

AMLAPITTA- A LITRARY REVIEW OF DISEASE AND ITS MANAGEMENT

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ABSTRACT

Amlapitta is a disease and symptom seen in many other disease in predominance, very few knowledge has been describe by very few followers of Ayurveda. It was first describe as a disease by Madhava Nidana, in Charaka Samhita it is mentioned as a symptom of Pitta Vyadhi. So a compilation is made to study the Amlapitta for all. Here in this article all about amlapitta is gathered and compiled with its management and Patya-Apathya diet.

KEYWORDS: Amlapitta, Disease, Hyperacidity, GIRD.

• INTRODUCTION

Hyperacidity(Amlapitta) is one of the most common disease seen in the society. It is seen in all ages, all classes, and all community. Hyperacidity refers to a set of symptoms caused by an imbalance between the acid secreting mechanism of the stomach and proximal intestine and the protective mechanisms that ensure their safety. The stomach normally secretes acid that is essential in the digestive process. When there is excess production of acid in the stomach, it results in the condition known as acidity.

• CAUSES

‘Hurry’, ‘Worry’, and ‘Curry’ are the three main reasons for the disease.

- **Diet (Ahara)**

- Spicy food habits like eating samosa, burger, pizza, Chinese food. Excessive use of chilly, Cinnamon, clove, mustard, garam masala powder (spice mixture), garlic etc. in diet
- Salty and sour foods like chips,
- Eating of stale, fermented foods (dosa, uttappa, idli etc. bakery food items).
- Excessive intake of fast food
- Excessive intake of Oily foods, pickles
- Intake of food and beverages in its hot condition like soups
- Excessive intake of tea/coffee.
- Lesser intake of water, dry food
- Irregular meal times
- Repeated food intake (before the digestion of the previously taken food)
- Incompatible food like taking non-veg., pizza followed by milk shake.
- Skipping meals.
- Eating too late at night

- **Regimens (Vihara)**

- Lack of rest, fast moving lifestyle.
- Insufficient sleep at night.
- Sleeping immediately after meals.
- Suppression of natural urges.
- Excessive exposure to sun and fire

- **Mental factors**

- Stressful life style
- Excessive anxiety, worry, jealousy, anger, fear
- Job dissatisfaction,

- **Other causes**

- Living in anoopadeshai.eassam, Bengal and costal region.
- Sharadritu (Autumn season)
- Addiction of alcohol, smoking, tobacco chewing
- Prolonged intake of NSAIDS (pain killers)
- Helicobacter pylori infection

All the above factors result in excessive increase of 'Pitta dosha' in body and exhibits symptoms of amlapitta.

- **SIGNS AND SYMPTOMS**

- Heart & chest burn (retrosternal burning),
- Sour or bitter belching.
- Nausea,
- Throat burn.
- Regurgitation of food or sour substance
- vomiting
- Gaseous distention of abdomen
- Heaviness in abdomen
- Indigestion.
- Aversion towards food.
- Pain in abdomen.
- Chest pain.
- Headache.
- Bad breathe.
- Foul smelling loose motions.
- Severe burning sensation over feet, hands
- Thirst,
- Mouth ulcer,
- Fatigue (especially in legs)
- Tiredness
- Fainting.
- Giddiness.
- Itching all over the body

- **INVESTIGATIONS**

- Gastroscopy (Upper Gastrointestinal Endoscopy)
- Oesophageal pH monitoring
- Gastrin levels in blood
- Ba Meal x-ray
- Serology + histology for H. Pylori

- Stool routine examination

- **COMPLICATIONS**

If not treated timely or if unwholesome diet, regimen and habits continued, it may lead to

- Gastric Ulcer
- Chronic Gastritis
- Duodenitis
- Irritable Bowel Syndrome
- Mal-absorption
- Anemia
- Peptic Stenosis

- **PREVENTION**

As the saying goes “Prevention is better than cure” it is better to avoid all the causative factors of acid-peptic disorder (amlapitta).

1. Avoid excessive salty, oily, sour and spicy foods
2. Avoid heavy and untimely food
3. Avoid smoking and alcohol intake
4. Food should consist mainly of bitters like bitter gourd, matured ash gourd
5. Include barley, wheat, old rice and green gram in diet.
6. Avoid overcooked, stale and contaminated food.
7. The food must be properly cooked
8. Follow mental relaxation techniques

- **MEDICAL MANAGEMENT**

- Line of treatment

1. Avoid causative factors
2. Palliative treatment

As the disease is of Pitta origin, all measures are undertaken to pacify pitta.

3. Panchakarma treatment

When patient cannot be well managed with oral medications ‘Panchakarma procedures’ like Vamana (emesis) or virechana (purgation) whichever is needed should be administered. In chronic cases Asthapanavasti (medicated enema) is indicated.

- **Some important single drugs useful in Amlapitta**

Shatavari, 3 gm twice a day with milk

Yashtimadhu 3 gm twice a day with milk

Amalaki (Indian gooseberry) 3 gm twice a day with water

Sunthi (dry ginger) 1- 3 gm twice a day with water

- **Some important Pharmacopeial Preparations**

- Kamdudha Rasa 250-500 mg twice a day with Honey

- Sutashekhar Rasa 250 mg with Honey twice a day(*or*)

- Prawal Pishti 125 to 250 mg with Amalki Juice

- Prawal Panchamrit Rasa 250-500 mg twice a day

- Dhatri Lauha 1/2-1 gm BD with Ghee

- Shankh Bhasma 250 to 500 mg twice a day with Honey

- Swarna Mashik Bhasma 125-250 mg twice a day

- Amlapittantakalouha 250 mg twice a day

- Narikela Lavan 1 g with water

- Dashang Kwath 14-28 ml twice a day with 1 tsf of Honey

- Bhoonimbadi kwatha 15-20 ml twice a day

- Patoladi kwatha 15-20 ml twice a day

- Gulucyadi kashaya 15-20 ml twice a day

- Aragwadhamrtadi kashaya 15-20 ml twice a day

- Amalakyadi Churna 3 gm twice a day with water

- Avipattikar Churna 3-6 gms with water twice a day

- Amalaki Rasayan 1-2 gm twice a day milk

- Shatavarighrit 6-12 gm twice a day

- Yashtighrit 6-12 gm twice a day

- Sukumaaraghitam 6-12 gm twice a day

- Dadimadighrta 6-12 gm twice a day

- Nalikerekhanda 6-12 gm twice a day

- **Domestic Remedies**

- The Infusion of coriander seeds (Dhanyak) taken with sugar twice a day.

- Water obtained from green fruit of Coconut 100-500 ml to be taken twice a day.

- Powder of Amla 3-6 gm BD with water.

Powder of Shatapuspa (Saunf) (Anethumsowa) with sugar mixed in a glass of water - 20 ml twice daily for 1 week or till the symptom subsides

Chewing of half a teaspoon of fennel seeds after food

• **Do's (Pathya)**

Follow the meal times.

Light food, Coconut water, articles having cooling properties

Vegetables like white pumpkin, bitter gourd, matured ash gourd, leafy vegetables except Methi

Wheat, old rice, barley, green gram, sugar candy, cucumber,

Fruits like gooseberry, dry grapes, black grapes, sweet lime, pomegranate, fig, dry fig,

Take adequate amount of fluids like pomogranate juice, lemon juice, amla juice, sweetlime juice, Medicated water with ushir (wala) or coriander seeds, or laja (puffed rice). Warm water.

Dadimpak (sweet preparation made of pomegranate). Moramla (jam made from amla), gulkand (jam made from rose petals) with milk

A cup of lukewarm milk after every two or three hours.

One teaspoonful of ghee with warm milk

Take adequate sleep & rest

Practice Yoga, Pranayam, meditation & exercise regularly

• **Don'ts (Apathya)**

Avoid excessive spicy, sour and salty substances

Avoid fried and junk food items

Do not remain hungry. Avoid fast.

Do not overeat, take small frequent meals

Avoid untimely and irregular food habit

Avoid foods containing excess amount of garlic, salt, oil, chillies, etc. very often.

Avoid rice curd and sour fruits.

Avoid lying down immediately after food and in supine position. The best recommended position is left lateral

Avoid, smoking, alcohol, tea, coffee and aspirin type drugs.

Avoid stress

Sr.No.	Name of Textbook	Author	Publication
1	Sushruta Samhita	Sushruta Samhita With commentary "Ayurveda Tattva Sandipika" by Dr. Shastri Ambikadutta	Chaukhambha Sanskrit Sansthan, Varanasi
2	Charak Samhita	"Charak Samhita"; With commentary "Vaidyamanorama" by ShuklaV.	Chaukhambha Sanskrit Pratishtan, Delhi
3	Charak Samhita	"Charak Samhita"; With commentary by Chakrapani as "Ayurveda Dipika"; Edited by Vaidya Yadavji Trikamji.	Chaukhambha Krishnadas Academy, Varanasi
4	Davidson's Principle and practice of medicine	Nicholas A Boon Nicki R Colledge Brain R Walker	CHURCHILL LIVINGSTONE ELSEVIER
5	Astanga Sangraga	K R Shrikanthamurthy	Chaukambha Orientalia Varanasi
6	Charak Samhita	Sri Satya Narayan Shastri With Vidyotini Hindi Commentary	Chaukambha Bharati Academy