

ASSOCIATION OF BHUKTWA DIWASWAPNA WITH URDHWAGA AMLAPITTA: A LITERATURE REVIEW

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ABSTRACT

Amlapitta is one of the most prevalent gastrointestinal disorders described in Ayurveda, primarily caused by derangement of *Agni* and vitiation of *Pitta Dosh*. Among various etiological factors, *Bhuktwa Diwaswapna* (sleep immediately after meals during daytime) is considered an important but underexplored lifestyle contributor. Classical Ayurvedic texts emphasize the role of improper dietary habits and sleep patterns in the pathogenesis of *Amlapitta*. This review aims to critically analyze classical literature regarding the role of *Bhuktwa Diwaswapna* in the development of *Urdhwaga Amlapitta*. The study highlights the need to integrate classical knowledge with modern lifestyle research to better understand disease causation and prevention.

KEYWORDS: *Amlapitta*, *Bhuktwa Diwaswapna*, *Urdhwaga Amlapitta*, *Agni*, *Nidra*, Ayurveda.

INTRODUCTION

Ayurveda emphasizes the maintenance of health through regulation of *Ahara*, *Nidra*, and *Vihara*, collectively known as *Trayopastambha* (Ch.Su. 11/35).^[1] Disturbance in these pillars leads to vitiation of *Dosh*as and manifestation of disease.

In the present era, rapid urbanization and lifestyle modifications have led to an increased prevalence of gastrointestinal disorders, particularly *Amlapitta*. Improper food habits, irregular sleep, and sedentary lifestyle are major contributing factors. Among these, *Bhuktwa Diwaswapna* is specifically contraindicated in Ayurveda due to its impact on digestion and metabolism.

MATERIALS AND METHODS

This study is based on a comprehensive review of classical Ayurvedic texts including

- Charaka Samhita
- Sushruta Samhita
- Kashyapa Samhita
- Madhava Nidana

Relevant commentaries and modern research articles were also analysed.

REVIEW OF LITERATURE

1. Concept of *Amlapitta*

Amlapitta is a condition resulting from vitiation of *Pitta Dosha* associated with impaired *Agni*. Although not explicitly described as a separate disease in Charaka Samhita, its symptoms such as *Amlaka*, *Vidaha*, and *Hrit-Kantha Daha* are mentioned. (Ch. Su. 27/235–236).^[2]

Kashyapa Samhita provides the first detailed description of *Amlapitta* as a disease entity, including its *Nidana*, *Lakshana*, and *Chikitsa* (Kashyapa Samhita, Khila Sthana).^[3]

Madhava Nidana classifies *Amlapitta* into *Urdhwaga* and *Adhoga* types (Madhava Nidana 51/1–5).^[4]

2. Role of *Agni* in *Amlapitta*

Agni is the key factor responsible for digestion and metabolism. *Jatharagni* plays a central role in maintaining physiological balance (Ch. Chi. 15/3).^[5]

Impairment of *Agni* (*Agnimandya*) leads to formation of *Ama* and subsequent vitiation of *Pitta*, which is the primary mechanism in the development of *Amlapitta* (Ch.Su. 12/11).^[6]

3. Concept of *Nidra* and *Diwaswapna*

Nidra is one of the essential pillars of life (*Trayopastambha*) (Ch.Su. 11/35).^[7] Proper *Nidra* ensures nourishment of *Dhatus*, strength, and longevity.

However, *Diwaswapna* (daytime sleep) is generally contraindicated except under specific conditions such as exhaustion, old age, or disease (Ch.Su.21/25–28).^[8]

Sushruta Samhita also emphasizes that inappropriate sleep patterns disturb *Dosha* equilibrium (Su. Su. 24/68).^[9]

4. *Bhuktwa Diwaswapna* as *Nidana*

Bhuktwa Diwaswapna is specifically mentioned as a causative factor (*Nidana*) for *Amlapitta* and other *Kapha-Pitta* dominant disorders.

According to Kashyapa Samhita, sleeping immediately after food leads to improper digestion, resulting in *Agnimandya* and *Ama* formation. This further causes *Shuktatwa* (fermentation), ultimately leading to *Amlapitta*.^[10]

Similarly, Madhava Nidana describes that improper dietary habits combined with faulty lifestyle practices contribute significantly to disease manifestation (Madhava Nidana 51/2).^[11]

5. *Samprapti* (Pathogenesis) of *Amlapitta*

The pathogenesis of *Amlapitta* can be summarized as follows.

- *Nidana Sevana* (improper diet and lifestyle)
- *Agnimandya*
- Formation of *Ama*
- Vitiating of *Pitta Dosha*
- *Shuktatwa* (acidic fermentation)
- Manifestation of symptoms

This sequence is supported by classical references from Kashyapa Samhita and Charaka Samhita.



6. Clinical Features of *Urdhwaga Amlapitta*

Urdhwaga Amlapitta is characterized by upward movement of vitiated *Doshas*, presenting with.

- *Amlodgara*
- *Hrit-Kantha Daha*
- *Chhardi*
- *Avipaka*

These features closely resemble modern conditions like hyperacidity and gastroesophageal reflux.^[12,13,14]

7. Modern Perspective and Research Gap

Modern lifestyle factors such as:

- Sedentary habits
- Stress
- Irregular eating patterns
- Post-meal sleep

contribute significantly to acid-related disorders.

Despite clear references in Ayurvedic texts, there is limited research focusing on *Bhuktwa Diwaswapna* as an independent etiological factor. Most studies emphasize pharmacological interventions rather than lifestyle modifications.

DISCUSSION

The classical Ayurvedic texts clearly establish the relationship between improper dietary and sleep habits and the development of *Amlapitta*. *Bhuktwa Diwaswapna* leads to *Kapha* and *Pitta* aggravation, resulting in impaired digestion (*Agnimandya*) and *Ama* formation. This correlates well with modern concepts where postprandial sleep leads to delayed gastric emptying and increased acid reflux. Thus, integrating classical Ayurvedic principles with modern scientific understanding can provide a comprehensive approach to disease prevention.

CONCLUSION

The review highlights that *Bhuktwa Diwaswapna* is a significant yet underrecognized etiological factor in *Urdhwaga Amlapitta*. Classical Ayurvedic literature provides strong evidence supporting its role in disease pathogenesis.

Further clinical and observational studies are required to validate these concepts and promote lifestyle-based preventive strategies in modern healthcare.

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