ABSTRACT:
Amlapitta is one of the commonest diseases of Annavahasrotas (Gastrointestinal tract). Amlapitta (Hyperacidity) is caused by excessive increase in the Amla guna of pitta Amlapitta (Hyperacidity) has been compound disease (caused by multiple factors). Amalapitta is one of the most common disease seen in the society. It is seen in all ages, all classes, and all community. According to Ayurveda All disorders are caused by vitiated Agni (digestive fire) and Amalapitta (Hyperacidity) is also one of them. Acharya Kashyap mentioned Amlapitta by the name of Suktaka while Madhav described Amalapitta as separate chapter. Acharya Charak has not mentioned Amlapitta as separate disease but described in Grahni Chikitsa as a Amaja Vikara which is caused by vitiated Agni (appetite). Amlapitta is mention since the Samhita period. Kulattha (Dolichus biflorus), Lavana Rasa, Viruddha Ahara (incompatible food) and other Pitta prokopaka factors are described as causative factors for Amlapitta. Amalapitta is a Sama- pittaja vikara so line of treatment is focused on application of Pittashamana drugs along with Panchkarma therapy and yoga. In Allopathic science, Hyperacidity refers to a set of symptoms caused by an imbalance between the acid secreting mechanism of the stomach and proximal intestine and the protective mechanisms that ensure their safety. Pathya-apathy (wholesome-unwholesome) plays very important role in management of Amalapitta.

Keywords: Amlapitta, Agni, Samata Hyperacidity, Pathya-Apathya, Panchkarma etc.
INTRODUCTION:
Agni (Digestive power) plays a powerful role in the physiological functioning of the body. Any alteration in the factor of Agni causes Roga (disease). Mandagni (diminish Digestive power) is the main root cause of all diseases. Mandagni leads to Ajeerna (Indigestion). Ajeerna if neglected gives rise to Amla-pitta. [1] Amla-pitta Vyadhi is a very common problem in socioeconomically developed as well as undeveloped countries. The stomach normally secretes HCL that is essential in the digestive process. When there is excess production of acid in the stomach, it results in the condition known as acidity. Though the intensity of this disease is not very high, its volume is very large. Pitta dosha has Kattu (bitter), Amla Rasatmak (sour), Tikshana (sharp), Ushana (hot), Lahgu, Visra, Drava etc. Guna. [2] When the Amla and Drava Guna of Pitta Dosha becomes exaggerated there is a sour belching and this condition is regarded to be pathological condition termed as Amla-pitta. Kashyap Samhita is the first available text which explained Amla-pitta as a separate entity. Acharya Sushruta describes the condition of Amlika similar to Amla-pitta because of excessive intake of Lavana Rasa. [3] Amlapitta (Hyperacidity) is a condition where Amla guna (Sour) of Pachak pitta (Gastric juice) increases due to Samata causing Vyadhi (Disease) condition. [4] Acharya Kashyap has accepted the involvement of three Doshas in Amlapitta (Hyperacidity) and mentioned Desha as a predominance factor for Amalapitta while Madhav has accepted the dominance of Pitta and Ritu (season) in this disease. [5] Acharya Charak has not mentioned Amlapitta (Hyperacidity) as separate disease but described in Grahani as one of its Lakshana (symptom). [6] [7]

Nidana (Causes) Of Amalapitta: [8][9]
Aharaja Hetu (Causes related to diet):-  
- Excessive use of Ushna (hot), Snigdha (unctuous), Ruksha (dry) Amala (Sour) dravya.  
- Consumption of Phanita (Molasses), Kulattha and sugarcane preparations.  
- Purchased cereals, wildly growing rice, Prathuka (flattened rice obtained from boiled paddy).  
- Spicy food habits like eating samosa, burger, pizza, Chinese food. Excessive use of chilly, Cinnamon, clove, mustard, garam masala powder (spice mixture), garlic etc. in diet.  
- Eating of stale, fermented foods (dosa, uttappa, idli etc. bakery food items).  
- Excessive intake of fast food.  
- Excessive intake of tea/coffee, alcohol.  
- Vishmashana (improper quantity and timing of meal), Adhayashana (before the digestion of the previously taken food), Atiashana (Excessive food intake)

Viharaja Hetu (Causes related to style)- [8][9]
- Diwaswapna (Sleeping in day time), Sleeping immediately after meals.  
- Over bathing, tub bath  
- Drinking water in between food eating
• Vegadharna (Suppression of natural urges).
• Lack of rest, fast moving lifestyle.
• Insufficient sleep at night.
• Excessive exposure to aatap(sun) and agni (fire)

Mansik Hetu (Psychological Factors)-
• Stressful life style
• Excessive anxiety, worry, jealousy, anger, fear
• Job dissatisfaction,

Anya Hetu (Other Causes)-
• Living in anoopa desha (marshy areas)
• Varsha and Sharad ritu (Autumn season)
• Prolonged intake of NSAIDS (pain killers)
• Helicobacter pylori infection

All the above factors result in excessive increase of ‘Pitta dosha’ in body and exhibits symptoms of amlapitta.

Samprapti (Pathogenesis)-

Samprapti Chakra
Nidana sevana (Consumption of etiological factor)

Aggravation of Vatadi Doshas

Diminution of Agni

Localisation of Vatadi doshas and Rasadi Dhatus in the Annavaha Srotasa.

Leading to acidification of food inside the Stomach.

At this if person doesn’t follow rules and regulation of diet and indulging unwholesome diet due to greed.

The same gets severely vitiated and immediately attains sourness

The repeatedly eaten food gets improperly processed into Rasadhatu

Amalapitta
**Samprapti Ghataka (Pathogenic factors)-**

**Dosha-Pitta pradhana tridosha**

**Dushya- Rasa (Plasma), rakta(Blood)**

**Srotasa-Rasavaha,Annavaha**

**Srotodushti-Sanga (Obstruction), Vimargagamana.**

**Agni-Tikshnagni, Mandagni.**

**Adhisthana-Amashya**

**Swabhawa-Chirkari and Aashukari (Chronic and Hereditary)**

**Sadhya-asadhyata** (Newly manifested curable with difficulty and chronic disease curable with difficulty only in few persons).

**Types of Amla-pitta :**[10]**

1. According to Gati- Urdhwaga(Upright movement), Adhoga(Downward movement),

2. According to Dosha sansarga: Vatanubandhi, Kaphanubandhi, Vatkaphanubandhi

**Lakshana (Symptoms)-**[11]

**Samanya Lakshana-**

- Indigestion.
- tiredness without exertion
- Nausea,
- Sour or bitter belching
- Burning in chest and throat
- Anorexia.

**Vishishta Lakshana-** according to types (dosha involvement).

**Complications-**

If not treated timely or if unwholesome diet, regimen and habits continued, it may lead to Gastric Ulcer

- Chronic Gastritis
- Duodenitis
- Irritable Bowel Syndrome
- Mal-absorption
- Anemia
- Peptic Stenosis

**Apathya (Unwholesome)**[12][13]

**Nidana Privarjana** (Avoidance of causative factor) is mentioned as a 1st Chikitsa upakrama In Ayurveda so it is better to avoid all the causative factors of Amlapitta (acid-peptic disorder).

1. Avoid excessive consumption of Lavana rasa pradhana dravya (Salty), Amala Rasa pradhana Dravya (Sour and katu rasapradhana dravya (pungent),

2. Avoid fresh paddy, obstructing the flow of vomiting, sesame, Urdada(Yellow gram), Kulatthu (Dolichus biflorus) items fried in oil, milk of sheep, kanji, Avoid Guru (heavy) and Vishmashana, viruddhashana Vidagdha aahara (spicy foods) and Paryushita bhojana.

3. Avoid smoking and Madhyapana (alcohol intake).

**Pathya (Wholesome)-** One can include the following edibles in their diet; rice of old Sali, milk, coconut water, Barley, wheat, Green gram, meat and meat soups of wild animal and birds, cool boiled water, sugar, honey, karkotaka (Momordica dioica),Patola leaves, Vetagra, well ripened fruit of kushmanda (Benincasa hispida) flower of banana tree, vastuka, kapitta, pomegranate, Amalaki (Indian
gooseberry) and all tikta juice and edibles. One should also drink liquids which are anti kapha and anti pitta.

Take adequate sleep & rest.

**Management**

**Line of treatment**

1. Avoid causative factors

2. Palliative treatment as the disease is of Pitta origin, all measures are undertaken to pacify pitta.

3. **Panchakarma** treatment- When patient cannot be well managed with oral medications ‘Panchakarma procedures’ like Vamana (emesis) or Virechana (purgation) whichever is needed should be administered. In chronic cases Asthapanabasti (medicated enema) is indicated.

4. Single drugs useful in Amlapitta (Hyperacidity) are Shatavari (Asparagus racemose) Yashtimadhu (Licorice) and Amalaki (Indian gooseberry).

5. Formulations- Avipattikar Churna, Kamduhla Rasa Sutashekhara Rasa, Prawal Pishti, Prawal Panchamrit Rasa Dhatri Lauha, Shankha Bhasma, Swarna Mashik Bhasma, Amlapittantaka lauha, Narikela Lavan, Dashang Kwath, Bhoonimbadi kwatha, Patoladi kwatha, Guduchyadi kwath, Aragwadhamraddi kwath, Shatavari ghrit Yashtimadhuka ghrita, Sukumaara ghrita, Dadimadi ghtra, Nalikel khanda.\[13\]

6. Practice Yoga, Pranayam, meditation & exercise regularly.

**DISCUSSION**

Hyperacidity is known to affect almost 70% of the population and new research now shows it to be the precursor for not just peptic ulcer, but also cancer of the stomach and the oesophagus. Our stomach normally secretes acid, this acid helps in the breakdown of food during digestion. When excess acid is produced in the stomach it results in hyperacidity. Hyperacidity is characterized by a deeply placed burning pain in the chest, behind the sternum which is commonly known as heartburn.\[14\]

Hyperacidity (Amlapitta) is one of the most common disease seen in the society. It is seen in all ages, all classes, and all community. Hyperacidity refers to a set of symptoms caused by an imbalance between the acid secreting mechanism of the stomach and proximal intestine and the protective mechanisms that ensure their safety. In Amlapitta (Hyperacidity) the quantity of Pachaka Pitta (Gastric juice) is increased. It is quite common disease prevailing all over the world. This is a life style problem & those who are addicted with tobacco, alcohol as well as excess of packaged food rich in salt content can easily affected by this disease. Amlapitta (Hyperacidity) is gastrointestinal disorder described in Ayurveda. It can be correlate with hyperacidity in modern medical science. In the process of digestion, HCL plays important role. HCL converts inactive enzyme pepsinogen into active enzyme pepsin which then helps digestion by breaking the bonds linking amino acids, a process called proteolysis.\[14\]

Hyperacidity simply means an increased level of acid in the stomach. The stomach secretes hydrochloric acid, a digestive juice that breaks down food particles into their smallest form to aid digestion. When there is an excessive amount of hydrochloric acid in the stomach, the condition is known as hyperacidity. Hyperacidity also called as acid dyspepsia. Acid dyspepsia manifest as burning pain or discomfort in upper abdomen, usually in epigastrium, postprandial abdominal discomfort which characterized by fullness &
nausea. In modern medicine the number of medicines is available for the treatment of hyperacidity like protons pump inhibitor, H2 blocker, Antacids, prostaglandin etc. but these drugs carry their own side effects like headache, diarrhoea, dizziness, allergic reactions etc. and still there are no any permanent cure are available and patient has to suffer from it. So, it is necessary to search permanent cure for hyperacidity without any side effects. In this way some remedies are mentioned by our acharyas such as Vaman (emesis), Virechan (Purgation), Basti (Medicated enema) etc.[15]

CONCLUSION-

According to symptoms and etiopathogenesis, Amalpitta (Hyperacidity) is a Pitta Pradhan tridosha vyadhi. Due to Mithya Aahara Vihara (Unwholesome food), Agni vitiated which leads to Ama dosha, Ama combines with Pitta dosha and finally result into Amalpitta Vyadhi. If we could only maintain balanced state of the physical and emotional problems, chronic illness might rarely or never appear. Pathya Apathya (Wholesome-unwholesome) plays an important role in the treatment of Amalpitta Vyadhi. Pittashamaka drugs along with Panchkarma therapy, yoga and meditation are very effective in management of Amalpitta vyadhi.

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