RESISTIVE MEASURES IN AMLAPITTA

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ABSTRACT-

In today's fast growing world, the disturbed lifestyle is affecting the agni and hence Amlapittaroga is developed. Here, we are discussing on aaharvihar, dincharya, ritucharya beneficial in preventing Amlapittaroga. Aacharya Kashyap had discussed Amlapittaroga in detail where as Aacharya Charak had said Amlapitta as a pitta oriented disease and virechan(purgation) is best treatment of pittaj diseases.

Key Words – Amlapitta, Aachar Rasayan, Dincharya, Ritucharya, Mandagni, Pathyaapathya
INTRODUCTION:

In today’s modern era, man has reached to limitless heights of physical development which is definitely appreciative. Today the whole world has reached to globalisation. There are always good and bad aspects of development. Due to good aspects, currently society is applying all innovative invention of science in their life. But due to its bad aspects man is continuously disobeying the nature and is going far away from restrained lifestyle. Nowadays due to corrupted environment, irregular dincharya, improper dietary habits, this all are affecting normal physical and mental capability of a population, which results in disease occurrence and stress full body and mind. Due to development and covetousness, stressed man is not taking proper nutritional diet, diet causing indigestion, mandagni, pitta booster diet intake; this all leads to surprisingly increase in patients of Amlapitta.

Since Amlapittaroga is not illustrated in Vhrahtrayee (Charak Samhita, Sushrut Samhita and Ashtanghridya) which lacks its Chikitsa Sutra. Keeping this concepts in mind, we conclude the aaharvihar, dincharya, ritucharya which would be helpful in Amlapittaroga and fill follow the concepts of “स्वस्थस्य स्वास््यरक्ष्णम्आतुरस्य ववकार प्रशमनं च”

CAUSES OF AMLAPITTA IN CURRENT PROSPECTIVE –

1. Due to changing environment of science like more diligence, mental stress, excessive pollution.
2. Irregular life style -improper Dincharya ,Ritucharya ,Dining style.

OBJECTIVES OF AYURVEDA-

“प्रयोजन चास्य स्वस्थस्य स्वास््यरक्ष्णम्आतुरस्य विकार प्रशमनं च। (च.०३/३०/२६)

Theories of health protection –

1. Dincharya ,Ratricharya
2. Ritucharya
3. Regular dining style -Healthy foods and Unhealthy foods
4. To comply Swasthvrat
5- Dharneey and Adharneey Vega
6- To follow Aachar Rasayan
7- Regular Exercise

HABITAT-

1- Amlapitta is more likely to occur in Aanupdesha (demp climate).
2- Sharad Ritu comes after Varsha Ritu, so the digestion of food goes to amla pak which is responsible for Amlapitta occurrence.

DESCRIPTION OF SHARAD RITU (AUTUMN SEASON)-

वषााशीतोचचताड़.नानाम् सह्सैवाकारश्ममभि:। तप्तानामचचतं वऩत्तं प्रायः। शरदि कृप्यते ॥ (च . सू. 6/41)

Time of Sharad Ritu - Ashvin, Kartik, Margshirsh

-15 September to 15 December
-Bala is Madhyam

- ततान्नन्नऩानं मधुरं लघु शीतं सतितकम्

पितप्रशमनं सेव्यं मात्रया सुप्रकडऺतैः॥(च.सू. 6/43)

तितस्य सर्षिः: पानं विरीका रक्तमोक्षणम्। (च.सू.6/43)

The above mentioned shloka means that in sharadritu we should take Madhur rasa (sweet), laghu (light), sheetal (cold), tikta rasa (bitter) rich food which can suppress or quench pitta. And also, it is beneficial to take tikta rasa rich tiktak and mahatiktakghrita for virechan and Raktamokshan.

PRAKRATI- Persons having pittaj prakriti should avoid amla (sour), lavan (salty) and katu (spicy) rich foods.

PATHYA-

1- In our Ayurveda Chikitsa, Pathya is an important part of treatment and our aacharya had given specific pathyaapathya for almost all diseases.
2- Dincharya and Ritucharya related pathya are extremely necessary for conservation of health as well as during disease occurrence.

3- By keeping its importance in mind, Aacharya Charak has mentioned pathya as a synonym of Chikitsa (treatment) in Chiktsasthan chapter 1.

4- According to Aacharya Kashyap, people who follows proper Satyma AaharVihar, exercise, yoga and maintain their diet can easily overcome Amlapittaroga as युक्ताहाववहारस्य यु युत्तत्वायामसेवति: युत्तकोअयम्ऱोऱस्य शाम्यत्यात्मवतः। (का.स.खि-16/42)

PATHYA AAHAR –

Old Raktshali, Moong, Masur, Bathua, Cow’s milk, Janghal masa, Mansa rasa, Lehsun(Allium Sativum), Haritaki(Terminalia Chebula), Aamla(Phyllanthus Embilika), Pippali(piper Longum), Old alcohol, Yava, Karela, Kushmand, Dadim, Cold water, Sugar, Honey, Suktak, kapitha, Dhatri, food products rich in tikta rasa and kapha pitta suppressor, these all should be taken by Amlapitta patient.

AAPATHYA AAHAR-

(ैषज्यरत्नावऱी/अम्ऱवऱत्तचचककत्सा/131-132)
Til, Urad, Kulthi, Milk of Sheep, Kanji, Amla and lavan rich material, pitta enhancing materials, heavy diet, curd, alcohol, new grains, Shimbi, Dhanya, Oily foods, Tikshna Dravya are Aapatya in Amlapitta.

**AAHAR RELATED PATHYA APATHYA –**

1. Dietary intake should be consumed in quantity.
2. Diet should include all 6 rasa.
3. Food should be consumed according to Ashta Aahar Vidhi Visheshayatan.
4. Avoid Viruddha aahar.
5. Also, scholars analyzed about the properties of addiction shown in table-

### ADDICTION, ITS PROPERTIES AND EFFECT –

<table>
<thead>
<tr>
<th>ADDICTION</th>
<th>RASA</th>
<th>GUNA</th>
<th>VIRYA</th>
<th>VIPAK</th>
<th>PRABHAV</th>
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<tr>
<td>TEA</td>
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<td>LIGHT, ROUGH</td>
<td>USHNA</td>
<td>KATU</td>
<td>KAPHA NASHAK</td>
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<td>AMLA</td>
<td>TIKSHA</td>
<td>USHNA</td>
<td>KATU</td>
<td>KAPHA VATA SHAMAK, PITTA VARDHAK</td>
</tr>
</tbody>
</table>

**PATHYA FRUITS**-Aamlaki, Mango, grapes, date palm, Banana, Falsa (greviaasiatica), Apple, Melon fruit, Guava, Sugar-Apple, Coconut.

**APATHYA FRUITS**-Mango and Pomegranate (unripe), Chinese date (Ziziphus mauritiana)- Kapha pitta vardak, old coconut, Bell fruit (plethora), Tamarind.

**VIHAR RELATED PATHYA APATHYA–**

1. Should not suppress the impending urges like vaman.
2- Night awakening should not be done.
3- Day sleeping is apathy.
4- Aanupdesha, rainy season are apathy.
5- Abstemious, self-rething, be away from greed to eat (gluttony), satyama as above should be implemented.

APPROPRIATE EXERCISE-
1- Pawanmuktasana (wind relieving pose).
2- Paschimottanasana (seated forward bend or intense dorsal stretch).
3- Sarvangasana (shoulder pose).
4- Bhujangasana (cobra pose, back-bending asana).

RECTIFICATION (SHODHAN) –

Aacharya Charak had said Amlapitta as a pitta oriented disease and virechan (purgation) is best treatment of pittaj diseases because first of all it goes to stomach and extortion of deformed pitta is done. Aacharya Charak had also said that, when the fire gets extinguished in the hot planet, then the whole planet itself gets cool automatically. Just like that in Aamashaya (chief place of pitta), if pitta subsides than pittajroga in whole body gets cured or diminish.

CONCLUSION – In present era of globalization and westernization, we are following improper Aahar-Vihar, Dincharya and Ritucharya which is leading cause of Amlapittaroaga According to Aacharya Kashyap, people who follows proper SatymaAaharVihar, exercise, yoga and maintain their diet can easily over come Amlapittaroaga. Finally we conclude by saying ‘Prevention is always better than cure’.

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