



## RESEARCH ARTICLE

### A CLINICAL STUDY- MANAGEMENT OF AMLAPITTA THROUGH AHARA AND VIHARA AND YOGA - A RESEARCH ARTICLE

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#### ABSTRACT

'Hurry', 'Worry' and 'Curry' are the three main reasons for *Amlapitta*. *Aahara* is the best preventive medicine and solely responsible for health and illness, sorrow and happiness. Almost all diseases occur due to unwholesome diet and dietary habits. A good and proper diet in disease is worth a hundred medicines and no amount of medication can do well to a patient who does not follow a strict regimen of diet. This research paper emphasizes on strict dietary interventions and life style modifications to prevent and to cure *Amlapitta* as *Ayurveda* has given extreme importance to optimal dietary regimen and its variation as per season, Agni, Prakriti, type of food taken and *Amlapitta* in management of *Amlapitta*.

## INTRODUCTION

*Amlapitta* is one of them, and is very distressing due to its Chronic, Relapsing and Remittent nature. Sleeping immediately after meals, lack of rest, fast moving lifestyle, suppression of urges, worries are key factors for disease. All the diseases are caused by *Mandagni* Agni and *Pitta* are main factors responsible for digestion, due to their abnormality food is not properly digested and produces the *Ama*, which is acidic in nature. It also gives the importance as long life in the functioning state and even death in unfunctioning state of Agni. Symptoms include Acidic eructation, indigestion etc. This syndrome is known as *Amlapitta*, which has been separately described as disease by *Madhavakar*.

#### Aims and objectives

- To study *Ayurvedic* concept of *Amlapitta*.
- To study importance of *Ahara*, *Vihara* and Yoga Practices in *Amlapitta*.

**Etymology:** *Amlapitta* is a combination of two words *Amla* and *Pitta*, *Amla* means sour taste and *Pitta* means chemical substance for digestion. So, in *Amlapitta* there is a pathological change in *Pitta* along with *katu-rasa* according to *Charaka*. *Amlapitta* implies disease or condition in which the sourness of *Pitta* gets increased. In diseased condition sour taste of *Pitta* is felt which is considered as *Amlapitta*.

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**Definitions:** The *Pitta* with *Amlaguna* and *Vidagdhasvasta* is called *Amlapitta*. *Nidana – Nidana* of *Amlapitta* can be classified as under.

**Ajaraja Hetu :** *Virudha Ahara* (incompatible food) *Pitta Prakopak Anna* (*Pitta* vitiating *Ahara*), *Dushta Ahara* (*Rogue diet*) *Guru, Abhishyandi Bhojana Pishta Anna* (*Heavy , Channel Obstructing food*) *Vidahi Anna Phanita , Ikshu Vikara* (*Products of Jaggery*) *Kulattha (Dolichos Biflorus) Gorasa* (*Milk*) *Adhyasana Brishta Dhanaya Paryushit Anna Pulaka* and *Prithuk Sevana* (*pressed paddy*)

**Viharaja Hetu:** *Veg vidharan* (*Suppression of natural urges*) *Bhuktav Bhuktava Divaswapan Atisnan* (*excessive bathing*) *Avaghan* (*sinking*) *Jagran* (*wakefulness*).

**Mansik Hetu:** Psychology plays a great role in the maintaining of health and psychological activities. *Acharya Charaka* gives its importance as '*Tridandavata Charaka* has described intimate relationship between soul, mind and body. He mentions equilibrium of *Tidosha, Saptadhatu, Trimala*, thirteen types of Agni along with *Prasanna Atma, Indriya* and *Mana* is responsible for proper health

**Agantuja Hetu:** Under this group constant and excessive consumption of Alcohol, *Tabacco*, Beverages, Smoking and other irritant substances are taken. *Ayurvedic* drugs especially unpurified and faulty *Rasa Aushadhis, Ushna* and *Tikshna* drugs if used excessively without proper assessment for long period.

**Regional factor (Deshaprabhava):** According to Acharya Kashyapa disease is found more in Anupa Desha, as compared to other Deshas. As of its, Kapha vitiating nature of Anupa desha.

**Rain and winter:** The rainy season is responsible for Amlavipaka of water (due to weakened digestion power and vitiation of Vata and other Doshas) and eatables, which in turn vitiates Pitta and Kapha.

**Purkvaroopa:** No specific Purvaroopas or premonitory symptoms of Amlapitta are mentioned in any of Ayurvedic classical texts

**Roopa:** Madhava Nidana has given following symptoms of Amlapitta. i.e presence of Avipaka (indigestion), Klama (tiredness without performing task) , Utklesha (nausea) , Amlodgara (Sour Belching) Aruchi (Anoxia) should be termed as Amlapitta

**Samprapti of Amlapitta:** The etiological factors like Abhojana, Atibhojana, Veganigrala, Panchkarma Vyapat and seasonal variation etc. cause vitiation of Doshas and Agni which ultimately results Mandagni which is treated as mother of all diseases This Mandagni leads to Avipaka and due to Avipaka even light and small meals are not digested. This undigested and ill digested food gets Shuktatva which leads to formation of Annavisha. This Annavisha is manifested in the form of Ajirna . This Ama when mixed with Pitta develops disease Amlapitta.

**Management of Amlapitta:** Aahara: Pathya Apathya Diet and Life style modification Vihara :Vaman dhauti, Asanas, and Pranayama

### Diet and Life style Modification

Although role of food in functional dyspepsia is unclear, many patients report improvement with dietary alteration. Simple dietary precautions may go a long way in alleviating symptoms Eat meal at fixed times every-day and have unhurried meals. Keep at least 3hours gap between meals. Do not takes large activity. Avoid excessive oily and spicy food , especially in the summer season Avoid strong tea, coffee, smoking and alcohol.

### Vihara

**Brahamuhurta Jagarana:** One should analyse about digestion of food taken previous night and wakeup early in morning. The apt time for waking up, is the 14<sup>th</sup> Muhurta of Ratri. (Arundatta on A.H)

**Ushanpaan:** Drinking water empty stomach in the morning is very beneficial in Amlapitta as it removes excess acid and waste materials accumulated in the stomach

**Vaman dhauti:** It is meant for purification of upper digestive tract. One can wash ones mouth but in daily routine one cannot wash the esophagus or stomach. The impurities residing there are carried along food particles and are mixed in some proportion with blood so purification is required.

### Benefits:

**Physical effects:** As a lot of our health problems like Agnimadya , Ajirna etc. take place because of indigestion and improper evacuation of waste matter. A thorough wash of stomach like this can offer permanent solution like indigestion, gastritis, acidity, bloated feeling, constipation, flatulence, piles, poor liver function etc.

**Yoga:** Yoga therapy is successful because of balance it creates in the nervous and endocrine system which directly influences. "Today in 21<sup>st</sup> century, Physical- mental cleansing and their strengthening are Yogas most important achievements.

**Asanas:** Pawanmuktasana, Shashankasana and Shavasana

### Pawanmuktasana

**Benefits:** This posture is useful in improving digestion and evacuation problem. This posture helps in relieving backache and sciatica

**Shashankasan:** Benefits:- It improves gastritis , indigestion, constipation. It improves diabetes, poor physique, shortness of height and poor circulation etc.

### Shavasana

**Benefits:** In Gherand Samhita, it has been said that this posture destroys fatigue, and quiet agitation of mind. It decrease heart rate and rate of respiration.it reduces blood pressure, Muscle tension, Metabolic rate and consumption of oxygen.

### CONCLUSION

One has to follow code of Dietics and Yogic practices for better health with complaints of Amlapitta following do's and don'ts and Yoga help to produce soothing effect on inner layer of stomach, reverses inflammatory changes and controls digestive secretion by which Amlapitta can be tackled.

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