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## ***Aetiopathological and Upashayatmak Study of Amlapitta w.s.r. to Acid Peptic Disorder***

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### **ABSTRACT**

Amlapitta is a disease of Annahava Srotas and now a day it is very common, because of faulty life style, dietary habits, and stressful situations. The term Amlapitta is derived from two words Amla and Pitta. The word Amla is indicative of a property which is organoleptic in nature and identified through the tongue while the word Pitta is suggestive of one of the Tridoshas as well as responsible for digestion and metabolism inside the body. Amlapitta is caused by the increased Drava guna and Amlaguna of Pachaka Pitta. It affects the Annavaha, Rasavaha, Raktavaha, Purishvahasrotas. Agni is present in every single cell of the body. According to this, there is also Ama produced by agni deranged in each cell. Several types of Agnimandya and Vaishmaya find in this disease on the basis of Agni Karma (symptoms) due to changes in digestive power.

### **KEYWORDS**

*Amlapitta, Tridoshas, Drava guna, Agnimandya*



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## INTRODUCTION

Acharya Chakrapani stated that “Amlapitta is Amla Guna Yukta Pitta” In Ayurvedic texts Mandagni is considered as the main cause of all disease. Amlapitta is caused by the increased Drava guna and Amlaguna of Pachaka Pitta. It affects the Annavaha, Rasavaha, Raktavaha, Purishvahasrotas. In modern system of medicine Amlapitta can be closely correlated with condition of hyperacidity, gastro oesophageal reflux and gastritis which are commonly named as acid peptic disorder. Acid peptic disorder results from an imbalance between aggregative factors (gastric acid, pepsin) and protective factors (gastric mucus, bicarbonate and prostaglandins).

In case of UrdhvaAmlapitta where Slesma has high concentration one should try Vamanatherapy. Similarly, in cases of AdhogataAmlapitta where pitta has high concentration one should go with Virecanatherapy.

Pathophysiologically and histopathologically, it is said that ulcer cannot be included in Amlapitta. Thus, acid peptic disorder without peptic ulcer may be included in Amlapitta i.e., non-ulcer acid peptic disorders (GERD).

## MATERIALS

Different Ayurvedic classical books, research papers and journal were referred.

Conceptual and relevant references are taken from Ayurvedic samhita . After studying the related concepts, the efforts have been made for a conclusion which based on discussion. Various classical texts of Ayurveda and related modern texts along with different research papers, published articles and information available on internet.

## REVIEW OF AMLAPITTA

- Kashayapa samhita is the first available Samhita describing Amlapitta.
- Acharya Charaka has not mentioned Amlapitta as a separate entity but Amlapitta is mentioned in the chapter of Grahani, which indicates some similarities in the Nidana, Samprapti, Chikitsa and Pathya in both the diseases. Word Amlapitta is not found in Sushruta samhita. Acharya Sushruta has mentioned symptom known as Amlika, results from excessive use of Lavan rasais similar to Amlapitta.
- In Ashtanga Sangraha Kulattha is mentioned as Agraya Nidana of Amlapitta.
- Acharya Vagabhata in Ashtanga Hridaya has not described the Amlapitta as diseases entity. But the description of Paittika Hridroga seems very nearer to the Amlapitta.
- After Kashyapa Samhita, Madhava Nidana is the first available text which



gives importance to Amlapitta and describes its etiopathogenesis and symptomatology in detail along with two clinical sub type (1) Urdhvaga and (2) Adhoga Amlapitta.

- In commentary on Charaka samhita listed by Chakrapanidutta, the symptomatology of Amlapitta and the detailed treatment of Amlapitta is given by Chakradatta.

### Definition of Amlapitta

According to Srikanthadatta when Pitta gets to Vidahi state, because of this state Amla Guṇa of Pitta increases. This condition is called Amlapitta.

### Nidana of Amlapitta

“विरुद्धाम्लविदाहिपित्तप्रकोपिपानान्नभुजोविदग्धम्।  
पित्तस्वहेतुपचितंपुरायत्तम्लपित्तप्रवदन्तिसन्तः” ॥

(मा.नि. 51/1)

The causative factors of Amlapitta may be discussed under four groups, viz. the Aharaja Hetu (dietary factors), Viharaja Hetu (habit factors), Manasika Hetu (psychogenic factors) and Agantuka Hetu (miscellaneous factors).

Aharaja Hetu:-

- Viruddha Ahara
- Duṣṭa Ahara
- Amla Ahara
- Vidahi Ahara
- Pitta Prakopi Pananna

### Viharaja Hetu

To keep the health undisturbed one is required to follow the healthy code of habits. He requires having regular habits of defecation, to eat properly and to sleep in time.

### PURVARUPA OF AMLAPITTA

#### Samprapti Amlapitta

Samprapti means a detailed description of the nature of diseases such as Nidan sevan, Dosha vitiation, Dushya and Srotas, Purvarupa and Rupa etc.

#### Samprapti Ghataka

1. Dosha – Pitta (Pachaka)
  - i. Vata (Samana, Prana, Apana)
  - ii. Kapha (kledaka, Bodhaka)
2. Agni – Mandagni, Visamagni
3. Srotas- Annavaha, Rasavaha, Purisavaha, Raktavaha
4. Srotodusti- Sanga, Vimargagamana, Atipravriti
5. Adhithana – Amashaya, Grahani
6. Dushya – Rasa, Rakta
7. Vyakti – Amashaya, Grahani
8. Marga – Abhyantara, Kostha
9. Svarupa- Chirakari
10. Prabhav – Daruna

#### Types of Amlapitta

1. According to Madhava Nidana -
  - A- Based on Gati of dosha –
    - a- Urdhvaga Amlapitta
    - b- Adhoga Amlapitta



B – Based on Dosha Samasarga Avastha –

- a. Vatadhika
- b. Vata-Kaphadhika
- c. Kaphadhika
- d. Sleshmapittaja

2- According to Kashyap

- a. Vatlabna
- b. Pittolabna
- c. Kapholabna

### Symptoms of Amlapitta:

अविपाककलमोत्क्लेशतिकाप्लोदगारगौरवैः ।

हृत्कण्ठदाहारुचिभिश्चम्लपित्तं वदेत्त्रिषकम् । (मा.नि. 51/2)

- a. Avipaka
- b. Klama, Angasad And Gaurav
- c. Utklesha.
- d. Hrit-Kanthdaha.
- e. Aruchi

### MODERN REVIEW

Amlapitta cannot be associated with any specific disease in the allopathic system of medicine but its symptoms are present in many disorders such as gastric ulcer hyperacidity, duodenal ulcer, gastroesophageal reflux disease and gastritis commonly referred to as acid peptic disorder.

### Definition

The term acute gastritis is generally an acute erosive condition which typically results in a relatively inflammatory necrosis and haemorrhage of the mucosa.

### Common Symptoms and Signs of the Acid Peptic Disorders

- a. Heart Burn
- b. Regurgitation / Water Brush
- c. Dysphagia
- d. Altered Appetite
- e. Epigastric Pain
- f. Sensation of Satiety & Anorexia
- g. Vomiting
- h. Nausea
- i. Diarrhoea
- j. Heaviness In Abdomen
- k. Hemetemesis
- l. Anaemia
- m. Fatigue

### Triggering factors for Acid peptic disorder:

- a. Excessive intake of oily, spicy and salty foods
- b. Excessive intake of sour foods containing high acid content Inadequate exercise
- c. Everyone who goes to bed immediately after a heavy meal
- d. Too much mental stress and worries
- e. Excessively taxing the mind
- f. Consumption of alcohol
- g. Smoking and drug addiction
- h. Addictive consumption of coffee
- i. Too much intake of therapeutic drugs like aspirin



- j. Diseases of the digestive organs such as the stomach, intestines, gallbladder or the Pancrease.
- k. Peptic ulcers
- l. Spinal lesions

## CONCLUSION

Amlapitta is a disease of Annahava Srotas and now a day it is very common, because of faulty life style, dietary habits, and stressful situations. The term Amlapitta is derived from two words Amla and Pitta. It is describe in Ayurvedic text books main etiological factor is irregular food and life style.



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