

A Review Study on Adhog Amlapitta

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Abstract

Amlapitta mentioned in Ayurveda is one of the common clinical conditions of the gastrointestinal system in which Pitta get *Vidhagdham* or “*Amlam Paka*. Causes of *Amlapitta* especially compromise *Ahara Janya Hetu*, such as excessive intake of *Abhishyandi* and *Pishtanna*, Acidic, Hot substances, Alcohol, *Adhyashan*, *Viruddhashan*, *Vidahiannapana* and intake of food in *Ajirna* condition. Improper and faulty dietary habits cause *dushti* of *annavaha strotas* which leads to various disorders and *Amlapitta* is one of them. In modern science, *Amlapitta* can be correlated with Gastroesophageal reflux disease (GERD), in which hyperacidity occurs due to excess acid production in the stomach. Aim and objectives: The prime aim of this paper is to study the efficacy of *Shamana* and *Shodhana Chikitsa* in Ayurveda in the management of *Adhog amlapitta*.

Keywords: *Amlapitta*, Ayurveda, *hetu*, *Adhog amlapitta*, *Shamana Chikitsa*, *Shodhana Chikitsa*.

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INTRODUCTION-

In the twenty-first century, human existence has become extremely quick as a result of increased competition in daily life and activities. *Agnimandya* is considered the underlying cause of all ailments in Ayurveda.¹ *Agnimandya* is caused by faulty dietary habits such as *Adhyashana* (eating after meals), *Vishamashana* (eating irregularly), and *Vegadharana* (suppressing urges), which can vitiate the *Doshas* (fundamental bodily bio elements) independently or simultaneously. Digestive diseases are prevalent among all age groups and sometimes go unnoticed due to modern lifestyles and lack of awareness about *Prakriti*.

CharakAmlam Cha PittamAmlapittam”. This is the clinical condition in which *Pitta Dosha* becomes *Amlam* or *Vidhagdha*. “*AmlamVidhagdhamCha TatPittamAmlapittam*” [1].

There is a constant or intermittent feeling of *Amliyata* and *Vidhahata* from *Mukhmarga*. *Brihatrayi* does not especially mention *Amlapitta*; however, in *Charaka Samhita Grahini Chikitsa Adhyaya*, *Charak Acharya* has explained that specific symptoms occurring from *Ama* which can be correlated with

Amlapitta Madhava Nidana have separate chapter About *Amlapitta* [2]. In *Kashyapa Samhita*, he described *Amlapitta* as *Suktaka* [3]. *Acharya Madhava* has exclusively explained the causes of *Amlapitta*, especially *AharaJanyaHetu*, such as excessive intake of *Abhishyandi* and *Pishtanna*, Acidic, Hot substances, Alcohol, *Adhyasan*, *Viruddhashan*, *Vidahiannapana*, and intake of food in *Ajirnaconditionetc* [4]. Certain *Vihara Hetu* such as *Vega Dharana*, *AnupadeshaNivasa* including seasonal variations in *Varsha* and *Sharad Ritu*, lead to aggravation of *Pitta Dosha* that causes *Amlapitta* [5].

In modern science, *Amlapita* can be correlated with Gastroesophageal reflux disease (GERD), in which hyperacidity occurs due to excess production of acid in the stomach. Such a condition may occur due to improper closure of the lower oesophageal sphincter that repels back the stomach's content into the oesophagus. The process of reverting the stomach content may be triggered or induced by the excessive intake of oily, junk foods and spicy foodstuffs, excessive intake of addiction, e.g., alcohol, smoking, caffeine and nicotine products, fasting for a prolonged time, skipping breakfast, overuse of Analgesics especially, NSAIDs, etc., mental disturbances such as stress, depression, anxiety, and anger, intake of food at an irregular time and interval, excessive intake of Maida & fat-rich products, carbonated drinks, excess use of leafy vegetables, taking sleep after intake of the meal, consumption of water in extra quantity, chronic but constant constipation. Moreover, pregnancy, aging, and obesity are also some contributing factors to heartburn [6,7].

TABLE NO -1. Showing Aharaj hetu of Amlapitta.

विरुद्धदुष्टाम्लविदाहिपित्तप्रकोपिपानान्नभुजोविदग्धम्।

पित्तं स्वहेतूपचितं पुरा यत्तदम्लपित्तं प्रवदन्ति सन्तः ॥मा.नि. ५१/१॥

Sr.	Nidanas	K.S	M.N	B.P	Y.R	S.N	REF
1	<i>Kulatthasevana</i>	+					<i>k.s khil16-3-6</i>
2	<i>Pulakasevana</i>	+					
3	<i>Guru ahara sevana</i>	+					
4	<i>Abhishyandi ahara</i>	+					
5	<i>Ati snigdha ahara</i>	+					
6	<i>Ati ruksha ahara</i>	+					
7	<i>Pishtanna sevana</i>	+					
8	<i>Apakva anna sevana</i>	+					
9	<i>Phanita sevana</i>	+					
10	<i>Ikshuvikara sevana</i>	+					
11	<i>Paryushita anna sevana</i>	+					
12	<i>Bhurjitadhanya sevana</i>	+					
13	<i>Ati ushnanna sevana</i>	+					
14	<i>Adhyashana</i>	+					
15	<i>Atidrava</i>	+					
16	<i>Ajirnebhojana</i>	+					
17	<i>Madhyasavana</i>	+					
18	<i>Go rasavarga sevana</i>	+					
19	<i>Annahinamadhya sevana</i>	+					
20	<i>Antrodakapana</i>	+					

21	<i>Akalebhojanam</i>	+				+	<i>s.namlapiita adhikar373-378</i>
22	<i>Akaleanashana</i>	+				+	
23	<i>Vishamashana</i>	+				+	
24	<i>Vidahianna sevana</i>		+	+	+		<i>Ma.ni 15/1 b.p 10/1</i>
25	<i>Vidahipana sevana</i>		+	+	+		<i>y.ramlapiitaadhikaruutara237</i>
26	<i>Dushtanna sevan</i>		+	+	+		
27	<i>Viruddhashana</i>		+	+	+	+	
28	<i>Atiamla sevana</i>		+	+	+	+	
29	<i>Kaphaprakopianna sevana</i>		+	+	+	+	
30	<i>Vidagdhaahara sevana</i>			+	+		
31	<i>Pitta prakoaana sevana</i>			+	+		
32	<i>Ati tikshana sevan</i>						
33	<i>Katuannapana sevana</i>	+					
34	<i>Vega vidharan</i>	+					
35	<i>Bhukte diwa swapna</i>	+					
36	<i>Bhuktaatyashana</i>	+					
37	<i>Bhuktaavagahan</i>	+					

Table 2: Etiological factors of *Amlapitta*

Diet	Excessive intake of curd, white rice, sesame, black grams, mustard, fish meat, vinegar, drum sticks, carom seed
Dietary habits	Irregular meal times, eating too late at night, spicy food habits, salty and sour foods, overeating of fermented foods
Life style	Stressful daily routine, insufficient sleep at night, sleeping immediately after meals, lack of rest, suppression of urges, worries, exposure to excessive heat

As per Ayurveda classics, these etiological factors affect the *Annavaha srotas* which have an impact on physiology of digestion. Either there would be a lesser secretion of the digestive juice or secreted at improper time and sometimes it may be secreted in excessive quantity, all these conditions aggravate *Pitta dosha* and hampers the *Jatharagni* (metabolic factors located in digestive tract) i.e., *Jatharagni mandya* (Hypo functioning of *Agni*). During this stage, whatever food consume becomes *Vidagdha* and it lies in the Stomach stagnant. At this stage any food which is taken also becomes *vidagdha* and it is called *Vidgdhajirna* which is the *Purvaroop* (prodromes) of disease. Further vitiated *Pitta* gets mixed with *Vidagdhanna*

(indigestion leading to acidic food) and causes *PittaAma Samurchhana*^[8]. If it is not treated at this stage of disease progression then the disease advances further stage where the typical characteristic types like *Urdhwag* (upward direction) and *Adhoga* (downward direction) etc. differentiated. In advance stage of disease *Annadrava shul* (post digestive abdominal colic) and *Parinama shul* (Duodenal ulcer) may occur as complications.

SYMPTOMS OF ADHOGA AMLAPITTA -----

“तृद्धाहमूर्च्छाभ्रममोहकारि प्रयात्यधो वा विविधप्रकारम् ।

हल्लासकोठानलसादहर्षस्वेदाङ्गपीतत्वकरं कदाचित् ॥मा.नि. ५१/३ ॥”

- Trit- thirst
- Daha - burning sensation
- Murcha – fainting Bhrama

Giddiness

- Moha – confusion
- Vividha prakara - associated with different colours like yellow, green, black and red and also different kinds of foul smell. Amlapitta associated with above mentioned symptoms sometimes moves and manifests in the downward direction and is called as adhoga amlapitta.

It manifests with the below mentioned symptoms –

- Hrrllasa-nausea
- Kotha – urticaria
- Anala sada
- Harsha
- Sweda - excessive sweating
- Anga pitatva - yellowish discoloration of skin

Table no. 3: Showing vishishta rupas according to Dosha dusti^[9].

Vishishta Rupas	Vata	Pitta	Kapha
<i>According to Kashyapa Samhita</i>	<i>Shoola, Angasada, Jrimbha</i>	<i>Bhrama, Vidaha</i>	<i>Gaurava, Chhardi</i>
According to Madav Nidan	<i>Kampa, Pralapa, Murchha, Chimchimitva, Shoola, Vibhrama, Vimoha, Harsha, tamodarshan</i>	<i>Tiktodgar, Amloudagar, Katuudagar, Hridhdaha, Bhrama, Aruchi, Chharadi, Alasya,</i>	<i>Kaphanishthivana, Gaurava, Jadata, Aruchi, Shita, Saada, Vami, Lepa, Agnimandya, Kandu, Nindra</i>

Diet and Life style Modification^[10]-

Patient was asked not to take excessive oily spicy food avoiding foods that can exacerbate symptoms, elevating the head of the bed for people who see nocturnal symptoms, avoiding late meals, and quitting smoking.

Ayurveda treatment modalities for Amlapiita

Treatment option for Amlapitta in Ayurveda include-

1. Adhogata Amlapiita -Virechana should be administrated for adhogata Amlapitta. Then shaman therapy to be performed.

2. Interpretation of Chikitsa with Panchamahabhuta siddhantha Most of the drugs (in samana aspect) are having Tikta Rasa which has Vayu + Akasha Mahabhuta. This Vayu Mahabhuta dries up the Dravtva of Dushita Pitta and this Akasha Mahabhuta removes the Srotorodha which in turn is the Samprapti Vighatana. So by applying Samuchaya Tantrayukti one should understand that all Tikta Rasa drugs can be used in the treatment of Amlapitta. Further Acharya says about the Pathya to be followed which is good for the Srotas, does the Dipana of Agni and promotion of Bala.
3. The lower gastrointestinal tract problems led to the diagnosis of Adhoga Amlapitta in this patient. Acharyas frequently cite Pitta Shamaka Aushadhis in such contexts by Acharyasa. For Vata Shamaka advises Basti and Vatanulomaka Chikitsa, whereas Aampachak Chikitsa addresses Vitiated digestive fire and Rasa Dhatvagni, which could lead to Adhoga Amlapitta.
4. According to Acharya Yogratnakara, Basti Karma can help regulate Amlapitta by correcting vitiating Vata Dosha.¹¹ Basti induces the Vatanulomana and Pittashamaka impacts. Basti Karmas clears the Strotodudhti by cleaning the channels due to the Strotoshodhak impact.¹² Erandmool regulates the Vitiating Vata Dosha and aama pachana, which improves digestive fire.¹³
5. Nasya Karma and Shirodhara can calm the patient's anxiety. These two methods alleviate the Vitiating Psychological Dosha.¹⁴ It eases stress and encourages relaxation. Chimta, or stress, is a major cause of vitiating the Rasavaha and Annavaha Srotas in Amlapitta. By increasing the release of the digestive juices and enzymes required for digestion, this medication can assist pinpoint the disease.

Avoidance of Etiological Factors ^[15]

In Ayurveda, *Nidan parivarjan* (avoid factors which disturbs homeostasis) is the first line of treatment for any disease. Hence it can be said that one should avoid causative factors which are responsible for *Amlapitta* such as insufficient sleep at night, irregular meal times, eating too late at night, spicy food habits, overeating of fermented foods, sleeping immediately after meal, suppression of urges etc.

Table 2: Pathya (Wholesome)/ Apathya (Unwholesome)¹⁶

Items	Pathya	Apathya
Vegetables	Bottle gourd (<i>Tikta lauki</i>), Bathua (<i>Chenopodium album</i>), bitter gourd (<i>Karavellaka</i>), pointed gourd (<i>Parval</i>), pumpkin (<i>Kushmanda</i>)	Potato, sweet potato, brinjal, taro root
Fruits	Pomegranate (<i>Dadima</i>), gooseberry (<i>Amalaki</i>), coconut (<i>Narikel</i>), dried grapes (<i>Draksha</i>)	Banana, mango, pineapple, orange
Cereals	Red rice (<i>Rakta shali</i>), old rice (<i>Purana shali</i>) barley (<i>Yava</i>), wheat (<i>Godhuma</i>)	New rice (<i>Nava anna</i>)
Pulses	Green moong (<i>Mudag</i>)	Black gram (<i>Masha</i>), horse gram (<i>Kulath</i>)
Dairy products	Cow milk, cow ghee	Curd, goat milk, Jaggery
Drinks	Coconut water (<i>Narikela jala</i>), lukewarm water (<i>Sukoshna jala</i>), flour of roasted parched grain (<i>Lajasaktu</i>)	New wine (<i>Nutan madya</i>), cold water (<i>Sheetal jal</i>), Kanji
Spices	Garlic, dry ginger, clove, turmeric, saffron, cumin	Asafoetida, chilli, cinnamon, mustard seeds, pepper, tamarind
Nuts	Coconut	Peanut, groundnut, cashew nut
Oils	Sunflower oil, coconut oil	Mustard oil, sesame oil

Yogasana & Pranayama ¹⁷⁻¹⁹

According to Medical science, *Yoga* therapy is quite effective because it forms a balance of Gut-Brainendocrine axis which directly show predominance on all the systems and organs of the body. For internal cleansing of body and strengthening of mind respectively *Yoga* and *Pranayam* is one the important therapeutic approach. There are following *Asana's* and *Pranayam*, which plays major role in GERD management.

Yogasana: *Pavanmuktasana*: Useful in improving digestion and regulates the normal function of *Apan Vayu*. *Shashankaasana*, *Shalabhasana*, *Bhujangasana*, *Dhanurasana*: In these *Asana's* abdomen and chest region is pressurized and blood circulation of that area is increased which improves the digestive secretion as well as helps in excretion of waste products.

Pranayam: *Anulom-Vilom*: It increases the digestive fire by maintaining the *Ida-Pingla-Sushumna* chakra i.e., balance the sympathetic and parasympathetic activities. It helps in reducing stress related indigestion because stress is one of the causative factors of *Amlapitta*. *Sheetakari* and *Sheetali*: Both these have cooling and soothing effect because it enhances the *Sheeta guna* of *Vata dosha* thus it may reduce extra heat and balance the *Pachaka pitta*. *Kunjla Kriya* and *Dahuti*: 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, acidity, flatulence etc.

Internal administration of *Snehan* improves *Vata's* *Gati*, promotes *Gaatra Mardavata*, and eliminates

Srothorodha. *Sneha* defeats *Rukshatha* with its *Snigdha* property, correcting the *Sanga* and subsidizing *Pitta's* *Ushna*, *Tikshna*, *LaghuGuna* with *Sheeta*, *Manda*, and *Guru Guna*.

- *Swedana's* *Ushna Guna*, which includes *Srotoshuddhi* and *Ama Pachana*, helps reduce stiffness. Eliminating *Kleda* leads to increased lightness. *Amlapitta* symptoms include *klama*, *gourava*, and *anagaurava*. *Swedana* can help relieve these symptoms i.e. relife in pain and generalized weakness and help to overcome the *srotoavrodha*.
- *Rasapachak Vati* is *Malanulomak* (clears sluggish *Mala*), *Dipan-Pachan* (boosts digestive fire), and regulates vitiated *Kapaha-Pitta Dosha* and helps to lessen *aama* due to its *deepan pachan* and *agnivardhak* function, which assists in the appropriate production of *rasa dhatu*.
- *Vasa Ghrita* due to its *Sheeta Virya*, *Kashaya*, and *Tikta Rasa*. *Vasa's* *Kashaya Tikta Rasa* and *Sheeta Virya* help to balance *Pitta* and *Kapha*.

CONCLUSION-

It concluded in the above study that the Ayurvedic modalities surely help to treat the ailments by herbal preparations. The Ayurvedic *Shodhana* followed by *Shamana* therapies along with diet and lifestyle modification definitely helpful to treat the disease.

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