

AN APPROACH TO KAPHAJ (URDHVAGA) AMLAPITTA THROUGH AYURVEDIC MANAGEMENT

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ABSTRACT

In the current era of rapid urbanization and industrial growth, Amlapitta has emerged as one of the most prevalent gastrointestinal disorder. This condition, rooted in poor dietary choices and erratic lifestyle patterns, has become increasingly common due to indulgence in incompatible food combinations, irregular eating habits, and chronic stress. The modern mantra of "Hurry, Worry and Curry" aptly summarizes the primary contributors to this ailment. The contemporary, materialistic lifestyle compels individuals to prioritize productivity over health, often ignoring the importance of mindful eating and routine. Conventional pharmacological approaches such as H2 receptor blockers and proton pump inhibitors, though widely used, have witnessed a decline in preference due to their associated side effects and long-term dependency risks. So, this study shows an ayurvedic approach towards Amlapitta.

KEYWORDS: Amlapitta, Shira shool, Amlodgaar, Saamata.

INTRODUCTION

Amlapitta is a common functional disorder of the *Annavaha Srotas* (digestive tract), primarily caused by the imbalance of *Agni* (digestive fire). Irregular and unsuitable dietary habits are the primary culprits behind the vitiation (*Dushti*) of the *Annavaha Srotas*, which leads to various gastrointestinal issues, including Amlapitta.

The term *Amlapitta* is derived from two Sanskrit words: '*Amla*' meaning sour and '*Pitta*'

referring to the gastric secretions. An aggravation in Pitta due to incompatible diet and lifestyle (*Pitta Vardhaka Ahara Vihara*) is the root cause of Amlapitta. In this condition, the quantity of *Pachaka Pitta* (digestive gastric juice) increases, and its quality changes from a balanced alkaline nature to an excessively acidic one, often due to fermentation within the stomach.

Psychological stress and constant worry are also known to provoke and exacerbate this condition. Amlapitta arises from the imbalance of specific qualities (*Gunas*) of Pitta such as *Drava* (fluidity) and *Amla* (sourness), resulting in *Vidagdhajirna*—a type of indigestion caused by the presence of overly acidic digestive fluids. Over time, this acidic state can irritate and damage the *Sleshmadhara Kala* (mucosal lining) of the *Amashaya* (stomach) and *Grahani* (duodenum).

In modern medical science, Amlapitta closely resembles gastritis, which is characterized by inflammation of the gastric mucosa. Various classical Ayurvedic texts, including *Kashyapa Samhita*, *Madhava Nidana*, *Bhavaprakasha*, *Yoga Ratnakar*, and *Chakradutta*, offer descriptions of Amlapitta. *Vagbhata* notably states that Mandagni (weakened digestive fire) is the root cause of all diseases.

Amlapitta can cause due to both excess secretion of pachak pitta (Gastric juice) and obstruction of pitta due to the kapha dosha imbalance. The second type, Obstruction of pitta will falsely cause the symptoms of hyper acidity even if there is no such condition inside the body. Then giving only H₂ receptor blockers or any such suppressive treatment will definitely not give any type of result. In Kaphaj Amlapitta Dipana, Pachana, Bhedan and Agni bala Vardhan must be done prior.

CASE REPORT

A 37 years old male patient came to the OPD with the following symptoms

- Amlodgaar (Sour blenching)
- Shiro-shool (Headache)
- Urodaha (Burning sensation in the chest)
- Kanth shool (Burning sensation in the throat)
- Malawsthambh (Constipation)
- Aruchi (Anorexia)
- Nidranasha (Lossof sleep)

HISTORY OF PATIENT

History of present illness

Patient was all right before 15-16 years. He had a history of all above symptoms for 15-16 years. He had taken treatment at many places but didn't get relief. Complaints were Amlodgaar ++, Urodaah +++, Nidranasha +++, Shiro-shool ++, Kanth shool ++. His symptoms used to get trigger by any small apathya like Ratrijagaran, Vidahi annapaan. Due to his stressful job (IT Profession) his day and night routine were totally disturbed. He was having irregular sleep and meal timings.

History

- Visarp (Herpes zoster) (2024)
- H. Pylori Infection (2015)

Family history: NAD Allergy: NAD

Examination of the patient

Ashtavidha Pareeksha

- **Nadi:** Kathin, Sukshma, Ushna, Tikshna
- **Mala-**Apakva, Asamyak, sa gud daah, sa pravahan, 1-2 veg per day
- **Mutra-** 5-6 veg /day, Nakta mutrata 1-2 veg
- **Jivha-** Saam Lipta (Coated)
- **Sparsha-** Anushnashit
- **Udar-**Gaurav
- **Nidra-** Asamyak khandit
- **Bala-** Madhyam
- **Shabda-** Prakrut

General Examination

Pulse- 78/min

BP- 130/70 mmHg

RS- AEBE Clear, Left Lower lobe mild congestion

Agni- Tikshna

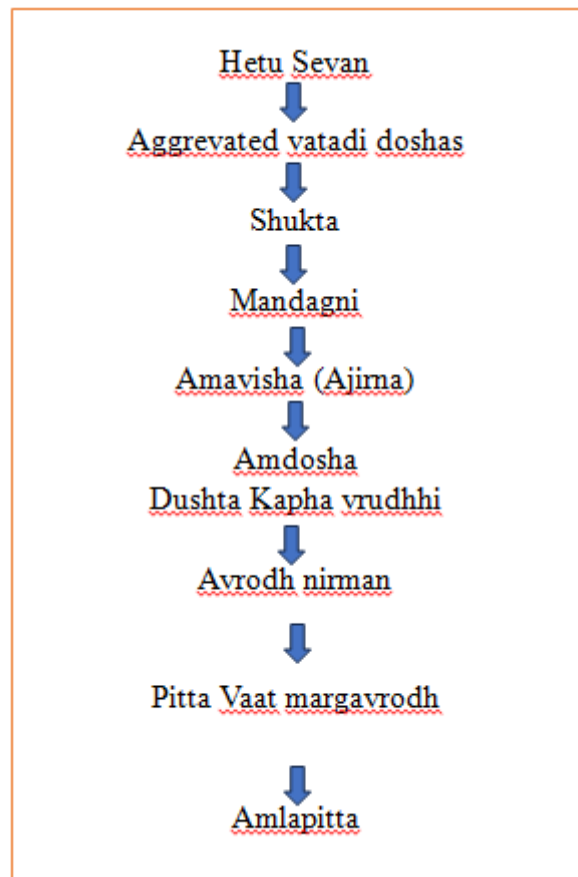
Koshta- Madhyam

Nidan Panchak

❖ Hetu

- Ahara – Aniyamita ahara, Ati-amla Aahara, Ati-katu Aahar (spicy), Adhyashan etc.
- Vihara – Jagrana, Diwaswapa.

Samprapti



❖ Samprapti Ghataka

Dosha- Kapha pradhana, Pitta anubandhi

Dushya- Rasa dushti, Rakta Dushti

Strotodushti- Annavaha, Purishvaha, Rasavaha, Ambuvaha

Vyadhi Avastha- Sama avastha, Kapha utkelsha, Dosha urdhwa gati.

Sadhyasadhyatva- Kashta sadhya.

Vyadhi Marg- Abhyantar

Vyadhi Nidan- Kapha Pradhan Amlapitta

Chikitsa**A) Shamana Chikitsa**

Date	Symptoms	Name of Kalpa	Matra	Aushadi kala (Frequency)	Anupana
23/01/2025	Amlodgaar Shiro-shool Urodaha Kanth shool Malawsthambh Aruchi Nidranasha	1. Rasapachak Churna(60mg), Bhunimbadi Churna (60mg), Musta Churna (60mg), Koshtvatahar Churna(60mg), Punaravartak jwar yog Churna (60mg), Durvadi kalpa(60mg), Gandharv haritaki Churna (60mg), Vyoshadi Churna(60mg). 2. Tab. Prasham 3. Tab. Sutshekhar ras 4. Tab. Pathyadi 5. Gandush (Yashti, Nimb, Mahasudarshn churn)	500mg 250mg 250mg 250mg 200ml	Vyanodana kala BD TDS BD OD	Honey Luke warm water Luke warm water Luke warm water Kwatha
04/02/2025	Amlodgaar ↓↓ Shiro-shool ↓ Urodaha ↓ Kanth shool ↓↓ Malawsthambh ↓↓ Aruchi - Upashay Nidranasha- Samyak Upashay 30 %	Same as above ADD Mahatiktak ghrit shaman snehapan	5ml	Shaman kala	Luke warm water
15/02/2025	Shiroshool ↓↓ 60% Upashay	Omit Gandush Omit Punaravartak jwar yog Rasapchak			

		Add 1. Tapyadi loha Churna (plain)(60mg), Shwa Churna (60mg)			
27/02/20 25	Upashay 80%	Same as above Advice Panchkarma – Vaman			
13/03/20 25	80%Upashay	Vaman Panchakarm procedure started			
27/03/20 25		Vaman Panchkarma done Uttam Shuddhi			
	95% relief in all the above symptoms				

B) Shodhana Chikitsa

Type of Panchakarma	Kalpa used for vamana	Veg	Type of Shudhi	Sansarjan krama
Vamana	a) Vamanopag Dravya- Yashtimadhu kwath	10	Uttama shudhhi	3 kala
	b) Vaamaka Dravya-Madanfal phant			

DISCUSSION

- In this type of Amlapitta Pachaka agni karma is hampered that causes the ama-ajirna due to dushta kapha. That leads to Rasa Dhatu dushti. To digest the ama-ajirna Dipana and Pachan should be done; to do so treatment should involve Tikta Katu Rasa Dravya priorly. So, the above treatment involves dravyas which do Pachan Dipan Anulomana and Maintains the pachaka agni (Digestive Secretions)
- Rasapchak (Patol, Kutaki, Indrayava) – For proper digestion of aama doshas, Prakrut Rasa Dhatu production, Pachaka Rasa nirman, Kapha Bhedan Srotoshodhana
- Bhunimbadi churn (amlapitta adhikar) (Vasa, Guduchi, Nimb, Bhunimb, Pittapapda, Trifala, Bhringaraja, Patol)- Vikrut Pitta elimination by Sara Guna, Prakrut Pitta Production, helps in reducing Tikshana Ushna Drava Gunas of Pitta
- Musta – Tikta rasa Pradhan dravya helps in pachan of drava pitta
- Koshtvatahara churn (Pipalli, Sunth, Patha, Sariva, Bruhati, Chitrak, Indrayava,

Panchalavana, Yavakshar) – It helps in breaking the vibhandh due to kapha and kapha vilayana

- Punarvartak jwar yog- Jwarahara, reduces the Tikshna guna of pitta.
- Durvadi kalpa- Pittashamaka
- Gandharva haritaki-Anulomak
- Vyoshadi choorna-Aruchighna,bhedana
- Tab Prasham- vaatpittashamak,man shantikar
- Pathyadi vati-Shirashoolahar
- Sutshekhar ras- Saam Pittashamak
- Mahatiktak ghrit-Reduces the Tikshna & ushna guna of pitta
- Tapyadi loha choorna-Reduces saam pitaa, Raktavardhak

SAMPRAPTI BHNAGA

Hetu sevan avoided



Dushta Kapha Pravritti Stopped
Prakrut Pitta & Kapha dosha nirman

Agni Vruddhi



Margavrodha due to dushta kapha
Bhedana pachana done



Prakrut Pachana by Prakrut Pitta starts



Amlapitta eliminated

CONCLUSION

This case report underscores the effectiveness of Ayurvedic management in treating Amlapitta, a condition primarily caused by vitiation of *Pitta dosha* (Along with *Kapha Dosha*) and impairment of *Agni* (digestive fire). The therapeutic approach focused on *Deepana* and *Pachana* to restore *Agni*, along with *Pitta-shamana*, *Kaphaghna*, and *Srotoshodhana* interventions to correct the underlying pathophysiology. Significant symptomatic relief was observed in complaints like *Utklesha* (nausea), *Amlodgara* (sour belching), *Hrit-Kantha Daha* (burning sensation in chest and throat), and *Aruchi* (loss of appetite), **without adverse effects**. This case highlights the clinical relevance of classical Ayurvedic formulations and personalized treatment protocols in managing functional gastrointestinal disorders. Further clinical studies are recommended to validate these outcomes and support integration of Ayurvedic principles into broader clinical practice.

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