

**Amlapitta: Ayurvedic management, Do's and Dont's.****1. Vd.Ubhe Kiran Damoo**

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**Abstract:**

Today's lifestyle and modernization have made everyone's life busy and stressful. People are neglecting healthy food, changing their food culture and are attracted towards the junk foods, which has given birth to various diseases. Amlapitta is a result of inappropriate dietary regimen and stress. It is a common disease of Annavaha srotas. Excess vitiated pitta is the main pathological mechanism behind this disease. Ahara is the best preventive medicine and solely responsible for health and illness. A proper diet is a must for proper regulation of the body. The sign and symptoms of Amlapitta is similar to Hyperacidity. Hyperacidity refers to a set of symptoms caused by an imbalance between the acid secreting mechanism of the stomach and proximal intestine and the protective mechanisms that ensure their safety. Dietary interventions and life style modifications, Yogic practices, medications, do's and dont's play a important role in the management of amlapitta.

**Keywords:** Amlapitta, Hyperacidity, Management.

**Introduction:**

The word Amlapitta comprises of two words 'amla'(sour) and 'pitta'(gastric juice). Ayurvedic text have mentioned that, a person with pre existing tendency of excessive pitta secretion and who consumes incompatible, unhygienic food leads to pitta aggravation.

Amlapitta correlates with hyperacidity. It is ac common disease seen in the society.recent advancement of civilization, food habit changes, stressfull life conditions, fast life, changes in lifestyles are causing factors of amlapitta. So, in today's life their is aneed of modification in lifestyle, food habits, having pathya ahara, pathya vihara, some panchakarma treatments which are mentioned in our ancient Ayurvedic texts.

This article states the causing factors and management of the disease 'amlapitta', which is aggravated due to the modern lifestyle, through ahara, vihara, yoga and aushadhi.

**Nidana (CAUSES):****Ahara related causes:**

Virudha Ahara (incompatible food), Pitta Prakopak Ahara, Guru, Abhishyandi ahara, Pishta Anna (Heavy, Channel Obstructing food), Paryushit Anna Ati Ushna, Ati Snigdha, Rooksha Sevan (Excessive unctuous, dry intake), Amla, Drava Sevan (Excessive hot, sour and liquid intake), Dushta Ahara

(Rogue diet) Vidahi Anna Phanita, Ikshu Vikara (Products of Jaggery) Kulattha (Dolichos Biflorus), Pruthuka, Pulaka (Husky food) Apakva Madya (unripe wine) and Gorasa (Milk),Excess use of leafy vegetables, Consumption of maida products in large amount, fermented foods, Carbonated drinks, Excessive intake of the caffeine and nicotine, Irregular eating habits, Repeated food intake (before the digestion of the previously taken food) Irregular meal times, Skipping meals, Eating too late at night Antarodaka Pana (To have excessive water during meal).

**Vihara related causes:**

Vegvidharan (Suppression of natural urges), Bhuktav Bhuktava Divaswapan (Sleep after talking meals), Atisnana (excessive bathing), Avagahan (sinking), Jagran (wakefulness), Excessive use of Analgesics esp. NSAIDs. Lack of rest, fast moving lifestyle, Excessive exposure to sun and fire.

**Manasa:**

Acharya Charaka has described the relationship between soul, mind and body. Acharya Sushruta states its importance in maintenance of Health. He mentions equilibrium of Tridosha, Saptadhatu, Trimala, thirteen types of Agni along with Prasanna Atma, Indriya and Mana is responsible for proper health.

Manasa causes include stress, strain, anger, anxiety, depression greed, worry, jealousy, fear, Job dissatisfaction

**Agantuja:**

Consumption of Alcohol, Tobacco, Beverages, Smoking and other irritant substances, unpurified and faulty Rasa Aushadhis, Ushna and Tikshna drugs if used excessively without proper assessment for long period. Upadrava of some diseases like Chronic Vibandha, Arsha, Ajirna and Pandu.

**Regional factor (Deshaprabhava):**

According to Acharya Kashyapa the disease is found more in Anupa Desha. In the line of treatment he advises Deshantargamanam in untreated cases.

**Symptoms Of Amlapitta**

Presence of Avipaka (Indigestion), Klama (Tiredness without performing task), Utklesha (Nausea), Amlodgara (Sour Belching), Gauravta (Heaviness), Hrit Kantha Daha (Heart burn & burning in throat) and Aruchi (Anoxia), Gaseous distention of abdomen, Heaviness in abdomen, Pain in abdomen, Headache, Bad breathe, Foul smelling loose motions, Severe burning sensation over feet, hands, Thirst, Mouth ulcer.

**According to types-**

**1. Adhoga amlapitta:**

Thirst, burning sensation, fainting, giddiness, delusions,, rashes on skin, poor digestion, perspiration and yellowish skin.

**2. Urdhvaga (upward) Amlapitta**

Vomiting of green, yellow, blue, black, slightly red or bright coloured, very sour materials, resembling mutton wash, very sticky, thin, followed by kapha; vomiting occurring during digestion of food or even on empty stomach, with bitter or sour taste occasionally, belching also of similar nature, burning sensation in the throat, chest and upper abdomen, headache, burning sensation in the palms and soles, feeling of great heat, loss of appetite, appearance of rashes, itching.

**Management:**

The line of treatment of Amlapitta may be considered as follows:

1. Nidana parivarjana
  2. Ahara (Diet)
  3. Vihara (Exercise)
- Aushadha (Medicine)

1. **Nidana parivarjan:** First guideline is to avoid the diet and lifestyle related etiological factors mentioned above.
2. **Ahara: (pathya):** Ayurveda has given utmost importance for the maintenance of Pathya Ahara. Many patients of amlapitta show improvement with dietary alteration.

	Pathya (do's)	Apathya (dont's)
<b>Cereals</b>	Old Shali rice, Yava, Wheat (Godhuma)	Nava Anna
<b>Pulses</b>	Mudaga (Green gram), Lentil	Kulatha, Urad
<b>Vegetables</b>	Patola, Vastuka, Karvelak, Carrot, Mint, Spinach, Amla, Bitter gourd, Cabbage, Pumpkin	Mustard leaves, fenugreek, brinjal gourd
<b>Fruits</b>	Dadima, Kapitha, Amalaki, Kushmanda, Apple, Banana, Sweet Orange, Coconut, Mango, Dates.	Jackfruit, Watermelon, Cashew Fruit, Lime, Pineapple, Plum
<b>Sugarcane and its products</b>	Sugar, Honey	
<b>Drinks</b>	Liquor, Kanji	
<b>Cooked food</b>	Meat and Meat soup of Animals and birds	fried items
<b>Adjuvant of food</b>	All Tikta Juices and Edibles	Salt, Amla and Katu juices, pickles, Chatni
<b>Spices</b>	Garlic, Dry ginger, Clove, Turmeric, Saffron, Cumin	Asafoetida, chilli, Cinnamon, Mustard Seeds, Pepper, Tamarind
<b>Roots and Tubers</b>	Beet root, Sweet Potato, Carrot	
<b>Oils</b>	Sunflower, Coconut oil	Mustard oil, Sesame oil
<b>Regimen</b>	Sheetupchara, Vishram	Atapa Sewan, Vegadharana, Krodha, Shoka, Chinta, Adharniya Vegadharana, Sleeping after meals in day time

**1. Vihara: (Do's)**

**Brahamuhurta Jagarana:** The apt time for waking up, is the 14th Muhurta of Ratri. (Arundatta on A.H.).

**Ushapaan:** (Drinking water empty stomach in the morning) it is helpful in Amlapitta as it removes excess acid and waste materials accumulated in the stomach.

**Vaman dhauti-** It is meant for purification of upper digestive tract. A thorough wash of the stomach like this can offer permanent solution to a lot of health problems like indigestion, gastritis, acidity, bloated feeling, constipation, flatulence, piles, poor liver function etc.

Drinking 7-10 glasses of lukewarm water (as per patients capacity) with pinch of Saindhava Lavana per glass in the morning on an empty stomach then vomit naturally or induce vomiting (vamana). Patients with high blood pressure, poor heart, hiatus hernia, ulcerative colitis should not attempt this. After performing Vaman Dhauti, consume Yayagu. Avoid meat, drinking alcohol, coffee, tea, spicy food, and over eating.

**Life style Modification:** Having meal at fixed times, have unhurried meals, Keep at least three hours gap between meals, Meals should be masticated properly, Avoid strong tea, coffee, smoking, and alcohol. Keep healthy sleeping times.

**(Dont's):** Do not take large meals, do not sip fluids during meals, Ulcerogenic drugs such as aspirin, salicylates, reserpine and adrenal steroids should not be taken. Lying down immediately after food, in supine position.

**Yoga:**

**Asanas:** Pawanmuktasana (helps improve digestion and evacuation problem), Shashankasana (improves gastritis, indigestion, constipation) and Shavasana (It removes fatigue and gives rest to the mind).

**Pranayam: Anuloma –Viloma Pranayama:** It increases the digestive fire and appetite. It helps reduce stress.

**Kapalbhati:** It stimulates the shata chakras. It tones the digestive organs.

**Sheetali** Sheetali is a type of Pranayama which helpsto get relief from acidity.

By regularly practicing Pranayama diseases like Gulma, Pliharoga, Pitta janyarogas, Trishnaroga and Vishjanya diseases are completely destroyed.

**Sheetkari:** Proper practice of sheetakari helps in increasing appetite. This posture is helpful in the people who get hot flushes or suffer from acidity. This has been found to be extremely useful in calming anger, lowering high blood pressure and curbing the tendency of over eating.

4.Aushadhi: The Shamana drug should be of Madhura and Tikta Rasa, Snigdha Guna and Sheeta Veerya which are opposite to Pitta.

Some drugs used in treatment of Amlapitta are:

- Shatavari
- Yashtimadhu
- Amalaki (Indian gooseberry)
- Sunthi (dry ginger)
- Ativisha
- Patola
- Bhringaraja
- Guduchi
- Sukti Bhasma
- Kaparda Bhasma
- Shankha Bhasma
- Mukta Pisti
- Pravala Bhasma
- Drakshavaleha
- Sootasekhar Rasa
- Kamadudha Rasa
- Shatavari Mandura
- Avipattikara Churna
- Shatavari Ghrita

**Panchakarma treatments:** If Doshas are localized in amashaya then Vamana is the best treatment. If Doshas are localised in Pachyamanasaya, then Virechana is the ideal treatment. If Doshas are localised in Pakwasaya then Basti is the suitable treatment.

Vamana is given in Urdhwaga Amlapitta and Virechana in Adhoga Amlapitta. Use of Niruhabasti is stated by Chakrapani, Vrinda Madhav and Govind Das.

**Conclusion:**

In this modern era, the above mentioned pathya ahara, vihara, yogic kriya, lifestyle modification, panchakarma treatmentsas according to the disease, should be followed by everyone. For

healthy people to prevent developing amlapitta and the affected people to get relief from the disease and maintain a healthy and long life.

Also stress plays a important role in disturbing the GIT function. Yogic kriyas like pranayam and anulom vilom helps in reducing the stress.

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