ROLE OF YOGA IN AMLAPITTA - A REVIEW ARTICLE

Dr. Muneesh Shama*

Assistant Professor, Department of Rasashastra, Shri Baba Mastnath Ayurvedic College and Hospital, Rohtak, Haryana, India.

ABSTRACT

Amlapitta is very common disease in day today life with its chronicity and acute conditions. If it is not cured properly it takes its chronic forum. Some of the common causes are - fasting, eating between meals, worry, hurry, spicy foods etc. are some pitta vitiating factors etc. These factors derange the pachaka pitta (digestive enzymes etc.) and as a result pachaka pitta vitiates. This Vitiation of agni in Amashaya (stomach) region due to various causes develop Amlapitta. Yoga plays important role in cure of such disease. Ayurveda described various yoga’s mentioned in different classics. Hence, an attempt was made to collect all information mentioned in different classics.

KEYWORDS: Acidity or amlapitta is condition where Hydrochloric acid.

INTRODUCTION

Acidity or amlapitta is condition where Hydrochloric acid (HCl) when not utilized well, or when produced in large quantity in the stomach region causes inflammation of stomach (gastric = related to stomach), that is called gastritis. This can derange the digestive procedures. The increased or normal level of HCl can destroy the soft tissue (epithelium) lining of oesophagus, stomach, duodenum etc. If not managed on time this can give rise to ulceration (breech in tissue).

Causes

The main cause of hyperacidity is the aggravation of Pitta Dosha in the body. Pitta is an Ayurvedic humor that symbolizes heat or fire. There are many causes for the aggravation of Pitta, main among them are: Eating foods that do not suit the constitution or foods that should not be taken together (milk and fish, milk and salt), excessively sour or spicy foods and...
liquids, white flour products and white sugar products, smoking and excessive consumption of tea, coffee and alcohol, eating in a state of indigestion, suppressing urges of urination and stool, sleeping in the daytime after meals, staying awake late into the night, excessive stress, anger and hunger, excessive exposure to sun and heat and gastro-duodenal ulcer.[1]

**Symptoms**
- Stiffness in the stomach
- Lack of appetite
- Constipation
- Indigestion
- Sour belching
- Actual vomiting
- Feeling of restlessness

**Pathogenesis or samprapti**
Hyperacidity is known as Amlapitta in Ayurveda (Amla means sour and Pitta means heat). Hyperacidity therefore is a condition characterized by an increase of sourness and heat in the body. The aggravated Pitta impairs the digestive fire, leading to improper digestion of food and production of ama (toxins). This ama gets accumulated in the digestive channels and causes Hyperacidity.

The Ayurvedic treatment of Hyperacidity is focused on pacifying the aggravated Pitta Dosha. Cleansing herbs are also administered to eliminate toxins from the body and cleanse the channels. This automatically enhances the digestive fire, leading to better digestion.[2,3,4]

**Diet and Lifestyle Advice**
- Avoid tea, coffee, and carbonated or alcoholic beverages.
- Avoid processed and fermented foods.
- Avoid using garlic, ginger, onions, tomatoes, and vinegar in cooking.
- Also avoid rich gravies, sour, salty, and spicy foods.
- Curd should be strictly avoided at night.
- Take meals in a relaxed atmosphere at regular intervals.
- Practice Yoga and Pranayama such as Vajrasana, Bhujangasana, Salabhasana, Bhastrika Pranayama, Shitali Pranayama and Shitkari Pranayama.
Home Remedies

- Take powder of roasted cumin and coriander seeds (25 gm each) and mix with 50 gm of sugar. Take half spoon of it 3 times a day to get rid of hyperacidity.
- Make a powdered mixture of equal parts of rock candy (or unrefined sugar), fennel, and green cardamom. Whenever you feel heartburn, mix 1 teaspoon of the mixture in a glass of cold milk and drink.
- Drink 100-500 ml of tender coconut water twice a day for relief from hyperacidity Mix equal parts of powdered fennel, licorice root, basil leaves and coriander seeds. Have ½ teaspoon of this mixture with ½ teaspoon of powdered rock candy (or unrefined sugar) 15 minutes before lunch and dinner.

Role of Yoga

Yoga is traditional technique used in various disease and we got tremendous results. Through yogic techniques and dietary changes, you can control and even eliminate acidity, balancing the functioning of the digestive system. It is believed that a vast number of diseases today result from our negligence toward what we eat, how we eat, when and in what amount we eat. One of the most common ailments that affect us is a form of indigestion called acidity where gastric juices are over-produced in our stomach. The over-secretion of the gastric juices can be very hazardous as they eat away the stomach lining, leading to gastritis and peptic ulcers.

Embarking on a yoga journey can be your first step towards better digestion. Through yogic techniques and dietary changes, you can control and even eliminate acidity, balancing the functioning of the digestive system and lowering the levels of stress, which is the cause of many diseases.[5]

1. Supta badha konasana or reclined bound angle poses

Like many restorative yoga asanas, this asana is excellent to support your digestion. This pose relieves gas from the system and treats chronic acidity.

Steps to do the pose

- From badhakonasana or cobbler’s pose, lean backwards and get your elbows to the floor.
- Now lower your back to the floor and hold this pose for a few minutes.
• To come out of the pose, roll over to your right side and slowly sit up. You can use your hands as a support to get up.

Caution: Do not perform this pose if you are pregnant or have a shoulder injury.

2. Setubandhasana or bridge pose
The lining of our stomach is extremely sensitive, and acidity can erode the wall. Along with our lack of mindful eating, stress also affects our digestive organs. Therefore, de-stressing the mind becomes as important as strengthening our abdominal organs. Practise back bending postures such as setubandhasana to cool both your mind and your body.

Steps to do the pose
• Lie on the yoga mat with your back on it. Now bend your knees and keep your feet flat on the floor. While you do this, keep your arms by the sides of your body.
• Breathing out, shift your weight to your arms and push your pelvis off the floor, toward the ceiling.
• Keep your body lifted so that your neck and head still lie flat on the floor.
• Hold this position for five steady breaths and slowly bring down your body.

3. Halasana
Halasana is excellent in dealing with acidity. The asana helps you get a tranquil mind and body that can help control the secretion of gastric juices in your stomach and control acidity.

Steps to do the pose
• Lie flat with your back on the floor. Place your arms on the sides of your body.
• Bend your knees and keep your feet flat on the floor. Now, gently raise your legs from the hips. You can place your hands on your hips for support.
• Now bend your legs and try to touch the floor behind your head with your toes. Now straighten your hands, so they lie flat on the floor.
• To return to the starting position, gently roll your back onto the floor.

4. Vajrasana
Performing this asana immediately after your meal can increase blood flow to the stomach and intestines and aid in the digestion process. By regular practise of this asana,
you can clean your whole digestive system. Make a habit to sit in vajrasana 10-15 minutes after your meals. This pranayama will also aid in better digestion.

**Steps to do the pose**
- Kneel on a yoga mat and let the top surface of your feet touch the mat. Your heels should be pointing upwards.
- Now gently sit with your buttocks on your heels.
- Now place both your palms on your knees. You may close your eyes and take a few deep breaths.[6,18]

**DISCUSSION AND CONCLUSION**
Amlapitta being common problem in day today life, along with small changes in life style and practicing yoga may bring up various changes in patient body and mind. In this regard, Ayurveda being the science of life incorporates various concepts Yoga Darshana, especially the ways to attain control over mind. Mind is the most important factor in the manifestation of disease. It is also the leading factor which leads the sense organs and also encircles the soul. Controlling of the same is very essential in attaining the complete health including spiritual well-being. Both Ayurveda and Yoga integrate the same motto as their main objective, former mainly for the psycho-somatic well-being latter, psycho-spiritual welfare. Both the system there by, aims at attainment of Absoluteness. Hence we can easily see the changes what we should do in our day today life and by practicing yoga may give us good results.

**REFERENCES**
3. Yadonandan upadhyay, madhukosha teeka, madhav nidana, 2nd part, uttadh chapter 51, 204.
4. Kashinath shastri,charaka samhita, chikitsa sthana, ch2 chaukambha orientalis, 964.