



RESEARCH ARTICLE

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

Dr. Archana Prasad¹ and Dr. Anish Kumar²

1. Final Year MD Scholar.
2. Assistant Professor, Department of Rog Nidan Evam Vikriti Vigyan, Government Ayurvedic College, Patna, Bihar, India.

Manuscript Info

Manuscript History

Received: 28 August 2022

Final Accepted: 30 September 2022

Published: October 2022

Key words:-

Amlapitta, Apathya Nidanparivarjan, Pathya

Abstract

All the disease can be prevented and managed through *Nidanparivarjan* along with proper sevan of *PathyaApathya* regimens mentioned in *Ayurvedic Samhitas*. *Nidanparivarjan* means avoidance of etiological factors of *Amlapitta*, which helps in prevention of *Amlapitta* in normal individual and management of *Amlapitta* taking medications in a diseased person. In *Ayurveda* it is believed that *Agnimandya* (Indigestion) is the root cause of all the disease *Amlapitta* is one of the commonly occurring disease the major reason behind *Amlapitta* is faulty dietary habits and lifestyle. *Amlapitta* disease possess highly prevalence rate in India is 38.1% in our society, due to improper *Ahara* (dietary habits) and *Vihara* (lifestyle). Incidences of disease are increasing in day-to-day life. If proper dietary pattern is not followed by the patients nobody can cure this disease. 80% of the top ten killing disease of the world are due to wrong food habits. In the era of 21st century the modernization has changed lifestyle including working timing, sleeping habits, dietary habits, environmental and mental stress and this all are believed to be most important causative factors for *Amlapitta*. In *Ayurvedic Samhitas* all the *Acharyas* focused on the *Nidanparivarjan* of the disease first and give equal importance as that of treatment of disease. *Nidanparivarjan* is the most important principal of *Ayurveda*. *Nidanparivarjan* is vital and emphasized part of whole treatment. According to the treatment point of view it should be implemented at first as *Acharya Sushrut* states that “*Sankshepatahkriyayoganidanparivarjanam*” i.e., it is conclusive factor to entire treatment.

Copy Right, IJAR, 2022., All rights reserved.

Introduction:-

Nidanparivarjan is the most vital principal of *Ayurveda*. As *Ayurveda* gives importance to *Ahara* (dietary habits), *vihara* (lifestyle) as treatment. The condition in which *Pitta* becomes *Vidagdha* and causes *Amlata* is called as *Amlapitta*^[1]. *Nidanparivarjan* means the *Ahara* (dietary habits) and *Vihara* (lifestyle) which are causative factor to disease condition must be avoided. According to *Acharya Sushrut* “*Sankshepatahkriyayoganidanparivarjanam*”. It is conclusive factor to an entire treatment. The main principle of *Ayurveda* science is prevention is better than cure. *Nidanparivarjan* always more benefited as compared to only treatment. *Nidanparivarjan* leads to better results, entire eradication and prevention of the disease. *Ayurveda* is the science of life which states us how to live healthy

life. The two main objective of *Ayurveda* is to maintain the health of healthy person and to treat the diseased person. *Amlapitta* is *Annavaahasrotas Vyadhi*. Incidence of the disease is increasing due to non-observance of *sadvritta* regimens, *Ritucharya*, *Dincharya*, *Virudhahara Sevan*, *Apathyasevan*. 80% of the top ten killing disease of the world are due to wrong food habits^[2]. *Amlapitta* is one of the most commonly occurring disease. The major reason behind *Amlapitta* is faulty dietary habits and lifestyle. *Amlapitta* disease possess highly prevalence rate in India is 38.1%^[3].

Material and Method:-

Information regarding *Nidanparivarjan* in *Amlapitta Vyadhi* is collected from various published articles, Journals, previous PG Thesis and also from various *Samhitas*.

Aim And Objective:-

The main aim of the article to review the importance of *Nidanparivarjan* in *Amlapitta* w.s.r of Hyperacidity.

Definition: -

Amlapitta is composed of two words *Amlapitta*.

1. Increased in *Amla Guna* of *Pitta* is known as *Amlapitta*^[4]
2. The *Pitta* which attains *Amla Guna* and *Vidaghata* is called as *Amlapitta*^[5]

Hetu of Amlapitta: -

1. *Aharaj Hetu* (dietary habits)
2. *Viharaj Hetu* (lifestyle)
3. *Mansik Hetu* (psychological factors)
4. *Kalaj Hetu* (seasonal factors)

(1) Aharaj Hetu Dietary Habits: -

According to *Kashyap Ama Bhojana*, *Snigdha Bhojana*, *Ajeerna Bhojana*, *Guru Bhojana*, *Virudha Ahara* etc, causes *Agnimandya* that leads to *Amlapitta* (Hyperacidity). Excess of *Pitta* aggravation factors like *Katu*, *Amla*, *Vidahi Ahara*, untimely consumption of food is the factor against the dietetic code and they are directly responsible for the disturbances of *Pitta*. Excessive consumption beverages, smoking, tobacco, alcohol and other irritant substance are included one of the main reasons of *Amlapitta* is faulty dietary habits.

(2) Viharaj Hetu^[6]: -

Divaswapan (sleeping day), *Vegvidharan* (suppression of natural urges), *Bhuktava Divaswapan* (sleeping after taking meal), *Avagahan* (sinking), *Atisnana* (excessive bathing), *Jagran* (wakefulness), excessive exposure to fire and sun, excessive use of Analgesics, fast moving lifestyle, Lack of rest.

(3) Mansik Hetu^[7]: -

Acharya Sushruta states the importance of *manasa* in the maintenance of health. According to him equilibrium of *Tridosha*, *Spatadhatu*, *Trimala*, thirteen types of *Agni* along with *Prasanna Atma*, *Indriya* and *Mana* is responsible for proper health. *Acharya Charaka* has also mentions the relationship between soul, mind and the body. *Manasa* causes include, strain, anxiety, stress, depression, greed, job dissatisfaction, fear, jealousy, anger, worry etc.

(4) Kalaj Hetu: -

According to *Ayurveda* *Pitta* assembles in *Varsha Ritu* and raging in *Sharad Ritu* also *Agni* is weak in *Varsha* and *vasant Ritu*.

Modern View^[8]: -

In modern medical science we can correlate *Amlapitta Vyadhi* with Hyperacidity. 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.

Symptoms^[9]: -

Heart burn is the chief symptom of hyperacidity, stiffness in the stomach, belching, feeling of restlessness, feeling of nausea, vomiting, constipation, lack of appetite, bloating, indigestion, 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.

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.

Nidanparivarjan in AmlapittaVyadhi: -

AharajNidanparivarjan (Related to dietary habits) ^[10]

AharajNidanparivarjan can be much more beneficial in AmlapittaVyadhi as the major part of causes are dietary factor.

- (1) Avoid cigarette tobacco, bidi gutaka etc.
- (2) Non vegetarian food especially fish and red meat should be avoided.
- (3) Masticate food in proper manner.
- (4) Sour food items should be avoided.
- (5) Fermented food should be avoided.
- (6) Intake of junk food, black coffee, cold drinks, tea. should be avoided.
- (7) Avoid eating in hurry.
- (8) Do not skip meal.
- (9) Follow rules of healthy eating habits.
- (10) Avoid consumption of mutually incompatible food such as milk with fruits, milk with fish etc.
- (11) Oil and dry food item should be avoided.

ViharajNidanparivarjan (Related to lifestyle) ^[11]: -

- (1) Day sleeping should be avoided.
- (2) Avoid immediately sleeping after taking meal.
- (3) Proper sleep during night.
- (4) Regular morning walk.
- (5) Regular moderate exercise.
- (6) Wake up early in the morning.
- (7) Practise yoga like Suryanamaskar, Bhujangasan, Paschimottasan and also pranayama.

Manas Nidanparivarjan (Related to psychological factors): -

- (1) Keep the mind calm and cool.
- (2) Regular practise meditation.
- (3) Try to live stress free life.
- (4) Anger and sorrow should be avoided.
- (5) Always positive thinking.
- (6) High stressful situation should be avoided.

KalajNidanparivarjan (Related to seasonal factors): -

Consumption of newly harvested grains should be avoided and also add old grains in daily diet.

Pathya and Apathya in AmlapittaVyadhi: -

Apathya is mentioned to the Ahara and Vihara which evoke the disease and also produces complications. Pathya is mentioned to the Ahara and Vihara causes the calmness of the disease. It is very essential to follow the Pathya and Apathya in the management of any disease.

Pathya in Amlapitta ^[12]: -

S. No.	VARGA	AHARA DRAVYA
1.	Anna Varga	Puranshali Yava Godhuma Mudga
2.	Ksheera Varga	Godugdha
3.	Shaka Varga	Patola

		<i>Kushmanda</i>
4.	<i>MamsaVarga</i>	<i>JangalaMamsa</i>
5.	<i>PhalaVarga</i>	<i>Dadima</i> <i>Amalaki</i>
6.	Miscellaneous	<i>Go Ghrita</i> <i>Narikelodak</i> <i>PuranmadhuKhandasharkara</i>

Apathya in Amlapitta^[13]: -

S. No.	VARGA	AHARA DRAVYA
1.	<i>Anna Varga</i>	<i>Navanna</i> <i>Masha</i> <i>Kulattha</i> <i>Taila</i>
2.	<i>Jala Varga</i>	<i>Dushitjala</i> <i>Sheetajala</i>
3.	<i>Madya Varga</i>	<i>Nava Madya</i>
4.	<i>Kanda Varga</i>	<i>Aluka</i>
5.	<i>KsheeraVarga</i>	<i>Dadhi</i> <i>Aviksheera</i> <i>Nava Guda</i>
6.	<i>MamsaVarga</i>	<i>Matsya</i> <i>Anup Mamsa</i>

Role of Nidanparivarjan in Sampraptivighatan^[14]: -

If the specific nidhan causing specific *Guna Vriddhi* of *Pitta Dosha* are avoided or their intake is reduced, then ultimately vitiation or Aggravation of *Pitta Dosha* by that particular *Guna* will not take place. This will lead to break the *Samprapti* and further disease will not be formed. Hence *Nidanparivarjan* is important to prevent the disease from its initial and preliminary stage “prevention is better than cure”.

Discussion:-

Acharya Sushrut described as *Nidanparivarjan* as the first line of treatment in any disease. According to *Ayurveda* the three basic principle for the treatment of any disease is *Nidanparivarjan*, *Sanshodhana*, *Sanshamanachikitsa*. The removal of the etiological factors of the disease is called *Nidanparivarjan*. In *AmlapittaVyadhi* excessive *Nidanasevan* leads to *Pitta Vriddhi* and *Mandagni* so *Nidan* of *AmlapittaVyadhi* should be eliminated in its first line of treatment.

Conclusion:-

Amlapitta is a most burning problem all over the world wide. Due very high prevalence rate. It may be given rise to various complications like *Bharma*, *Aruchi*, *Jawar*, *Pandu*, *Atisara*, *Shoth* etc. Relapse of this disease is very common. According to *Ayurveda* three basic principle of treatment is *Nidanparivarjan*, *Sanshodhana* and *Sanshamanachikitsa*. In the management of *AmlapittaVyadhipathyaAhar* and *Vihar* also plays vital role.

References:-

- (1) Acharya Madavakar, Madhav Nidana, Sri Sudarshan Shastri, Prof. yadunandana Upadhyaya (ed), Madhav Nidan, uttaradhaAdhyaya (The vidyotini Hindi commentary Vol-2, Varanasi Chaukhambhaprakashan, 2018, Page No-203)
- (2) AcharyaSushruta, Acharya priyvaratsharma, Dr. Anant Ram sharma (ed) Sushruta Samhita uttratandraAdhyaya 1/25, (Susrutavimarshini Hindi commentary Vil-3, Varanashi, Chaukhambha, Surabharati, Prakashan 2017, Page no-10)
- (3) Barage UC Karnataka: RR.G.U.H.SBanglore, 2008. A study on Trividhaupasthambha W.S.R to Ahara in Bruhatraye, Page no-158 [Google scholar]
- (4) Manohar Shankaroo Chavan, prevalence and risk factors of acid peptic ulcer disease at tertiary care hospital, IJAM Journal Vol-5, no4 (2018) ISSN 2349-3925

- (5) Charakrapani, Vaidya Harischandkushvahacharaka Samhita Ayurved Dipika commentary of chakrapani datta Edited chaukhambha Sanskrit samsthan Varanasi chikitsasthan chapter 15 Page no-391
- (6) Shri Madhav kara, Madhav nidanMadhukosh commentary by vijayrakshit and kantha datta with vidyotanihindi commentary by Sudarshan sastri revised and edited by yadunandan Upadhyay chaukhambhaprakashan Varanasi chapter-51, Page-203
- (7) Editor Kashyap Samhita with the vidyotinihindi commentary, chaukhambha Sanskrit sansthan, Varanasi, Khilsthan 16/3-6 Page-335
- (8)www.allmultidisciplinaryjournal.com ISSN: 2582-7138
- (9) www.allmultidisciplinaryjournal.co ISSN: 2582-7138
- (10) www.ayurlog.com ISSN 2320-7329
- (11) www.ayurlog.com ISSN 2320-7329
- (12) www.ayurlog.com ISSN 2320-7329
- (13) www.ayurlog.com ISSN 2320-7329
- (14) www.jaims.in-ISSN 2456-3110 to are the importance.