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Etiopathological Study on *Amlapitta* (*Samapitta*) with special reference to *Pathyapathya*

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ABSTRACT

In recent years disease related to gastrointestinal (*Aamashaya samuttha*) have become common to the world. It is due to the working schedule, changing diet pattern and behavioral and mental stress. The main etiological factor of this disease is faulty life style and food habits like *Viruddha Aahar* (incompatible diet as example madhu with ghee in equal quantity), *Dusta Bhojana* (unhygienic or improper diet), *Ritu Vishesh* (seasonal factor- varsha (July- august) and sharad ritu (September-october), *Desha vishesh* persons who regularly enjoys *Pittala Ahara* as example *Madya*, *Kulatha* and *Bhrista Dhanya*, reforms *Pitta Vidagdha avastha*. *Pitta dosh* is vitiated and is reformed to *Amladravya* in *Aamashaya* where it produces a disease *Amlapitta*. Awareness of *pathya apathy aahar vihar* can prevent *Amlapitta*. In comparison to modern science *Rupa* of *Amlapitta* resembles with Gastritis. This research article deals with concept of *Samapitta*, role of agni, *nidan panchatmka adhyayan* of *Samapitta* (*Amlapitta*) and its management through *pathyaapathya*.

KEYWORDS

Agni, Aama, Samapitta, Amlapitta, Pathyapathya



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INTRODUCTION

In this modern era most of the people are suffering from physical & mental stress. Irregular food habits, suppression of natural urges, lack of proper sleep, and less time for relaxation, increased dependence on addiction like tobacco, and alcohol are very common to our life style. Many diseases mainly having psychosomatic origin are increasing day by day due to urbanization, high industrial growth, deforestation, at a drastic speed. *Samaagni* is responsible for health, strength, longevity and it determines the quantity of food to be consumed. Abnormal state of *agni* are *vishmagni*, *tikshagni* and *mandagni* that causes various diseases and especially *Udar roga*¹. Among them *Mandagni* is the most important root cause for all the diseases². Due to *mandagni*, *rasadhātu* gets immatured (indigested, not properly processed), becoming vitiated (abnormal) and accumulates in *Amashaya* (stomach), which is called as '*Aama*'. When *Aama* combines with *Dosh*, *Dhatu* and *Mala* are formed *Samavastha*³. When *Aama* rasa is mixed with *pitta*, it produces *Daha*, *Trishan*, *Mukharoga* and leads to different diseases like *Amlapitta*. It is a *pitta* dominant disease that commonly occurs in youngsters. *Acharya Charaka*, *Susruta* and *Vagbhata* have not described this disease as

separate and independent entity. *Charak* revealed that *Amlapitta* disease in *Grahani rogaadhyay*, where he described disease initiated from *Samadosha*⁴ but not mentioned the name of the diseases *Amlapitta*. The disease is mentioned in *Kashyap Samhita*⁵, *Madhavanidana*⁶, *Bhavaprakasa*⁷, *Yogratnakara*⁸ and other many texts of *Ayurveda* after the *samhita* period.

AIMS AND OBJECTIVES

- To study the concept of *Samapitta* (*Amlapitta*) in *ayurvedic* text
- To study the *Nidan Panchak* of *Amlapitta*
- To establish the specific *Samprapti* of *Amlapitta*

MATERIALS AND METHODS

The main *ayurvedic* text for use in this study will be *Brihadtrayi* & *Laghutrayi* and available commentaries on this, modern text, along with them latest research papers will be referred & compiled for conceptual part of study.

DISCUSSION

This paper is on the basis of *nidan panchak* and management of *Amlapitta*.

Concept of *Samapitta*:



Samapitta is derived from two words *sama* and *pitta*. Due to *mandagni*, *Rasa Dhatu* indigested & improper metabolized substances formed in *Amashaya* that are called as ‘*Aama*’⁹. When *aama* combines with *dosh* & *dushya* it is called as *sama* which is responsible for genesis of various diseases. When *Aama Dosh* get associated with *pitta* and it produces *Daha*, *Trishna*, *Mukharoga* and mainly *Amlapitta*¹⁰. *Amlapitta* is the most common problem due to change of life style, stress and modern lifestyle-dietary habits like fast foods, junk foods, cold drinks, excess consumption of alcohol and tobacco. For all these etiological factors *Pitta dosh* vitiated and reformed to *Amladravya* into *Aamashaya* and produced a disease *Amlapitta*

Importance of Agni in Samapitta (Amlapitta):

Agni itself resides in *pitta* in the body which is accountable for producing various effects in normal (non-vitiated) or abnormal (vitiated) states, respectively. These consequences are digestion and indigestion, vision and loss of vision, the normality and abnormality of temperature, the healthy and diseased look, intrepidity or fear, anger or delight, confusion or lucidity, and such other pairs of opposite quantities¹¹. According to *doshas*, *Agni* has been classified into four types-

1. *Sama*– *sama dosa* that gives rise to *sama agni*. It is *prakrit avastha* of *Dosh*, *Dhatu* and *Mala* retains *prakrit avastha* of *agni* is termed as *Samaagni*.
2. *Tiksna* – Under influence of *pittadosa* gives rise to *tiksnagni*.
3. *Manda* – Under the influence of *kapha dosa* gives rise to *mandagni*.
4. *Visama* –Under the influence of *vata dosa* gives rise to *visamagni*¹². Among them *mandagni* is most important because it root of all disease specially *udarroga*. Due *mandagni* immature & improper metabolization of food and formation of *aama dosa*. Which is main etiological factor for *Samapitta (Amlapitta)*.

Nidan pannchak of Amlapitta:

Amlapitta is composed of two words *amla* and *pitta*. The term *amla* has been used as epithet to *pitta*, as one of the property of *pitta* is also *amla*. *Aacharya Sushrut* described that *katu* is *prakrit* (normal, natural) *rasa* and *amla* is *vidagdha* (abnormal) *rasa* of *pitta*¹³. *Amlapitta* is a condition of hyper secretion of *vidagdha pitta*¹⁴.

Nidan (Etiopathological factor):

Madhavkara and *Kashyap* listed the principle causative factors for initiation, production and manifestation of *Amlapitta* are *Virudha Bhojana* (incompatible diet) and *Dusta Bhojana* (unhygienic or improper diet), *Ritu vishesh* (seasonal



factor- varsha and sharad ritu), *Desha vishesh* when taken by a person who regularly enjoys *Pittala Ahara* such as *Madya*, *Kulatha* and *Bhrista Dhanya* forms the *Pitta Vidagdha*¹⁵. This *Vidagdha Pitta* gets sour or acidic (*Amla Bhava*) which results in *Apaka* (indigestion), *Amlodgara*

(Acid eructation) etc. and the diseases entity *Amla Pitta* comes into existence. *Agni* is vitiated in this condition due to which food remains undigested. This undigested food becomes *Amla* (sour) due to fermentation and acts as poison.

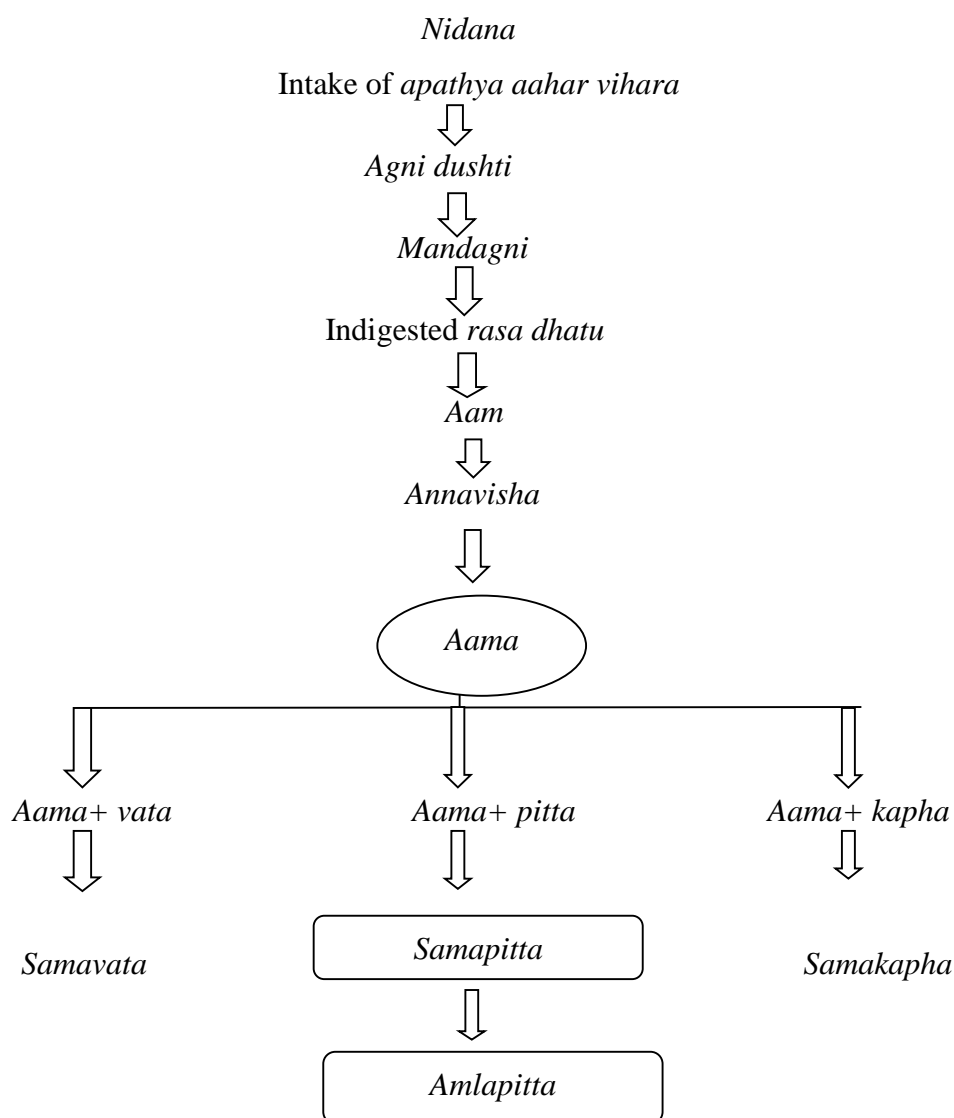


Fig 1 “*Samprapti chakra of Amlapitta*”

Samprapti of Amlapitta:

These etiopathological factors influence *pitta* to be aggravated which leads to

vikritagni (improper digestive fire). Improper digestion of food results into



vikritapitta and *Agni* results improper digestion of food.

According to *Madhavakara*, excessive secretion of *Pitta* may increase the *pitta* without *Agnimandya* and may produce the symptoms of *Amlapitta*. *Agnimandya* is related with *Pitta Kashya* and excessive secretion of *Pitta* is called *Pitta Vridhi*¹⁶. To conclude, vitiation of *Pitta* is necessary for the clinical manifestation of *Amlapitta*. It may be caused by *vikritavastha* of *Pitta-Agni* situated in the stomach. Vitiation of *Vata* and *Kapha* may be associated with this disease.

Samprapti chakra

Samprapti chakra of *Amlapitta* is described in (Figure 1)

Samprapti ghatak

- *Dosh- Pitta*
- *Dushya - Rakta*
- *Srotas - Annavaha srotas*

- *Adhistan - Amashaya*
- *Agni - Manda*
- *Swabhava - Asukari*
- *Sadhytasadhyta - Sadhya*

Rupa (symptoms)

Samanya Lakhana of *Amlapitta* includes *Avipaka* (indigestion) *Utklesa* (Nausea), *Aruchi* (anorexia), *Tikta-Amla-Udgara* (Acid bitter eructations), *Gurukosthatuama* (Abdominal discomfort) and *Hrita Kantha Daha* (Pyrosis). *Kasyapa* has added, *Antrakujana* (gargling), *Udara Adhmana* (tympanitis), *Vidabheda* (diarrhoea) and *Hrid Sula* (cardiac pain). Above symptoms are related to gastro intestinal tract. Other symptoms are *Gaurava* (malaise), *Klama* (Lassitude), *Siroruja* (Headache) and *Romaharasa* (erection of hair).

Various synonyms given by *Acharyas* are listed.

(Table 1)

Table 1 Synonyms given by *Acharyas*

S.No.	Rupa	Ka. Sa. ¹⁷	Ha. Sa. ¹⁸	Ma. Ni. ¹⁹	Bh. Pr. ²⁰	Ga. Ni. ²¹	Yo. Ra. ²²
1-	<i>Avipaka</i>	-	-	+	+	+	+
2-	<i>Amlautklesha</i>	+	-	-	-	-	-
3-	<i>Amlodgara</i>	-	+	+	+	+	+
4-	<i>Amlahikka</i>	-	+	-	-	-	-
5-	<i>Angasada</i>	+	-	-	-	-	-
6-	<i>Antra kujana</i>	+	-	-	-	-	-
7-	<i>Aruchi</i>	-	+	+	+	+	+
8-	<i>Gourava</i>	-	-	+	+	+	+
9-	<i>Gurukosthata</i>	+	-	-	-	-	-
10-	<i>Hridasula</i>	+	-	-	-	-	-
11-	<i>Hridkantha daha</i>	-	+	+	+	+	+
12-	<i>Kantha daha</i>	+	+	+	+	+	+
13-	<i>Klama</i>	-	-	+	+	+	+
14-	<i>Romharsha</i>	+	-	-	-	-	-
15-	<i>Siroruja</i>	+	+	-	-	-	-
16-	<i>Tiktodgara</i>	-	-	+	+	+	+



17-	<i>Udara aadhman</i>	+	-	-	-	-	-
18-	<i>Utklesha</i>	-	-	+	+	+	+
19-	<i>Urovidaha</i>	+	-	-	-	-	-
20-	<i>Vidabheda</i>	+	-	-	-	-	-

Types:

Urdhwag amlapitta

Amlapitta is mainly classified into two types: *Adhog amlapitta*

The differentiation is described in texts. (Table 2)

Table 2 “*Adhog amlapitta & Urdhwag amlapitta*”

<i>Adhoga Amlapitta</i> ²³	<i>Urdhwaga Amlapitta</i> ²⁴
<i>Trita</i> (thirst)	<i>Harit</i> (greenish), <i>Pitta</i> (yellowish), <i>Nila</i> (bluish), <i>Krishna</i> (blackish), <i>Araktabha</i> (without blood) <i>vaman</i> . Vomiting which is green, yellow, blue, black, slight red or brightred coloured sour substance it resembles like mamsdhowan .
<i>Daha</i> (burning)	<i>Hrididaha</i> (Burning sensation in chest)
<i>Hrillasa</i> (nausea),	<i>Kanthadaha</i> (Burning sensation in throat)
<i>Agnimandya</i> (improper digestive fire)	<i>Aruchi</i> (Anorexia),
<i>Vividh Prakara Ke mala</i> (various types of stools) yellowish, blackish, red coloured <i>sveda</i> (perspiration)	<i>Jwar</i> (Fever).
<i>Murcha</i> (faintness)	

Types according to *dosha*:-*vatanubandhi*, *kaphanubandhi*, *vata kaphanubandhi*²⁵

The detail description of types are described in samhitas. (Table 3).

Table 3 “Types according to *dosha*”

<i>Sanila(vataj Amlapitta)</i>	<i>Sakapha Amlapitta</i>	<i>Vata kaphanubandhi Amlapitta</i>
<i>Kampa, pralap, chimichimagatra, sada, shula, Tamapravesh, bhrama, harsha, atimoha.</i>	<i>Kapphasthivan, gourava, stabdha, aruchi, angasada, chhardi, agnimandya, kandu, nidra.</i>	<i>Mixed features of vata and kapha Amlapitta.</i>

Table 4 “*Pathya Aahar –Vihar*”

<i>Aahar</i>	<i>Vihar</i>
<i>Yava, Wheat, Rice of Sali variety, Mudga, patola, vetagra, well riped fruit of ‘kusmanda’, sattu, Jangal mansa, Karela, Nimb, Shatawari, Petha, Green leafy vegetables, all tikta rasa dravya</i>	<i>Sheetal Jalpan, Do not suppress the urges etc, Vaman, Virechan, Vasti</i>

Table 5 “*Apathya Aahar-Vihar*”

<i>Aahar</i>	<i>Vihar</i>
<i>Oily & spicy food, Milk of sheep, kanji, salt, junk food, fast food, Tea, Coffee, cold drinks, Pizza, Burger, Samosa, Kachouri, Potato, Brinjal, Products of besan and maida.</i>	<i>Ratri Jagrana, Divasvapna, Vegavidharana”</i>

Management of Amlapitta:

- *Nidan parivarjnam*²⁶

- *Sansodhan chikitsa:*

Adhog Amlapitta +kapha - Vaman



Urdhwag Amlapitta + Pitta-Virechan

In case of *Urdhwag Amlapitta* where *Shleshma* in *vikritvastha* is managed by *vaman karma*. Similarly in case of *Adhog Amlapitta*, *pitta* in *vikritvastha* is managed by *virechan karma*. Carrieng. After this treatment one should administer the *basti* therapy and follow *Pathya Aahar –Vihar* and avoid *Apathya Aahar-Vihar*.

*Pathyapathya Aahar & Vihar*²⁷

- *Pathya*

The detailed description of pathya aahar vihar in *Ayurvedic* texts. (Table 4)

- *Apathya*

The detailed description of apathya aahar vihar in *Ayurvedic* texts. (Table 5)

CONCLUSION

Amlapitta is the most common problem due to change of life style, stress, habits like alcohol, modern lifestyle-dietary habits. Modern treatment of hyperacidity is not satisfactory as it subsides during medication and the problem starts after the medication but in *Ayurved Amlapitta* can be treated properly by accessing *Samprapti chakra & Dosh Dushya Samurchchhana*. *Ayurveda* treatment cures *Agnimandya & digest the food properly*. Awareness of *Pathya Apathya Aahar Vihar* can prevent *Amlapitta*.



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