

## BENEFITS OF YOGA IN THE MANAGEMENT OF AMLAPITTA WITH SPECIAL REFERENCE TO ACID PEPTIC DISORDERS

Dr. Radha Takmoge\*<sup>1</sup>, Dr. P. S. Bhende<sup>2</sup> and Dr. G. H. Kodwani<sup>3</sup>

<sup>1</sup>P.G Scholar in Dept of Rognidan and VV, Govt Ayurved College and Hospital, Nagpur.

<sup>2</sup>Asst. Professor and Guide, Dept of Rognidan and VV, Govt Ayurved Clg and Hosp. Nagpur

<sup>3</sup>HOD and Professor, Dept of Rognidan and VV, Govt Ayurved College and Hosp. Nagpur.

Article Received on  
21 April 2021,

Revised on 11 May 2021,  
Accepted on 01 June 2021

DOI: 10.20959/wjpr20216-20685

### \*Corresponding Author

**Dr. Radha Takmoge**

P.G Scholar in Dept of  
Rognidan and VV, Govt  
Ayurved College and  
Hospital, Nagpur.

### ABSTRACT

The modern world facing a pandemic of Lifestyle disorders like hypertension, diabetes mellitus, atherosclerosis, acid peptic disorders. Unnatural lifestyle and dietary habits causes life threatening gastrointestinal diseases like acid peptic disorders. Amlapitta can be correlated with Acid Peptic Disorders which comprises of Gastro-Oesophageal Reflux Disease, Gastritis, Functional Dyspepsia described in modern science. Hurry, Worry and Curry are the three main reasons for Amlapitta disease. Abnormal psychology in terms of mental stress and strain, anger, anxiety, greed shows their effect upon Amlapitta. so yogic practices plays significant role in prevention and management of width by reducing stress and improving digestion.

Yoga is the best Lifestyle for prevention management and rehabilitation of Lifestyle disorders. Yogic Lifestyle, Yogic positive attitude, diet and various Yogic practices kills human to strengthen themselves and positive health. The aim of the study is to analyses the Yoga therapy and Lifestyle modification on gastrointestinal diseases specially Amlapitta. Shatkarma detoxifies internal system and expel out waste material and there for after completion of Shatkarma before yoga therapy enhances digestive system.

**KEYWORDS:** Lifestyle disorders, *Yoga* therapy, *Amlapitta*, *Shatkarma*.

### INTRODUCTION

The world health Organization define health as the state of complete physical, mental and social wellbeing and not merely absence of disease. Also in Ayurveda *Sushrut Aacharya* describe the features of a healthy person *Swastha* means all *Doshas*, *Agni*, *Dhatus*, *Malas* are

the state of equilibrium along with mental sensory and spiritual pleasantness and happiness.<sup>[1]</sup> But in this modern age of advance Technologies, communication, electronic gadgets the level of facilities available for our convenience has increased but it leads to an increased in our problems related to psychosomatic and spiritual health. Human life is more stressful in the present era. A particular lifestyle of a person is changed therefore Modern world is facing a pandemic of various Lifestyle disorders.

Lifestyle diseases are defined as disease linked with the way people live their life. These are non-communicable diseases. These diseases commonly caused due to lack of physical activity, unhealthy eating alcohol, drugs, smoking and environment. The list of most common Lifestyle diseases are cardiovascular diseases, Diabetes mellitus, COPD, Cancer (these are top four Lifestyle diseases in India) others are asthma, Stroke, obesity, Diseases of digestive system [peptic ulcer, GERD] Genitourinary condition [CKD, nephritis], Neuropsychiatric disorders [Depression, anxiety, stress], osteoporosis, Chronic liver disease, arthritis, Alzheimers disease, PCOD.<sup>[2]</sup>

*Yoga* is a holistic and integral science of life dealing with physical, mental, emotional and spiritual health of the individual and the society. It is the best lifestyle designed and is effective in managing prevalent lifestyle disorders. *Patanjali* has propounded the comprehensive and multiobjective *Anataranga* and *Bahirang* practices of yoga through the classical *Ashtanga Yoga* in the form of *Yama*, *Niyama*, *Asana*, *Pranayama*, *Pratyahara*, *Dharana*, *Dhyana* and *Samadhi*.<sup>[3]</sup>

## AIMS AND OBJECTIVES

1. To study the importance of Yoga Practices in the management of *Amlapitta*.
2. To study Ayurvedic concept of *Amlapitta*.

## MATERIALS AND METHODS

For present study we collected infirmation from various *Samhita Granthas* like *Brihatrayi*, *Laghutrayi*, modern text books and published article and also infomation available on net studied.

## Effect of *Yoga* and lifestyle modification on gastrointestinal disease

The digestive system plays an important role for the absorption of nutrients and the nourishment of overall body. the factors such as stress, lack of sleep, use of antibiotics,

improper water intake and poor dietary habits impaired digestive systems and cause the gastrointestinal disorders[GIDS] the severity of GID 's varies as per disease types some like indigestion are mild while Acid peptic diseases such as hyperacidity, gastro esophageal Reflux disease [GERD] gastric and duodenal ulcer are life threatening conditions. It may cause malignant conditions like adenocarcinoma and other stomach cancer about 7 lakh people died in 2002 due to stomach cancer.<sup>[4]</sup> *Amlapitta* can be correlated with Acid Peptic Disorders which comprises of Gastro-Oesophageal Reflux Disease, Gastritis, Functional Dyspepsia described in modern science.<sup>[5]</sup>

### **Pathophysiology of *Amlapitta***

*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 Dosha* *Amla* has been said a natural property of *Pitta* along with *Katu-rasa* according to *Charaka*.<sup>[6]</sup> Sushruta has enlisted *Katu* as its original *Rasa* and mentioned that when *Pitta* becomes *Vidagdha* then it changes in the *Amla*.<sup>[7]</sup> The *Pitta* with *Amlaguna* and *vidagdhavastha* is called *Amlapitta*. As *ahara*, consequences of *vihara*, the *Manas bhava* like *Chinta*, *shoka*, *bhaya*, *krodha* are important factor to aggravate *Sadhaka pitta* which further accumulate and causes *vidagdhajirna*. This type of *Ajirna* roots *Amlapitta*.<sup>[8]</sup> *Viruddhahar*<sup>[9]</sup>, *asatmaya Aahar*, stale food, spicy food, oily, Bakery products, some fast foods excess consumption of tea and coffee excess food intake drinking excess water after meals Freezed products wine, cigarette, smoking, during meal etc. These all *Hetu* of *Amlapitta Vyadhi sevan* done by day to day life in present era therefore chances of *Amlapitta* disease increase.

### **Yoga therapy for *Amlapitta***

*Yoga* is blend of physical and mental practices that makes the body stronger and healthier. the mind calmer and More in control. *Maharshi Patanjali* a great Indian Sage first codified *yoga* in the treatise " *Yoga Darshana*" state *Yoga* as the cessation of movement in the consciousness<sup>[10]</sup> [*Yoga Chitta vritti nirodhan*]. *Yoga* emphasizes not only the relationship of body with breath and mind but also their harmonization. Healthy lifestyle and *yoga* therapy are found to helpful in prevention and curing APDS without side effect various *Asanas* of *yoga* moderate physical activity leads to reduction of in bacterial infection and controls ulcers.

**Following some procedures of yoga therapy in management of *Amlapitta*<sup>[11]</sup>****A) *Shatkarma***

Human body deteriorates day by day. To make it stronger and pure, one should bake it hard in the fire of physical straining i.e. regular practice of the yoga. Sevan exercise to train and strengthen the body. Person having excess of *Shleshma* and *Medas* should practice *Shatkarma*.

**a) *Vatasar Dhauti*<sup>[12]</sup>:** The technique called *Vatasar Dhauti* mentioned in yogic classical text *Gherand samhita* is helpful in curing all GIDs and stimulating digestive fire. It is a secret process which cleans body destroys all diseases and improve digestive fire. *H.pylori* is an anaerobic bacteria which dies in presence of oxygen. Regular practice of same can be helpful in inhibiting it.

**b) *Agnisar Dhauti*<sup>[13]</sup>:** Press the navel region or intestine towards the spine for hundreds time this *agnisar* process give success in the practice of yoga. **Benefits:** it cure all the diseases of abdomen and enhance *Agni* use of PPI with *kapalbhati* and *agnisar Kriya* helps to control GERD symptoms. *Dhauti Kriya* and *Basti* clean gastrointestinal tract.

**c) *Kapalbhati*<sup>[14]</sup>:** it is excellent not only for physical body but also for subconscious mind as well as this process involves forceful movement of abdominal organ thus increases intra-abdominal pressure which helps in increasing their functions it removing unwanted waste from the body *kapalbhati* should be performed empty stomach for 3 to 4 hours after meal it stimulates the six chakras in body it tones the digestive organs.

**B) *Pranayam***

**a) *Anulom-vilom Pranayam*<sup>[15]</sup>:** **Benefits:** it promotes the balance between two nostrils it increases the digestive fire and appetite being the balance between sympathetic and parasympathetic nervous system by relaxing the sympathetic nervous system and strengthening the parasympathetic nervous system. This helps in reducing stress related indigestion by regulating stress hormone. Therapeutic effect -it lowers the level of stress and anxiety by harmonizing the *pranas* as stress is the one of cause of *amlapitta* disease so *Pranayam* is beneficial.

**b) *Shitali Pranayam*<sup>[16]</sup>:** It cools the system. It quenched thirst and appears hunger. It helps the people who get hot flushes or suffering from acidity. By regular practice of these *Pranayam*, it destroys *Gulma*, inflammation of various chronic diseases, constipation, indigestion, *trishna rog*.

c) **Ujjayi Pranayam: Benefits:** it removes the heat in the head gastric fire is increased that's why it is helpful in *Amlapitta*.

d) **Sitkari Pranayam: Benefits:** the practice of this *Pranayam* will be free from increase appetite, thirst, sleep and laziness this posture is helpful in the people who get hot flushes or suffer from acidity it also extremely useful in calming anger bringing down high blood pressure as well as curbing the tendency of over eating.

### C) *Yogasanas*

One can control his mind efficiently only when he controls his body properly this is brought about by *asana*. *Asanas* not only develop the body and soul they prevent diseases and gives relief from lifestyles diseases.

1) **Vajrasan**<sup>[17]</sup>: normally *Yogasanas* should perform on empty stomach but *vajrasan* is one of the few exceptions. it is more effective after the meal. It helps to prevent acidity and gastric ulcer by improving the digestion.

2) **Pawanmuktasana:** This posture is useful in improving digestion and gases evacuation problems.

3) **Shashank Aasana:** it improved gastritis indigestion constipation it improve flexibility and strength of the spine which can counter all the adverse effects of sedentary lifestyle.

4) **Shavasana**<sup>[18]</sup>: physiological benefits of deep relaxation are numerous. It removes fatigue and gives rest to mind other *Yogasanas* also helpful in *Amlapitta* disease increase appetite and improve digestive system such as *chimottasana*, *dhanurasan*, *bhujangasana*, *trikonasana*, *salabhasana*, *Ushtrasana*.

### D) *Dhyana* - Meditation for relieving stress

Stress play an important role including precipitating or worsening all Lifestyle disorders therefore needs to manage it by meditation .secretion of digestive hormones is regulated by autonomic nervous system and central nervous system meditation can be helpful in reducing stress caused due to sympathetic dominance and the level of stress hormones and severity of diseases decreases.

## DISCUSSION

*Amlapitta* is one of the most common disease seen in the society. It is seen in all ages, all classes and all community. it can be cure with simple medicine but long term medicine use may passes side effects. For prevention and total cure of diseases not only the physiological function of the body should be in balanced state but also the mental function should be well

functioning. This can be achieved through yoga therapy. It also improves digestion and overcomes acid-peptic disorders. So for the cure of *Amlapitta* we can advise the Yogasanas like *vajrasana*, *pawanmuktasana*, *Paschimottasana*. Etc. *Pranayama* like *nadi shodhan - anulom vilom*, *Sheetali shitikari*, *bhramari*. *Yogic Kriya* like *jala dhauti*, *agnisar*, *Basti*, *Neti*, *kapalbhati* etc. And *mudras* like *pruthivi mudra*, *pranamudras* would be helpful in prevention and cure of *Amlapitta*.

## CONCLUSION

Yogic practices play a significant role in the prevention & management of *Amlapitta*. *Shatkarma* like *vatasar dhauti*, *kapalbhati* detoxifies the internal system and expels waste material. Other yogic practices like *Anulom-vilom Pranayama*, Different types of *Asanas*, *Dhyan* helps to produce a soothing effect on the inner layer of the stomach, reverses inflammatory changes and controls the digestive secretions, ultimately relieves the symptoms of *Amlapitta*.

## REFERENCES

1. Kaviraj ambikadatta shastri Sushrut Sanhita of maharshi Sushrut edited with ayurveda tatha sandipika part 1: edition 2011, Varanasi Chaukhamba Sanskrit Sansthan, 2011, sutrasthan 15/41.
2. [https://en.m.wikipedia.org/wiki/Lifestyle\\_disease](https://en.m.wikipedia.org/wiki/Lifestyle_disease)
3. Dr. Bargale S. S., Text book of Swasthviritta, Chaukhambha publication, 1st edition, 2016; 247.
4. Dayma R, Bhandari R. B. & Gowda G. Preview study on effect of yoga and lifestyle moderation on Gastrointestinal diseases IJYAS, July-Dec, 2018; 7(2). ISSN:2278-5159.
5. <https://ijapr.in/index.php/ijapr/article/view/858>
6. Sri Vijayarakshita and Srikanthadatta Madhava Nidana Edition. Varanasi Chaukhambha Sanskrit Sansthana with Madhukosa commentary, 2005; 2 51/41: 170.
7. Pt. Kashinath Sastri Jadavaji Charaka Samhita of Agnivesha with Vidyotini Hindi Commentary by editor Dr. Charaka Gangasahaya Pandeya. Edition Varanasi Part 1 Chaukhambha Sanskrit Sansthana Sutrasthna, 2006; 1/60: 27.
8. Shri vijayarakshit and shrikanthdatta madhav nidan with madhukosh Commentary edition varanasi chaukhambha sanskrit sansthan part -2, 51/1, 2005; 202.

9. Agnivesha, Charaka Samhita, Ayurveda Dipika Commentary of Cakrapanidatta, Edited by Vaidya Jadavji Trikamji Acharya, Choukambha Krishnadas Academy, Varanasi, reprint- Vimana Sthana-1/22, 2015; 738, 236.
10. Dr. Bargale S. S., Text book of Swasthviritta, Chaukhambha publication, 1st edition, 2016; 227.
11. Ruhi, Kavita sharma Y. D Bansal Management of amlapitta through ahara Vihar and Yogic Practices, IJAPR, Nov, 2017; 5(11).
12. Dr. Bargale S. S., Text book of Swasthviritta, Chaukhambha publication, 1st edition, 2016; 312.
13. Dr. Bargale S. S., Text book of Swasthviritta, Chaukhambha publication, 1st edition, 2016; 313.
14. Paramhansa Swami Anant Bharti Hath Yoga Pradipika Edition Varanasi Chaukhamba Publishers Prathm updesha, 2013; 3/35: 30.
15. Dr. Bargale S. S., Text book of Swasthviritta, Chaukhambha publication, 1st edition, 2016; 300.
16. Paramhansa swami anant bharti hath yoga pradipika edition varanasi chaukhaambha publisers, 2013; 2/55: 56.
17. Dr. Bargale S. S., Text book of Swasthviritta, Chaukhambha publication, 1st edition, 2016; 262.
18. Paramhansa Swami Anant Bharti Hath Yoga Pradipika Edition Varanasi Chaukhamba Publishers Prathm updesha, 2013; 34: 23.