKA: - The long standing Amlapitta Vyadhi may produce one of the following diseases (Udarka) if treatment is not done. Amashaya and Antravrana, Ashayadaurbalya, Grahani, Raktadhatu Dushti Janya Vyadhi, Arsha, Parikartika, Pravahika

SADHYASADHYATVA: -

A. SUKHA SADHYA: Acute stage of Amlapitta is Sukha Sadhya i. e. easily curable by treatment.

B. KASHTA SADHYA – In the chronic stage Amlapitta is Kashta-sadhya i.e., difficult to treat. It is treatable only if Hita Aahara Vihara is followed.

C. YAPYA: Amlapitta becomes Yapya in chronic stage in some patients who do not follow the rule regarding Aahara vihara.

D. ASADHYA: non-curable in these and if Amlapitta is associated with complications it becomes Asadhya i.e., Incurable.

UPASHAYA ANUPASHAYA: - Ayurveda texts have not mentioned any specific reference regarding Upashaya or Anupashaya in Amlapitta. But elimination of signs and symptoms is the criteria for the cure.

A) **UPASHYA-** 1) **Aahara-** Jirnashashti Shali, 2) **Vihara-**Rest 3) **Aoushdhi-** Amalaki, Shatavari, Amasula, Dadima, Dadimaghruta. B) **ANUPASHAYA-** 1) **Aahara** -Tikshna, Ushna, Vidahi, Virudhashana. 2) **Vihara-** Divaswapa, Marutasevana, Vegavarodha. 3) **Aoushdhi-** Pittakaraka, Amla, Katu.

CHIKITSA OF AMLAPITTA: - Chikitsa of Amlapitta is mainly divided into three parts- A) Nidana Parivarjana B) Shodhana Chikitsa C) Shamana Chikitsa.

NIDANA PARIVARJANA- Nidana Parivarjana along with these Daivavyapashraya and Manonigrahadi Satwavajaya Chikitsa should be done as course of disease and response to the treatment also depend upon psychological factors like tension, worries etc. It is told in Kashapa Sanhita, Jitendriya, Jivyalaulya Rahita, Sajjana person taking proper Aahara, Vihara get relief from Amlapitta soon.

A. Shodhana Chikitsa: - In Shodhana Chikitsa we can rule out excessive vitiated Doṣhas. Reoccurrence of the vitiation of Doṣhas is not possible with the help of Shodhana Chikitsa.

Amlapitta is chronic & complicated disease. Reoccurrence of Amlapitta is occur in the patient as early as possible after removing the treatment (Shaman Chikitsa). So, all the ancient Acharya's of Indian medical science gives Sanshodhan Karma for it. Snehapana- For Snehapana Panchatikta Ghruta, Pippali Ghrut, Drakshadi Ghruta are mentioned in Bhaishajya Ratnavali Amlapitta Chikitsa Adhyaya can be use.

The Shodhana Karma are: 1. Vamana (decoction of Patola, Nimba and Vasa with Saidhava and Madhu) 2. Virechana (Triṇṛttavaleha, decoction of Amalaki with Madhu and Nishottara) 3. Niruha Basti (Dugdha Basti) 4. Anuvāsana Basti (Balaguduchyadi) 5. Shirovirechana (Nimba Tail) 6. Raktamokṣhana (Siravedha)

B. Shaman Chikitsa: - Shaman Chikitsa brings the imbalance Doṣhas in to its normal position.

Kashaypa has mentioned Samshaman Chikitsa in Amlapitta are: - 1) Langhana 2) Laghu Bhojana 3) Satmya Kala & Desha Sevana 4) Pachana Karma with Shamana Aushadhi

Langhana: - Amlapitta is an Amashayetha Vyadhi so Langhana has role for it. Charaka said that Ama Viṣha is produced by Ajirna which responsible for Amlapitta Langhana is best recipes for removing the Ama Doṣha and Ajirna, Langhana increase the Agni and so, the root cause of Amlapitta will be ruled out.

Laghu Bhojana: - If the Ahara that taken by the pition digest easily it is called as Laghu Bhojana. Laghu Bhojana never create Mandagni and Ajirna.

Satmya Kala & Desha Sevana: - For the pt. of Amlapitta, Sharad Ritu, Varṣha Ritu and Anupa Desha are Astmya these seasons and Desha are responsible for aggravation if the disease process. So, reliving of these factors must be necessary. They lead to exaggerate the Pitta Doṣha.

Pachana Karma with Shamana Aoushdhi: - Sutshekhar, Lilavilas rasa, Ama Pachana is necessary in Āmlapitta. Pachana Karma has also a role of Agni Vriddhi because of same drugs like Sunthi, patola patra, Guduchi, Amlaki, etc. have a Deepana & Pachana both properties.

Shamana Chikitsa- Here Langhana, Dipana, Pachana Chikitsa given primarily.

Abhyantara Chikitsa- Ushna, Grahi Gunatmaka, Tikta, Kashaya, Madhura Rasa Pradhana, Dipaka. Pachaka and Vatanulomaka Dravyas Should be used e.g., Guduchi, Shatavari, Aamalaki, Kiratatikta etc.

Shamana Yogas described in classics are-

I. Churna: - Avipattikara Churna, Aamalkyadi Churna, Eladi Churna

II. Kwatha: - Bhunimbadi Kwatha, Patoladi Kwatha, Kantakaryadi Kwatha

III. Avaleha: - Dhatri Chattusam avaleha, Abhayadi Avaleha, Khanada Pippali Avaleha, Narikela Khanda, Kushmanda Avaleha

IV. Ghruta: - Drakshadi Ghruta, Pippali Ghruta, Shatavari Ghruta

V. Rasa Kalpa: - Sutashekhar Rasa, Rasamruta Rasa, Kamadudha Rasa, Pravala Panchamrut, Suvarna Sutashekhar Rasa

2. Bahya Chikitsa- Dahashamaka Sheeta, and Shulanashaka Lepas can be used whenever necessary.

D) PATHYA-APATHYA: -A) Pathya Aahara Dravya:- Java, Wheat, Puranashali, Boiled and cooled water, Sharkara, Madhu, Saktu, Karkota, Karvellam, Vastuka, Shveta Kushmanda, Patola, Dadima, Mudga, Masura, Goghru, Godugdha, Jangala Mansya, Tikta Laghu Shaka, Kalayashaka, Lasuna, Haritaki, Pippali, Old wine (Jeernamadira). **B) Vihara:** Shitopachara, Vishrama

Apathya A) Aaharadravya: - Guru, Tila, Udit, Vidahi, Viruddha, Amla, Lavana, Katu Rasa, Katubhojana, Kulattha, Rasona, Black Gram, Navanna, Dadhi, Gurunna, fermentable foods like bread (diets rich in acidic food). **B) Vihara: -** Divaswapa, Vegavidharana, Atapasevana, Chinta, Krotha, Shoka.

DISCUSSION & CONCLUSION: - 1) The etiological factors of Amlapitta are numerous. Most of the Nidan explained in Ayurvedic classics were observed in the patients especially Pitta Prakopak Aahar Vihar Sevana. 2) When the normal Amla and Drava Guna of Pitta gets exaggerated (i.e., Pitta Dosha is vitiated) there occurs sore belching, heart burn etc. this condition is regarded as to be pathological condition termed as Amlapitta. 3) Most of the Rupa explained in Ayurvedic classics were observed in the patients especially Tikta Amlodgara, Hrullas, Chardi, Aruchi, Avipak are the main Lakshanas found commonly. 4) Tikta, Kashaya Rasa, Madhur Veepaki and Sheet Veerya and Laghu, Ruksha, Sheeta Gunas of Shamana Aoushadhi cause Tridoshashaman mainly Pitta Dosha Shaman. Tikta rasa reduces Vidahi Guna. Madhur Vipaka removes Shuktatwa. Ruksha Guna and Kashaya Rasa causes Shoshana of increased Drava Guna of Pitta. Its, Deepan, Pachana Guna, causes Agnideepan and Amapachana. Due to this Grahani Dosha is also checked. As it is a Rasayana, it gives strength to Aashaya, Dhatus and Strotasas and increases Vyadhikshamatwa. So, all synergistically removes vidagdhavastha in Aamashaya and hence cure Amlapitta Vyadhi.

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