

STUDY OF ETIOLOGICAL FACTORS OF AMLAPITTA**Dr. Vedashri Abhijeet Kalavade*¹ and Dr. Satish S. Chapadgaonkar²**

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ABSTRACT

Amlapitta is the disorder mentioned in Laghutrayi i.e. Kashyapsamhita, Yogratnakar, Madhavanidan. It is not mentioned in Brihatrayi i.e. Charak, Sushrut, Vagbhat. In modern science it can be correlated with acid peptic disorder. It is chronic disorder and very much difficult to cure. According to Madhav Nidan amla guna of pitta increases. It gives burning sensation in abdomen and chest. Also we can correlate it as Sama pitta. It also increases Drava guna of pitta. Nowadays, it is found that stress is also major causative factor for this.

KEYWORDS: Amlapitta, sama pitta, Laghutrayi.

INTRODUCTION

Amlapitta is the disorder mentioned in Kashyapsamhita Khilsthana. Scattered references are seen in Brihatrayi. In Charak Samhita it is

mentioned in prodromal signs of Grahani. '*Amlagunodriktam pittam amlapittam* According to this definition in Madhav Nidan increase in Amla guna of the pitta leads to Amlapitta. This is chronic type of disorder and difficult to cure without change in the lifestyle. Nidan parivarjan is the main factor for complete cure of this disease. Hence knowledge of Nidan i.e. etiological factor is very much important.

Etiological factors: According to Ayurvedic texts prakop is followed by Sanchayavastha of the doshas. Here Pitta prakop is seen. As per anshash kalpana Amla guna and Drava guna of the pitta is increased. Pitta sanchay is seen in varsha ritu. Hence after this if a person consumes factors which increase the pitta immediately vitiation of pitta occurs.

Aharaj hetu

Incompatible food, rotten food, sour food, spicy food which leads to daha vitiates the pitta.
Incompatible food i. e. combination of fish & milk etc.

Vidagdha food means over heated or dried food.

Pitta or kapha vitiating food items. In Varsha ritu due to amla pak all trees and water etc. are having Sanchit pitta Oily, excessive dry, heavy substances decreases digestive power and leads to formation of Apachit ahar ras i.e. ama. Specific food items are fermented food items, sugar cane preparations, parched cereals, idly growing rice, improperly processed wines & drinks.

Excessive use of Kulatha all these food items increase hot and Drava, amla property of pitta. Due to this already vitiated digestive juice becomes more Vidagdha and vitiated and leads to formation of Amlapitta

Spicy food habits like pizza, burger, and Chinese food.

Oily foods, pickles. Salty and sour foods like chips.

Over eating of stale, fermented foods (bakery foods, idli, dosa, etc.).

Viharaj hetu: Suppression of urges leads to increase in ushna guna of pitta. Also it leads to indigestion due to increased toxic material in the body.

Repeatedly eating leads to excessive load to digestive power and also leads to formation of Ama. Due to specific increased Sama pitta becomes etiological factor for Amlapitta.

Diwaswap i.e. sleeping in day time, especially immediately after eating.

Hot water bath or sitting in hot water for a long time leads to increase in ushna guna of pitta. Repeatedly eating excessive water between meals leads to decrease in power of Agni leads to formation of ama.

1. Eating too late at night.
2. Irregular meal times or skipping meals.
3. Lack of rest, fast moving lifestyle
4. Habit of worrying too much leads to increase in pitta.
5. Walking for long hours in hot sun very often, or working near hot areas.

‘Anupdeshe oreayen sambhavatyesh dehinam’

According to Kashyap Samhita Anup desh is also main causative factor for Amlapitta.

^[5]**Etiopathogenesis of Amlapitta according to Hansaraj Nidan**

Due to excessive oily and, sour food indigestion occurs.

Due to loss of appetite and weak digestive power leads to Sama pitta.

Sleeping late at night, and sleeping day time.

Due to all these factors vitiation of pitta occurs and it spreads all over the body leading to Amlapitta.

Samprapti

Due to all these etiological factors vitiation of all the three dosha occurs. This leads to agnimandya. Also Drava and amla guna of pitta increases. This leads to formation of signs and symptoms of the disease.

In this disease. If etiological factor continues it leads to irritation of stomach and leads to gastritis. For complete cure of this disease to avoid etiological factor is compulsory.

Acharya Kashyap has proved this by a example. If we keep milk in the pot of curd, milk will automatically turn into curd. Similarly if vitiated pitta is present in the stomach it will lead to indigestion of food repeatedly. Hence it will lead to continuous irritation of stomach due to pitta Due to etiological factor Vatadi doshas get aggravated and Agni becomes mild. So whatever is eaten gets burnt and digestion is improper. Food gets acidified inside the stomach. And if ignoramus person does not follow rules and regulations of the diet due to greed leads to vitiation of pitta and known as Amlapitta.

According to Bhavarth bodhini Vidagdha means Amla,. In amashay if pitta is vidagdha, it has coating of kapha. Due to this pitta is not turned in madhur ras from amla ras. Hence ras dhatu is formed improperly which leads into Amlapitta Amlapitta is amashaygat disease. In amashay kapha and pitta both are located. Excessive lavan and amla ras present in amashay. Due to this ahar ras becomes vidagdah. This vidagdha ahar when reaches Grahani as digestive power of pitta in grahani is less, it cannot digest the food material and hence ahar ras becomes vidagdha.

In Amlapitta vayu, vat-kapha, kapha involvement gives different signs and symptoms.

If involvement of vayu is there it gives pain all over the body, tremors, delirium, fainting, feeling of pins and needles, general weakness, feeling of darkness in front of eyes, giddiness, delusion, horripillations.

Kapha dominant-thick phlegm, loss of appetite, feeling of cold, vomiting, tongue coated, burning sensation, itching, excessive sleep is observed.

Vata kapha dominant-Signs and symptoms of vata and kapha both are observed.

Kapha pitta dominant-bitter eructations, burning in chest upper abdomen, throat,. Loss of appetite, vomiting, lassitude is seen. Headache, salivations, sweetishness in mouth is seen.

Nidan Parivarjan: If we know the exact causative factor for the Amlapitta, by avoiding it we can prevent its occurrences. Unless and until we do not advise Nidan parivarjan patient cannot get complete relief.

DISCUSSION

(Amla) sour and hot food, increases amla and drava properties of pitta. Also stress and improper timings of sleep increases pitta. Due to increase in pitta ahar ras becomes Vidagdha. Hence digestive power is decreased. Whatever food we eat becomes Vidagdha. Also drava guna of pitta is increased. Hence signs and symptoms develop.

CONCLUSION

From above all literature we can conclude that for complete cure of Amlapitta Nidan Parivarjan is compulsory. Only medicines cannot give complete relief. Aharaj, viharaj and manasik hetus are to be found out. So that we can advise patients to avoid it. It helps to stop the pathogenesis of the disease. Factors which increase the pitta are factors for amlapittam.

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