CONCEPTUAL STUDY OF PATHOGENESIS OF AMLAPITTA

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ABSTRACT
Amlapitta is one among the commonest disorders prevalent in the society now days due to indulgence in incompatible food habits and activities. In Brihatrayes of Ayurveda, scattered references are only available about amlapitta, kashyapa, samhita was the first samhita which gives a detailed explanation of the disease along with its aetiology, signs & symptoms with its treatment protocols. It is very troublesome disease & can give use to many serious problems it is not treated in correct time, signs & symptoms of amlapitta are very similar to gastritis or hyperacidity. According to conventional medical science the most common cause of gastritis are H. pylori. Infections & prolonged use of Non-steroidal anti-inflammatory drugs.

KEYWORDS: Amlapitta, Kashyapa samhita, Brihlatrayes.

INTRODUCTION
Amlapitta is a disease of Annahave srotas and is more common is the present scenario of unhealthy diets & regimens. Today’s life style is completely changed by all means, our diet pattern, life style & behavioural pattern is changed & is not suitable for normal physiology of digestion of the body. The term amlapitta is a compound one comprising the words amla & pitta. Out of these, the word amla is indicative of a property which is organoleptic in nature and identified through the tongue while the word pitta suggestive of one of the tridosha as well as responsible for digestion& metabolism inside the body. The classical literature on amlapitta explains that Amlapitta is such a condition in which pitta increased and side by side the sourness of pitta is also increased. To indicate this factor Acharya Chakrapani has stated that Amlapitta is “amla guna yuktapitta”.

25-30 peoples are suffering from dyspepsia in India. These diseases are chronic in nature & attaches adults mostly. The incidence of gastritis in india is approximately 3 in 869 that is about 12, 25, 614 people suffering from gastritis out of total 1, 06, 50, 70, 607 population. Amlapitta is mentioned in kashyapa samhita, Madhav nidana, Bhav prakash and chakradatta. Acharya charaka, sasruta & vagbhatta have not described this disease. Amlapitta, as separate though it has been referred at certain places.Annavisha (toxins) produced due to aijrna (indigestion) when mixes with pitta dosha inters in Amashaya (stomach) and than produces amla pittadi diseases. According to all the description available, it is realized that there is excessive secretion of Amla guna of pitta dosha which causes vidah-adi conditions (i.e. sources of pitta gets increased.).

AIM AND OBJECTIVES
To study concept of Amlapitta diseas in the light of current life style & incompatible food habits.
To study the concept of pathogenesis of amlapitta.

MATERIALS AND METHODS
The classical Ayurvedic text kashyapa samhita along with its commentary is referred as the prime source and other classical text along with its commentary as a supportive one for the conceptual study & interpretation is made with panchhhaustika theory & chakrapani’s reference on pitta and conclusions were drawn considering conceptual study & discussion.

Charak samhita, madhav nidana, Kashyap samhita and Bhav prakash are referred for collection and compilation of the pathogenesis of amlapitta.

DISCUSSION
“Amlapittam cheiti amlodgunodriktam pitta”[6] means that the pitta attains amla (sourness) excessively and
causes vidaha (burning sensation in chest). This condition is known as Amlapitta. It is a disease that affects the human being due to excessive consumption of amla, tikshna, vidahi ahar, faulty dietary habits i.e. fast food like burger, pizza’s, cold drinks, addictions like alcohol, smoking, tea, coffee and other psychological factor including stress, strain, anger, anxiety are the major causative factors responsible for the amlapitta.

Mordern era’s changing life style along with changing food culture & also depending upon ones body constitution. Amlapitta is one most common symptom (diseases) seen in the society. Hurry, Worry, Curry are the three main reasons for the diseases.

People usually take a glass of milk in their diet, although someone have tendency to have trouble in a absorbing milk. This is because the larger amount of acid present and it results in to hard curd combined with proteins of the milk which often vomited yet milk is excellent in this condition for quick relief.

It also helpful to drink warm water because, it has been found by physiological experiments that cold water increase the amount acid secreted in the stomach.

PATHOGENESIS OF AMLAPITTA
Due to all nidanas/ etiological factors of amlapitta, vattadi dosha gets aggravated and causes mandagni thereby causes mildness of the agni (gastric fire) & the food remains in the amashya (Abdomen) & turns to shukta avastha due to improper burning. Due to excessive intake of food due to his greed the pitta gets vitiated in drava roopa & this disease is called as Amlapitta. This condition is explained just as milk is poured in to curd pot immediately attains sourness & gets in to an in separated form. In the same way, repeatedly eaten food gets improperly burnt & causes acidity of ahar rasa.

Due to above etiological factors vatadi dosha gets aggravated leading to mildness of agni. At this time, whatever is eaten by an ignormus person, the same gets burnt, due to improper digestions, food gets acidified inside the stomach. If person doesn’t follow rules & regulation of diet even at this stage & indulging incomptable food item due to greed, the amla rasa gets vitiated due to pitta is known as amlapitta.(K.S.khi. 16/7-13.).

Samprapti Ghatak
Dosha - Pitta Pradhan tridoshaj
Vata - samana yava
Pitta - pachak pitta
Kapha - kledaka kapha
Dushya - Dhatu - rasa
Updhatu - tvaka
Sharirik mala - purisha
Dhatu mala - kapha, pitta
Agni - jatharagni, Dhatvagni

Agnidushti - Tikshagni, Mandagni
Stotas - Rasavaha, Annavaha
Srotodushti - Sanga, Virmagagamanasa
Adhisthan - Amasaya
Udbhavsthan - Amasoyotha
Sancharavastha – Mahastrotasa
Vyaektavsth - Amasaya, Kantha, Hridya
Svabhava – Chirkari, Ashukari
Prabhava –Newly manifested curable with difficulty & chonic disease curable with difficulty only in few persons.
Rogmarga - Abhyantra

SAMPRAPTI CHAKRA
Nidan Sevana
Ritu Vishesha (Varsha + Sharad Ritu)
Desha Vishesha (Anupa Desha)
Accumulation & Pitta dosha
Vitiation & pitta
Sourness / Acidification of pitta increases
Symptoms of pitta

AMLAPITTA

REFERENCES