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Amlapitta (Hyperacidity) - Review
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A R T I C L E   I N F O

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A B S T R A C T

Amlapitta (Hyperacidity) is one of the most common diseases (vyadhi) of annavaahasrotas (gastrointestinal tract order), caused by vitiated agni (appetite). Amlapitta (Hyperacidity) is a condition in which the laguna (sour taste) of Pachak pitta (juice in the stomach) increases due to samata. Amlapitta (Hyperacidity) is considered Pitta Kaphapradhana Tridosha (Sour) and 'Agni' (the usual quality of juice in the stomach) increases due to fermentation [2]. Due to this increase in the sour quality of Pitta (stomach juice) it is called Amlapitta (Hyperacidity). It is a disease of the intestinal tract, due to the unusual secretion of enzymes in the stomach and pancreatic. In medical science it is defined as Acid Peptic Disorder (APD) [3]. In Ayurveda it is described as Amlapitta (Hyperacidity). It is one of the most common diseases (vyadhi) of annavaahasrotas (Gastrointestinal track disorder), caused by vitiated agni (Appetite). Amlapitta (Hyperacidity) is a condition in which the amlaguna ( Sour) of pachak pitta (Gastric juice) increases due to the samata condition that causes the vyadhi (Diseases). Aacharya Kashyap approved the inclusion of three Doshas in Amlapitta (Hyperacidity) while Madhavkara accepted Pitta’s rule in the disease. Aacharya Charak did not mention Amlapitta (Hyperacidity) as a distinct disease but described Grahani (a slow movement followed by constipation) as one of its Lakshana (symbols). According to Ayurveda most of the disruption is caused by the confirmed Agni (hunger). Various things and ongoing changes in life such as, getting used to new and new foods, junk food, fast food, changes in cooking style, occupational hazards etc. It has exacerbated the spread of the disease. Along with those factors that contribute to major depression, anxiety had worsened the disease, including Amlapitta (Hyperacidity). This is a lifestyle problem and those who are addicted to tobacco, alcohol and mixed foods that contain salt can easily get the disease. Amlapitta (Hyperacidity) can be linked to hyperacidity in relation to modern science. It simply means an increase in the level of acid in the stomach. The stomach releases hydrochloric acid, a digestive juice that breaks down food particles into very small forms to aid digestion. When there is an excess of hydrochloric acid in the stomach, the condition is known as hyperacidity. It is a disease of the intestinal tract, due to the abnormal secretion of the enzyme in the stomach and pancreatic. In medical science is described as Acid Peptic Disorder (APD). Amlapitta disease, causes, treatment is reviewed in detail according to Ayurveda in this article.

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1. Introduction

The word “Amlapitta” (Hyperacidity) contains two words - ‘Amla’ (Sour) and ‘Pitta’ (Gastric juice) [1]. In Amlapitta (Hyperacidity) the amount of Pachaka Pitta (Gastric juice) increases, its quality of the usual bitter taste (alkaline) is changed to a very sour (acidic) taste due to fermentation [2]. Due to this increase in the sour quality of Pitta (stomach juice) it is called Amlapitta (Hyperacidity). It is a disease of the intestinal tract, due to the unusual secretion of enzymes in the stomach and pancreatic. In medical science it is defined as Acid Peptic Disorder (APD) [3]. In Ayurveda it is described as Amlapitta (Hyperacidity). It is the most widespread disease in the world [4]. Amlapitta (Hyperacidity) is one of the most common diseases (vyadhi) of annavaahasrotas (Gastrointestinal track disorder), caused by vitiated agni (Appetite). Amlapitta (Hyperacidity) is a condition in which the amlaguna (Sour) of pachak pitta (Gastric juice) increases due to the samata condition that causes the vyadhi (Diseases). Aacharya Kashyap approved the inclusion of three Doshas in Amlapitta (Hyperacidity) while Madhavkara accepted Pitta’s rule in the disease. Aacharya Charak did not mention Amlapitta (Hyperacidity) as a distinct disease but described Grahani (the usual movements followed by constipation) as one of the Lakshana (symbol). According to Ayurveda most of the disruption is due to Agni (Appetite) maturation. Due to various factors in today’s modern civilization such as rapid changes in the environment, the availability of fresh and fresh food, changes in cooking habits, air pollution, the introduction of various chemicals in a new way of life, occupational hazards etc. it has caused an increase in disease. Along with those stimulants, major depression and anxiety have aggravated the disease, including Amlapitta (Hyperacidity). This is a lifestyle problem and those who are addicted to tobacco, alcohol and a high-salt diet may be more susceptible to the disease [5]. Amlapitta (Hyperacidity) is an intestinal disease described in Ayurveda. It can be accompanied by the purity of modern medical science. Through the digestive process, HCL plays an important role. HCL confirms that the inactive enzyme pepsinogen is an active enzyme pepsin that helps digest food by breaking down bonds that link to amino acids, a process called proteolysis. Hyperacidity simply means increased levels of acid in the stomach. The stomach releases hydrochloric acid, a

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digestive juice that breaks down food particles into very small forms to aid digestion. When there is an excess of hydrochloric acid in the stomach, the condition is known as hyperacidity. Hyperacidity also called acid dyspepsia. Acid dyspepsia is characterized by pain or discomfort in the upper abdomen, frequent epigastrum, post-abdominal discomfort that is characterized by fullness and bloating. According to Aacharya Vagabhat, Pachak Pitta (Gastric juice) acts as an Agni (appetite). When its liquid form is lost, this Agni is significant for Annapachan Prakriya (Grinding) [6]. Therefore this pachak pitta (Gastric juice) is related to HCL and Amalapitta is a condition in which pachak Pitta (Gastric juice) increases in quantity. Ayurvedic Amlapitta (Hyperacidity) syndrome can therefore be associated with Hyperacidity. Amlapitta (Hyperacidity) is classified according to Dosa Dushti (a feature in juices) and Shaha Dushti (local) of Srotas (system), Amlapitta (Hyperacidity) with symptoms such as Avipak (Indigestion), Kalna (normal weight loss), Utklesh (Nausea), Tikta Amloudagar (Burping), Gaurava (Heavieness), Hrdakontha Daha (Heartburn), Aruchi (loss of taste) [7].

2. Causes of Amlapitta

2.1. Ahara (Dietarycause) [7]:

This includes a variety of unhealthy eating habits that contradict common practices as mentioned in Ayurveda. According to Kashyap Virudha Ahara (Unhealthy Diet), Adhyasana (after meals), Bhojana (eating food even though the current meal is not digested), AjeeranaBhojana (regular digestion), Guru (hard food), Snigdha Bhojana (fatty foods), Ati Rukshamana (extreme dry food), etc. It causes Agnimandya (loss of appetite) leading to Amlapitta (hyperacidity). Acharya Madhavakara states that an increase in Pitta (juice in the stomach) is a factor in the spread of Amlapitta (hyperacidity).

2.2. Vihara (Environmental) [8]:

This includes things that go against the rules of normal hygiene. It has two types:

a. Excess physical activity
b. No less or less work

Excessive physical activity includes more than regular exercise, Ratri-jagarana, Dhatukshaya, Upavasa etc., making Vata Pitta Prakopa. Kashyapa points out that the root cause could be Vegadharaana, Divawasa after eating Bojana, Snana. Thus, the above factor creates Jatharagnimandya leading to the disease Amlapitta.

2.3. Agantuja Hetu [9]:

This group includes items such as alcohol, smoking, tobacco, beverages, and other toxic substances. These substances cause local irritation in the stomach which eventually secretes the stomach juice causes Amlapitta.

2.4. Manasika Hetu [10]:

It is a psychological factor and plays an important role in maintaining health. Other causes-Living in anupadeshi, Sharadritu (autumn season), alcoholism, smoking, tobacco chewing, long-term NSAIDS (pain killers), helicobacter pylori infections. All of the above lead to an excessive increase in Pitta dosha in the body and show symptoms of Amlapitta.

According to Doshapushthi [11]

i) Kashyapa Samhita [12]: Here there are three types are mentioned:


b. Pittaja Amlapitta-Bhrma, Vidaha, Sitaupasa, S avidupasa [14].

c. Kaphaja Amlapitta-Gaurava, Chhardi, Rukshaguna, Upasyaya, Usmaguna, Upasaya [15].

ii) Madhava Nidan- here four types are mentioned:

a. Vatadiyika Amlapitta-Kamra, Pralopa, Murchha, Chinchimirva, Gastraavasada, Shoola, Tomadorshana, Vihrama, Moha, Harsh [16].


According to Sthana Dushti:


Chikitsa of Amlapitta [21]

Amlapitta treatment line can be considered in 2 ways. General principles of management and administration depending on the particular situation. According to Charaka and almost all diseases can be treated in 3 ways.

1. Apakarshana
2. Prakrityivigahata
3. Nidana Parivarjana

1. Apakarshana

So far Amlapitta is worried, from Amashaya and especially the local Dosa. In this case Vanama is the best treatment. If the Doshas are made in Pachyamasanaya, then Virechana is an appropriate treatment. If the Doshas are made in Pakwasaya then Basti is the ideal treatment. In other words Apakarsana is the cure for Shodhana. In Shodhana treatment Vanama is promoted to Urdhwa Amlapitta and Virechana in case of Adhoga Amlapitta. The use of Niruvahasti is mentioned by Chakrapani, Vrinda Madhav and Govind Das where as Yoga Katnaka mentioned the use of Raktamoksha.

2. Prakrityivigahata

Refers to the use of drugs that suppress Dosa. Such a treatment is called Shamana treatment. In Amlapitta Shana treatment is also recommended and various Pitta Shamaka recipes have been put in place. Shanama’s medicine should be that of Madhura and Tikta Rasa, Snigdha Gunas and Sheeta Veerya opposite Pitta.

3. Nidana Parivarjana

Focuses on avoiding those things in the diet which are leading to Dosa and-producing diseases. Naturally only those articles that talk about healthy food to be used are good and beneficial.

Drugs used in Amlapitta [22]

a. Single drug

1. Ativisha Patola
2. Bhringaraja Satavari
3. Gaduchi Sukti Bhasma and Pisti
4. Kaparda Bhasma Shankha Bhasma
5. Mukta Pti Pravala Bhasma

b. Famous formulations

1. Drakshaleva Soottakshar Rasa
2. Kansadadha Rasa Satavari Mandura
3. Adivattkara Churna Satavari Ghrita

3. Complication

If not treated in a timely manner or if not eaten properly, habits and habits continue, leading to stomach ulcers, chronic gastritis, duodenitis, painful bowel disease, mal-absorption, anaemia, peptic stenosis.

Do’s (Pathya) and do not in Amlapitta

• Light foods, coconut water, cooling articles.
• Vegetables such as white pumpkin, spicy lump, ripe ash, leafy vegetables without mats.
• Wheat, old rice, barley, gram raw, sugar cane, cucumber
• Fruits such as juice, dried grapes, black grapes, sweet lime, pomegranate, fig, dried fig.
• Take enough liquid such as pomegranate juice, lemon juice, amla juice, sweet-lime juice, water treated with ushir (wala) or coriander
seeds, or laja (powdered rice) warm water

- Dadimpak (delicious pomegranate preparation) Moramla (amla (amla) jam), guilkand (rose petals jam) with milk
- A cup of warm milk every two or three hours
- One teaspoon of ghee with warm milk
- Get enough sleep and rest
- Practice Yoga, pranayam, meditation

Don’ts in Amlapitta

- Avoid excessive spicy, sour and salty substances
- Avoid fried and junk food items
- Do not remain hungry. Avoid fast.
- Do not overeat, take small frequent meals
- Avoid untimely and irregular food habit
- Avoid foods containing excess number of garlic, salt, oil, chillies, etc.
- Avoid rice, curd and sour fruits.
- Avoid lying down immediately after food and in supine position.
- The best recommended position is left lateral
- Avoid smoking, alcohol, tea, coffee and aspirin type drugs.
- Avoid stress

4. Discussion

Amlapitta (Hyperacidity) is the most common disease in the world. The rate of increase is a constant challenge for research staff. Amlapitta (Hyperacidity) is a common disease of the Annahara srotas. A materialistic life-style makes people run after a busy, stressful life without worrying about proper eating habits. Amla + Pitta = Amlapittta (Hyperacidity) The word Amla (Sour) refers to a type of flavor that is similar to the sour taste that produces excess saliva. Pitta is a chemical component of the body that is responsible for the maintenance of the digestive process, regeneration and regenerative changes. The ancient definition of Amlapitta (Hyperacidity) emphasizes that Amlapitta is a patho-physiological condition in which Pitta is regenereted according to Vrdhudi (hyperactivity) and Pitta's acidity increases [13]. Altered function of Agni (Diet) leads to various diseases. It is not uncommon for most of us to experience a burning sensation in the abdomen and chest at times. This happens in most cases due to over-dose of nutrients in the stomach. In the Ayurvedic word, this is called Amlapittta (Hyperacidity).

5. Conclusion

Amlapitta may be associated with modern medical science hyperacidity. HCl digestion process i.e., hydrochloric acid plays an important role and converts the inactive pepsinogen enzyme into an active enzyme pepsin that helps in digestion by breaking amino acid binding bonds, a process called such as proteolysis. According to Ayurveda Pachak pitta (Gastric juice) acts as Agni (Food). When its liquid state is lost, this Agni (Food) is essential for digestion. Thus, this Pachak pitta (Gastric juice) is similar to HCl and Amlapitta (Hyperacidity) condition in which Pachak Pitta (Gastric juice) is increased in quantity. Therefore, the business of Ayurvedic Amlapitta (Hyperacidity) may be associated with Hyperacidity. If not treated in a timely manner and if not eaten properly, the type of medication and its progression can lead to stomach ulcers, chronic gastritis, duodenitis, irritable bowel syndrome, mal-absorption, anaemia and stenosis. In modern literature, some technical terms have been used to indicate an unusual condition such as Amlapitta (Hyperacidity). These words describe the modern state of the disease or describe features of the disease. It is very difficult to combine Amlapitta (Hyperacidity) with one modern scientific disease.

Conflict Of Interest

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