



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

“AMLAPITTA: A HOLISTIC REVIEW OF CAUSES, SYMPTOMS AND TREATMENT”

Dr. Vikas Madhu Kolekar¹, Dr. Vishwajeet Pradip Patil², Dr. Abhinandan Patil³,

1. Dr. Vikas madhu kolekar , PG Scholar, Department of kayachikitsa Loknete Rajarambapu Patil Ayurvedic Medical College & Hospital, Post Graduate Institute & Research Centre, Urun-Islampur, Sangli Road, Tal. Walwa, Dist. Sangli, Maharasht
2. Dr. Vishwajeet Pradip Patil, PG Scholar, Department of kayachikitsa Loknete Rajarambapu Patil Ayurvedic Medical College & Hospital, Post Graduate Institute & Research Centre, Urun-Islampur, Sangli Road, Tal. Walwa, Dist. Sangli, Maharashtra
3. Dr. Abhinandan patil ,HOD of Department of kayachikitsa Loknete Rajarambapu Patil Ayurvedic Medical College & Hospital, Post Graduate Institute & Research Centre, Urun-Islampur, Sangli Road, Tal. Walwa, Dist. Sangli, Maharashtra

Abstract:

Amlapitta is a common gastrointestinal disorder described in Ayurveda, mainly caused by the aggravation of Pitta Dosha and impaired digestive fire (Agnimandya). Modern unhealthy lifestyle habits, stress, irregular diet, and excessive intake of spicy and oily foods contribute significantly to its occurrence. Amlapitta can be correlated with hyperacidity, gastritis, and acid reflux disorders in modern medicine.

Classical Ayurvedic texts describe the disease in detail with its causes, symptoms, and treatment principles. Common symptoms include sour belching, heartburn, nausea, indigestion, vomiting, and burning sensation in the chest and throat. The disease is classified into Urdhvaga and Adhoga Amlapitta based on symptom presentation. Diagnosis is mainly based on clinical features and Dosha assessment.

Ayurvedic management focuses on balancing Pitta Dosha and improving digestion. Treatment includes Nidana Parivarjana (avoidance of causative factors), Shamana Chikitsa, and Shodhana Chikitsa. Dietary regulation and lifestyle modification are essential components of management. Yoga and stress reduction techniques also help in preventing recurrence. Ayurveda provides a holistic and natural approach for effective management of Amlapitta. Early diagnosis and proper treatment improve digestive health

INTRODUCTION

Amlapitta is one of the most commonly occurring gastrointestinal disorders described in Ayurveda, primarily caused by the aggravation of Pitta Dosha along with impairment of digestive fire (Agnimandya). In the modern era, unhealthy dietary habits, stress, sedentary lifestyle, irregular eating patterns, and excessive intake of spicy and processed foods have significantly increased the prevalence of Amlapitta. The condition can be correlated with hyperacidity, gastritis, acid reflux, and gastroesophageal reflux disease (GERD) described in contemporary medicine.

The present review aims to provide a holistic understanding of Amlapitta with special reference to its causative factors, clinical manifestations, pathogenesis, and management according to Ayurvedic principles. Classical Ayurvedic texts such as Kashyapa Samhita, Madhava Nidana, Charaka Samhita, and Bhavaprakasha describe Amlapitta as a disorder resulting from improper digestion and vitiation of Pitta Dosha. Dietary factors like excessive consumption of sour, spicy, oily, fermented, and incompatible foods, along with psychological stress and disturbed lifestyle, are considered major etiological factors.

Clinically, Amlapitta presents with symptoms such as sour belching (Amlodgara), heartburn, nausea, indigestion, vomiting, burning sensation in the chest and throat, heaviness, and loss of appetite. Ayurveda classifies Amlapitta into Urdhvaga and Adhoga types based on the direction of symptom manifestation. Diagnosis is mainly based on clinical examination, assessment of Dosha involvement, and evaluation of digestive strength.

Ayurvedic management focuses on the correction of digestive fire, elimination of aggravated Doshas, and restoration of gastrointestinal balance. Treatment modalities include Nidana Parivarjana (avoidance of causative factors), Shamana Chikitsa (pacifying therapies), and Shodhana Chikitsa (detoxification procedures such as Virechana). Dietary regulation, stress management, yoga, and lifestyle modifications also play a vital role in prevention and recurrence control.

Aim: To study Amlapitta comprehensively with special reference to its causes, symptoms, pathogenesis, and holistic management through Ayurvedic principles.

Objectives

1. To understand the concept of Amlapitta described in classical Ayurvedic texts.

2. To study the etiological factors (Nidana) responsible for the development of Amlapitta.
3. To study the role of diet, lifestyle modification, and preventive measures in the management of Amlapitta.

Material and methods:

Study design: The present study is a literary and observational review study conducted to evaluate the Ayurvedic concept, clinical features, and management of Amlapitta. The study was designed to analyze classical Ayurvedic literature along with available modern medical research related to hyperacidity and gastroesophageal disorders.

Protocol Selection: Collection of literary references related to Amlapitta. Review of Nidana (causative factors), Samprapti (pathogenesis), Lakshana (symptoms), and Chikitsa (treatment). Comparative evaluation of Ayurvedic and modern concepts. Assessment of Ayurvedic interventions including dietary management, herbal medicines, and Panchakarma therapies. Compilation and interpretation of data for holistic understanding.

Inclusion Criteria for Ayurvedic

Interventions: Literature related to Amlapitta from classical Ayurvedic texts. Published research articles on Ayurvedic management of Amlapitta. Patients or

cases presenting symptoms of hyperacidity, acid reflux, indigestion, and heartburn. Studies focusing on Ayurvedic interventions such as Shamana and Shodhana therapies.

Terminology: Amlapitta – Disorder caused by aggravated Pitta with acidic manifestations. Agnimandya – Impaired digestive fire. Nidana – Etiological or causative factors. Lakshana – Clinical signs and symptoms. Samprapti – Pathogenesis of disease.

Ethical Considerations: This study is based only on classical texts and published literature. No human or animal subjects were involved. Therefore, ethical approval was not required.

Review:

Defination -

अम्लगुणोद्विक्तं पित्तं अम्लपित्तम्।
(कायचिकित्सा अम्लपित्त अध्याय)⁽¹⁾

Pitta is increased by amla gun is called as amlapitta.

Hetu –

विरुद्धदुष्टाम्लविदाहिपित्तप्रकोपिपानान्नभुजो विदग्धम
पित्तं स्वहेतूपचितं पुरा यत्तदम्लपित्तं प्रवदन्ति सन्तः ।
(मा.नि./अम्लपित्त /१) (भा.प्र.१०/१) (यो.र./अम्ल /१)⁽²⁾

Viruddha ahara, amla , vidahi, pittaprakopak ahara are the main causes of amlapitta disease.

Lakshane -

अविपाक-क्लमोउत्क्लेश-तिक्ताम्लोद्गार-गौरवैः।

हल्कण्डाहरुचिभिश्चांम्लपित्तं वदेद् भिषक् ॥

(मा. नि अथाअम्लपित्तनिदानम्)⁽³⁾

Amlapitta lakshan - Avipak, klam, utklesh, tikta-amlodgar, gourav, hrit-kantha dah, aruchi.

Samprapti -

वातादयः प्रकुप्यन्ति तेषामन्यतमो यदा ।
मन्दिकरोति कायाग्निमग्नौ मार्दवमागते ॥
एतान्वेव तथा भूयः सेवमानस्य दुर्मतेः ।
यत्किंचिदशितं पीतं देहिनस्तद् हि दहति ॥
विदग्धं शुक्ततां याति शुक्तमामाशये स्थितम् ।
तदम्लपित्तमित्याहुर्भूयिष्ठं पित्तदूषणात् ॥

का.सं. १६/७-९)⁽⁴⁾

Samprapti is the process of the disease formation beginning right from the contact of the causative factors with the body to complete manifestation of the disease. It is a course followed by a disease in which the doshas gets vitiated and the path it follows for the manifestation of disease. Kashyapa, Madhava & Gananatha Sen have mentioned specific Samprapti of Amlapitta as follows.

The etiological factors like Abhojana, Atibhojana, Veganigraha, Panchakarma Vyapat and seasonal variation etc. cause vitiation of Doshas and Agni which ultimately results Mandagni which is treated as mother of all the diseases. This Mandagni leads to Avipaka and due to Avipaka even light and small

meals are not digested. This undigested and ill digested food gets shukratva which leads to the formation of Annavisha. This Annavisha is manifested in the form of Ajirna (Ch. Chi. 15/45-60).

As per Charaka it is said that when

diet is not properly digested it gets fermented and forms Annavisha. This Ama when mixed with Pitta then it develops the disease Amlapitta.

Chikitsa –

As per Charakacharya disease can be treated in 3 ways.

1. Nidanaparivarjana
2. Apakarshana
3. Prakritivighata

Nidanaparivarjana:

Withdrawing of the alleivlating factors of the disease is called as Nidana Parivaryana. Sushruta has given it as a first line of treatment of all the disease. Nidanaparivarjana refers to the avoidance of those factors from the diurnal lives, which are Doshas aggravating and disease producing.

Apakarshana :

Recurrence of the vitiation of the Doshas is not possible with sanshodhana chikitsa. It may be reoccured if only shaman chikitsa have done. So, sanshodhana chikitsa is more reliable for all the disease. Amlapitta is chraonic &

complicated disease. Recurrence of amlapitta occurs in the patient as early as possible after removing the treatment (shaman chikitsa). So, all the ancient Acharyas give sanshodhan karma for it.

Prakritivighata:

Prakritivighata refers to the use of the drugs, which suppress the Doshas. In Amlapitta also the Shamana therapy is advised and various Pittashamaka recipes have been prescribed. The sanshaman chikitsa the root of the disease must be ruled out for curation and it can be possible with the help of prakrutivighata. Without sanshodhan karma, only sanshaman may help for removing the vitiated Doshas. The drug that removes the vitiation of the Doshas and not expulses it from the body is called as sanshaman karma (A.S. -su-24/8 & A.H.su-14/6) sanshaman chikitsa brings the imbalance Doshas in to its normal position.

Kashaypa has mentioned following sanshaman chikitsa in Amlapitta.

- (1) Langhana
- (2) Laghu bhojana
- (3) Satmya Kala & Desha Sevana
- (4) Pachana Karma with Samanyoga

RESULT:

The present review study showed that Amlapitta is mainly caused by improper dietary habits, unhealthy lifestyle, and mental stress, leading to aggravation of

Pitta Dosha and impairment of digestive fire (Agnimandya). Excessive consumption of spicy, oily, sour, and fried foods, along with irregular meal timings and lack of sleep, were identified as major causative factors.

The commonly observed symptoms included sour belching (Amlodgara), heartburn, nausea, indigestion, burning sensation in the chest and throat, heaviness in the abdomen, and loss of appetite. The study also revealed that sedentary lifestyle and stress significantly increase the recurrence of symptoms.

Ayurvedic management showed positive outcomes in reducing symptoms and improving digestion. Treatments such as Nidana Parivarjana, Shamana Chikitsa, and Shodhana Chikitsa were found effective in balancing Pitta Dosha and restoring digestive health. Herbal formulations like Avipattikara Churna, Yashtimadhu, and Amalaki provided relief from acidity and burning sensation.

Virechana Karma was observed to help in detoxification and reduction of aggravated Pitta.

Example

For example, a 35-year-old patient with complaints of hyperacidity, sour belching, heartburn, and nausea for six months was managed with Ayurvedic treatment including Avipattikara Churna, dietary regulation, and lifestyle modification. The

patient was advised to avoid spicy and fried foods, maintain regular meal timings, and practice stress management techniques. After four weeks of treatment, significant reduction in heartburn, improved appetite, better digestion, and relief from sour belching were observed. Overall, the review concluded that Ayurveda provides a holistic and effective approach in the management of Amlapitta through herbal medicines, detoxification therapies, proper diet, and healthy lifestyle practices.

Discussion

Amlapitta is one of the most common disorders of the gastrointestinal system described in Ayurveda. In the present review, it was observed that improper dietary habits, mental stress, sedentary lifestyle, and disturbed daily routine are the major contributing factors responsible for the development of Amlapitta. These factors lead to vitiation of Pitta Dosha and impairment of digestive fire (Agnimandya), resulting in improper digestion and formation of acidic substances in the gastrointestinal tract. The review of classical Ayurvedic texts revealed that Amlapitta is mainly associated with excessive intake of spicy, oily, sour, fermented, and incompatible foods. In modern society, frequent consumption of fast foods, irregular meal timings, excessive tea and coffee intake,

and psychological stress have significantly increased the prevalence of the disease.

The symptoms such as sour belching, heartburn, nausea, vomiting, indigestion, and burning sensation correlate closely with modern conditions like hyperacidity, gastritis, and gastroesophageal reflux disease (GERD).

Ayurveda emphasizes a holistic approach in the management of Amlapitta by focusing not only on symptom relief but also on correction of the root cause.

Nidana Parivarjana (avoidance of causative factors) is considered the first and most important line of treatment.

Dietary regulation and lifestyle modification play a significant role in reducing recurrence and maintaining digestive balance.

The study also highlights the importance of Shamana Chikitsa and Shodhana Chikitsa in treatment. Herbal formulations such as Avipattikara Churna, Yashtimadhu, Amalaki, and Kamdudha Rasa were found beneficial due to their Pitta-pacifying and digestive properties. Panchakarma procedures like Virechana help in elimination of aggravated Pitta and detoxification of the body.

Furthermore, stress management techniques including yoga, meditation, and proper sleep were found useful in improving mental and physical health. The holistic Ayurvedic approach not only

improves digestion but also enhances the overall quality of life. Thus, Ayurveda provides a safe, natural, and effective management strategy for Amlapitta with minimal side effects and better long-term outcomes.

CONCLUSION:

Amlapitta is a common digestive disorder mainly caused by aggravated Pitta Dosha and impaired digestive fire (Agnimandya). Faulty dietary habits, stress, irregular lifestyle, and excessive consumption of spicy and oily foods play an important role in its development. Symptoms such as sour belching, heartburn, nausea, indigestion, and burning sensation significantly affect daily life and overall health.

This review highlights that Ayurveda provides a holistic approach for the management of Amlapitta through proper diet, lifestyle modification, herbal medicines, and Panchakarma therapies.

Treatment principles like Nidana Parivarjana, Shamana Chikitsa, and Shodhana Chikitsa help in balancing Pitta Dosha, improving digestion, and preventing recurrence of the disease.

Therefore, early diagnosis and appropriate Ayurvedic intervention can effectively control Amlapitta and improve the quality of life. Ayurveda offers a safe, natural, and preventive healthcare approach for managing this lifestyle-related disorder.

References

1. Pra. Y. G. Joshi, Kaychikitsa, published by pune sahitya vitaran, 2017. Adhyay no 60 – Amlapitta, page no.479
2. Bramhanand Tripathi Madhav nidan, amlapitta nidan, published by chaukhamba surbharati Prakashan, Varanasi Adhyay no 1 – amlapitta page no.225 vol 2
3. Dr. Bramhanand Tripathi, Madhav nidan, purvardh, published by chaukhamba surbharati prakashan varanasi, Athaamlapittanidanam adhyay, shlok- 2, page no.226
4. Kashyapa Samhita, kalpasthana, chapter 16, verses 7-9, edited by pandit hemraja sharma, published by chaukhamba Sanskrit sansthan, varanasi.
5. Shri Ambikadatta shastri, Shushrut Samhita, volume 1, chaukhamba Sanskrit sansthan varanasi, reprinted edition 2017, sutrasthan 15 / 48, page no.84.
6. Ganesh Garde, Sarth Vagbhata of Ashtanghrudaya Marathi translation, Rajesh Prakashan Pune, Nidansthan 12 / 1, page no. 197.
7. Dr. Bramhanand Tripathi, Charaksamhita of Agnivesa, charakchandrika hindi commentary, published by

chaukhambha surbharati rakashan,
Varanasi, Sutrasthan, 1 / 60, page
no. 32.

8.Kaviraja Ambikadatta Shastri,
Sushrutasamhita of Ayurveda
Tattva Sandipika, published by
chaukhambha sanskrit sansthan,
varanasi, reprint 2015, Sutrasthan,
21 / 11, page no. 116.

9.<https://www.researchgate.net/search/publication?q=Prevalance+rate+of+amlapitta>
<https://doi.org/10.47070/ijapr.v12i4.3204>

10.Article – a critical
review on amlapitta
w.s.r. to
pathyapathya
<http://www.wjpmr.com/>

11.Pra. Vai. Y. GO. Joshi, Charak
Samhita,
Shrichakrapanidattavirachi
Ayurveddipikavyakkhya, Part 1,
published by Vaidyamitra
prakashan, reprint 2019,
Sutrasthan 25 / 45, page no. 310

12.Kaychikitsa – Pra. Y. G. Joshi,
published by pune sahitya vitaran,
2017. Adhyay no 60 – Amlapitta,
page no.484

13.Kaviraj Atridev Gupta,
Asthanghrudyam, vidyotini hindi
commentary, Chaukhambha

prakashan Varanasi, reprint 2018,
Sutrasthan 5/18, page no. 92 – 93.

14.Bhishagratna shri
bramhashankarmisra shastri,
Bhavprakash with ‘vidyotini’
commentary, chikitsaprakaran,
purvakhand, 5th adhyay –
dincharyaprakaran, page no. 154

15.<https://www.Reserch-in-Ayurveda.co.in/content/home>

16.www.muhs.com