

**LITERARY REVIEW ON NIDANPANCHAKA OF AMLAPITTA WITH
SPECIAL REFERENCE TO HYPERACIDITY**

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ABSTRACT

Modern era's changing lifestyle along with changing food culture and also depending upon one's body constitution *Amlapitta* is one of the most common diseases seen in the society. It is a gastrointestinal tract disorder which closely resembles with hyperacidity in modern science. Most of the gastrointestinal disorder are owing to results from abnormal functioning of *Agni* (digestive fire), faulty dietary habits like excessive intake of pungent, spicy food, irregular meals pattern and habits like smoking, alcohol, psychological stress. It is very troublesome disease and it can give rise to many serious problems if it is not treated in correct time. *Amlapitta* is composed of 2 words *Amla* and *Pitta*. *Acharya Sushruta* has mentioned the *Prakrita Rasa* of *Pitta* is *Katu* and *Vikritarasa* or *Vidagdha Rasa* of *Pitta* is *Amla*. Hence when the *Vidagdhata* of *Pitta* increases the disease *Amlapitta* manifest. *Amlapitta* are very similar to gastritis or hyperacidity, characterized by anorexia, acid eructation, heart burn, nausea, abdominal discomfort.

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INTRODUCTION

Amlapitta is lifestyle disorder caused due to vitiation of *Pitta* and *Kapha* by *Aama* increased *Drava* and *Amla Guna* of *Pachaka Pitta* plays important role pathogenesis of *Amlapitta*.^[1] *Amlapitta* is a disease of *Annahava Srotas* and is more common in the present scenario of unhealthy diets & regimens.

The term *Amlapitta* is a compound one comprising of the words *Amla* and *Pitta* Out of these, the word *Amla* is indicative of a property which is organoleptic in nature and identified through the tongue while the word *Pitta* is suggestive of one of the *Tridoshas* as well as responsible for digestion and metabolism in the body. The classical Literature on *Amlapitta* explains that *Amlapitta* is such a condition in which *Pitta* increased and side by side the sourness of *Pitta* is also increased.^[2]

The first recorded medical literature Charaka Samhita which bases the very systematic and scientific description has not mentioned the disease *Amlapitta*. Though a scattered references and the pathogenesis is found in *Grahani Adhyaya* that *Annavisha* (food poisoning) when associated with *Pitta* causes burning sensation morbid thirst and mouth diseases leads to *Amlapitta* and such other *Paittika* disorders.^[3]

Kashyapa Samhita is the first text which describes the disease *Amlapitta* as a separate disease entity. It is also the first text which has counted the *Manasika Bhavas* (Psychological factors) as a chief cause of the disease and analyses the disease on the basis of *Doshika* predominance. *Kashyapa* believed that the disease is caused by vitiation of *Tridoshas* leading to *Mandagni* and *Amlapitta*.^[4]

Madhavakara describes the pathogenesis of the disease due to *Pittaprakopa* which is already increased due to its own causes. He describes the two *Gatis* of *Amlapitta* as *Urdhvaga* and *Adhoga*.

Amlapitta and its *Upadravas* may consider in gastric syndrome or hyperacidity according to the modern science. Hyperacidity is a very common dietary disorder that affects almost 25% of the world's population. Overcoming hyperacidity is a very important issue. Generally, the problem occurs due to our sedentary lifestyle.

REVIEW ON AMLAPITTA

Nidanapanchaka

Nirukti of Amlapitta

Amlapitta comprises of two words; *Amla* + *Pitta*. The word '*Amla*' commonly used for the one of the six kinds of tastes. In this context the *Amla* word meaning is related to the *Pitta Dosha*.

The term '*Pitta*' is derived from the *Dhatu* '*Tap*' i.e. To burn or to warm.

- According to *Acharya Charaka*, the qualities of *Pitta dosha* is *Katu* and *Amla*.^[5]
- *Acharya Sushruta* mentioned the quality of *Pitta dosha* is *Katu* and also stated that when it acquires *Vidhaghadata* it turns into *Amla*.^[6]

Paribhasha of Amlapitta

There are various definitions of *Amlapitta* which are available in *Ayurvedic* classics. This are as follows;

- According to *Madhava Nidana*, the word *Vidaha* means half-digested and the *Pitta Dosha* which has excessive *Amlata* due to its *Vidagdha Paka* is known as '*Amlapitta*'.^[7]
- According to *Kashyapa*, the *Vidagdhata* of *Aahara Rasa* turns into the *Shuktatva*. It is presents in the *Aamashaya* and it combines with the *Vridhdha Pitta* and leads to *Amlapitta*.^[8]

Paryaya of Amlapitta

The *Paryaya* of *Amlapitta* is; *Pramilakam*, *Pittamla*, *Shuktata*, *Amlaka*, *Amleeka*.

Types of Amlapitta

Acharya Kashyapa has given the classification of *Amlapitta* according to *Dosha Lakshanas*. *Madhavakara*, *Bhavaprakasha* has also classified the *Amlapitta* in two types according to the *sthana dushti* of the *srotasa*. This classification has importance in management.

A] Types according to Vitiated Doshas

1) Kashyapa - 3 types

A. *Vataja Amlapitta*

B. *Pittaja Amlapitta*

C. *Kaphaja Amlapitta*

2) Madhava Nidana - 4 types*A. Vatadhikta Amlapitta**B. Kaphadhikya Amlapitta**C. Vatakapadhikya Amlapitta**D. Shleshma Pittaja Amlapitta***A] Madhava Nidana there are also 2 types of Amlapitta***1. Urdhvaga Amlapitta**2. Adhoga Amlapitta***Nidanapanchaka of Amlapitta****Nidana [Aetiology]**

The etiological factors of *Amlapitta* can be broadly classified as;

- *Sharira Hetu - Aaharaja and Viharaja*
- *Manasa Hetu*
- *Other Hetu*

1] Aaharaja Hetu**Table no. 1: Showing Aaharaja Nidana of Amlapitta.**

Sr. No.	Aaharaja Hetu	K.S. ^[9]	M.N. ^[10]	B.P. ^[11]	Y.R. ^[12]	V.S. ^[13]	G.N. ^[14]	H.S. ^[15]
1	<i>Kulattha</i>	+	-	-	-	-	-	-
2	<i>Pulaka</i>	+	-	-	-	-	-	-
3	<i>Pruthaka</i>	+	-	-	-	-	-	-
4	<i>Guru Aahara</i>	+	-	-	-	-	-	-
5	<i>Abhishyandi</i>	+	-	-	-	-	-	-
6	<i>Ati Snigdha</i>	+	-	-	-	-	-	-
7	<i>Ati Ruksha</i>	+	-	-	-	-	-	-
8	<i>Pishtanna</i>	+	-	-	-	-	-	-
9	<i>Apakvanna</i>	+	-	-	-	-	-	-
10	<i>Phanita</i>	+	-	-	-	-	-	-
11	<i>Ikshu Vikara</i>	+	-	-	-	-	-	-
12	<i>Paryushita anna</i>	+	-	-	-	-	-	-
13	<i>Bharjita dhanya</i>	+	-	-	-	-	-	-
14	<i>Ati Ushna ahara</i>	+	-	-	-	-	-	-
15	<i>Adhyashana</i>	+	-	-	-	-	-	-
16	<i>Ati drava</i>	+	-	-	-	-	-	-
17	<i>Ajirna</i>	+	-	-	-	-	-	-
18	<i>Madya</i>	+	-	-	-	-	-	-
19	<i>Akale Bhojana</i>	+	-	-	-	-	-	-
20	<i>Gorasa</i>	+	-	-	-	-	-	-
21	<i>Kale anashana</i>	+	-	-	-	-	-	-

22	<i>Vishamashana</i>	+	-	-	-	-	-	-
23	<i>Vidahi Anna</i>	-	+	+	+	+	+	+
24	<i>Dushtanna</i>	-	+	+	+	+	+	-
25	<i>Viruddhashana</i>	+	+	+	+	+	+	+
26	<i>Ati amla</i>	+	+	+	+	+	+	+
27	<i>Kapha Prakopaka ahara</i>	-	+	+	+	-	-	-
28	<i>Vidagdha Ahara</i>	-	-	+	+	-	-	-
29	<i>Pitta Prakopita ahara</i>	-	-	+	+	-	-	-
30	<i>Guda atisevana</i>	-	-	-	-	-	-	+
31	<i>Ati Tikshna</i>	+	-	-	-	-	-	-
32	<i>Katu</i>	+	-	-	-	-	-	-

2] Viharaja Nidana

Proper *viharas* are to be followed to maintain the good health. The Regular habits of eating, sleeping and excretion must be followed. *Vegadharana* should be avoided. If this is not followed regularly i.e. doing *Viharaja hetu* this includes the factors which are against the rules of normal hygienic behaviours. It is of two types one is Excessive physical work and second is No or less physical work. Excessive physical work includes more exercise, *Ratrijagarana*, *Dhatukshaya*, *Upavasa* etc. which causes *Vata Pitta* aggravation. *Acharya Kashyap* mentions that the causative factor may be *Vegadharana*, *Divaswapa* after intake of *Bhojana*, more *Snana*, *Avagahana*. So, the entire above factor causes *jathar Agnimandya*, leads to the disease *Amlapitta*.

Table no. 2: Showing Viharaja Hetu of Amlapitta.

Sr. No.	Viharaja Hetu	K.S.	M.N.	B.P.	Y.R.	V.S.	G.N.	H.S.
1	<i>Vegadharana</i>	+	-	-	-	-	-	-
2	<i>Bhukte divaswapa</i>	+	-	-	-	-	-	-
3	<i>Bhuktva atiashana</i>	+	-	-	-	-	-	-
4	<i>Bhuktva avagahana</i>	+	-	-	-	-	-	-

3] Manasa Nidana

It includes *Chinta*, *Krodha*, *Bhaya*, *Shoka*, *Moha*.

4] Other Nidana

Amlapitta is definitely caused by over use of certain drugs. Over use of NSAIDs and anticoagulants cure one disease but it can produce gastritis. *Ayurvedic* drugs, especially *ashodhita* and faulty *Rasa Aushadhi* may cause *Amlapitta*. Even *Ushna*, *Tikshna* drug if used excessively, without proper assessment of disease for a long period may produce *Amlapitta*. Similarly *Panchakarmas* with *Heena Yoga* or *Mithya Yoga* or *Atiyoga* lead towards many

diseases by attacking on Agni, hence Amlapitta also can be seen as an *Upadrava* of some other diseases like chronic *Vibandha*, *Arsha*, *Ajirna* and *Pandu*. In this group constant and excessive consumption of alcohol, tobacco, beverages, smoking, or other irritant stuffs, etc are taken. These substances cause local irritation in the stomach, which in turn secretes more gastric juices, and infection of the stomach, which may be grouped under this category.

Poorvarupa

Poorvarupas of *Amlapitta* are not mentioned in any classics of *Ayurveda*. But on the basis of *Shadvidha Kriyakala*, some of the symptoms of *Ajirna* especially *Vidagdhaheerna* type may be appearing before manifestation of *Amlapitta* may be considered as their *Poorvarupa*. In *Charaka Samhita*, while describing the *Samprapti* of *Grahani*, he indicates *Amlapitta* also.

Acharya Charaka has mentioned some *Poorvarupa* of *Grahani* like *Trishna*, *Alasya*, loss of *Bala*, *Annavidaha*, heaviness of body etc. These symptoms may be considered as the *Poorvarupa* of *Grahani* as well as of *Amlapitta*.^[16]

Rupa

Samanya Rupa / Lakshanas of Amlapitta

The *Samanya Lakshanas* of *Amlapitta* are mentioned in *Ayurveda* as follows;

Table no. 3: Showing *Samanya Rupa* of *Amlapitta*.

<i>Lakshana</i>	<i>K.S.</i>	<i>H.S.</i>^[17]	<i>M.N.</i>	<i>B.P.</i>^[18]	<i>Y.R.</i>^[19]
<i>Aruchi</i>	-	-	+	+	+
<i>Bhranti</i>	-	-	-	-	-
<i>Dehayuktatisara</i>	-	-	-	-	-
<i>Gaurava</i>	-	-	+	+	+
<i>Guru Koshtha</i>	+	-	-	-	-
<i>Hrita Shoola</i>	+	-	-	-	-
<i>Hrita Daha</i>	-	-	+	+	+
<i>Kantha Vidaha</i>	+	-	+	+	+
<i>Klama</i>	-	-	+	+	+
<i>Romaharsha</i>	+	-	-	-	-
<i>Shiro Ruja</i>	+	-	-	-	-
<i>Tiktaudgara</i>	-	-	+	+	+
<i>Tiktasya</i>	-	-	-	-	-
<i>Udara Adhamana</i>	+	-	-	-	-
<i>Utaklesha</i>	-	-	+	+	+
<i>Uro Vidaha</i>	-	-	-	-	-
<i>Vanti</i>	+	-	-	-	-
<i>Avipaka</i>	-	-	+	+	+
<i>Amla Hikka</i>	-	+	-	-	-

Angasada	+	-	-	-	-
Antra Kujana	+	-	-	-	-

Lakshanas of Urdhwaga Amlapitta – Abhuktevami, Abhukte va tiktavami, Abhukte tikta udgara, Abhukte amlavami, Bhukte vidagdharikta vami, Bhukte Vidagdha Amlavami, Bhukte Vidagdha Tikta udgara, Charana Daha, Kara Daha, Hrita Daha, Kukshi Daha, Kandu, Kantha, Daha, Mandala, Mahati Aruchi, Pidaka, Shiroruja, Ushnata, Vanta Harita, Vanta Pita, Vanta Neela, Vanta Krishna, Vanta Arakta, Vanta Raktabha, Vanta ativamla, Vanta mansodakabham, Vanta Atipicchila, Vanta Atiaccha.

Lakshanas of Adhoga Amlapitta – Analasada, Anga Pitata, Bhrama, Daha, Harsha, Hrillasa, Murccha, Moha, Trita, Sweda, Kotha.

Upashaya - Anupashaya

With the help of Upashaya - Anupashaya, the diseases which are difficult to diagnose, can be diagnosed easily. While explaining about Upashaya of Vataja, Pittaja and Kaphaja varieties Kashyapa mentions^[20]

- ✓ Vataja Amlapitta - Snigdha Aahara
- ✓ Pittaja Amlapitta - Madhura, Sheeta Aahara
- ✓ Kaphaja Amlapitta - Ruksha, Ushna Aahara

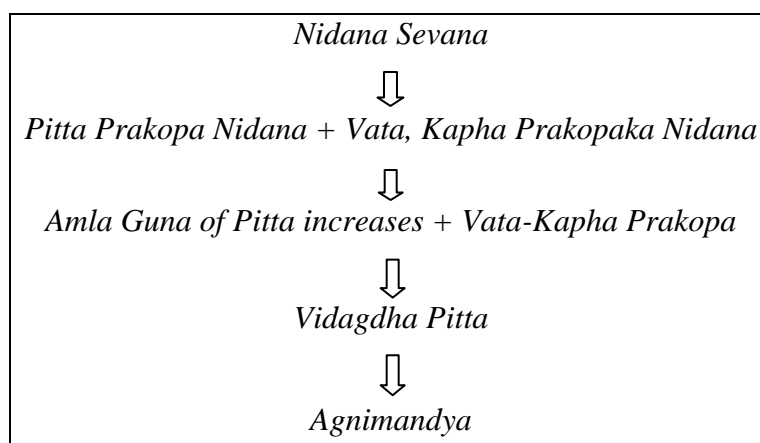
Upadrava

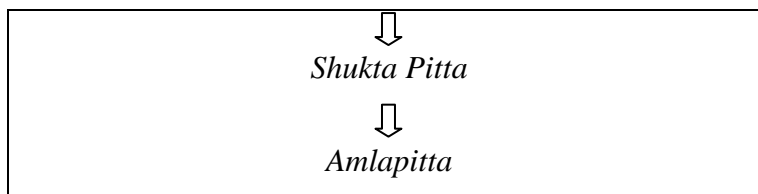
Amlapitta is a chronic disease which develops Upadravas. Kashyapa explained upadravas of Amlapitta, namely Jwara, Atisara, Pandutwa, Shula, Shotha, Aruchi and Bhrama.^[21]

Samprapti

Samanya Samprapti of Amlapitta

Chart no. 1: Showing Samanya Samprapti of Amlapitta.





DISCUSSION

Amlapitta is *Pitta Pradhana vyadhi* of *Annavaha srotas* which is developed due to the *Mandagni*, *Aama* formation and *Annavaha srotodusti*. *Acharya Kashyapa* and *Madhava Nidana* have described *Amlapitta* in details. There are number of sign and symptom of *Amlapitta* are described in text for practice purpose there should be sorting according to presence of sign and symptom at present sorting of sign symptom according to *lakshanas* helps in management of disease so for proper diagnosis and management of *Amlapitta* it should be differentiated according to *Nidanapanchaka* of disease.

CONCLUSION

In every disorder *Nidanapanchaka* is very important for the proper diagnosis of disease. *Amlapitta* is one of the disease which is commonly found in daily general practise. For the treatment of *Amlapitta Hetu*, *Purvaroop* etc are important. Many a times the simple *Agnimandya* leads to *Vidagdhajirna* (dyspepsia) in the initial stages and if it is neglected, leads to *Amlapitta*. This is caused by *Jivha-Laulya* as patients are aware of the *Nidanas* and still he tries to consume it due to *Jivha-Laulya*. *Amlapitta* is not a disorder caused only by the irregular diet and activities, but also as a result of psychological problems.

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