

## A REVIEW ON ETIOLOGY AND MANAGEMENT OF AMLAPITTA

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### ABSTRACT

*Amlapitta* is very common disease encountering in present population with more or less severity. 80% of the top ten life threatening disease of the world are due to faults in dietary habits. It is characterized by acid regurgitation, nausea, heart burn indicating the *vikruthi* of *Pachaka Pitta* along with *Kledaka kapha* and *SamanaVayu*. Though it is not possible to find exact correlation of disease in contemporary system of medicine but precisely it seems to have close resemblance with Hyperacidity. Modern treatment includes PPIs, H2 blockers, antacids etc. The U.S Food and Drug Administration (FDA) warned that there is increased risk of fractures with Proton Pump Inhibitors including Esomeprazole, Omeprazole and Pantaprazole. This has encouraged assessing the effect of the *Ayurvedic* approaches, both *Shodhana (Virechana)* and *Shamana* in the management of *Amlapitta*. *Virechana* is a method, which is much safer, less complicated and an almost painless procedure as compared to others. This study reviews *Ayurvedic* and modern aetiopathogenesis and management trends to propose ideal treatment for *Amlapitta*.

**Keywords:** *Amlapitta, Shodhana, Shamana, Pachaka Pitta.*

### INTRODUCTION

India is regarded as the treasure trove of herbs in the world. It has now been universally accepted that the *Ayurvedic* medicines are far safer than that of synthetic medicines and successful in the management of complex diseases.<sup>1</sup>*Ayurveda* is the finest treasures of ancient period, originated in India and is often called the “Mother of all healing”. It stems from the ancient *Vedic* culture and was spread in an oral tradition through generations and later

documented, although much of it is inaccessible. The principles of many of the natural healing systems now familiar in the west have their roots in *Ayurveda*. *Ayurveda* places great emphasis on prevention of diseases and maintenance of health through its inherent principles of nature to achieve physical, mental and spiritual wellbeing.

*Amlapitta* is a classic example of the lifestyle disorders common in the present scenario.

Around 25-30% of persons are suffering from gastritis in India. Acharya Chakrapani has stated that Amlapitta is Amla Guna Yukta Pitta. Madhukosa explained Amlapitta as “**Amlam vidagdham cha tat pittam amlapittam**” Amlapitta denotes the vitiated condition of pitta and it imparts Amlatvam and Vidagdathavam to the ingested food. Kasyapa samhita is the first text which explained Amlapitta as a separate entity. In Madhavanidana, Nidana Panchaka of Amlapitta was described. The symptoms of Amlapitta are Avipaka, Klama, Utklesa, Tiktamla udgara, Gourava, Hritkantadaha, Aruchi, Vibandha, Udarasula.

Considering the samprapti of Amlapitta, it can be assessed that administration of “Tikta rasa” pradhana dravyas alleviates the disease. Ayurvedic Classics have indicated several single drugs in the treatment of Amlapitta.

#### **Aims and Objectives:**

1. To study etiology of Amlapitta.
2. To study current treatment trends of Amlapitta..

**Materials and Methods:** Amlapitta is studied through different Ayurvedic and modern text, journal, magazine, internet. It is a review article based on data collected from different source.

**Etiology:** Madhavakara listed the following as the principle causative factors for manifestation of Amlapitta. They are Viruddha Ahara, Dustahara, Excessive intake of Pitta Prakopa Pana and Anna like Amlarasa & Vidahi Dravyas. <sup>2</sup>

Other factors are

Ritu Vissha (seasonal factors) – in Varsha and Sharad Ritu normally Pitta is in Vridha state, Desa Vissha – Geographical factor like Anupadesha. Vegadharana – Suppression of natural urges.

#### **CLASSIFICATION OF AMLAPITTA**

- In Kashyapa Samhitha three types of Amlapitta mentioned and they are Vataja, Pittaja, Kaphaja.
- Urdhwaga and Adhoga two types of Amlapitta is mentioned in Hareetha Samhitha.
- In Madhava Nidana, Madhavakara mentioned Urdhwaga, Adhoga, Saanila, Saanila Kapha and Sakapha types of Amlapitta.
- Sarangadhara classified into Vataja, Kaphaja and Vatakaphaja types of Amlapitta.
- Bhavaprakasha also mentioned 5 types of Amlapitta.<sup>3</sup>
- 5 types of Amlapitta mentioned in Yoga ratnakara and Gadani-graha.<sup>4,5</sup>
- In Basavarajeeyam 2 types of Amlapitta is mentioned.

1. According to Gatibheda it is divided into two categories.

1. Urdhwaga
2. Adhoga

2. According to Doshas it is divided into three categories.

1. Saanila
2. Sakapha
3. Saanilakapha <sup>6</sup>

#### **MODERN VIEW:**

Signs and symptoms of Amlapitta mentioned in the Ayurvedic texts are very similar to hyperacidity. The stomach normally secretes acid that is essential in the digestive process. The acid helps in the breakdown of food during digestion. When there is excess production of the acid by gastric gland of the stomach, it results in the condition known as acidity.

#### **DEFINITION**

Hyperacidity simply means an increased level of acid in the stomach. The stomach secretes Hydrochloric acid (HCl), a digestive juice which breaks down food particles into their smallest form to acid digestion. When there is an excessive amount of hydrochloric acid in

the stomach, the condition is known as hyperacidity.

### CAUSES:

In the present modern era, fast hectic lifestyle, mental stress, incompatible food habits, unhealthy regimens habits like smoking, alcohol etc., which are not suitable for the physiology of digestion and Willful medications like NSAIDS, steroids, some vitamin supplements, insufficient sleep at night, Irregular meal pattern, Eating too late at night, Spicy, salty and sour foods, suppression of urges are causing gastric irritation and hyper gastric secretions leading to the onset of *Amlapitta*.

### SYMPTOMS

Heartburn is the main symptom of acidity. Heartburn is characterized by deeply placed burning pain in the chest behind the sternum. Sour belching with an after of the already eaten food, Stiffness in the stomach, a feeling of restlessness, Feeling of nausea and actual vomiting, Lack of appetite, Indigestion, Constipation, Bloating, Dark or black stools(from internal bleeding), Dysphagia, Burping or hiccups that won't stop.

### COMPLICATIONS OF HYPERACIDITY:

Long-standing hyperacidity may lead to formation of ulcers in the stomach which may again lead to complications like perforation.

### MANAGEMENT OF HYPERACIDITY:

Weight reduction, stopping cigarette smoking, Meals should be of small volume. Alcohol, fatty food and caffeine should be avoided. No snacks to be taken after evening meal to prevent nocturnal regurgitation. Heavy stooping or bending at the waist should be avoided especially after meals. Head in the bed should be elevated by 15 cm.<sup>7</sup>

### DRUG TREATMENT OF HYPER ACIDITY:

➤ Drugs include:

- Proton pump inhibitors
- H2 blockers
- Antacids
- Prostaglandins.<sup>8</sup>

### TREATMENT TRENDS IN AYURVEDA:

The basic principle of treatment of any disease is *Nidana Parivarjana* and *Samprapti Vighatana*. *Nidana Parivarjana* has a vital role in management of any disease and is very important in case of *Amlapitta*.

Different measures have been explained by many authors of our classics for the purpose of *Samprapti Vighatana*. *Kashayapa*, *Bhavamishra* and *Yogaratanakara* have mentioned the line of treatment of *Amlapitta* as *Vamana*, *Virechana* and *Shamana* therapy.<sup>9</sup>

### ORAL MEDICATION:

1. *Avipattikara churna*
2. *Sutsekhar ras*
3. *Kamadugha ras*
4. *Prawal panchamrit*
5. *Laghusutshekar ras*
6. *Churnas like Shatavari, Yastimadhu, Sariva, Vasa, Bhringa, Dhamasa, Amla, Chandan, Guduchi satwa, Musta, Parpatak* to be considered.
7. *Chandanavas, Ushirasav, Bhunimbadikada, Abhayarishta, Amlapitta kadha*.
8. *Patoladi kashayam*
9. *Maha Dhanvantari Gutika*
10. *Dhutapapeswara Amlapitta Mishran*<sup>10</sup>

### DISCUSSION

It is clear that *Amlapitta* is mainly due to aggravation of *pitta*. Factors responsible for aggravation of this *pitta dosha* are excessive intake of pungent and sour food items, alcoholic preparations, salt, hot and sharp stuff which cause burning sensations. Anger, fear, excessive exposure to sun and fire, intake of dry veggies and alkalis, irregular food habits should be avoided as far as possible. As a rule all persons can take milk diet. The milk diet should be adhered to several weeks if possible.

Along with this drink warm water freely. *Ayurveda* insists on this because, according to this "hot destroys hot" (*Ushnamushnenahanti*). Moreover it has been found that cold water increases the amount of acid secreted in the stomach. It is important not to overeat, but to take small meals, three times a day. Avoid artificial stimulants, all of which raise *pitta*. Alcohol, in any form, is like throwing fuel on the *pitta* fire. The drawback of the caffeine is that it in coffee and tea is that it increases acid production in stomach if consumed excessively.

### CONCLUSION

One has to follow code of dietetics for better health. Appropriate quantity and quality of food consumed helps to prevent and control hyperacidity. One should also take food considering one's own capacity of digestion. With the complaints of *Amlapitta*, following the dietary do's and don'ts helps to produce soothing effect on the inner layer of the stomach, reverses inflammatory changes and controls the digestive secretions by which hyperacidity can be tackled.

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