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### REVIEW ARTICLE

## A REVIEW OF AMLAPITTA AS A DISEASE AND LIFESTYLE MANAGEMENT ACCORDING TO AYURVED

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### Abstract

*Amlapitta* is a common gastrointestinal disorder described in Ayurveda, primarily caused by the aggravation of *Pitta dosha* and impairment of *Agni* (Digestive fire). In the modern era, unhealthy dietary habits, irregular lifestyle, and increased stress have led to a rising prevalence of *Amlapitta*, which can be correlated with acid-related disorders such as hyperacidity, gastritis, and gastroesophageal reflux disease (GERD). This review aims to analyze *Amlapitta* from classical Ayurvedic texts with respect to its causes, symptoms, types, pathogenesis and to highlight the importance of lifestyle and dietary management in its prevention and treatment. Information was collected from various Ayurvedic Samhitas along with relevant research articles. *Amlapitta* develops due to factors such as *Viruddha Ahara* (Incompatible food), *Ajeerna* (Indigestion), *Adhyashana* (Overeating), and *Vegadharana* (Suppression of natural urges), leading to *Agnimandya* and formation of *Ama*. Management focuses on *Nidana Parivarjana*, along with strict adherence to *Pathya Ahara* and proper lifestyle practices such as *Dinacharya* and *Ritucharya*. Avoidance of causative factors and adoption of a balanced diet and healthy routine play a crucial role in both prevention and management. *Amlapitta* is largely a lifestyle disorder that can be effectively managed and prevented through Ayurvedic principles, emphasizing the importance of diet, daily regimen, and holistic health practices.

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### Introduction:-

In today's Modern Era, life becomes so busy and stressful that people neglect healthy food and used to eat junk, oily, fried, frozen, uncooked food, tea, coffee and unable to follow rules and regulations mentioned in *Granthas*. These factors affect the digestive system and cause digestive diseases like GERD, Hyperacidity, Gastritis.<sup>[1]</sup> Nowaday

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s it is one of the most common problems in day-to-day life. New research shows that it can be a precursor of diseases like peptic ulcer, CA of stomach and oesophagus.<sup>[2]</sup>When Pitta gets accumulated in body, in this situation when we continue to eat foods which are incompatible, rotten food, sour food, food substances which increase burning sensation inside, other factors which aggravate Pitta then, Pitta becomes more *Vidagdha* and *Amlapitta* forms.<sup>[3]</sup>

The clinical picture of *Amlapittai*.e.the symptoms mentioned in *UrdwagaAmlapitta* and *AdhogaAmlapitta* has similarities with that of hyperacidity, acid peptic disease, gastroesophageal reflux disease (GERD).<sup>[38]</sup>In *Charak Samhita "Aharvidhividhan"* and *"Aharvidhivisheshayatan"* mentioned which explains proper method and rules of consumption of food.<sup>[4]</sup>If it is not followed and continues *Mithyaahar* (Wrong/false diet) and *Vihar* (Lifestyle) then person unable to digest the food properly, this disturbs the function of *Annavahastrotas* leading to *vyadhi* like *Amlapitta*. So, it's a need to control and prevent *AmlapittaVyadhi*. It is possible by just following some dietary and lifestyle rules mentioned in Ayurveda, i.e. following *Dinacharya*, *Ritucharya*, *Pathya Ahar*, etc.

### Objectives:-

1. To review an *AmlapittaVyadhi* from various Ayurvedic text.
2. To suggest the lifestyle management for *Amlapitta* based on Ayurvedic principles.

### Materials and Methods:-

Information related to *Amlapittavyadhi* is collected from various *samhitas* like *Kashyapsamhita*, *Madhavanidan*, *Sharangadhar Samhita*, *Yogaratanakar*, *Bhavaprakas*, *Rasaratnasamuchhay*, Research Articles from Pubmed, Google scholar, etc. Information is reviewed and analysed. Information about diet which helps to reduce Pitta is collected from *Charak Samhita*, *Sushrut Samahita* and *Shaligram Nighantu*, information is reviewed and analysed.

### Review of Literature:-

A condition where aggravation of *vidahi* and *amla guna* of *Pitta dosha* takes place is known as *Amlapitta*. Pitta is of two types—*Prakrut* and *Vidagdha* (*Vikrut*). *Prakrut Pitta* is of bitter taste and *Vidagdha Pitta* is of sour taste. When *Vidagdha Pitta* increases, then certainly *Amla gun* increases and hence, it leads to *Amlapitta*.<sup>[3]</sup>

### Causes of Amlapitta:-

Following factors are responsible for the *Amlapitta*

#### Mentioned by Acharya Madhav Nidan and Bhavaprakash<sup>[3][5]</sup>

- *Virudhaahara* - Foods which are incompatible
- *Dushta Ahara* - Spoiled food
- *Amla* - Sour food
- *Vidahi Ahara* - Food substances which increase burning sensation
- *Pitta-prakopakannapana* - Other factors which aggravate Pitta— e.g, salty, spicy, oily food.
- *Vidagdha* - Fermented food

#### Mentioned by Acharya Kashyap Samhita<sup>[6]</sup>

- *Virudhaahara* - Foods which are incompatible
- *Adhyasana* - Eating before the digestion of previous meal
- *Ajeerna* - Indigestion
- *Ama* - Undigested food/Toxic
- *Pishtaanna* - Use of ground cereals
- *Madya* - Improperly processed wines and drinks
- *Abhishyandi Bhojan* - Channel-blocking food
- *Vega dharana* - Suppression of natural urges
- *Ati-Ushna-Snigdha-Ruksha-Anna* - Excessive use of hot, unctuous, dry, sour food
- *Fanita-Ikshuvikara* - Use of sugarcane preparations
- *Kulattha* - Use of Horse gram
- *Bhrustadhanya* - Fried, roasted and broiled grains
- *Divaswapanam* - Sleeping in day time after eating
- *Bhuktaparyushitaashnaat* - Consumption of stale food
- *Atisnan-Avagahat* - Excessive bathing and tub bathing for too long
- *Antaraudakpaan* - Drinking water frequently in between meal
- *Anupa Desha*

**Samprapti (Pathogenesis)<sup>[6]</sup>:-**

Due to *Virudhaahara, Dushta Ahara, Amla, Vidahi Ahara, Adhyashan, Ajeerna* with all above mentioned etiological factors *Vatadidoshas* gets aggravated  
(*Prakop* of all three doshas but mainly it is *Pittapradhan*)

↓  
Agnimandya

↓

In this situation if a person continues to eat *Viruddha* and *MithyaAahar* and don't follow the rules and regulations of diet

↓

Increase in *Amla gun* of *pitta*

↓

Indigestion of food

↓

*Amlapitta Vyadhi*.

**Common Symptoms<sup>2</sup>:-**

Symptoms	Samhitas				
	<i>Madhav Nidan<sup>[7]</sup></i>	<i>Bhavaprakash<sup>[8]</sup></i>	<i>Yogaratanakar<sup>[9]</sup></i>	<i>Kashyap Samhita<sup>[10]</sup></i>	<i>Rasaratnasamuchhay<sup>[11]</sup></i>
<i>Avipak</i> (Indigestion)	✓	✓	✓		-
<i>Klam</i> (Exhaustion without any physical efforts)/ <i>Angasada</i> (Fatigue)	✓	✓	✓	✓	-
<i>Utklesha</i> (Nausea/ Vomiting)	✓	✓	✓	✓	✓
<i>Tikta-amlodgar</i> (Sour and Bitter Eructation)	✓	✓	✓	-	✓
<i>Gaurav</i> (Heaviness in body/ Heaviness in Abdomen)	✓	-	✓	✓	-
<i>Hrutkanthadaha</i> (Burning Sensation in Chest and Throat)	✓	✓	✓	✓	With <i>Hastapadkukshidaha</i> (Burning sensation in Hands, Legs, Abdomen)
<i>Aruchi</i> (Loss of Appetite)	✓	✓	✓	-	-
<i>Vidabhedha</i> (Frequent loose, watery stool)	-	-	-	✓	-
<i>Shiroruja</i> (Headache)	-	-	-	✓	-
<i>Hrutshula</i> (Chest pain)	-	-	-	✓	✓
<i>Antrakujan</i> (Rumbling of the bowels)	-	-	-	✓	-
<i>Romaharsha</i> (Goose-bumps)	-	-	-	✓	-
<i>Udaradhman</i> (Abdominal bloating)	-	-	-	✓	-

Mukhtiktam (Bitter taste in mouth)	-	-	-	-	✓
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## Types -

Types of Amlapitta:-						
<i>Kashyap Samhita</i> <sup>[12]</sup>	<i>Madhav Nidan</i> <sup>[13][14]</sup>		<i>Bhavaprakash</i> <sup>[15][16]</sup>		<i>Yogaratanakar</i> <sup>[17][18]</sup>	
<i>Vatic</i>	<i>Urdhvag</i>	<i>Vatadhik</i>	<i>Urdhvag</i>	<i>Vataj</i>	<i>Urdhvag</i>	<i>Vataj</i>
<i>Paiktik</i>	<i>Adhog</i>	<i>Kaphadhik</i>	<i>Adhog</i>	<i>Kaphaj</i>	<i>Adhog</i>	<i>Kaphaj</i>
<i>Shlaishmik</i>		<i>Vatkaphadhik</i>		<i>Vatkaphaj</i>		<i>Vatkaphaj</i>
				<i>Kaphapittaj</i>		<i>Kaphapittaj</i>

- **Urdhvag Amlapitta:-**

According to *Bhavaprakash*<sup>[15]</sup> It is mainly *kaphanubandhit*. It is characterized by vomiting, which is green, yellow, blue, black, slightly red in colour and bitter and sour. It resembles meat washed water. Sometimes vomiting after eating which is sour in taste. Along with this *Yogaratanakar* also mentioned *Shiroruja* (Headache), *Kar-charan-daha* (Burning sensation and heat in hands and legs)<sup>[17]</sup> Along with all above *Madhav Nidan* also mentioned *Kanthahrutkukshidaha* (Burning in throat, chest, stomach), *Kandu* (Itching all over body), *Mandal-pidaka* (Skin rashes and surrounded by numerous small vesicles on skin), *Aruchi* (Loss of Appetite) and sometimes *Jwar* (Fever).<sup>[13]</sup>

- **Adhog Amlapitta:-**

According to *Madhav Nidan*, *Bhavaprakash* and *Yogaratanakar*.<sup>[13][15][17]</sup> *Trud* (Thirst), *Daha* (Burning sensation), *Murchha* (fainting), *Bhram* (Illusion/Confusion), *Moha* (Delusion), along with these yellow, green, black, red coloured *pitta* can be seen through stool. *Hrullas* (Nausea), *Analadasa* (Diminished function of Agni), *Sweda* (Perspiration), *Kotha* (Skin disease), *Harsh* (Goosebumps), *Angapitatwakakar* (Yellowish discoloration of body).

- **Vataj Amlapitta:-**

According to *Madhav Nidan*, *Bhavaprakash* and *Yogaratanakar*.<sup>[14][16][18]</sup> *Kamp* (Tremors), *Pralap* (Irrelevant talk), *Murchha* (Fainting), *Chimchimi* (Tingling sensation), *Gatra awasad shu l* (Bodyache with fatigue), *Tamadarshan* (Feeling of darkness in front of eyes), *Bhram* (Illusion/Confusion), *Moha* (Delusion), *Harsh* (Goosebumps). *Acharya Kashyap* mentioned *Shul* (Pain), *Angasad* (Body fatigue), *Jrumbha* (Yawning).<sup>[12]</sup>

- **Kaphaj Amlapitta:-**

According to *Madhav Nidan*, *Bhavaprakash* and *Yogaratanakar*.<sup>[14][16][18]</sup> *Kapphanishthivan* (Expectoration of thick bulgum), *Gaurav-jadata* (Heaviness in body), *Aruchi* (Loss of appetite), *Sheet* (Coldness), *Balahani* (General weakness), *Agnibalahani* (diminished function of fire), *Kandu* (Itching), *Nidra* (Excessive sleep). *Acharya Kashyap* mentioned *Gurutva* (Heaviness), *Chhardi* (Vomiting).<sup>[12]</sup>

- **Pittaj Amlapitta**

*Acharya Kashyap* mentioned *Bhram* (Illusion/Confusion), *Vidah* (Burning sensation).<sup>[12]</sup>

- **Vata-Kaphaj Amlapitta:-**

*Madhav Nidan* and *Bhavaprakash* mentioned mixed symptoms of both *doshas*.<sup>[14][16]</sup> Along with above *Yogaratanakar* mentioned *Tikta- amla- katukoudgar* (Bitter, Sour, Pungent eructation and vomiting), *Hrutkanthadaha* (Burning sensation in Chest and Throat). These symptoms can be seen in today era.<sup>[18]</sup>

- **Kapha-Pittaj Amlapitta:-**

According to *Bhavaprakash* and *Yogaratanakar*.<sup>[16][18]</sup> *Bhram* (Illusion/Confusion), *Murchha* (fainting), *Aruchi* (Loss of appetite), *Chhardi* (Vomiting), *Alasya* (Laziness), *Shiroruja* (Headache), *Prasek* (Salivation), *Mukhamadhurya* (sweeti

shness in mouth), *Kar-charan-daha* (Heat and burning sensation in hands and legs), *Kandu* (Itching all over body), *Mandal-pidaka* (Skin rashes and surrounded by numerous small vesicles on skin).

#### **Sadhyasadhyatwa of Amlapitta(Prognosis):-**

According to *Madhav Nidan*, *Bhavaprakash* and *Yogaratanakar*<sup>[19][20][21]</sup> -Recently manifested disease responds to treatment. Chronic condition is manageable or curable with difficulty in few persons, if follows *Pathya Ahar* and *Vihar* along with the medicine. *Acharaya Kashyap* mentioned if, complications like *Jwar* (Fever), *Atisar* (Loose motions), *Pandu* (Anaemia), *Shula* (Pain), *Shotha* (swelling), *Aruchi* (Loss of appetite), *Bhram* (Illusion/Confusion) seen then it becomes *Asadhya*.<sup>[22]</sup>

#### **Management:-**

Ayurveda suggest treatment as well as lifestyle management through *Ahar* and *Vihar*. Ayurveda has provided simple and cost-effective treatment. The main line of treatment is to correct and prevent *Ama* formation and hence, preventing *Agnimandya* and following dietary and lifestyle rules.

#### **Treatment<sup>[23]</sup>:-**

It includes--*Nidanarivarjan*, *Shodhan Chikitsa* and *Shaman Chikitsa*

*Nidan Parivarjan*<sup>[23]</sup> --- Avoiding factors which triggers and causes *Amlapitta*.

*Shodhan Chikitsa*<sup>[35]</sup>--- Should be choose according to *Bala* (strength) of patient.

- *Vaman* (Therapeutic emesis)— In *kapha* dominant condition-*Urdhvag Amlapitta*.
- *Virechan* (Purgation)--- In *Pitta* dominant condition-*Adhog Amlapitta*.

*Shaman Chikitsa*<sup>[36]</sup> ---The Drugs which are against the properties of causative factors of disease are used. Thus, helps in pacifying the *doshas*. It can be Medicinal Drugs or Diet. It should be used after *Shodhan chikitsa* to reduce the remaining *doshas* in the body.

- *Langhan* (Fasting)—Not taking food or taking *Laghu Ahar* (light to digest).
- *Deepan-Pachan* drugs --helps in *Deepan-pachan* and decrease *Sama pitta*.

#### **Lifestyle Management:-**

It includes *Ahar* and *Vihar*:-

- **Ahar (Diet)**
- **Pathya Ahar**

It should be *Sheet* (Cool), *Madhur* (Sweet), *Tikta* (Bitter), *Katu* (Astringent), *Laghu* (Light), *Avidahi -ahar* (Which does not cause burning).

<b>Pathya Ahar</b>	<b>Properties<sup>[24][25][37]</sup></b>	<b>Yogaratanakar<sup>[26]</sup></b>	<b>Kashyap Samhita<sup>[27]</sup></b>	<b>Bhavaprakash<sup>[28]</sup></b>	<b>Nidan Chikitsa Hastamalak<sup>[29]</sup></b>
<i>Puranshali</i> (Old rice)	<i>Snigdha, Madhur, Sheet, Tridosh-shamak</i>	✓	✓		✓
<i>Moong</i> (Green gram)	<i>Kashay, Madhur, Sheet, Laghu</i>	✓	✓		
<i>Yava</i> (Barley)	<i>Sheet, laghu, Madhur</i>	✓		✓	
<i>Godhum</i> (Wheat)	<i>Madhur, Sheet, Snigdha</i>	✓		✓	
<i>Jalani-tapta-Sheetajal</i> (Hot water that has cooled)	<i>Laghu</i>	✓			
<i>Sharkara</i> (Sugar)	<i>Madhur, Sheet</i>	✓			
<i>Madhu</i> (Honey)	<i>Sheet, Kashay, Madhur</i>	✓			
<i>Saktu</i> (Roasted gram flour)	<i>Madhur, laghu, Sheet</i>	✓			

<i>Karkotak</i> (Spine gourd)	<i>Madhur, Deepan, Pittanashak, Laghu</i>	✓			
<i>Bathua</i> (Wild spinach)	<i>Madhur, Snigdha, Deepan-pachan</i>	✓	✓		✓
<i>Karvellak</i> (Bitter gourd)	<i>Tikta, Laghu, Sheet, Deepan, Pittanashak</i>	✓			
<i>Rambhapushpa</i> (Banana flower)	<i>Madhur, Snigdha, Sheet, Pittanashak</i>	✓			
<i>Shwetakushmand</i> (Ash gourd)	<i>Madhur, Laghu, Sarvadoshhar</i>	✓			
<i>Patol/parwal</i> (Pointed gourd)	<i>Pittanashak</i>	✓			✓
<i>Dadim</i> (Pomegranate)	<i>Madhur, Pittanashak, Agnideepan</i>	✓			✓
<i>Harenu</i> (Green pea)	<i>Madhur, Sheet, Pittadaganashak</i>		✓		
<i>Goghрут</i> (Cow ghee)	<i>Madhur, Sheet</i>		✓		
<i>Godugdha</i> (Cow milk)	<i>Madhur, Sheet</i>		✓		
<i>Jangalmauns</i> (Meat)	<i>Madhur, laghu, Pittanashak</i>		✓		
<i>Kalayashak</i> (Bengal gram flower)	<i>Laghu, Madhur, Sheet</i>		✓		
<i>Amla</i> (Indian gooseberry)	<i>Sheet, Pittanashak, Laghu, Madhur, Kashay</i>		✓		
<i>Jwari</i> (Sorghum)	<i>Pittanashak, Pathya, Sheet</i>			✓	✓
<i>Ardrak</i> (Ginger)	<i>Agnideepak, Madhur</i>				✓
<i>Dhanyak</i> (Coriender)	<i>Madhur, Kashay, Dahaprashamak, laghu, Deepan, Pachan</i>				✓
<i>Saindhav</i> (Rock salt)	<i>Deepan, Avidahi, Tridoshashamak</i>				✓
<i>Narikela-jala</i> (Coconut water)	<i>Madhur</i>				✓

- **Apathy Ahar** –Should avoid Heavy,Oily,Dry,Hot,Salty-sour-tangent,channel-blocking food and Fermented food.

<b>Apathy Ahar</b>	<b>Yogaratnakar<sup>[30]</sup></b>	<b>Nidan Chikitsa Hastamalak<sup>[29]</sup></b>
<i>Teel</i> (Sesame) and products of <i>Teel</i>	✓	
Products of <i>Udid</i> (Black gram)	✓	
<i>Kulattha</i> (Horse gram)	✓	
<i>Avidugdha</i> (Goat milk)	✓	
<i>Dhanyamla</i> (Fermented cereal liquid)	✓	
<i>Dadhi</i> (Curd)		✓
<i>Madya</i> (Liquor)		
<i>Navin Shali</i> (Newly harvested rise)		✓
<i>Tomato</i>		✓

Mathha(Buttermilk)		✓
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**Dietary Guidelines:-****Ahar****DO's:**

- Should take a food 2/3rd part of stomach capacity and kept 1/3<sup>rd</sup> part empty.<sup>[31]</sup>
- Should take a food which is easy to digest (light food).
- Should take a food which is sweet in taste.
- The diet should consist of old rice.
- Should take hot water that has cooled.
- Water should be consumed according to thirst and in amounts sufficient to satisfy it.

**Dont's:**

- Avoid to skip meals.
- Avoid Heavy meal, Raw vegetables, Meat.
- Avoid frequently drinking water in between meal.
- Avoid frozen foods and chilled drinks.
- Avoid alcohol, sour, spicy, fermented, and fried food.
- Should eliminate carbonated beverages from diet.
- Avoid food like Pizza, Burger, Baked snacks, Packaged and Canned food items and food made of refined flour like Noodles, etc.
- Avoid *Viruddha Ahar* –e. g. Milkshake, Bhel, Tea with Biscuits, Milk with fish, etc.

**Lifestyle Changes:-****Vihar****Do's:**

- Should follow the rules mentioned in *Aharvidhivisheshayatan* and *Ahar-vidhi-vidhanan*.
- Should eat during *Pitta* period, between 10 A.M. and 2 P.M or when you feel hungry.<sup>[1]</sup>
- Exercise regularly.
- Reduce mental stress.
- Yogic practice.
- Should Follow the lifestyle rules mentioned in *Dinacharya*<sup>[32]</sup> and *Ritucharya*.<sup>[33]</sup>
- *Ritushodhan*- do *Shodhan karma* mention in specific seasons.
- e.g. *Vamanin Vasant Ritu*, *Virechan* in *Sharad Ritu*, *Basti* in *Varsha Ritu*
- Should Change the place where climate is different from your regular climate.<sup>[34]</sup>

**Dont's:**

- Avoid *Vegadharan* (Natural urges).
- Avoid sleep just after taking a meal.
- Avoid staying awake at night.
- Avoid high-stress situations.

**Discussion:-**

*Amlapitta* is one of the most common disorders of the gastrointestinal tract described in Ayurveda, primarily resulting from the vitiation of *Pitta dosha* along with impairment of *Agni* (digestive fire). *Vihara* additionally, irregular eating patterns such as *Adhyashana* (eating before digestion of previous meal), *Ajeerna* (indigestion), and *Vegadharana* (suppression of natural urges) further disturb the normal functioning of *Annavaha Srotas*. This leads to *Agnimandya*, resulting in the formation of *Ama*, which in turn causes *Vidagdha Pitta* and manifests as *Amlapitta*. Management of *Amlapitta* focuses on *Nidana Parivarjana* (elimination of causative factors) dietary regulations and lifestyle changes. While *Langhana*, *Deepana*, and *Pachana* help in correcting *Agnimandya* and reducing *Ama*. Dietary regulation (*Pathya Ahara*) plays a central role in management. Foods that are *Sheeta*, *Madhura*, *Tikta*, and *Laghu* are beneficial, whereas *Apathya Ahara* such as spicy, sour, oily, and fermented foods should be avoided. Lifestyle modifications including stress management, regular exercise, proper sleep, and adherence to *Dinacharya* and *Ritucharya* are equally important in both prevention and management. Thus, *Amlapitta* is not only a disease of the digestive system but a reflection of disturbed lifestyle and dietary habits, emphasizing the holistic approach of Ayurveda.

**Conclusion:-**

*Amlapitta* is a lifestyle-related disorder predominantly caused by improper dietary habits and faulty lifestyle practices leading to the aggravation of *Pitta dosha* and impairment of *Agni*. It closely resembles modern gastrointestinal conditions such as hyperacidity. Ayurveda offers a holistic and effective approach for the prevention and management of *Amlapitta* through *Nidana Parivarjana*, appropriate dietary modifications and lifestyle regulation. Emphasis on *Pathya Ahara*, *Dinacharya*, and *Ritucharya* plays a crucial role in maintaining digestive health and preventing recurrence. Early diagnosis and timely intervention can effectively manage the condition, whereas chronic cases may become difficult to treat if neglected. Therefore, adopting Ayurvedic principles in daily life can significantly reduce the incidence of *Amlapitta* and improve overall quality of life.

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