

## ASSOCIATION BETWEEN VIRUDDHA AHARA AND URDHVAGA AMLAPITTA [GASTROESOPHAGEAL REFLUX DISEASE]: A REVIEW

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### ABSTRACT

Lifestyle disorders refer to a range of health conditions that are primarily caused by unhealthy lifestyle habits. These disorders, such as obesity, diabetes, hypertension, and cardiovascular diseases, result from factors such as poor dietary habits, lack of physical activity, smoking, excessive alcohol consumption. The causes of lifestyle disorders are multifactorial, involving genetic predispositions combined with environmental and behavioral factors. Sedentary lifestyles, high-calorie diets rich in processed foods, and prolonged exposure to stress contribute significantly to the development of these disorders. Over time, these unhealthy behaviors lead to metabolic imbalances, inflammation, insulin resistance, and cardiovascular complications. Gastroesophageal reflux disease is one of the common lifestyle disorders nowadays. The symptoms of GERD are very much similar to *Urdhvaga Amlapitta* and it is given in ancient textbook of Ayurveda. In this review article, various forms of *Viruddha Ahara* as a causative factor of *Urdhvaga Amlapitta* and its pathological correlation

with Gastroesophageal reflux disease, preventive measures and management will be discussed through Ayurveda perspective.

**KEYWORDS:** *Viruddha Ahara*, *Urdhvaga Amlapitta*, Gastroesophageal reflux disease.

## INTRODUCTION

The basic principle of Ayurveda is the *Swasthasya Swasthya Rakshanam Aturasya Vikara Prashanama* it means to maintenance of health of healthy person and prevention of disease of diseased. And for that Ayurveda has given the various rules and regulations under the heading *Swasthavritta*. *Swastha* means health and *Vritta* means rules and regimen. According to Ayurveda Ahara is foremost important factor for maintenance of health and prevention of disease. And it is denoted as *Mahabhaishajya* (Universal Medicine). There is one more concept in Ayurveda that is *Agni* a digestive fire which is required for digestion of the food, its proper functioning is required for proper digestion of Ahara (food).<sup>[1]</sup> According to Ayurveda from the good digestion of food a good quality of Ahara rasa the first dhatu of body will be produced which is able to fulfill the demand of every cell and nourishes the all dhatus of body. If Rasa dhatu produced in deformed state then all other dhatus get affected. It means health is depend upon *Samyak Ahara* a stable nutritious food And *Sama Agni* a good digestive fire. What happens when they deviate from their normal function, according to *Charaka* In *Dushti* of *Agni* (Digestive fire) one of the reason is *Virudha Ahara Sevana*.<sup>[2]</sup> Means consumption incompatible diet or faulty diet. Due to *Virudha Ahara Sevana* first *Agni* will disturb and it is unable to digest the *Ahara* (food). This undigested food remains in stomach for longer period and produces *Apakva Ahara Rasa* which is known as *Aama* and according to *Ayurveda* *Aama* is root cause of every disease because when it goes to *Dosha* and *Dhatus* it vitiate them. In *Ayurveda* it is denoted as *Visha* (poison). When it combines *Dosha* it vitiate it and produces symptoms as per *Dosha*. Due to this *Aama* first gastric related problems started appearing. When *Aama* combines with *Pitta Dosha* it produces *Amlapitta* (Dyspepsia). *Amlapitta* is of two types *Urdhvaga Amlapitta* and *Adhoga Amlapitta* the symptoms of *Urdhvaga Amlapitta* are very much similar with Gastroesophageal reflux disease. GERD is one of common lifestyle disorder which people are facing. according to modern research also, Gastric related problems Dyspepsia, Gastrointestinal reflux disorder, cardiovascular diseases, diabetes, obesity, and certain cancers, are primarily influenced by modifiable lifestyle factors such as diet, physical activity, tobacco use, and alcohol consumption all these are contributory factor to lifestyle disorder.

And according to *Ayurveda* the changed lifestyle nowadays is the root cause of these diseases which is still relevant and applicable in today's era.

## RATIONALE OF THE ARTICLE

This article is an attempt to determine the association between *Viruddha Ahara* and Gastrointestinal reflux disease (*Urdhvaga Amlapitta*) from an Ayurveda perspective. The pathological correlation behind the Gastrointestinal reflux disease (*Urdhvaga Amlapitta*) caused by *Viruddha Ahara* is reviewed.

## AIM

To determine the association between *Viruddha Ahara* and *Urdhvaga Amlapitta* (Gastrointestinal reflux disease).

## OBJECTIVE

1. To define *Viruddha Ahara*
2. To define types and examples of *Viruddha Ahara*
3. To define the pathogenesis of Gastrointestinal reflux disease

In Ayurveda eighteen type of *Viruddha Ahara* is mentioned which are,<sup>[3]</sup>

*Desha Viruddha*- According to *Ayurveda* individuals need to consume food grown in their region it will be beneficial for their health not following it is considered as *Desha Viruddha*. e.g. Spicy food in a tropical country.

*Kala Viruddha*- *Ayurveda* provides clear guidelines on when to eat. Not following it is *Kala Virudha* e.g. Eating without appetite. Eating at midnight. Consuming curd in summer.

*Agni Viruddha*- Those having low digestion power eating large quantity of food.

*Matra Viruddha* –Honey and Cow's Ghee mixed in equal proportion which is contra-indicated in *Ayurveda*

*Veerya Viruddha* - Curd and milk Is contra-indicated in *Ayurveda*.

*Koshta Viruddha* – Drinking milk by *Mrudu Koshta* person.

*Avastha Viruddha*- Diabetes patient having sugar rich food.

*Sanskara Viruddha*- Eating Raw uncooked vegetables and vice versa, frozen food. Excessive boiled vegetables.

*Dosha Viruddha* – Eating spicy food by *Pitta Pradhana* person is *Dosha Virudha*

*Krama Viruddha* is having ice cream after dinner, having carbonated soft drinks after meal. Having desserts (sweet preparation) after food.

*Paak Viruddha*- Eating meal overcooked or undercooked, eating food after reheating it.

*Parihar Viruddha* – Eating food items one after another immediately e.g. consuming cold water immediately after having hot tea or coffee.

*Upachar viruddha* In *Ayurveda* during treatment of disease and after recovery of it various *Anupama* or decoction should be given and not following it is *Upchar Viruddha* e.g. not drinking warm water in fever.

*Samyoga Viruddha* - The combination of certain types of foods can be harmful to health. e.g. citrus fruits with milk.

*Hridya Viruddha* - Eating disliked food against one's will.

*Sampad Viruddha*- Every vegetable, fruits ripen at a specific time and should be eaten at that time. Consuming them otherwise is considered as *Sampada Viruddha* e.g. eating unripe or over ripened fruits. *Vidhi Viruddha*- In *Charaka Samhita* Method of meal are given and not having meals according to it is *Vidhi Viruddha* e.g. having meal in community places.

**GERD pathogenesis, pathophysiology, and clinical manifestations<sup>[4]</sup>:** The etiology of gastroesophageal reflux disease (GERD) is multifactorial, involving a combination of anatomical, physiological, and lifestyle factors. Here are some causative factors, Lower Esophageal Sphincter (LES) Dysfunction: The LES is a muscular valve at the junction of the esophagus and stomach that normally prevents stomach contents from refluxing into the esophagus. Dysfunction of the LES, such as reduced tone or transient relaxation, can lead to reflux episodes.

Hiatal Hernia: A hiatal hernia occurs when part of the stomach protrudes into the chest cavity through the diaphragm. This anatomical change can weaken the LES and contribute to GERD symptoms.

Dietary Factors: Certain foods and beverages can trigger or worsen GERD symptoms, including spicy foods, acidic foods (citrus fruits, tomatoes), fatty foods, caffeine, alcohol, and chocolate.

Obesity: Excess body weight, especially around the abdomen, can increase intra-abdominal pressure. This can promote reflux of stomach contents into the esophagus.

Smoking: Tobacco use can contribute to GERD by relaxing the LES and impairing esophageal motility.

Lifestyle Factors: Factors such as lying down after meals, eating large meals, snacking close to bedtime, and wearing tight clothing around the abdomen can exacerbate GERD symptoms. Understanding these underlying factors helps in managing GERD effectively through

lifestyle modifications, dietary changes, medications with the help of *Ayurveda*. Gastroesophageal reflux disorder (GERD) causes a variety of symptoms due to the backflow of stomach acid into the esophagus. These symptoms can include heartburn, regurgitation of acidic or bitter-tasting fluid into the mouth, difficulty swallowing, chest pain, chronic cough, hoarseness, and inflammation of the esophagus (esophagitis). Long-term untreated GERD can lead to complications such as esophageal strictures and an increased risk of esophageal cancer.

**Amlapitta**<sup>[5]</sup> - It is of two types *Urdhwaga Amlapitta* and *Adhoga Amlapitta* given in *Madhava Nidana*. In *Urdhwaga Amlapitta* *Harita*, *Peeta*, *Rakta Varna*, *Chipa Chipa* (slimy content) *Vamana* (Vomiting stomach content), *Urodaah* (Heart burn), *Kantha daah* (Burning sensation in throat), *Khatti Tikta Dakaara* (Acidic Sour Belch), *Aruchi* (Anorexia), *Jwara* (Fever), *Khujli*, *Chakatte* (itching over body with eruption).<sup>[6]</sup> These symptoms are found, and these are very much similar with symptoms found in GERD. And the causative factors are also same. Both the diseases arise due to *Ahitkara Ahara Vihara Sevana*. Therefore understanding *Viruddha Ahara* and *Virudha Ahara Sevan Janya Vyadhi*, Chikitsa through *Ayurveda* is beneficial for prevention and also for treating disease and can lead to a healthy life.

## DISCUSSION

Gastroesophageal (GI) disorders are a common health concern affecting a significant portion of the population worldwide. *Ayurveda*, the ancient Indian system of medicine, offers a unique perspective on understanding and managing GI disorders through its holistic approach to health and wellness. In *Ayurveda*, the GI tract is considered a crucial part of the body responsible for digestion, absorption, and elimination. According to *Ayurvedic* principles, the balance of the three doshas – *Vata*, *Pitta*, and *Kapha* – plays a key role in maintaining optimal GI health. Any imbalance in these *Doshas* can lead to various GI disorders. As we discussed earlier that *Viruddha Ahara Sevana* is contributory factor in all gastric related problems like acid reflux, gastritis, ulcers, and inflammatory bowel diseases (IBD). *Ayurvedic* approaches aim to pacify *Pitta* these problems with cooling and soothing herbs like aloe vera, licorice, and *Yashtimadhu*, along with dietary changes to avoid spicy, acidic, and fried foods. *Ayurvedic* interventions focus on stimulating digestion to support GI health. *Ayurvedic* formulations such as *Triphala Churna* (a blend of three fruits), *Hingvastak Churna* (a mix of herbs targeting digestion), and *Amalaki* (Indian gooseberry) are commonly used to improve

digestion, reduce inflammation, and cleanse the GI tract. In *Ayurveda* various rules and regimens given in *Swasthvritta* including *Dinacharya* (Daily regimen)<sup>[7]</sup>, *Ritucharya* (Seasonal regimen)<sup>[8]</sup>, *Panchakarma* (Five detoxification and bio-purification therapies), and *Rasayana* (Rejuvenation) therapies enough scope not only for prevention of disease, but also for the promotion of health and cure of disease.

## CONCLUSION

*Ayurveda* offers a comprehensive framework for understanding and managing gastrointestinal disorders by addressing the root cause of imbalances through personalized diet, lifestyle modifications, herbal therapies, and mindfulness practices. Integrating *Ayurvedic* principles with conventional medical care can provide a holistic approach to improving GI health and overall well-being. By understanding the causes, recognizing symptoms, adopting healthy lifestyle habits, appropriate treatment options as mentioned in *Ayurveda*, individuals with GERD can effectively manage their condition and reduce the risk of complications. Early intervention and management are key to improving and promoting digestive health.

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