

# AYURVEDIC APPROACH IN THE MANAGEMENT OF AMLAPITTA WITH THE HELP OF PATHYAPATHYA



Dr. Pranjal Sanjay Jain<sup>1</sup>   and Dr. Punam Subhashlaji Katariya<sup>1</sup>

<sup>1</sup>MD (Scholar), Kaychikitsa Department, S.G.R. Ayurveda College, Solapur, Maharashtra, India



## ABSTRACT

In present scenario due to modern lifestyle and food habits most of the population are suffering from a common disease called as Amlapitta or gastritis. Ayurveda is a treasure of Knowledge. Ayurvedic science helps for removing root cause of diseases with the help of various Shodhan, Shaman treatment along with Pathyapathya. After treatment of diseases if proper Pathya not followed then recurrence of diseases occurs. In Ayurveda medicines as well as Pathya has equally important. For each diseases different Pathya described in Samhitas. In present we will discuss about importance of Pathya and Apathya in Amlapitta disease. Amlapitta is one of the Annavaha Strotas disease causes due to not following proper Pathya. It's characterized by qualitatively and quantitatively increased Amla Guna of Pitta. The cardinal classical clinical features of Amlapitta are Avipaka (indigestion), Klama (tiredness), Utklesha (nausea), Tikta Amlaudagar (sour and bitter belching), Hrutakantha Daha (heat and throat burn) and Aruchi (anorexia). In Pathya Kalpana not only Hetus but proper follow of Dincharya and Rutucharya are important. Here attempted has to be made for various Pathya and Apathya are applicable for Amlapitta.

Received 20 April 2021

Revised 5 May 2021

Published 31 May 2021

Corresponding Author

Dr. Pranjal Sanjay Jain, [pranjalj0904@gmail.com](mailto:pranjalj0904@gmail.com)

DOI [10.29121/granthaalayah.v9.i5.2021.3904](https://doi.org/10.29121/granthaalayah.v9.i5.2021.3904)

**Funding:** This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

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**Keywords:** Amlapitta, Pathyapathya, Dincharya, Rutucharya, Ayurveda

## 1. INTRODUCTION

Amlapitta is a disease which is commonly found in almost all parts of world. Amlapitta is a disease of Annavaha Strotas. For Annavaha Strotas Agni plays an important role in development of diseases. Rogahasarveaimandagni Garde (n.d.-a) stated by Acharyas, here Mandagni is responsible for development of Amlapitta. Due to vitiation of Agni Prakruta Pachaka Pitta Avastha gets convert into Vikruta Pachaka Pitta Avastha give rise to the Amlapitta. Due to alteration of food habits, changing life styles, addition of drug, night culture and mental stress hampers the process of digestion hence disease like Amlapitta produced. In present era the role of Pathyapathya are very important. Pathya Tripathi (2019c) is referred to the

Aahara and Vihara which causes pacification of disease where Apathy is referred to the Aahara and Vihara which causes aggregation and complication of diseases. According to Yogratnakar [Sastri et al. \(2018\)](#) Aahar(Food), Aushadhi (Medicine) and Pathya has same importance during treatment. As per him if we take medicine and doesn't follow proper Pathya then diseases got increased. The incidence of diseases increases due to not following proper Dincharya and Rutucharya.

## 2. AIMS AND OBJECTIVE

### 2.1 AIMS

Role of Pathyapathya on Amlapitta.

### 2.2 OBJECTIVE

Refrecess from various Ayurvedic Granthas.

## 3. MATERIAL

### 3.1 DEFINATION

“Amlaguna Udrikattam Pittam Amlapittam” [B \(2006\)](#)

When there is increase Amla Guna of Pitta Dosha the condition called as Amlapitta.

#### 3.1.1 NIDANPANCHAKA

**Nidan** [Sarma \(2002a\)](#)- It is a disease of Annavaaha Strotas, the dietary factors plays a predominant role as etiological factor.

**Aaharaja Hetu** – Guru, Abhishandi, Atiushna, Parushita Aahar, Aadhyashan Ajirna, Anshan, Virudhashan, Kulattha, Dahi, Lavanrasa, Amlarasa, Katurasa are responsible for the formation of Pittaja Vyadhi.

**Viharaja Hetu** – Vegvidharan, Diwaswap, Aatapsevan, Ratrijagran, Ushnasevan are included in Viharaj Hetu.

**Manasika Hetu** – These Hetu also play an important role in the production of Amlapitta. Chinta, Krodha, Bhaya, Shoka, Dwesha, Matsara are included under Manasika Hetu.

## 4. PURVARUPA

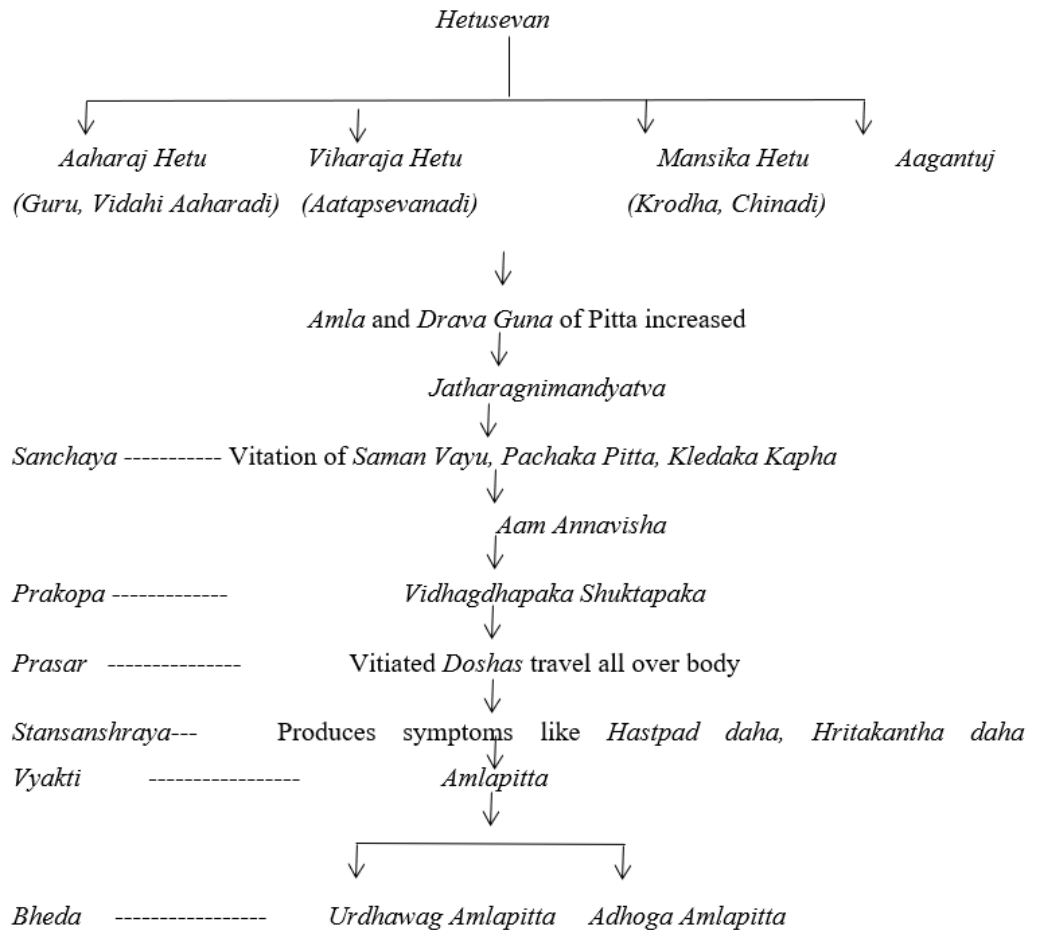
Acharya Charak considered Amlapitta as symptoms of diseases during description of Grahani he mentioned Purvarupas like Trishna, Alasya, Balanasha, Annavidha, Gau-ravata etc. these symptoms also can be considered as Purvarupa for Amlapitta. [Tri-pathi \(2019b\)](#)

## 5. RUPA

Acharya Charak in Grahani elaborates concept of Amlapitta. He mentions Lakshanas of Amlapitta as, Avipaka, Klama, Utklesha, Aruchithese has been considered as Samanya Lakshanas of Amlapitta by most of authors. [Tripathi \(2019a\)](#)

## 6. SAMPRAPTI

Kashyapa explained that the Nidan causes the Doshaprakopa especially Pitta Dosha. Here mostly Amla and Drava Gunatamaka Pitta increased. This leads to Mandagni and Vitation of Doshas situated near Amashaya. Here ormation of Aamvisha takes place due to Aamvisha ingested food becomes Vidhagdha and Shuktibhava. This Vidhagdha and Shuktibhava food create Amlata in Aamashaya and travels all over body produces symptoms according to the involvement of Dosha and Gati. [Sarua \(2002b\)](#)



**Figure 1** Shows Samprapti of Amlapitta according to Shatakriyakaal

## 7. BHEDA Tripathi (2006)

1. **Urdhawag Amlapitta** - Vegas of Pitta expelled out through Urdhawajatrugata or Upward direction called as Urdhawaga Amlapitta.
2. **Adhoga Amlapitta** - Vegas of Pitta occurs from downward orifices called Adhoga Amlapitta.

## 8. CHIKITSA

Various Shodhan process like Vaman, Virechan, Basti, Raktamokshan and Shaman like Sutashekhar Rasa, Avipatkar Churna, Kamdudha Rasa, Lakshmvilas Rasa are described for Amlapitta.

## 9. PATHYAPATHYA Sastri (2018)

Disease not only cured with only Shodhan & Shaman Medicines but also Pathyapathya plays an important role. Acharyas described Pathyapathya related to Amlapitta are

**Table 1** Various Pathya for Amlapitta disease mentioned in Samhitas

| Varga         | Aahar Dravya | Rasa                  | Virya   | Vipaka  | Guna           | Karma                               |
|---------------|--------------|-----------------------|---------|---------|----------------|-------------------------------------|
| Anna          | Puran Shali  | Madhura               | Sheeta  | Madhura | Laghu          | vatashamak                          |
|               | Yava         | Kashaya Madhura Tikta | Sheeta  | Katu    |                | Agnideepana                         |
|               | Godhuma      | Madhura               | Sheeta  | Madhura | Guru, Singadha | Vatapittahar, Balya, Jeevan, Bruhan |
|               | Mugda        | Madhura Kashaya       | Sheeta  | Katu    | Laghu, Ruksha  | Kaphapittahar, Vatakar              |
| Ksheera Varga | Godugdha     | Madhura               | Sheeta  | Madhura | Guru, Singdha  | Tridosahar, shothahar               |
| Shaka Varga   | Patol        | Tikta Katu            | Ushna   | Katu    | Laghu, Ruksha  | Agnideepana, Kaphapittahar          |
|               | Kushmanda    | Madhura               | Sheeta  | Madhura | Laghu, Singdha | Vatapittahar                        |
| Mamsa Varga   | Jangla Masa  | Madhura Kashaya       | Sheeta  |         | Laghu          | Agnideepana, Sannipatika            |
| Phala Varga   | Dadima       | Madhura Kashya Amla   | Anushna | Madhura | Laghu Singdha  | Tridosahar, Nityashevaniya          |

*Continued on next page*

Table 1 continued

|            |         |   |        |         |                  |                              |
|------------|---------|---|--------|---------|------------------|------------------------------|
|            | Amalaki | Amlpradha:<br>Lavan-<br>rahita<br>Pancha-<br>rasa | Sheeta | Madhura | Laghu,<br>Ruksha | Vatakaphghan,<br>Pittashamak |
| Kandamoola | Halad   | Tikta,<br>Madhura                                 | Ushna  | Katu    | Laghu,<br>Ruksha | Kaphaghna,<br>Pittashamak    |

Table 2 Various Pathya for Amlapitta disease mentioned in Samhitas

| Varga            | Ahara<br>Dravy | Ras     | Veerya | Vipak   | Guna                          | Karma                            |
|------------------|----------------|---------|--------|---------|-------------------------------|----------------------------------|
|                  | Navanna        | Madhura | Sheeta | Madhura | Guru                          | Kaphakara                        |
|                  | Masha          | Kashaya | Ushna  | Madhura | Guru,<br>Singdha              | Kaphakara                        |
|                  | Kulattha       | Kashaya | Ushna  | Amla    | Laghu                         | Raktapittaprakopak               |
|                  | Taila          | Madhura | Ushna  | Madhura | Singdha                       | Kaphakara                        |
| Madya Varga      | Nutan<br>Madya | Amla    | Ushna  | Madhura | Laghu,<br>Vishada,<br>Tikshna | Vatakara                         |
| Kanda Varga      | Aluka          | Madhura | Ushna  | Madhura |                               | Vatakaphara                      |
| Ksheera<br>Varga | Aviksheera     | Madhura | Sheeta | Madhura | Laghu,<br>Snigdha             | Kaphakara                        |
| Mamsa<br>Varga   | Matsya         | Madhura | Ushna  | Madhura | Guru,<br>Snigdha,             | Abishyandhi,<br>Balya,<br>Bruhan |
|                  | Anupa<br>mamsa | Madhura | Sheeta | Madhura | Guru                          | Kaphakara                        |
| Miscellaneous    | Dadhi          | Amla    | Ushna  | Amla    | Guru,<br>Singdha,             | Kaphapittakar                    |
|                  | Nava Guda      | Madhura | Ushna  | Madhura | Laghu,<br>Snigdha             | Vatakaphahar,Pittakara           |

## 10. DINCHARYA

Dincharya refers to the recommendation of persons daily routine that educate how to live a happy and healthier life and avoid all disease. It also helps in proper digestion, absorption and assimilation of food which is necessary for reducing manifestation of disease.

Activities includes under Dincharya – Brahmemuhurte Uttishthe, Malosarga Vidhi, Dantadhavan and Jivhanirlekhan, Anjan, Nasya, Kaval, Dhoompaan, Abhyanga, Vyayama, Udawartan, Snana, Bhojan Vidhi etc. [Garde \(n.d.-b\)](#)

## 11. RUTUCHARYA

Rutucharya [Garde \(n.d.-c\)](#) means seasonal diet, lifestyle in short seasonal routine that needs to follow according to particular season. In Ayurveda 6 types of seasons were mentioned and for each season described particular Pathya which is necessary for healthy digestion. In today's era due to vigorous changes in lifestyle and not following seasonal recommendation evidence of Amlapitta increases so it's necessary to follow seasonal diet to reduce the disease.

**Table 3** Indication of Rasa and Guna as per Ritu

| Ritu    | Indication of Rasa and Guna                  |
|---------|--|
| Shishir | Madhura, Amla, Lavan, Snigdha, Ushna         |
| Vasant  | Katu, Tikta, Kashaya, Ruksha, Ushna          |
| Grishma | Madhura, Amla, Lavan, Sheeta, Drava, Snigdha |
| Varsha  | Madhura, Amla, Lavan, Katu, Snigdha          |
| Sharad  | Madhura, Tikta, Kashaya, Sheeta, Laghu       |
| Hemant  | Madhura, Amla, Lavan, Ushna, Snigdha         |

## 12. DISCUSSION

Amlapitta is a disease of Annavaha Strotas so Aaharaja Hetu plays an important role. In present era due to **hurry worry curry** and constant and excessive consumption of alcohol, tobacco, beverages, fast food, junk food leads to improper follow of Pathya which hampers process of digestion causes local irritation in stomach causes Amlapitta.

In classic Acharyas mentioned Pathya Sevan has been correspondingly important as Oshadha Sevan and both are effective in prevention as well as management of complication of disease.

**According to Acharya Charaka** almost all disease can be treated in 3 steps [Tripathi \(2019d\)](#) –

1. Nidanparivarjan
2. Prakrutivighata
3. Apakarshan

Nidanparivarjan states that avoiding those factors from diet which are Dosha aggregating and disease producing. Nidana parivarjana is the first line of treatment of the diseases. The disease is mostly due to the Apathya Sevan, so avoiding of those factors are important here. For Amlapitta Pathay described possess properties like Laghu, Ruksha Gunatmaka, Tikta, Madhur Rasatmaka and Sheeta Viryatmaka Gunas. The Gunas having properties exactly opposite to the Pitta Dosha and it described as Pathya.

Dietary precaution is necessary in case of Amlapitta. Eat meal when there is proper sensation of hunger; Don't eat meal before the digestion of previous meal, Acharyas says stomach is divided into 3 parts, one for food, one for water n last one empty for proper digestion of food. Eating heavy food material leads to slow digestion and require much more time so light, healthy diet necessary to improve condition.

Not only hetusevan but also proper follow of Dinchaarya a, Rutucharya are equally important.Principle of Dincharya is more relevant in present era because everybody is in hurry and running according to fast life style, even nobody has time even for them self. So the evidence of life style disorder likes Amlapitta got increased day by day. According to Ayurveda one should follow Dincharya in order to lead a healthy and disease free life. Dincharya includes many regimens out of which Bhojan Vidhi includes follow of Ashtaahar Vidhi Visheshayatan and Aahar Vidhan, if this is not kept to properly disturbance of Agni occurs create Agnimandya and produces Ajirna and leads to formation of Amavisha. These Amavisha gets mixed with Doshas mainly Pitta dosha gather in Aamashaya leads to manifestation of disease like Amlapitta.

As we know Pitta accumulates in Varsha Rutu and raging in Sharad Rutu and back to the normal stage during Hemant Rutu with the help of this knowledge we are able to prevent diseases produced by Pitta Dosha. Amlapitta is a result of not following proper seasonal changes. But with the knowledge of Rutucharya we can surely avoid these by practicing regimen in accordance with Rutu to maintain the harmony of Doshas which produces diseases.

### 13. CONCLUSION

Amlapitta is a most burning issue all over the world. Due to high prevalence rate, vast field of manifestation of symptoms, if not treated in appropriate time create major problem, relapse are very common so proper follow of Pathya and Apatya in accordance with Dincharya and Rutucharya is necessary.

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