



IMPORTANCE OF PATHYA APATHYA IN AMLAPITTA W.S.R TO HYPERACIDITY: A REVIEW

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ABSTRACT Amlapitta is a commonest disease of Annava Srotasa (Gastrointestinal system) mentioned in various Ayurvedic Shamitas. According to Ayurveda Agnimandya is the root cause of all the disease. Agnimandya causes many diseases in which the Amlapitta is one of them. This disease has become a "Burning" problem in our society. According to Ayurveda Agni is one of the chief principals of human health. And the Amlapitta disease cause by the repression of Agni. Amlapitta is produce when the Amla Guna and Drava Guna is excessively increase in pitta Guna. This disease not only hindered physical health but also psychological and social health too. Amlapitta disease possesses highly prevalence rate in India is 38.1%. Amlapitta may be defined as a lifestyle disorder 80% of the top ten lifestyles threatening disease of the world. In Ayurveda the first line of treatment starts with Nidanparivarjan (prevention of disease) so to treat any Ayurvedia the pathya and apathya is described to prevent as well to treat the disease. Pathya approved in Amlapitta are mainly Agnidipak and Laghu Ahar i.e., puran shali shashitk, yava, Gadhuma, Mudga yusha etc. Apathya given in Amlapitta vyadhi by various Acharya are Navanna Mash, kulattha, Dahi, Guda, Aviksheera, Aluka, Sheetajala so this review articles focus on Apathya and pathya in Amlapitta vyadhi.

KEYWORDS : Agnimandya, Amlapitta, Apathya, Nidanparivarjan. Pathya,

INTRODUCTION:-

In the present era of 21st century; The life of persons has become so fast due to increase in competition in the everyday life. Persons having lot of heavy work load, also lots of stress, anxiety and not proper time management regarding to diet and also peoples are more likely move towards junk food like hot dogs, Pizza, Burger etc. And this may lead impairment of digestive power. According to *Ayurveda*, suppression of digestive power is most likely term as *Agnimandya*. *Agnimandya* is the root cause of many diseases and *Amlapitta* is one of them. Now a day *Amlapitta* disease has become a huge Burning problem in our society. *Amlapitta* disease possesses highly prevalence rate in India is 38.1%^[1]. This disease cause by the repression of *Agni*. The disease *Amlapitta* is produce when the *Amla Guna* and *Drava Guna* is enormously increase in *pitta Guna*. *Amlapitta* disease mainly involves the *Annava*, *Purishvaha*, *Rasavaha Raktavaha srotas*. Its *samprapti* is mainly due to *prakupit pitta virddhi* and by its own *Tikshna*, *Ushna*, *Drava*, *Amla* and *sara Guna*. *Kashyap Samhita* is the first available *Samhita* described *Amlapitta* as a separate chapter entirely. Also, *Madhavakara* described its *Nidana*, *Lakshana* and *Bheda*. Acharya *Charaka*, *sushruta* and *Vagbhata* not described *Amlapitta* as disease. *Chakrapani* in his commentary on *charaka Samhita* states that "Amlagunodriktam pitta Amlapitta" Here *Udriktam* means increase or excessive quantitative in *pitta*. However, the *Amla* and *Drava Guna* of *pitta* is more vitiated. *Amlapitta* disease is a psychosomatic disease that means. *Mansika Bhava* plays vital role with *sharirika Bhava*. When *Ahara*, *Vihara* and *Mansika Bhava* get disturbed this leads to *Agnivaishamyam*. Which causes formation of *Ama* and when the person still continues eating which leads to *vidagdhapaka* of *pitta*, causing *Amlapitta* disease.

Pathya Apathya is the also plays vital role in *chikitsa* of *Amlapitta vyadhi*. *Pathya* is referred to the *vihara* and *Ahara*, which causes repression of the disease. *Apathya* is referred to the *vihara* and *Ahara*, which causes aggravate the disease, also create complication.

MATERIAL AND METHOD:-

Information regarding *pathya* and *Apathya* of *Amlapitta Vyadhi* is collected from various, published articles, journals, previous P.G Thesis and also form various *samhitas* that is *Laghutrayi*, *Bhrihatrayi*.

AIM AND OBJECTIVES:-

Main aim of the article is to review the importance of *Pathya Apathya* in *Amlapitta* W.S.R to hyperacidity.

Definition:-

Amlapitta is composed of two words *Amla*+*pitta*.

- The *pitta* which attains *Amla Guna* and *Vidagdhatata* is called as *Amlapitta*^[2].
- Increased in *Amla Guna* of *pitta* is known as *Amlapitta*^[3].

Hetu:-

- Aharaj Hetu* (Food habits)
- Viharaj Hetu* (Activities)
- Mansika Hetu* (Psychological factor)
- Kalaja Hetu* (Seasonal variation)
- Agantuja Hetu*

(1) AHARAJ HETU^[4] (DIETARY HABITS)

Virudh Ahara, *Dushta Anna*, *pitta prakopaka Ahara*, *Amla vidahi Anna sevan*, *Adhayaashara*, *Pishtanna*, *Madya Atiswan*, *Ajirn Bhojana*, *Kulatha Sevan Guru Ahara sevan*.

(2) VIHARAJ HETU (ACTIVITIES)

Bhukiva avagahana, *Bhukiva atyashana*, *Vegvidharana*, *Bhukte diwaswapana*, *Visamashana*.

(3) MANSIKAHETU (PSYCHOLOGICAL FACTORS)

Mansik Doshas like, *Chinta*, *Bhaya*, *Krodha*, *Shoka Moha*, *Irshya* etc.

(4) KALAJAHETU (SEASONAL VARIATIONS)

As we know *pitta* accumulates in *Varsha Ritu* and raging in *Sharad Ritu*. Also, *Agni* is weak during *Varsha* and *Vasant ritu*.

(5) AGANTUJAHETU

Excessive consumption of tobacco, alcohol, smoking, beverages or other irritant stuffs are taken. These substances cause local irritation in the stomach.

Lakshana^[5] (Symptoms)

- Aruchi* – Anorexia
- Avipaka* – Indigestion
- Gaurav* – Fullness in abdomen
- Tiktamlod gara* – Acid eructation
- Hridkantha Daha* – Burning sensation in chest and throat
- Utklesha* – Nausea
- Kalma* – Tiredness without exertion

Modern View⁶¹:-

Signs and symptoms of *Amlapitta* described in various *Samhitas* are very much similar to hyperacidity. Normally stomach secretes acid that is important in digestive process. These acids help in the breakdown of food during digestion. When there is excess production of gastric acid by gastric gland of the stomach this condition is known as Hyperacidity.

Causes:-

Fast hectic lifestyle, stress, strain, incompatible food habits, unhealthy regimens like alcohol, smoking, tobacco chewing etc. which are not suitable for physiology of digestion.

Symptoms⁶²:-

Heart burn is the chief symptom of hyperacidity, stiffness in the stomach, belching, feeling of restlessness, feeling of nausea, vomiting, constipation, lack of appetite, Indigestion, Bloating, Dysphagia. Complication of hyperacidity long termed hyperacidity may lead to formation of ulcers in the stomach. Which may lead to complication like preformation and also carcinoma of stomach.

Samprapti:-

Nidan sevana mainly includes *pitta prokopak Ahara* and *Vihara, Varsha Ritu* and *Aanoopdesha*, all these *nidan* causes increases in *Amla Guna* and *Drava Guna* in *pitta*, then *pitta* becomes *vidaghdha* and *Amlibhava utpanna*, then *Amlodgaradi Lakshna utpatti* which produces *Amlapitta Vyadhi*.

Sadhyasadhya:-

Puran Amlapitta vyadhi becomes *Asadhya* means which is unable to cure may be accompanied by other *upadravas*.

Chikitsa:-

According to *Acharya charak* also almost disease may be treated in three ways, which includes

1. *Nidana Parivarjana*
2. *Prakritivighata Chikitsa*
3. *Apakarshan*

NIDAN PARIVARJANA:-

With drawal of the aetiological factors of the disease is called *nidan parivarjana* *Acharya Shushrut* mentioned *nidan parivarjana* as the first line of treatment of all the disease. In *Amlapitta* excessive *nidan sevana* leads to *Mandagni*. The line treatment in *Amlapitta vyadhi* may be considered in 2 ways that is

- 1- General principle of management
- 2- Management according to particular condition

LIST OF PATHYA DRAVYA FOUND IN VARIOUS AYURVEDIC SAMHITAS⁶³:-

S. No.	VARGA	AHARA DRAVYA	KARMA
1.	Anna Varga	Puran shali	Rice Vatashamaka, Laghu.
		Yava	Agni Deepana, Madhura Vipaki.
		Godhuma	Laghu, Sheetavirya.
		Mudga	Laghu, Sheetavirya, Madhur rasatmak.
2.	Ksheera Varga	Godugdha	Tridosahara, Shothahara
3.	Shaka Varga	Patola	Agnideepana, Kaphthapittahar.
		Kushmanda	Madhurvipaki, Sheetavirya.
4.	Mamsa Varga	Jangala Mamsa	Laghu, Agnideepana.
5.	Phala Varga	Dadima	Madhuraras, Sheetavirya.
		Amalaki	Tridosahar, Nityasevaniya.
6.	Miscellaneous	Go Ghrita	Tridosh Shamak.
		Narikelodak	Madhurvipaka. Sheetavirya,
		Puranmadhu	Madhura Ras.
		Khandasharkara	Sheetavirya

LIST OF APATHYA DRAVYA FOUND IN VARIOUS AYURVEDIC SAMHITAS⁶⁴:-

S. No.	VARGA	AHARA DRAVYA	KARMA
1.	Anna Varga	Navarra	Guru, Uahnvirya, Kaphakar.
		Masha	Kashayras, Kaphakara.
		Kulattha	Ushnavirya, Pittakar
		Taila	Snigdha, Kapthakar.
2.	Jala Varga	Dushitjala	Vatakphakar.
		Sheetajala	Vatakphakar.
3.	Madya Varga	Nava Madya	Ushnavirya, Vatakar.
4.	Kanda Varga	Aluka	Vatakphakar.
5.	Ksheera Varga	Dadhi	Kaphthapittakar, Guru.
		Aviksheera	Snigdha, Kapthakar.
		Nava Guda	Kaphthakara, Ushnavirya.
6.	Mamsa Varga	Matsya	Abhishyandi, Guru.
		Anup Mamsa	Kaphakara, Guru.

DISCUSSION:-

As *pathya sevana* has been described in *shamitas* as equally important to *Aushadhi sevana*. *Amlapitta vyadhi* occurs when *prakriti pitta* attains *vidagdata* by the *Manasika* and *Aharaja, Viharaja nidan*. Most of the disorders develop due to faulty dietary habits and *Amlapitta vyadhi* is one of them. The diet which is not beneficial to the body and mind are called *Apathyaahar* (un wholesome diet). The diet which is beneficial to the body and mind are called *Pathyaahar* *sevan* are effective in management of disease as well the prevention of disease.

CONCLUSION:-

According to *Ayurveda* that no medicines equivalent to diet. The main key for treating *Amlapitta vyadhi* is to improve digestion. *Amlapitta* is a most burning problem all over the world wide. Due to high prevalence rate. *Amlapitta vyadhi*, if not treated in proper time create vast problem, relapse is very common so appropriate follow of *pathya* and *Apathya* are very essential.

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