

**LIFESTYLE DISORDER WITH SPECIAL REFERENCE TO
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ABSTRACT

In 21st century the lifestyle of each and every individual is changing very rapidly. Due to this factor there is prevalence of the lifestyle disease in modern society. Among which “Amlapitta” is one of the most common diseases. In *ayurveda amlapitta* is a disease of *annavaha srotas*. In Brihatrayee scattered references are only available about amlapitta. Kashypasamhita,^[3] was the first samhita which gives a detailed explanation of the disease along with its etiology, signs and symptoms with its treatment protocols. The present review intended to explore the important aspect of amlapitta and its management as described in ayurveda samhita, Which can be useful to understand the etiopathogenesis of amlapitta and its management in contemporary periods.

KEYWORDS: Amlapitta, lifestyle Disorder.**INTRODUCTION**

Amlapitta is a disease of *annavahasrotas*,^[6] and is more common in the present society of unhealthy diets and regimens. Improper and faulty dietary habits causes dusti of *annavahavastrotas*,^[6] which leads to various disorder and amlapitta is one of them. It was first mention in kashyapasamhita. Madhavanidana, Bhavaprakash and Yoga rathakar have also describe it very well. Vagabhata has described that all disease are cause due to mandagain excessive consumption of amla, katu, ushna, and vidahiaharsevana and vrudhashana causes

aggravation of pitta dosha. Normally pitta has katu rasa but when katu rasa is converted into amla rasa it is called as amlapitta.^[2]

AIM AND OBJECTIVES

1. To review role of lifestyle as etiopathogenesis of Amlapitta.
2. To understand the Amlapitta as the lifestyle disorder.
3. To do comparative study between classical texts and contemporary nidanas of Amlapitta.

MATERIALS AND METHODS

This work is based on survey work done on 52 patients of Amlapitta. The data was collected from 52 patients of *Amlapitta* on survey.

For this above aims and objective research proforma was designed with classical nidana and change pattern of lifestyle.

Definition of *Amlapitta*^[28]

According to *Acharya Kashyapa*,^[31] the *Vidagdhaahara* becomes *Amla* and remains still in the stomach which provokes the *Pitta dosha*. *Vitiated Pitta* causes *manda-agni* due to this *katu rasa* get converted into *amla rasa* causing “*Amlapitta*”. *Ka.kil*16/9.

The condition in which *Vidahi* and *Amla guna* of *Pitta* is exaggerated, is called “*Amlapitta*”,^[32] *Ma.ni* 51/1(*madukoshtika*)

Nidana of *Amlapitta*^[33]

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

1. Aharaja
2. Viharaja
3. Manasika
4. Agantuja

The Aharaja Nidana

Sr	Nidanas	K.S	M.N	B. P	Y. R	S. N	REF
1	Kulatthasevana	+					k.s khil16-3-6
2	Pulakasevana	+					
3	Guru aharsevana	+					
4	Abhishyan di ahara	+					
5	Atisnigdhaahara	+					
6	Atirukshaahara	+					
7	Pishtannasevana	+					
8	Apakvaanna sevana	+					
9	Phanitasevana	+					
10	Ikshuvikar a sevana	+					
11	Paryushit a annasevana	+					
12	Bhurjitad hanyasevana	+					
13	Atiushnannasevana	+					
14	Adhyashana	+					
15	Atidrava	+					
16	Ajirnebhojana	+					
17	Madhyasavana	+					
18	Go rasavargasevana	+					
1	Annahina	+					
9	madhya						
	sevana						
2	Antrodaka	+					
0	pana						
2	Akalebhoj	+				+	s.namlapiita
1	anam						adhikar373-378
2	Akaleanas	+				+	
2	hana						
2	Vishamas	+				+	
3	hana						
2	Vidahiann		+	+	+		Ma.ni 15/1
4	a sevana						b.p 10/1
2	Vidahipan		+	+	+		y.ramlapiitaadhi
5	a sevana						karuutara237
2	Dushtann		+	+	+		
6	a sevan						
2	Viruddhas		+	+	+	+	
7	hana						
2	Atiamla		+	+	+	+	
8	sevana						
2	Kaphapra		+	+	+	+	
9	kopianna						
	sevana						
3	Vidagdha			+	+		
0	ahara						
	sevana						
3	Pitta			+	+		

1	prakoan						
	a sevana						
3	Ati						
2	tikshana						
	sevan						
3	Katuanna	+					
3	pana						
	sevana						
3	Vega	+					
4	vidharan						
3	Bhukte	+					
5	diwa						
	swapna						
3	Bhuktaaty	+					
6	ashana						
3	Bhuktaava	+					
7	gahan						

Viharaja Hetu

1. *Ati snan* (Taking excessive bath)
2. *At iavagahanat* (Excessiveswimming)
3. *Bhuktwabhuktwadiwasvapna* (Sleepinginday time aftermeals)
4. *Veganam dharanam* (Suppression of natural urges)
5. *Shayyaprajagaraihi* (Improversleepingschedule)

ManasaHetu

1. *Chint*
2. *Shoka*
3. *Bhaya*
4. *Krodha*
5. *Moha*

Agantuj

1. *Desha*
2. *Kala*
3. *Ritu*
4. *Prakriti*

- **Desha**

According to Acharya *Kashyapa* the disease is more predominant in *Anupa Desha*, because of *Kapha provocation* nature.

- **Kala**

Kala or time factor is responsible for physiological/anatomical structure of the body *Balyavastha*, *Madhya* and *Vridhdhavastha*.

- **Retu**

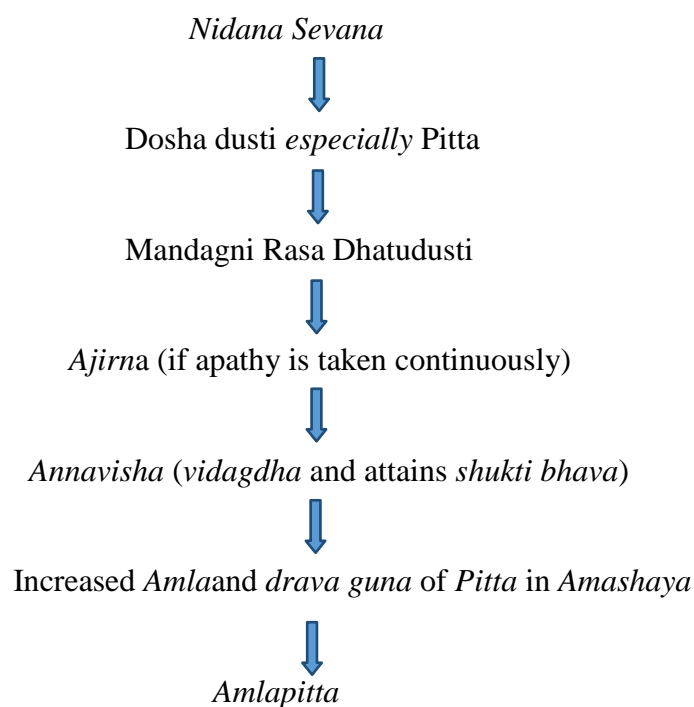
The rainy season is responsible for *Amlavipaka* of water (due to weakened digestion power and vitiation of *Vata* and *other Doshas*) and eatables, which in turn vitiates *Pitta* and *Kapha*.

- **Prakriti**

Pitta Prakriti persons are also more susceptible for the process of aggravation of the diseases.

SAMPRAPTI

According to Acharya *Kashyapa*, the *nidana sevana* causes *dosha prakopa* especially *Pitta Dosha*. This eventually creates *Mandagni* due to which ingested food become *Vidagdha* form and attains *Shuktibhava*). This *Vidagdha* and *Shuktibhava* of food creates *Amlata* in *Amashaya*. This condition is called *Amlapitta* (k.s 16 /10-12)



Samprapti Ghatakas^[33]

1. *Dosha: Tridosha (mainly Pitta)*
2. *Dushya: Rasa, Rakta*
3. *Srotasa: Annavaha*
4. *Agni: Jatharagni*
5. *Ama: Jatharagnimandhyajanya*
6. *Udbhavasthana: Amashaya*
7. *Adhithana: Adhoamashaya*
8. *Sanchara: Annavaha*
9. *Swabhava: Chirkari*
10. *Pradhanta: Pitta Doshapradhana*

Rupa

<i>Sr</i>	<i>Rupa</i>	<i>K.S</i>	<i>M.N</i>	<i>B.P</i>	<i>Y.R</i>	<i>S.N</i>
1	Avipaka		+	+	+	
2	Klama		+	+	+	+
3	Utklesha		+	+	+	
4	Tiktodgara		+	+	+	
5	Amlodgara		+	+	+	+
6	Gaurava		+	+	+	
7	HridDaha	+	+	+	+	+
8	KanthaDaha	+	+	+	+	+
9	Aruchi		+	+	+	
10	Vidbheda	+				
11	Gurukosthata	+				
12	Amlakosthata	+				
13	Shiroruja	+				+
14	Hridshoola	+				
15	Adhmana	+				
16	Angasada	+				
17	Roma harsha	+				
18	Antrakujana	+				
19	Urovidaha	+				
20	Tiktasyata					+

Vishishta Rupas

Vishisht a Rupas	Vata	Pitta	Kapha
According to Kashya Samhita	Shoola, Angasada, Jrimbha	Bhrama, Vidaa	Gaurava, Chhardi

BHEDA (classification)**According to Archarya Kashyapa**

1. *Vatika Amlapitta*
2. *Paittika Amlapitta*
3. *Slesmika Amlapitta*

According to Archarya Madhava

1. *Sanila Amlapitta*
2. *SanilaKapha Amlapitta*
3. *Sakapha Amlapitta*
4. *Slesmapitta Amlapitta*

According to Gati

1. *Udravagata Amlapitta*
2. *Adhogata Amlapitta*

Chikitsa^[34]

Samanya chikitsa of Amlapitta-According to Acharya Yogaratnakara and Acharya Kashyapa

1. *Vamana is the first line of treatment for Amlapitta(patol+neem + madanf).*
3. *Virechana –after that mruduvirechan is indicated for Amlapitta (triphala+madhu).*
4. *Basti – Anuvasan and Asthapan Basti should be administered in Chronic Amlapitta,*
5. *Shaman chikitsa- ShodhanChikitsa is followed by Shaman chikitsa. Ahar, and aushdi according to predominance Dosha. (PatoladiKwath, BhunimbadiKwath, guduchi Moodakare given in different Samhita.)*

According to MadhavaNidan

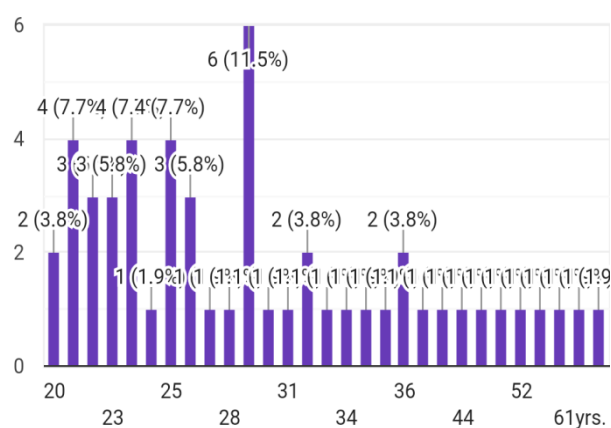
1. *UdarvagatAmlapitta – Vamana should be administered at first. After the Vamana, shaman drug should be used.*
2. *Adhogata Amlapiita – Virechana should be administrated for adhogata Amlapitta. Then shaman therapy to be performed.*

OBSERVATION

The fallowing data was collected

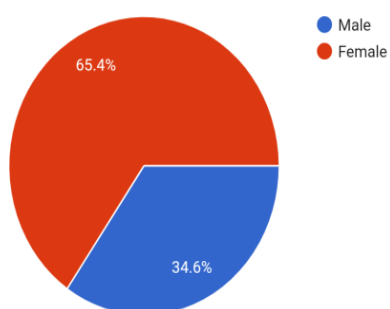
Age

52 responses



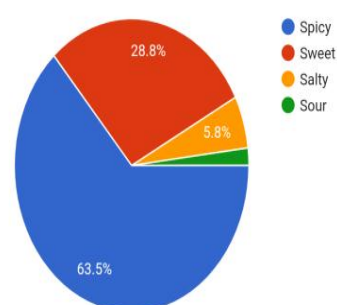
Sex

52 responses



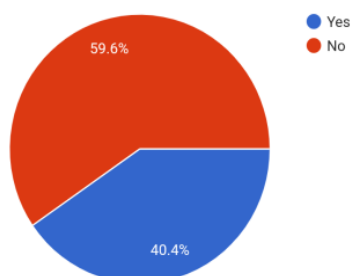
Which taste do like most

52 responses



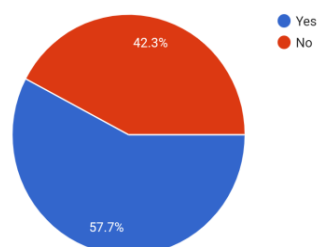
After having food do you sleep?

52 responses



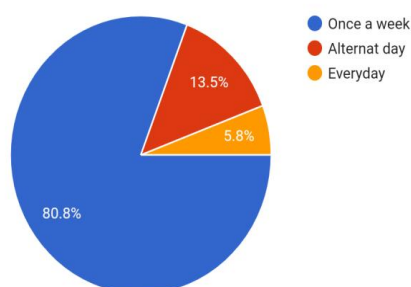
Do you drink water just after wake up early in morning

52 responses



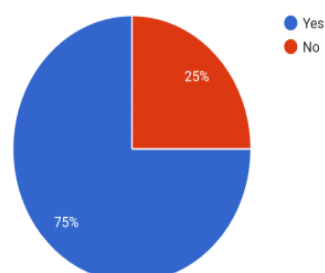
How often do you get belching?

52 responses



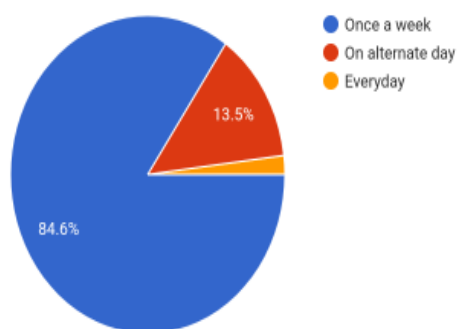
Do you drink water in between meal?

52 responses



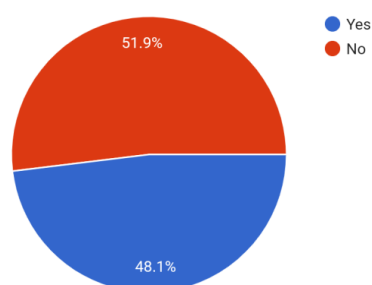
How often do you get burning sensation?

52 responses



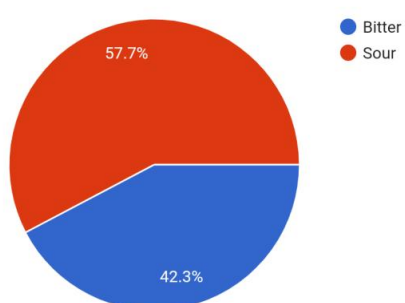
Do you keep eating snacks in between two meals?

52 responses



What type of belching do you get?

52 responses



DISCUSSION

As per survey we came to know that people in contemporary periods are not following proper rules and regulation of diets hence people are suffering from almapitta vyadhi.

The following are the result of survey

1. People of age between 28 and 31 are more prone to amlapitta.
2. Females were more prone to amlapitta than males.
3. People who took spicy food were found to suffer from amlapitta.
4. People who drank water early in morning were found to suffer from amlapitta.
5. People who slept just after having food were found to suffer from amlapitta.
6. People who drank water in between meals were found to suffer from amlapitta.
7. Most of people were found to get burning sensation once a weeks.
8. Most of people were found to get blenching once a weeks.
9. Most of people were found to get sour blenching.

CONCLUSION

In 21st century Amlapitta is dominant disease of unhealthy foods habits and regimens. The Bhrihatrayi granthas has a scattered reference about the amlapitta but doesn't give detail explanation or treatment protocol for amlapitta. Other granthas like *Kashyapa samhita*, *Madhava Nidana*, *Bhavaprakasha* and *Yoga Ratnakara* have described almapitta in detail. People in contemporary periods have adopted many faulty lifestyle like taking spicy foods, eating before previously digested meals, taking bath just after food, sleeping just after taking food is main nidanas of amlapitta in contemporary periods. Hence to avoid suffering form amlapitta disease people should practice healthy regimen as told in classical tests.

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