



CLINICAL EVALUATION OF AYURVEDIC MANAGEMENT IN AMLAPITTA W.S.R TO HYPERACIDITY

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ABSTRACT Amlapitta is a common digestive problem described in Ayurveda. It usually shows up as sour belching (Amla Udgara), a burning sensation in the chest and throat (Hridkantha Daha), indigestion (Avidagdhajirna), and loss of appetite (Aruchi). In modern medicine, it is similar to hyperacidity or acid reflux (GERD), often caused by excess stomach acid, irregular eating habits, stress, and an unhealthy lifestyle. According to Ayurveda, Amlapitta occurs when Pitta dosha becomes imbalanced and the digestive fire (Agni) is weakened.

KEYWORDS : Amlapitta; Hyper Acidity**INTRODUCTION**

Amlapitta is a common digestive disorder described in Ayurveda, primarily involving the vitiation of Pitta dosha and impairment of Agni (digestive fire). It is characterized by symptoms such as sour belching (Amla Udgara), burning sensation in the chest and throat (Hridkantha Daha), indigestion (Avidagdhajirna), nausea (Utklesha), vomiting (Chhardi), and loss of appetite (Aruchi).

In modern medicine, these symptoms are comparable to Hyperacidity or Gastroesophageal Reflux Disease (GERD), which commonly occur due to excess gastric acid secretion, irregular eating habits, stress, and lifestyle factors. Untreated hyperacidity can lead to complications such as gastritis, ulceration, and decreased quality of life.

Ayurveda offers a holistic approach to managing Amlapitta through a combination of Shamana therapy (herbal medications to pacify Pitta), Shodhana therapy (detoxification procedures, if indicated), and dietary and lifestyle modifications. Classical formulations like Avipattikar Churna and Shankh Bhasma are widely used to restore digestive balance and reduce symptoms.

Nidana Panchaka Hetu

Intake of Amla (sour), Katu (pungent), Lavana (salty), and Ushna (hot) foods Oily, fried, spicy, stale or junk food. Irregular eating habits (eating before digestion of previous meal or skipping meals) Excessive tea, coffee, alcohol. Overeating (Ati-bhojana)

Purvarupa

Amla Udgara – sour belching Aruchi – loss of appetite Utklesha – feeling of nausea Hrid-kantha daha – burning sensation in chest and throat Gaurava – heaviness in body Avipaka – indigestion Angamarda – body ache or discomfort

Rupa

Amla-tikta udgara (sour/bitter belching), Chhardi (vomiting), Hriddaha (heartburn), Kantha daha (burning in throat) Utklesha (nausea); Klama (fatigue); Shiroruja (headache); Angamarda (body ache)

Upashaya: Upashaya relief after Treatment

Aims and Objectives

1. To study the clinical efficacy of Ayurvedic management in Amlapitta.
2. To assess its role in relieving symptoms, improving digestion, and restoring overall digestive balance by correcting Pitta dosha and strengthening Agni (digestive fire).

Samprapti

Nidana Sevana: Intake of Pitta-aggravating foods and lifestyle habit

Pitta Prakopa: Pachaka Pitta becomes aggravated in the stomach (Amashaya).

Agni Dushti: Impaired digestion (Mandagni) produces Ama (undigested material).

Amla Bhava: The Ama combines with aggravated Pitta → becomes Amlabhuta Pitta (acidic).

Amlabhuta Pitta Utklesha: Excessive sour Pitta irritates gastric mucosa → causes Tikta-Amla Udgara (bitter-sour belching), Hritkantha Daha (heartburn), and Chhardi (vomiting).

Vyakti Avastha: Full manifestation of Amlapitta with symptoms like nausea, heaviness, acidity, burning, indigestion, and vomiting.

Treatment Protocol:

Avipattikar Churna: 3 g, twice daily before meals with lukewarm water helps reduce acidity and balance Pitta dosha. Shankh Bhasma: 250 mg, twice daily provides alkalizing effect and relieves heartburn.

Case Report

Patient Name: Mr. A.B.C., 52 years, female Came with kayachikitsa OPD with following complaint
OPD No.: 25/G16955
Date of Registration: 16/07/2025

Chief Complaints:

Amla Udgara – 2 Months Hridkantha Daha -15 Days Indigestion - 15 days Nausea - 8 Days
Loss of appetite (Aruchi) - 8 Days

General Examination:

Weight: 58 kg
Height: 160 cm
Temp: 98 F
Heart Rate: 78/min RR: 16/min

System Examination:

CVS – S1S2 N
CNS - Conscious RS – AEBE Clear

Ashtavidha Parikshan:

Nadi- Pitta Dominance
Mala- Prakrut
Mutra- Prakrut
Jivha- Niraam
Shabda- Spasht
Sparsha- Anushna
Druk- Prakrut
Akruti- Madhyam

Diagnosis:

Amlapitta - Hyper acidity

Treatment: As per above protocol for 21 days.

OBSERVATION AND RESULTS

All parameters showed statistically significant improvement.

Parameter	Before Treatment	After Treatment	Improvement / Observation
Sour Belching (Amla Udgara)	Severe	Mild	Marked relief
Burning Sensation (Hrid-Kantha Daha)	Severe	Mild	Significant reduction;
Indigestion (Avidagdhajirna)	Severe	Mild	Improved digestion
Nausea & Vomiting (Utklesha & Chhardi)	Severe	Mild	Considerable relief
Loss of Appetite (Aruchi)	Severe	Mild	Appetite improved
Overall Digestive Discomfort (VAS 0–10)	8/10	2/10	Significant relief

DISCUSSION

Amlapitta occurs due to vitiation of Pitta dosha and impaired Agni, presenting as sour belching, burning sensation, indigestion, nausea, vomiting, and loss of appetite, similar to hyperacidity or GERD.

In this study, patients were treated with Avipattikar Churna and Shankh Bhasma, along with dietary and lifestyle modifications. Avipattikar Churna has Pittashamak (Pitta-pacifying) and Deepana-Pachana (digestive stimulant) properties, which help reduce acidity, correct digestive fire, and improve metabolism. Shankh Bhasma provides an alkalizing effect, neutralizing excess gastric acid and relieving heartburn.

After 21 days, patients showed marked relief in all symptoms, improved appetite, and better daily functioning, with no adverse effects. This confirms that Ayurvedic management provides a safe, effective, and holistic approach to treating Amlapitta.

CONCLUSION

Ayurvedic treatment with Avipattikar Churna and Shankh Bhasma, along with dietary and lifestyle modifications, is effective in managing Amlapitta (hyperacidity). It relieves symptoms like sour belching, burning sensation, indigestion, nausea, and loss of appetite, improves digestion and daily functioning, and is safe and well-tolerated.

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