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## AMLAPITTA-A COMPREHENSIVE REVIEW

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**Abstract:** Kashyap Samhita is the first text, which has mentioned Amlapitta as separate disease. Amlapitta is made by two words that are Amla and Pitta that literally means a condition in which sourness of pitta gets increased. Acharya Charaka has mentioned Amlapitta in nanatmaj vikaras, a clear picture of Amlapitta is seen in the description of pittaja Gulma and pittaja Grahani and the treatment resembles very much similar to the disease Amlapitta<sup>1</sup>. Excessive use of Ushna Katu Tikshna ahara and also irregular life style are the main causative factors for disease Amlapitta. Present article explains the etiopathogenesis, Types and symptoms of disease Amlapitta.

**Keywords:** Amlapitta, charaka, Ushna, Katu, Tikshna

**Introduction:** Description of disease Amlapitta seen from Vedic era to modern era. Amlapitta is literally means a condition in which sourness of pitta gets increased. Charaka has mentioned Amlapitta in nanatmaj vikaras<sup>[1]</sup>. Sushruta while describing the disease caused due to excessive use of lavana has mentioned a disease called 'Amlika' which is similar to Amlapitta<sup>[2]</sup>. Kashyap Samhita is the first text, which has mentioned Amlapitta as separate disease. Excess of pitta aggravating factors like Katu, Amla, Vidahi, etc. and irregular time of consumption of food are the factors responsible for disease Amlapitta. Avipaka, Kalma, Hritdaha, Kanthadaha, Amlodgara, Gaurava, Utklesha, Tiktodgara, Aruchi are the main symptoms of disease Amlapitta<sup>[3]</sup>.

**Historical View:** History is a navigator towards the future of any subject. By detail knowledge of history one can easily understand the present and can explore for the better future of any subject. Therefore, it is quite essential to have knowledge about the things you want to explore. In exploring the disease Amlapitta one has to start right from the Vedic era to the latest day researches.

**Vedic Kala:** In Vedic literature one cannot find the references about the disease Amlapitta.

**Samhita Kala:** Charaka Samhita: In this text Acharya Charaka had not mentioned Amlapitta as separate disease, but still the word Amlapitta is

having its existence in the text at several different places. They are: While describing the indication of 8 types of milk, Amlapitta has also been listed<sup>[1,3]</sup> (Ch.Sm. Su 1/110). Kulattha has been considered as chief etiological factor of Amlapitta (Ch.Sm. Su 25/40). Excessive use of Lavana causes Amlapitta (Ch.Sm. Su 26/43). Amlapitta has been listed in the diseases caused by viruddhaahara (Ch.Sm. Su 26/103). Rajamasha has the property of relieving the Amlapitta (Ch.Sm. Su 27/25). Mahatikta Ghrita has been indicated in Amlapitta (Ch.Sm. Chi.12/52). While describing Grahani Dosha pathogenesis of Amlapitta has been clearly described (Ch.Sm. Chi.15/47). The list of pittika nanatmaj vyadhis includes Dhumaka, Amlaka, Vidaha, which are the symptoms of Amlapitta, (Ch.Sm. Su. 20/14). Indication of Kansa Haritaki also includes Amlapitta (Ch.Sm. Su. 12/52). Though Charaka has mentioned Amlapitta in nanatmaj vikaras, a clear picture of Amlapitta is seen in the description of pittaja Gulma and pittaja Grahani and the treatment resembles very much similar to the disease Amlapitta. Sushruta Samhita: Acharya Sushruta while describing the disease caused due to excessive use of lavana has mentioned a disease called 'Amlika' which is similar to Amlapitta<sup>[4]</sup>. Kashyap Samhita: Among the ancient texts Kashyap Samhita is the first text, which has mentioned Amlapitta as separate disease. This text has given detail

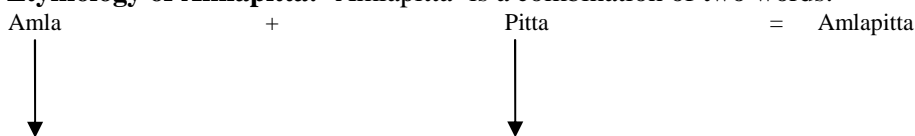
description with treatment and also gives suggestion to change the place of living to have good peace of mind to cure the disease. Thus in the Upanishad kala also it was firmly believed that manasika bhavas are affecting the disease Amlapitta.

**Harit Samhita:** Harit Samhita in 24th chapter of 3rd sthana has described Amlapitta as a separate disease and given the treatment. It also gives one special synonym of the disease as 'Amla Hikka' (Hiccups with sour teats.)<sup>[5]</sup>

### Madhya Kala

**Madhava Nidana:** Madhava Nidana has described two types of Amlapitta & their

**Definition and Etymology of Amlapitta:** 'Amlapitta' is a combination of two words:



Sour taste+ excessive Salivation

Digestive substance of the human body

So, Amlapitta is literary means a condition in which sourness of pitta gets increased<sup>[1]</sup>.

**Synonyms of Amlapitta:** Ashtang Samgraha has mentioned 3 synonyms of Amlapitta they are, Amlapitta Pramilaka Pitta Visuchika

**Nidana of Amlapitta:** After a careful screening and analysis of the etiological factors of Amlapitta, they may be discussed under four groups. They are, Aharaj Hetu, Viharaj Hetu, Manasika Hetu, and Aagantaja Hetu. A brief resume of these factors may be presented as under<sup>[6]</sup>. (Ma.Ni. 51/1).

**Aharaj Hetu [Dietary Factors]:** The first and the foremost group of etiological factors of Amlapitta may be considered as the dietary factors. Under this group the intake of food against the code of dietetics i.e. Ahara vidhi vidhana and Ahara vidhi visheshaayatana is included. Various type of incompatible substances, excess of pitta aggravating factors like Katu, Amla, Vidahi, etc. and irregular time of consumption of food are the factors against the dietetic code and they are directly responsible for the annoyance of pitta<sup>[4, 3]</sup>.

**Viharaj Hetu [Habit Oriented Factors]:** To maintain the sound and good health, one has to follow the code of habits. He is required to have

### Ahara Group

- (1) According to the type of ahara:
 

[a] Kulattha	[b] Pruthuka	[c] Pulaka (husky food)
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- (2) According to the quality of food:
 

[a] Abhishyandi	[b] Ati snigdha	[c] Ati ruksha
[d] Gurubhojya	[e] Vidahi anna	
- (3) According Samskara done on the ahara: -

prognosis they are<sup>[6]</sup>: 1. Urdhavagata; 2. Adhogata.

**Vrinda Madhava:** This text has also narrated the disease and its treatment<sup>[7]</sup>.

**Sharangdhara Samhita:** Though the book has not narrated about the etiopathology of the disease it had given the drugs and their preparatory methods and indicated it in the disease Amlapitta<sup>[8]</sup>.

**Bhava Prakasha:** This text has narrated the etiopathological factors similar to that of Madhava Nidana and given many medicaments for the treatment. He had also mentioned Kushmanda Avaleha as an effective medicine to treat the disease.

regular habits of defecation, eating, and sleeping in time. He has not to suppress the natural calls, maintain the equilibrium of the body constituents' and by that, obviously, he would maintain good health and proper functioning of the body. If this is not followed regularly, the whole functioning of the body will be disturbed and in long run, they will cause the disturbances of the equilibrium of pitta and digestion, which ultimately will lead to Amlapitta.

**Manasika Hetu [Psychological Factors]:** Psychology also plays a great role in maintaining the health of a person. An abnormal psychology of a person in terms of anxiety, anger, greediness, etc. would affect the physiology of the digestion. These factors tend to affect the secretion of the gastric juice and by that, they are disturbing the homeostasis, which interns Amlapitta.

**Agantuja Hetu [Other Related Factors]:** Under this group constant and excessive consumption of alcohol, tobacco, beverages, smoking, or other irritant stuffs, etc are taken. These substances cause a local irritation in the stomach, which in turn secrets, more gastric juices, and infection of the stomach, which may be grouped under this category.

- [a] Apakwa anna [b] Bhrishta Dhanya [c] Ikshu vikaras  
 [d] Pishta anna anna
- (4) According to dushti of ahara:  
 [a] Dushta anna [b] Paryushita anna
- (5) According to the pitta provocative properties of ahara:  
 [a] Adhyashana [b] Ajirnashana [c] Ama Purnata  
 [d] Ati ushna [e] Ati Amla [f] Ati Drava  
 [g] Ati Tikshana [h] Ati panam [i] Katvannapana  
 [j] Viruddhashana
- (6) According to the capacity of weakening the digestive power by the food:  
 [a] Ati snigdha sevana [b] Ati ruksha sevana

**Vihara Group**

- [a] Akala Bhojana [b] Antrodaka Pana [c] Bhukta Divaswapa  
 [d] Bhukta Ati Avaghana [e] Kale Anashana [f] Vegavadharana  
 [g] Vishamashana

**Other Related Factors to the Disease**

- [A] Annahina Madya Sevana [B] Gorasa Sevana [C] Madya Sevana

**Samprapti of Amlapitta:** The word Samprapti is the process of the disease formation beginning right from the contact of the causative factors with the body to complete manifestation of the disease. It is a course followed by a disease in which the doshas gets vitiated and the path it follows for the manifestation of disease. The same idea is reflected by the word pathogenesis used in the modern medicinal sciences. Kashyap, Madhava and Gananatha sen have mentioned specific Samprapti of Amlapitta as follows.

Over indulgence in above-mentioned factors cause Vitiating of Vata and Pitta doshas. Anyone of the involved doshas slackens jatharagni (to below normal level) i.e. Jatharagnimandhaya. During this stage, what so ever food is consumed becomes vidgadha. Then it becomes shukta and it lies in the stomach stagnant. Any food, which is taken, becomes vidhaga. At this stage vidgadhajirna manifests which is the purvarupa of the disease Amlapitta<sup>[4]</sup>.

Further vitiated pitta gets mixed with shukta and causes pitta Ama Visha samurchhana. The disease Amlapitta with its cardinal symptoms is then takes place. If not treated properly in this stage, the disease leads to Bheda avastha where the typical characteristics and types like urdhvagata and adhogata are differentiated. Further complications like Shita pitta, Udarda, Kotha, etc. are differentiated.

**Samprapti Ghataka of Amlapitta:** The different components producing Amlapitta are as

- |           |         |          |                   |
|-----------|---------|----------|-------------------|
| Avipaka   | Kalma   | Hritdaha | Kanthadaha        |
| Amlodgara | Gaurava | Utklesha | Tiktodgara Aruchi |

**Kashyap added extra symptoms like:** Vibheda, Aantrakoojan, Udaradhamana and Hridshoola etc.

follows: Udabhava Amashaya and Pittadharakala

- Sanchaya From Pittadharakala to Shleshmadharakala of Amashaya and Pachyamanashaya.
- Adhithana Adhoamashaya
- Dosha Pachaka pitta, Samna vayu, kledaka kapha
- Dushya Ahara Rasa
- Agnimandhaya Jatharagnimandhaya
- Ama Jatharagnimandhaya janya ama
- Swabhava Chirkari
- Vyadhi Amashyottha
- Rogamarga Abhayantara rogamarga
- Paradhanta Pitta dosha pradhanya

**Purvarupa of Amlapitta:** Purvarupas or premonitory symptoms of this disease are not narrated in any classics. But in practice it is observed that in the patients suffering from the disease Amlapitta, there are certain symptoms, which are present for a quit long period before manifestation of the disease. They are Ajirna, Utklesha, etc.

**Rupa of Amlapitta:** Rupa or lakshanas are the complaints for which is consulting the physician in search of relief. In Ayurvedic classics there are many signs and symptoms for the disease Amlapitta, out of which some are short-listed here, which are having predominance in the patients coming for treatment. As described by Madhava Nidana (Ma.Ni. 51/2), the general symptoms of Amlapitta are<sup>[6]</sup>:

On analyzing the classical literature pertaining to Amlapitta it is revealed that quite a big list of symptoms might be prepared. Below a

comprehensive table of the symptoms of the Amlapitta is being presented:			
Amlodgara	Aantrakoojan	Amlotklesha	Angasada
Avipaka	Aruchi	Gaurava	Gurukoshtha
Hritdaha	Hridshoola	Kanthadaha	Klama
Karadaha	Padadaha	Romaharsha	Shrama
Shiroruk	Tiktodgara	Udaradhamana	Urovidaha
	Utklesha	Vibheda	

**Types of Amlapitta:** According to gati of pitta Madhava Nidana has described 2 types of Amlapitta i.e. [1] Urdhavaga Amlapitta [2] Adhoga Amlapitta

According to involvement of doshas, Kashyap and Madhava both have divided Amlapitta as:

**KASHYAP**

Vatika  
Paittika  
Shlaeshmika

**MADHAVA**

Sanila  
Kaphanugata  
Vatakaphadhika  
Shleshmapitta

**Upadrava of Amlapitta:** Kashyap has described mentioned 8 updaravas and stated that the certain complications while describing the disease is incurable in their presence. These prognosis of Amlapitta. The author has updaravas are:

JWARA, PANDUTA, SHOTHA, BHRAMA, ATISARA,  
SHOOLA, ARUCHI, GRAHANI ROGA

**Sadhyasadhyata of Amlapitta:** The prognosis of the disease is not uniformly favorable. Tactful handling during its earliest stages may cure Amlapitta. Chronic cases may either improve a little or may relieve completely during the course of treatment. As soon as the patient deviates from the wholesome diet the disease relapses. Madhava has described the Sadhyasadhyata of this disease<sup>[6]</sup> (Ma. Ni.51/7). When the disease is of recent origin, it is yapya when chronicity occurs it became Kricchasadhyata, when the duration of the disease is long and cured with great difficult and Asadhyata when the patient will have different updaravas and symptoms of Dhatu Kshaya.

**Conclusion:** Amlapitta is most common disease nowadays due to excessive uses of spicy and fast food along with irregular lifestyles. Description of disease Amlapitta seen from vedic period. Aharaj Hetu, Viharaj Hetu, Manasika Hetu, and Aagantaja Hetu are the causes which responsible for disease Amlapitta. In Upanishad kala also it was firmly believed that manasika bhavas are affecting the disease Amlapitta. Symotom. An abnormal psychology of a person in terms of anxiety, anger, greediness, etc. would affect the physiology of the digestion. Madhava has described the Sadhyasadhyata of this disease.

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