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RESEARCH ARTICLE

AN AYURVEDIC MANAGEMENT OF AMLAPITTA A REVIEW.

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Abstract

Modern era's changing life style along with changing food culture and depending upon one's body constitution Amlapitta is one of the most common disease. The stomach normally secretes acid that is essential in the digestive process. When there is excess production of acid in the stomach, it results in the condition known as Hyperacidity. Pitta vardhak ahar vihar is the only reason for amlapitta. It can be managed through pitta shaman with vaman and virechan because according to our acharyas it occurs due to vitiation of kafa pitta doshas. swamarg chikitsa is described for the treatment of amlapitta.

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Introduction:-

Hyperacidity is known to affect almost 70% of the population and new research now shows it to be the precursor for not just peptic ulcer, but also cancer of the stomach and the oesophagus. In its natural, healthy state, our body is slightly alkaline, the opposite of acidic. If we could only maintain this state, many of the physical and emotional problems that plague us such as fatigue, headache, and chronic illness might rarely or never appear. Our stomach normally secretes acid, this acid helps in the breakdown of food during digestion. When excess acid is produced in the stomach it results in hyperacidity. Hyperacidity is characterized by a deeply placed burning pain in the chest, behind the sternum which is commonly known as heartburn.

In modern medicine the number of medicines are available for the treatment of hyperacidity like proton pump inhibitor, H2 blocker, Antacids, prostaglandin etc. but these drugs carry their own side effects like headache, diarrhoea, dizziness, allergic reactions etc. and still there are no any permanent cure are available and patient has to suffer from it. So it is necessary to search permanent cure for it without any side effects. In this way some remedies are mentioned by our acharyas such as vaman, virechan, basti, etc.

Aetiopathogenesis-

When a person with a pre existing tendency for excessive pitta secretion (habitually) takes incompatible, unhygienic, excessively sour, heart burn producing and pitta vitiating food and drinks there is malsecretion of pitta.

Clinical features-

1. Dyspepsia
2. Fatigue
3. Nausea
4. Acrid and sour eructation
5. Feeling of heaviness

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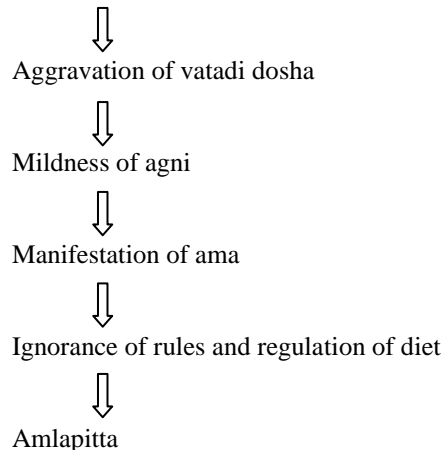
6. Burning sensation in the heart and throat
7. Anorexia

Causes/Nidan-

1. Incompatible, rotten, sour, hot, unctuous food-aggravation of pitta
2. Eating before the digestion of previous meal-manifestation of ama.
3. Suppression of natural urges.
4. Day time sleeping after eating
5. Drinking water in between food eating
6. Stale food consumption

Samprapti-

Nidan sevan



Types-

1. Adhogat amlapitta

Excessive thrust, burning sensation, downward movement of various kinds, fainting, giddiness, skin rashes, horripilations, perspiration and yellowish discoloration of body.

2. Urdhvagat amlapitta

1. Vomiting which is a green, yellow, blue, black, red colored sour substance. It resembles like mutton washed water.
2. Patient vomits during digestion of food or in empty stomach
3. Burning sensation in throat, chest, and upper abdomen, palms, soles
4. Headache
5. Loss of appetite
6. Itching

Classification of amlapitta based on predominance of doshas-

1. Vataj
2. Vat-kafaj
3. Kafaj
4. Kaf-pattaj

Investigation-

1. Gastroscopy (upper gastro intestinal endoscopy)
2. Oesophageal pH monitoring
3. Barium meal x-ray
4. Serology and Histology for H-pylori

Complication-

1. Gastric ulcer
2. Chronic gastritis
3. IBS
4. Duodenitis
5. Anaemia

Chikitsa sutra-

1. Vaman followed by mild virechan should be administered.
2. Thereafter susnigdha anuvasan basti should be applied. (In chronic cases according to dosha)
3. In sansargaj amlapitta after shodhan, shaman measure in terms of drugs and diet should be applied considering the association of doshas.
4. In urdhwa and adho types, doshas should be eliminated with vaman and virechan respectively.

Shaman chikitsa-

1. Nidan parivarjan
2. Khand amalaki
3. Shatavari ghrut
4. Narikel khand
5. Sutshekhar ras
6. Lilavilas ras
7. Avipattikar churna
8. Kapard bhasm

Pathya/apathya-

1. Avoid long gaps between the meals
2. Avoid late night work
3. Drink sufficient water
4. Regular exercise
5. Avoid spicy, oily and fried food
6. Avoid arahar and urad daal and ground nuts
7. Take coconut water
8. Take watermelon juice
9. Avoid alcohol and smoking
10. Avoid curd

Conclusion:-

As we can see now a day's peoples are very busy in their works so they have to take instant, oily and fermented food and they do not live a healthy life so they have to suffer from hyperacidity. In this way through Ayurveda we can manage effectively amlapitta with panchakarma and follow dincharya and ritucjarya rules and some shaman chikitsa.

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