

AYURVEDIC MANAGEMENT OF AMLAPITTA: UNDERSTANDING CAUSES, SYMPTOMS, AND TREATMENT APPROACHES

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ABSTRACT

Amlapitta is a term used in Ayurveda that indicates a condition or disease resulting from the *Amlibhuta*, or acidification, of *Pitta Dosha*. The properties of *Pitta Dosha*, like its *Katu Rasa*, *Ushna* and *Tikshna* may become *Amla* in this pathological condition. Disturbed pattern of *Ahara-Vihara* may impair *Pitta Dosha* to induce pathogenesis of *Amlapitta*. When aggravated *Pitta* takes upward course, it becomes causes of *Urdhwaga Amlapitta*. Ayurveda also defined *Adhogamapitta* in which aggravated *Pitta Dosha* moves downward, characterized by symptoms such as *Atidrava Mala Pravrutti*, *Daha* and *Trishna*. Other symptoms of *Amlapitta* include *Avipaka*, *Klama*, *Utklesha*, *Hritkantha Aruchi* and *Tikta Amlaudgara*, etc. Ayurveda suggested various drugs like *Shankha Bhasma*, *Kaparda Bhasma*, *Avipattikara Churna*, *Mahashankha Vati*, *Guduchyadi Gana Kwatha* and *Yashtimadhu Churna*, etc. These drugs relieve symptoms of disease by virtue of their *Pitta* balancing property. These Ayurvedic drugs enhance digestion, pacifying *Pitta* and control movement of upward *Vata*. Present article describes causes, symptoms and Ayurvedic management of *Amlapitta*.

KEYWORDS: Ayurveda, *Amlapitta*, *Agnimandya*, *Pitta*.

INTRODUCTION

Pitta Dosha mainly rules digestive metabolism in the body, when *Prakrita Katu Rasa*, or the pungency of *Pitta*, is deranged and replaced by an excessive dominance of *Amla Rasa*, it brings a pathological state. *Agnimandya* is one of the major causes of many diseases and this condition mainly arises due to the poor dietary habits including *Adhyashana*, *Vishamashana* and *Vegadharana*, etc. All these practices vitiate *Doshas* leading to the pathological condition *Amlapitta*. Ayurveda classifies *Amlapitta* into *Urdhwaga Amlapitta* and *Adhoga Amlapitta* which involves upward and downward movement of *Pitta* respectively. The common cause of *Urdhwaga Amlapitta* is inappropriate diet and this condition characterizes by *Aruchi*, *Gurukoshthatva*, *Gaurava*, *Vibandha*, *Shiroruja*, *Utklesh* and *Tiktamlodgar*. Consumptions of *Amla*, *Lavana*, *Guru* and *Snigdha Ahara* may induce such types of symptoms. The different types of categories of *Amlapitta* are depicted in Figure 1.^[1-5]

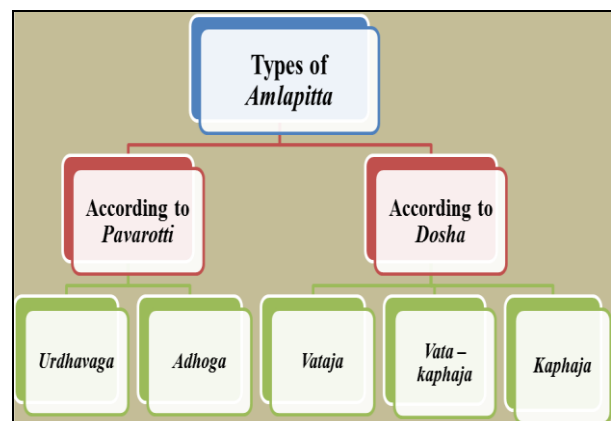


Figure 1: Different categories of *Amlapitta*

The *Samprapti* of *Amlapitta* begins with the *Nidan Sevana*, which aggravates *Doshas*, this causes *Mandagni* and undigested food remains in the abdomen. When it continues for a considerable time, *Annavisha* and *Amadosha* are formed, which culminates into *Amlapitta*. *Samprapti Ghataka* of *Amlapitta* includes *Pitta* with *Kapha Dosha*, *Dushya Rasa*, *Srotodushti* of *Annavaha*, *Purishvaha* and *Rasavaha Srota*. The diagnostic features

of *Amlapitta* include clinical presentation of *Urodaha*, *Tikta-Amlodgar*, *Utklesha*, *Avipaka*, *Aruchi* and *Klama*. Ayurveda suggested many therapies including detoxification measure and natural drugs, etc. This article further explores examples of Ayurveda drugs used for *Amlapitta* and their role in disease management.^[5-7]

Causes, Pathogenesis and Symptoms of *Amlapitta*

The major causes of *Amlapitta* are depicted in **Table 1**, which includes dietary and daily regimen related factors along with psychological attributes.

Table 1: Causes of *Amlapitta* according to Ayurveda.

Nidana	Details
Ahara	Consumption of <i>Amla</i> , <i>Lavana</i> and <i>Katu Ahara</i> .
	<i>Viruddha Ahara</i> .
Vihara	Inadequate sleep.
	<i>Vegadharana</i> .
Manasika	Stress, anger and grief.

In *Amlapitta*, *Pitta* is mainly vitiated, especially *Pachaka Pitta*. *Kapha*, in a secondary role, vitiated and forms *Ama*. *Agni Dushti* leads incomplete digestion, which forms *Ama* and causes fermentation of undigested food. Accumulated *Ama* mixed with *Pachaka Pitta* and *Kapha*; ultimately affect *Amashaya*, where excessive acid and abnormal secretions occur in the stomach. The important components of pathogenesis are *Tikshna Agni*, *Annavaha Srotas* and *Amashaya* as *Adhishthana*. The clinical manifestations include *Amlodgara*, *Urodaha*, *Avipaka* and *Tikta-Amla Udgara*. Chronic cases can cause ulcers, gastritis, acid reflux and GERD.

Ayurveda Drugs for *Amlapitta*

The formulations used for *Amlapitta* exhibit properties such as astringency, bitterness and an alkaline nature. These properties help to neutralize excess acidity, pacify *Kapha* and *Pitta Doshas* and maintain acid-base balance. These drugs by virtue of their properties stimulate appetite and enhance digestion. The purgative actions of Ayurvedic drugs eliminate vitiated *Pitta* and addresses others symptoms of *Amlapitta*. By targeting the pathological factors like vitiated *Pitta* and disturbed digestive fire, these treatments alleviate physical symptoms of disease.

The Ayurvedic formulations for managing *Amlapitta* include ingredients such as *Sodhita Gandhak*, *Shankh Bhasma*, *Tamra Bhasma*, *Shunthi*, *Maricha*, *Twak*, *Patra*, *Pippali*, *Ela*, *Bilwamajja* and *Nagakeshar*, etc. are major drugs that can be used for managing symptoms of *Amlapitta*. *Haritaki*, *Vibhitaki*, *Amalaki*, *Vidanga*, *Trivrit*, *Draksha*, *Yastimadhu* and *Ela*, etc. also helps to address the imbalance of *Pitta Doshas*.

Oral Medications for *Amlapitta*

Deepana drugs stimulate appetite; pacify vitiated *Pitta Doshas* and clear stomach from *Ama*. *Avipattikara Churna*, *Sutsekhar Ras*, *Kamadugha Ras*, *Pravala Panchamrita* and *Laghu Sutshekar Ras* are major classical formulations can be used for this purpose. Herbal powders of *Yastimadhu*, *Shatavari*, *Bhringa*, *Amla*, *Dhamasa*, *Chandan*, *Musta*, *Parpatatak* and *Guduchi Satva* also recommended in chronic condition. Liquid preparations include *Ushirasava*, *Bhunimbadikada*, *Chandanasava*, *Amlapitta Kadha* and *Abhayarishtha*. **Table 2** depicted details of drugs used for *Amlapitta*.^[6-9]

Table 2: Description of drug used for *Amlapitta*.

Intervention/Drug	Properties	Indications/Benefits
<i>Avipattikara Churna</i>	➤ <i>Katu</i> , <i>Tikta</i> and <i>Kashaya Rasas</i> ➤ <i>Madhura Vipaka</i> ➤ <i>Sheeta Virya</i> ➤ <i>Kapha-Pitta Samaka</i> effect	Relieves <i>Urokanta Daha</i> , <i>Ruja</i> and <i>Tikta Amlaudgara</i> . Reduces inflammation and cures <i>Avipaka</i> and <i>Gourava</i> .
<i>Shankha Bhasma</i>	➤ <i>Kshariya</i> and <i>Sheeta</i> properties ➤ <i>Deepana</i> and <i>Pachana</i> effects	Neutralizes excess stomach acid, pacifies <i>Pitta Dosh</i> , cure <i>Grahani</i> and <i>Udarashoola</i> .
<i>Kaparda Bhasma</i>	✚ Antacid action	Alleviates <i>Urokantaruja</i> , <i>Tiktamla Udgara</i> and <i>Daha</i> . Also cures <i>Agnimandhya</i> .
<i>Mahashankha Vati</i>	✚ <i>Dipana</i> and <i>Pachana</i> properties	Manages digestive disorders.
<i>Pittantaka Yoga</i>	✚ <i>Madhura</i> , <i>Kashaya Rasas</i> ✚ <i>Seeta Virya</i>	Pacifies <i>Vata</i> and <i>Pitta</i> , teats <i>Anaha</i> , <i>Aruchi</i> and <i>Ajirna</i> .
<i>Yashtimadhu Churna</i>	✚ <i>Seeta Virya</i> ✚ <i>Madhura Rasa</i> ✚ <i>Snigdha Guna</i>	Acts as an antacid, heals gastric ulcers and pacifies <i>Pitta-Vata Dosh</i> .

Diet and Lifestyle Guidelines for Amlapitta^[8-10]**➤ Pathya Ahara**

Puran Shali, Mudga, Masur, Harenu, Goghrit, Godugdha, Jangala Mansa, Kalay Shak, Pautik, Vasa Pushp, Vastuk, Rason, Haritaki, Pippali and Puran Madira.

➤ Pathya Vihar

Virechana, Basti and Vamana as purification measures and Shital Jalpan.

➤ Apathya Ahara:

Til, Urad, Kulthi, Avi Dugdha, Dhanyamla, Lavana, Amla, Katu Rasa, Guru Anna and Madya.

➤ Apathya Vihar:

Veg Dharana, Atap Sevan and Diwaswap.

Modern drug for Amlapitta

Modern drug categories for *Amlapitta* include antacids that neutralize stomach acid, proton pump inhibitors that reduce acid production by inhibiting gastric enzymes, H₂ receptor antagonists that block histamine-mediated acid secretion. Mucosal protective agents safeguard the gastric lining, while prokinetics enhance motility and prevent reflux. Antibiotics like amoxicillin and clarithromycin are used for *H. pylori* eradication in peptic ulcers, selective COX-2 inhibitors provide safer anti-inflammatory options and alginates form a reflux-preventing barrier. Antispasmodics drugs relieve gastrointestinal spasms and combined preparations with antacids and prokinetics offer comprehensive relief in all symptoms of hyperacidity.^[11, 12]

CONCLUSION

Amlapitta is a distressing condition arising from improper dietary practices, stress and unhealthy lifestyle habits. The clinical manifestation of *Amlapitta* involves vitiation of *Pitta*, accompanied by disturbances in *Vata* and *Kapha*. The complications include *Jwara*, *Atisara*, *Pandu*, *Shotha*, *Aruchi* and *Bhrama*. The core principles of treatment include *Nidan Parivarjana*, *Sanshodhana Chikitsa* and *Sanshamana Chikitsa*. The *Sanshamana Chikitsa* includes Ayurvedic formulations such as *Avipattikara Churna* which provide *Kapha-Pitta Samaka* effect, *Shankha Bhasma* reduces inflammation, *Kaparda Bhasma* works as an antacid in removing *Urokanteruja* and *Daha*, *Mahashankha Vati* and *Pittantaka Yoga* manages digestive disorders like *Anaha* and *Ajirna* while *Yashtimadhu Churna* heals gastric ulcers and pacifies *Pitta Dosha*. Additionally, adhering to *Pathya Ahar* and *Vihar* plays a vital role in managing *Amlapitta*.

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