ROLE OF PATHYA-APTHYA AND YOGIC PROCEDURES IN THE MANAGEMENT OF AMLAPITTA

Sandeep Kumar1 Mannat Marwaha2
1PG Scholar, 2Assistant Professor;
Department of Swasthvritta, Uttaranchal Ayurvedic College, 17 Old Mussorie Road,
Rajpur, Dehradun, UttarKhand, India

ABSTRACT
Busy schedules with abnormal-stressed lifestyle, changed eating habits and their patterns, inadequate sleep and non-observance of Dincharya, Ritucharya, Ratricharya and Sadvritta are the reasons for growing metabolic diseases in society. Amlapitta is one among these diseases which can give rise to accumulation of Aama further leading to Aamadoshaja Vikaras viz. Visuchika and Alsaka. Agnimandya is the underlined cause which should be treated in Amlapitta. It is the disease of Annavaha Srotasa. A holistic approach is required to tackle such problem. Treatment modalities like Asthapana Vasti in chronic Amlapitta and Dehsantragamana Chikitsa explains widened approach of Acharyas for this disease. Nidanaparivarjana, Prakritivighata chikitsa, observance of Dincharya and Ritucharya regimens, lifestyle modifications, yoga and meditation along with Pathya Apathya mentioned in Samhitas are studied and analysed to form a Pathya-Apathya diet chart for Amlapitta. Further, Yogic modalities recommended in the management of Amlapitta are, Asanas: Pavannuktasana, Vajrasana, & Shivasana. Shatkriyas: Vaman Dhauti. Pranayama: Anuloma-Viloma & Kapalbhati, are found beneficial in management of Amlapitta.

Key words: Amlapitta, Agnimandya, Ritucharya, Asanas, Pathya-Apathya, Pranayama, Shatkriyas.

INTRODUCTION
Ayurveda is the only medical science which has insisted more importance on preven- tion of diseases & maintenance of health rather than treating any disease1.

Amlapitta is an Annavaha Srotas Vyadhi and its incidence is increasing due to non-observance of Dincharya, Ritucharya, Ratricharya and Sadvritta regimens, Virudha Anna (unwholesome diet), Apathya Sevana and disturbed Treya-Upstambha i.e. Ahara, Nidra and Brahmacharya. The incidence of Amlapitta in India is approximately 3 in 869 that are about 12, 25,614 people are suffering from this disease out of total 1,06,50,70,607 population2. Charaka, Sushruta and Vagbhata has not mentioned Amlapitta as disease. However, Kashyap Samhita is the first available text describing Amlapitta a separate clinical entity. Further, Madhavakara described its Nidana (actio-pathogenesis), Lakshana (symptoms) & Bheda (two subtypes).3 Chakarpansi in his commentary on Charaka Samhita states that “Amalgundrikam Pitta Amal Pitta”, Here, Udrikta stands for increase or excessive, which means that there is quantitative
in Pitta. However, its Amal and Drava Guna is more vitiated.

AIMS & OBJECTIVES:
The main aim of the article is how Pathya Apathya and different Yogic procedures are effective in management of Amlapitta.

DEFINITION OF AMLAPITTA:
Chakarpani in his commentary on Charaka Samhita states that “Amalgunodrikta Pitta Amal Pitta”, Here, Udrika stands for increase or excessive, which means that there is quantitative in Pitta. However, its Amal and Drava Guna is more vitiated.

NIDANA:
Hurry, Worry and curry found to cause Amlapitta. Mandagni is the cause of all type of rogas (diseases), but especially Udara Rogas occurs due to Mandagni4. However, Nidanas (cause) can be classified into four groups:-

1. Aaharjanya (Food habits):- Virudh, Dushta, Amla, Vidahi, Pitta Prakopaka Ahara, Adhayashana, Pishtanna, Apakava, Madya Atisevan, intake of water during food etc.
2. Viharjanyana (Activities):- Immediately Divasawapna after food intake, living in Aanopodesha, Varsha Ritu.
3. Mansika Bhawas (Psychological factors):- Presence of Mansik Doshas like Krodha, Shoka, Bhaya, Chinta etc.
4. Kalaja Bhavas: (Seasonal variations): Agni is observed weak during Vasant and Varsha Ritu.

SAMPRAPTI:

<table>
<thead>
<tr>
<th>Nidana sevana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varsha ritu &amp; Anupdesha</td>
</tr>
<tr>
<td>Intake of Pittaja Aahara</td>
</tr>
<tr>
<td>Pitta become Vidagadha</td>
</tr>
<tr>
<td>Pitta become Amalibhava</td>
</tr>
<tr>
<td>Amalodgardi Lakshnotpati</td>
</tr>
</tbody>
</table>

Amlapitta

LAKSHANA: Avipaka (indigestion), Kalma (tiredness without exertion), Utklesha (nausea), Tik tâm lodagara (acid eructation), Hridkantha Daha (burning sensation in chest and throat), Aruchi (anorexia)3.

CHIKITSA: A holistic approach is must, which includes Nidanaparivarjana, Prakritivighata Chikitsa, observance of Dincharya, Ritucharya, Ratricharya, Sadvrutta and rules to be followed accordingly, life style modification and recommended Yoga viz. Asana, Saktriyas, Pranayama along with Pathya-Apathya Diet chart.

Recommended Yoga package for Amlapitta:
1. Vaman Dhatu: on first visit, repeat same after 15 days. (i.e. two times only) Yogic

Procedure Schedule (35 min.)

Asana:
1. Vajrasana: 5 min.*
2. Pawanamuktasana: 10 min.
3. Shavasana: 10 min.

Pranayama:
1. Anuloma-Viloma: 5 min.
2. Kapalabhati: 5min.

*Vajrasana can be done immediate after meals.

**All above yogic procedures should be done in morning hours at least 1 hour before breakfast.

Probable mode of action of Vaman Dhatu:
It is one among the Shatkiyaa mentioned in Hathya Pradipaka. This method
is used as Samshodhan Chikisa for the removal of Kapha Dosha. Acharya Vagbhatata while describing Kapha Chikitsa in Sutra sthana explains that which of the two Vaman, Virechana procedures when done through proper channels is the best remedy for the treatment of Kapha Dosha. Even he mentioned the food having Ruksha, Tikshna, Alpa, Ushna Katu, Tikta and Kashaya properties suitable for the treatment of Kapha dosha.

Acharya Shrangdhara while explaining the Seven Aushad Kala says that when Kapha Dosha is in excess, to extract the Kapha Dosha from its seat one should practice Vaman Karma empty stomach.

Also, Vaman Dhauti should be practiced empty stomach in the morning hours because Kapha Dosha is more predominant in morning hours. Washing up of the entire track is done. The stomach is filled up with luke warm water and the same water is expelled out from the mouth, hence the stomach and oesophagus are washed from inside. It is a digestive cleansing part of duodenum. Jala guna has been described in Bhavaprakash Nigantu, Vaari Varga as it pacifies the Ajerna and is Sheetal, Laghu, Swatcha etc. in nature. The properties of Lavana as described in Charka Sutra Sthana are that they oleate the body, Ushana, Tikshna in guna and are the best enhancers of Agni. It is best in extraction of waste materials from the upper tract; also it is indicated in Shastra karmas like Lekhana, bhedana etc. The Gunas mentioned are Agni Deepan, Sheetal virya, Pchak, Laghu, Snighda, Ruchikarik, Sukshma.

Nimbu is Kapha Utkleshaka. The Kapha utkleshaka properties of Nimbu, including of Tikshna, Laghu Snighda Gunas Lekhana Bhedhan properties of Saindhat lavan and Prakshalan gunas of Swachha jala expels the Kapha-pitta dosha.

Probable mode of action of Asanas:
Vajrasana:
Vajrasana can help to make a number of physical discomforts—for example, problems related to poor circulation, digestion, elimination, low energy, depression etc. People in today’s life usually do not sit straight even after meals or they even lie down and sleeps immediately after food consumption.

Also eaten food when comes in contact with digested enzymes causes reactions, which releases gases. It is assumed that lying down immediately after food intake causes epigastric sphincture to close physiologically, which obstructs release of gases causing belching, regurgitation resulting in GERD. Sitting in Vajrasana after meals helps the eaten materials to move forward to duodenum for further level of digestion. This forward movement is acted upon due to force of gravity during sitting in Vajrasana.

Pawanmuktasana:
As this Asana is done before Pranayama deep breathing increases the oxygen intake to the body cells and the oxygen carrying capacity of the blood is increased and it provides more nourishment to the organs. When this Asana is practiced the breathing is deep and synchronized and at the end of inhalation the forehead nose, chin, cheek should touch or be as close as possible. This Asana give the excellent massage to the abdomen. In this pose the abdominal muscles are tensed and simultaneously the internal organs are compressed by the folded legs. This increases the blood circulation and stimulates the nerves which connect the organs to the brain. Moreover upward pressure is also applied through the forward bending of neck, head. On completing this Asana fresh blood is soaked up into the muscles. The increase blood flow causes the increased functioning of the organs and increases the se-
cretion that can be related to “Jatharagni”. Therefore this Asana may correct the vitiates Agni which is also causative of Amlapitta.

**Shavasasana:**

Basically Shavasana relaxes the whole physiological and psychological system of the body. It aims at slowing down the breathing rate to improve the exchange of oxygen and carbon dioxide in the lungs as well as to induce mental tranquility. Digestive ailments are generally caused by tension. Tension interferes with the normal digestive function which in turn cause ailments. Therefore, as the mental cause the damage to gastric mucosa results in fluctuations in the production of gastric secretions. All the tension, stress, problem etc. are flowing out via the exhaled breath. Also this is a meditation procedure and it calms the mind, reduces stress and emotional tension.

**Probable mode of action of Pranayam: Anuloma Viloma Pranayama:**

Whenever some air is forced to pass through a pipe of irregular cross section then the flow rate remains same. In this Pranayama when air flows in respiratory system the fast flowing air impart force on fine arteries and vein so that blood flow will be accelerated. Oxygen carrying blood hits the constraint in our body at different positions. The individual nostril will create different action on its inner wall. As the velocity increases the kinetic energy increases and pressure energy decreased so the pressure on the walls of respiratory tract will be towards the tube causing the impurities breathes out. The practitioner experiences the positive effects right from the day first and immediately after practicing, the body feels relaxed and full of energy. The mind becomes calm and thoughtless. The practitioner feels life pleasant and full of optimism. Poor oxygen in the body’s cells give rise to muscle aches, poor digestion, dizziness, depression, irrational behavior, weakness, irritability, memory loss, circulation problems and stomach acidity. Due to increased oxygen intake during this Pranayam, one feels clear headed and calm. Regular practice helps in relieving stress, cold, mil fevers, eye and ear problems, etc. It is also beneficial in migraine, chronic sinus problems, blockages in the arteries of the heart are removed and blood circulation is also improved.
Probable mode of action Kapalbhati:

*Kapalbhati* increases to and fro movements of abdomen Provides the specific relief on *Manipura chakra* (epigastric plexuses) situated in the abdomen (navel)

Activates the parasympathetic flow

Increases blood flow

Increases bicarbonate

Increases the activity of secretion

Endocrine glands

Neutralize acid

secretin secretion

mucous from pancreas

Give strength to membrane of gastric and duodenal area

Relives in acidity

Digestive juice secretion Stimulates

*Jatha ragni*

**Pathya-Pathya-Ahara-Vihara schedule:**

**Rules to be followed:**

1. Wake up time- 5:30-6:00 a.m.
2. Yoga Schedule as advised above.
3. *Vihara*:
   - Stop smoking – stop alcohol.
   - Compulsory 30 minutes walk daily.
   - Lose your weight.
   - Avoid stress. Do yoga and meditation.
   - Avoid *Divaswapana* (Day sleep/ evening sleep) and *Ratrijagran* (Night awakening)
   - Develop a habit to walk or at least sit straight (or in *Vajrasana*) immediately after consuming food.
   - Raise the head of your bed (6-8 inches) if symptoms interfere with sleep.
   - Sleeping time: 10:30-11:00 p.m. (Minimum 2 hours gap should be maintained between last meal and sleep.
4. *Ahara*:
   - Never eat to your full satisfaction.
   - Avoid packed, tinned, re-cooked, Stale foods
   - Choose high fiber diet. Eat diet rich in vegetables and fruits (avoid citrus fruits).
   - Avoid food at night. Eat two times a day. (in this case breakfast should be at 09:00-10:00 A.M. and dinner in late evening at 7:30-8:00 P.M.). Eat 2-3 hours before getting to bed.
   - Always drink lukewarm water. Water intake during, in between and just after meals should be avoided. Avoid carbonated drinks.
   - Avoid Eggs. Non-vegetarian items inclu-
ing fish and sea food can be consumed only two times in a week which should be boiled, grilled (but not fried).

- Avoid deep fried food items like Samosa, Pakoda etc.
- Eliminate bread and bread items of any type from your meals.
- No bakery items (chocolates, toffees, pastries, cakes etc.)
- No coffee, tomatoes, onions. No salty fried chips, potato chips, peanuts etc.
- No frozen or packed items. No gravy, pickles (Achara), chutney, Jam, Sauce.
- Fermented food viz. Uttapam, Sambhar, Idali, Dosra etc. (south Indian foods) can be consumed.
- Avoid butter, cheese, cream (mallai).

**Pathya-Apathya Diet Chart:**

<table>
<thead>
<tr>
<th>Timings</th>
<th>Food items</th>
<th>Amount</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early morning</td>
<td>Cow Milk</td>
<td>1 glass (300-350 ml)</td>
<td>- Do not add sugar.</td>
</tr>
<tr>
<td>(6:00-7:00 am)</td>
<td>Coconut water</td>
<td></td>
<td>- Do not add Elachi (cardamom).</td>
</tr>
<tr>
<td></td>
<td>Aloe vera juice</td>
<td>½ glass</td>
<td>- Avoid buffalo milk.</td>
</tr>
<tr>
<td></td>
<td>Fennel (Saunf) Tea</td>
<td>1 cup (150 ml)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dhanyaka Him</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>ice cream, cream sauces, pizzas,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>burger, Chinese food i.e. fast</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>foods.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Milk should only be consumed</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>during morning hours.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Eat small meals instead of having</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>large amount at once.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Eat slowly.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Recommended Sweets: Petha-Ki-Methai, Payasa (sweet dish prepared from rice and milk).</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mulethi (Liquorice bark) can be</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>chewed 3-4 times a day, must for</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>peptic ulcer disease.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>A probiotic sip can be taken</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>half hour before second meal</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(late evening).</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time</td>
<td>Meal Description</td>
<td>Food Examples</td>
<td></td>
</tr>
<tr>
<td>--------------------</td>
<td>----------------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Breakfast (9:00-10:00am)</td>
<td>1. Oats/ corn flakes OR 1. Fermented foods- Idly, Dosa, Upma. OR 1. Dal (Munga, Masura, Matar) OR 1. Vegetable (Kaddu (Pumpkin)/ Gheeeya (Bottle gourd/ Karela (Bitter gourd)/broccoli/ spinach/ carrots/ Beans/ Bathua Saaga (white goose foot)/ Green Peas/ cauliflower / Tori/ dark green and orange vegetables) 2. Chapatti OR Poha</td>
<td>1 bowl (200 ml) 1 serving 1 bowl 1 bowl 2-3 1 bowl</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cooked in olive oil/canola oil/safflower oil/ vegetable oil. Avoid mustard oil and butter. No omlette. No sauces, pickles. Go for Home made Pudina (mint) or Imli (Tamrind) chutney. Always add Mridika (Kishmisha) in above chutneys. Avoid any type of bread.</td>
<td></td>
</tr>
<tr>
<td>Mid morning (12:30-1:00)</td>
<td>Amala (Indian gooseberry), Kela (Banana), Naspatti (pear), Seba (Apple), Anara (pomegranate), Aloobakbara (plums), Tarbuj (water melon) Chiku (Sapota), Papita (Papaya), Kharbuj (Musk melon).</td>
<td>1 bowl (2-3 2-3 fruits) Avoid citrus fruits including Gauva, Mango, orange, Mausambi (sweet lime). Sprinkle Lavana (Table salt) and Kalimiricha (black pepper)</td>
<td></td>
</tr>
<tr>
<td>Lunch (1:30-2:00pm)</td>
<td>1. Mudaga Yusha – corn/vegetable etc. with added veggies, dried beans.</td>
<td>1 bowl Spices- Methi (fenugreek), Lavanga (cloves), Haldi (Turmeric), Jeera (cumin), Dhaniya (coriander), Adraka (Ginger), Lahsuna (Garlic) can only be used.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Evening (4:30-5:00pm)</td>
<td>Late Evening (7:30-8:00pm)</td>
<td>Dinner (8:30-9:00pm)</td>
</tr>
<tr>
<td>----------------</td>
<td>-----------------------</td>
<td>---------------------------</td>
<td>----------------------</td>
</tr>
<tr>
<td></td>
<td>1 cup 1 cup 1 cup</td>
<td>1 bowl 2-3 1 bowl</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- No biscuits, cookies, candy, frozen foods, muffins, pancakes, chocolates etc (no bakery items). - No maggi, No pasta, No noodles. - No jam, jellies, Sauces - Avoid caffeine, alcohol, processed foods.</td>
<td>- Add Jeera powder (crushed and roasted) and salt in curd according to need.</td>
<td>- No curd at night. No milk at night.</td>
</tr>
<tr>
<td></td>
<td>4. Dal 5. Salad – (Chukundar (beet root), Khira (cucumber), lemon, Draksha (Dried grapes), pomegranate, garlic paste)</td>
<td>1 bowl Half plate</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 bowl</td>
<td>- Sprinkle Liquorice (Mulethi) or Jeera (cumin) on salad. - Avoid Heavy pulses (Masha, channa, Kultha)</td>
<td></td>
</tr>
</tbody>
</table>
3. In acute cases of Amlapitta, Vaman Dhauti will provide immediate relief as “Pitttanishthamvamanam”\(^{15}\) repeating same after fifteen days. Whereas, in chronic cases, lifestyle modifications including sitting in Vajrasana immediate after meals, and adopting sixty minutes yoga schedule in morning hours for Pawanamuktasana, Shalabhasana, Kapalabhati, & Anuloma-Viloma.

4. Kalaja Amlapitta should be dealt by increasing Jatharagni during the months of Varsha and Vasant Ritus\(^{16}\) Vaman Dhauti should be done as an preventive procedure as recommended by Acharya Charaka in Dosha Nirharana Kala\(^{17}\). Also, Prakrtitivighata, Nidana Parivarjana and Ritucharya should be followed during the month of Sharad, like use of Madhura, Tikta, Kashaya, Laghu, Sheeta Virya Dravyas Viz. Tori (Lufa Acutangula/Cylindrica), Parval (Trichosanthes dioica), Loki (Lagenaria siceraria), Karela (Momordica charantia), Tinda (Praecitrullus fistulosus) etc.

5. Mansika Bhavas (Mental factors) viz. Kaama (Lust), Krodha (Anger), Lobha (Greedy ness), Moha (Attachment), Irsha (Jealsy), Lajja (Shyness), Shoka (Grief), Manodvenga (Mental disturbance), Bhaya (fear), Dukhashraya (Uncomfortable bed), Prajagran (Late night sleeping) also found to be the major causes behind Ajirna and Agnimandya causing Amlapitta\(^{18}\). Hence, Meditation including Shavasana and Trataka should be performed on daily basis to keep mind free from Mental factors inducing Amlapitta.

REFERENCES:

11. Charaka Samhita of Agnivesh with Vi-

CORRESPONDING AUTHOR
Dr. Sandeep Kumar
PG Scholar
Department of Swasthvritta,
Uttaranchal Ayurvedic College,
Rajpur, Dehradun, UttarKhand, India
Email: Dr.vanshandeep@gmail.com