



Review Article

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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. Acharya Kashyap had discussed Amlapittaroga in detail where as Acharya Charak had said Amlapitta as a pitta oriented disease and virechan(purgation) is best treatment of pittaj diseases.

Key Words – Amlapitta, Achar 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 Vrahtrayee (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 स्वास्थ्य रक्षणं”

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 स्वास्थ्यरक्षणम्आतुरस्य विकार प्रशमनं च । (च.सू.30/26)

Theories of health protection –

- 1- Dincharya ,Ratricharya
- 2- Ritucharya
- 3- Regular dining style -Healthy foods and Unhealthy foods
- 4- To comply Swasthvat

- 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)-

वर्षाशीतोचिताड.नानाम् सहसैवार्करश्मिभिः। तप्तानामचितं पित्तं प्रायः शरदि कुप्यते ॥ (च . सू. 6/41)

Time of Sharad Ritu - Ashvin, Kartik, Margshirsh

-15 September to 15 December

-Bala is Madhyam

- तत्रान्णानं मधुरं लघु शीतं सतितकम्

पित्तप्रश्मनं सेव्यं मात्रया सुप्रकडिक्षतैः॥(च.सू. 6/43)

तित्तस्य सर्पिषः पानं विरैका रक्तमोक्षणम्। (च.सू.6/43)

Theabove 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, Acharya Charak has mentioned pathya as a synonym of Chikitsa (treatment) in Chikitsasthan chapter 1.
- 4- According to Acharya Kashyap, people who follows proper Satyama AaharVihar, exercise, yoga and maintain their diet can easily overcome Amlapittaroga as
युक्ताहविहारस्य यु युत्तव्यायामसेवतिः युत्तकोअयम्नोलस्य शाम्यत्यात्मवतः। (का.स.खि-16/42)

PATHYA AAHAR -

पुराणाः शालयोमुपेद्गा मसुराः सहरेणवः।

गव्यं सर्पिः पयो वाअपि जाघंलश्रच मृगद्विजाः।

कलायशाकं पोत्तिकं वासापुष्पं सवास्तुकम् यानि चान्यानि शाकानि तितानि च लघुनि च ॥

भोजनेनातिशस्यंते यक्चचान्यद्विदहि च तत्सात्म्यानां प्रयोगाणाम् यथोत्तानां च शीलनम्॥

(का.स.खि.16/38-40)

Old Raktshali, Moong, Masur, Bathua, Cow's milk, Janghal masa, Mansa rasa, Lehsun(Allium Sativum), Haritaki(Terminalia Chebula), Aamlaki(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-

वमिवेगं तिलान्माषंकुलत्थांस्तिलभक्षम्।

अविदुग्धं च धान्याम्लं लवणाम्लकटुनि च॥

गुर्वन्नं दधि मधं च वर्जयेदम्लपित्तवान्॥

(भैषज्यरत्नावली/अम्लपित्तचिकित्सा/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 -

ADDICTION	RASA	GUNA	VIRYA	VIPAK	PRABHAV
TEA	KASHAYA	LIGHT,ROUGH	USHNA	KATU	KAPHA NASHAK
COFFEE	TIKTA	LIGHT,ROUGH	USHNA	KATU	VATA PITTA VARDHAK
TOBACCO	TIKTA	LIGHT,TIKSHNA, VYAVAYI,VIKASI	USHNA	KATU	KAPHA NASHAK, PITTA VARDHAK
CANABIS	TIKTA,KATU	TIKSHNA	USHNA	KATU	PITTA VARDHAK
ALCOHOL	AMLA	TIKSHNA	USHNA	KATU	KAPHA VATA SHAMAK, PITTA VARDHAK

PATHYA FRUITS-Amlaki, 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 apathya.
- 4- Aanupdesha, rainy season are apathya.
- 5- Abstemious, self-rething, be away from greed to eat (gluttony), satyama as above should be implemented.

APPROPIATE 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. AacharyaCharak 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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