

ROLE OF DIET AND LIFESTYLE IN THE ETIOPATHOGENESIS OF AMLAPITTA

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ABSTRACT

Amlapitta is a very common disease in present era. (1) the disease entity described under the heading of amlapitta, a constellation of symptoms such as Heart burn, abdominal pain, sour belching, reflexes of food taken, nausea, loss of appetite has become a very common cause of hospital visits worldwide.(2) It can be considered as Prajnaparadha janya vyadhi as it occurs because of undisciplined and imbalanced food habits, where the concept of Hitbhuk, Mitbhuk, rhtbhuk is totally ignored.(3) faulty dietary habits like Excess Katu Aahara sevana, Amla Aahara sevana, Guru Aahara, Snigdha Aahara, viruddha, abhishyandi Aahara, Pistanna Aahara etc. and faulty lifestyle habits like Diwaswap, Antarodaka panam, Chinta etc play an important role in the Etiopathogenesis of Amlapitta.(4)

INTRODUCTION

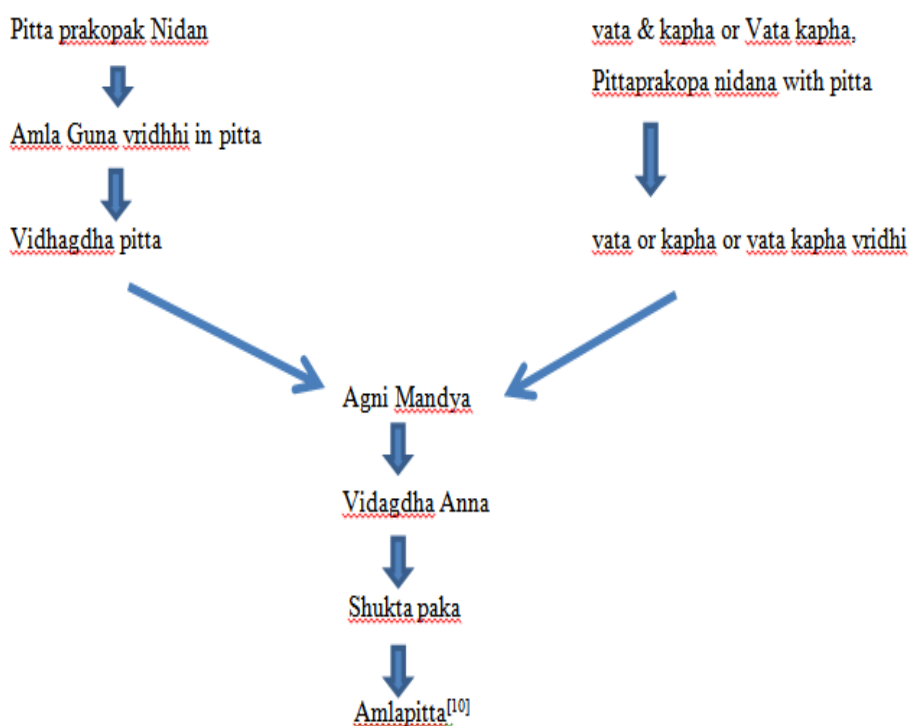
21st century is modern era of competition in life. It is full with stress to achieve more and more goals. The needs of human beings are infinite but the availability of resources to fulfill the endless growing demands is finite. This results into an unhealthy lifestyle with fast pace, changes in food habits hampers the process of digestion and produce hyperacidity.^[1]

For a long time infectious diseases were the biggest killer diseases globally, but now the trend is changing toward increased prevalence of chronic diseases with causative factors mostly related to diet and lifestyle.^[2]

Even with the advent of excellent techniques and astonishing advancement in science and technology, the humanity is left with Innumerable health problems. Most of the diseases have direct or indirect link with the type of food we consume, our food habits and lifestyle.^[3] 80% of the top ten killing diseases of the world are due to wrong food habits.^[4]

In the society due to improper Aahara(Diet) and Vihara(lifestyle) incidences of diseases are increasing in day to day life. If proper dietary pattern is not followed by people they may get suffer with digestive disorders. Main causes for diseases are improper diet, stress, not following Aahara vidhi visheshayatana etc, viruddha aahara, asatmya aahara,^[5] stale food, spicy food, oily food, bakery products, some fast foods,freezed products, some fast foods, excess consumption of tea and coffee, excess food intake, drinking excess water and meals, wine, cigarretes smoking.^[6] Acharya kashyapa Described Amlapitta in brief. Vitiating of Agni in Aamashaya (stomach) region due to various reasons causes Amlapitta.^[7] Some of the pitta vitiating factors are fasting, eating between meals, hurry, worry and hurry derange the Pachaka pitta and develops Amlapitta. HCL when not utilized well or when produced in large quantity in stomach causes inflammation of stomach that is called gastritis.^[8] This can derange the digestive procedures. Acharya charak has Explained aahara vidhi visheshayatana for food habits.^[9]

SAMPRAPTI OF AMLAPITTA



TYPES OF AMLAPITTA

- 1) Adhoga Amlapitta- Symptoms include Thirst, Burning sensation, Fainting, rashes on skin.
- 2) Urdhwaga amlapitta- Symptoms includes vomiting, headache, Burning sensation, Loss of appetite.
- 3) Vata predominant- Tremors, Delirium, Fainting, Darkness before Eyes.
- 4) Pitta predominant- Weakness, coldness, vomiting.
- 5) Kapha predominant- Salivation, Sweat sensation in mouth.^[11]

DISCUSSION

The fast Emerging lifestyle disease in India today inbuilt heavy burden on society and is a new national reality. Acharya Charak has mentioned aahar vidhi vishesh aayatana from ancient years.^[12] One has to follow to code of diet for better health. Appropriate quantity and quality of food consumed helps to prevent and control hyperacidity. One should take food considering one's own capacity of digestion with the complaints of amlapitta, following the dietary do and don'ts helps produce soothing effect on inner layer of the stomach, reverse inflammatory changes and controls the digestive secretions.^[13]

So hurry, worry and curry has been advised to restrict. In this modern era the society is conscious enough about what to eat but least about how to eat. Most of the etiological factors of Amlapitta are related with diet pattern and behavioural pattern. If one does not follow the Ashtavidha Aaharvidhi vishesh Aayatana then his agni will be hampered and produce diseases.^[14]

Thus diet and lifestyle play an important role in causing Amlapitta.

CONCLUSION

Avoid eating spicy foods or foods containing excess amount of garlic, salt, oils, chillies etc very often include liquids like lemon juice, Kokam Juice, Sweetlime juice, pomegranate juice, Amla juice, Shatavari kalpa mixed with water, medicated water with Ushir (wala) or coriander seeds or Laja (rice), Shadangodak (Water medicated with musta, parpataka, Ushir, chandan, Udichya and Shunthi), Moramla (Jam of Amla), Gulkand (Jam of Rose petals) can be taken singly or along with milk gives good relief. Dadimpak (Sweet syrup of pomegranate Juice), vegetables like white pumpkin, Bitter guard, Okra which should be definitely avoided.^[15]

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