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Research Article

AN OBSERVATIONAL STUDY ON NIDANATMAKA ASPECT OF AMLAPITTA

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ABSTRACT

Aim: To study the causative factors involved in the development of the disease Amlapitta. **Methods:** In today's Era, Due to increasing human needs, the level of competition is also increasing leading to the life full of stress. Also, Due to lack of time most of the people are indulging in false dietary habits like consumption of fast and junk food. To fulfil day-to-day needs, man is working hard without thinking of his health. In present observational study, 40 Patients have been observed for Aharaja, Viharaja and Mansika Bhavas and the disease is mainly seen in young age (30-50 years), due to stress and wrong dietary habits. It is mostly seen in Married, service & educated peoples. **Result & Discussion:** Due to busy schedule, People are continuously changing their lifestyle, diet and behavioural pattern and tempting many lifestyle disorders. Amlapitta is one of them and is common in all age groups. The causes of Amlapitta are mainly Viruddha, Dhushtha, Amla, Vidahi, Pitta-Prakopi Anna- Paan, Altered Dincharya and Mansika Bhava. So, one need to avoid these Nidana's in order to prevent and control the disease. **Conclusion:** So, in this present study, Importance has been given to Aharaja and Viharaja Nidana in the development of Amlapitta. So, it becomes very essential to understand the role of Nidana in development of disease.

Key Words: Amlapitta, Ahara, Vihara, Lifestyle, Stress

INTRODUCTION

In today's Era, Due to increasing human needs, the level of competition is also increasing leading to the life full of stress. Also, Due to lack of time most of the people are indulging in false dietary habits like consumption of fast and junk food. Due to his busy schedule, He is continuously changing his lifestyle, diet and behavioural pattern and tempting many lifestyle disorders. Amlapitta is one of them and is common in all age groups. Now a days the disease Amlapitta is one of the widespread diseases caused by abnormality of 'Pachaka Pitta'.¹ Amlapitta is a condition in which Pitta becomes 'Amlibhava, Vidagdhatta and Shuktatwa', thus disturbing the digestion of food and leads to Mandagni- the root cause of almost all the diseases.² Such a Mandagni will not do Samyaka pachana and give rise to symptoms like Tiktamlaudgara, Avipaka, etc.³ In Ayurvedic literature, Doshas are described as Sama and Nirama Dosh. This Aam further leads to Mandagni which is the cause of all the diseases. This is the underlying pathology of both Mandagni as well as Amlapitta. Amlapitta is the commonest disorder in all age groups. Now a day's people tend to prefer a quick meal such as junk food and fast food which renders the man to become victims of various diseases. Due to indulgence in incorrect dietary habits, busy and stressful lifestyle, this disease has become common with prevalence as high as 20% in Indian population. Amlapitta is one among the 40 Nanatmaja Pitta Vikara ⁴ and because of the inappropriate diet and mode of life Pitta Dosh become Vidagdhatta leading to Shuktapaka and causing Amlapitta. So, the Ayurvedic literature stressed more on faulty food habits and lifestyle as a Nidana for the disease.

According to modern science, Amlapitta and its Updravas are the main causative factors of Acid-Peptic Disorders like GERD.

Etiological Factors

- Stressful daily routine.
- Insufficient sleep at night (Ratri jagrana and Diwaswapna)
- Irregular mealtimes or skipping meals.
- Eating too late at night.
- Spicy food habits like pizza, burger, Chinese food.
- Oily foods, pickles.
- Salty and sour foods like chips.
- Overeating of stale, fermented foods (bakery foods, idli, dosa, etc.).
- Sleeping immediately after meals.
- Lack of rest, fast moving lifestyle.
- Suppression of urges.
- Too much of worries.
- Walking for long hours in hot sun very often or working near hot areas.

All these above factors result in excessive increase of 'Pitta dosha' which tries to find its way out of the body either through oral or rectal pathway and along with it exhibits symptoms of Amlapitta.

Objective of the study

To figure out the role of Aharaja and Viharaja Nidana in the manifestation of Amlapitta on the basis of questionnaire in research proforma.

MATERIALS AND METHODS

Study design- Observational study

Source of Data

Patients attending the O.P.D. of Kaya Chikitsa, Uttarakhand Ayurveda University, Rishikul Campus, Haridwar.

Sample size

About 40 Patients having Amlapitta and willing to provide written informed consent were selected from OPD 1 of Institutional Hospital and were subjected to Nidanatmaka Study on the basis of specially prepared proforma including Ayurvedic parameters such as Ushna, Laghu, Tikshna Aahara, Aamdosha and Viharaja factors as well as relevant allopathic parameters.

Sampling Technique

Simple Random Sampling

The 40 Patients were selected of any sex between the age group of 30-60 Years by Simple Random Sampling method.

Inclusion criteria

- Classical symptoms of Amlapitta as described in ayurvedic texts i.e., Amlodgaar, Tiktodgaara, Kantha daah, Urah daah, Aruchi, Utklesha, Udar Aadhmaan, Avipaka, Gaurav, Klama, Shiroruk.
- Age 30-60 years.
- GERD without any metabolic complication.

Exclusion criteria

- Age group < 30 years and > 60 years.
- Known case of Gastric and Duodenal ulcer

- Known case of Gastric carcinoma
- Known case of Chronic gastritis (more than 1 year)
- Any other chronic illness.
- Known case of Barrett's Oesophagus.
- Addicted to alcohol.

Design of study

This was a retrospective observational study where the study was done by questionnaire method; the data was collected via questionnaire mentioned on specially designed proforma. A comprehensive questionnaire was prepared with all possible association relating to Aharaja Nidana, Viharaja Nidana, Manasika Nidana and Upashaya in relation to Amlapitta. Data was collected by personal interview method with questionnaire in a single sitting.

OBSERVATION AND RESULTS

40 Patients of Amlapitta were selected, out of which maximum number of patients belonged to the age group of 30-40 years (65%), Male (50%), Female (50%), Hindu (72.5%), Married (85%), Middle class (57.5%), Educated up to Graduate (40%), Majority of the Patients i.e., 40% were in Private job. Maximum patients were not addicted to anything, only 20% were addicted to tea. Ahara Pariksha showed that 60% were vegetarians, 55% Patients have Avara Abhyavaharana Shakti and 90% have Avara Jarana Shakti. 62.5% had Mandagni and 52.5% had Madhyam Koshtha. Maximum patients (82.5%) were indulged in Vishamasana. 37.5% Patients were of Vata-Pitta Prakriti and 80% Patients were of Rajas Prakriti. Maximum Patients (80%) were categorized in Avara Vyayama group (Exercise pattern was irregular). 57.5% Patients were Anxious and worried for minor matters, 42.5% patients showed decline in concentration. Majority of Patients showed violent thoughts rarely. Most of Mansika Bhavas cause Mandagni and Ajirna which were accountable for the magnification of the disease progression.

This study shows that, there is a role of Aharaja Factors, Viharaja Factors and Manas Bhava in the origin and progression of Disease Amlapitta.

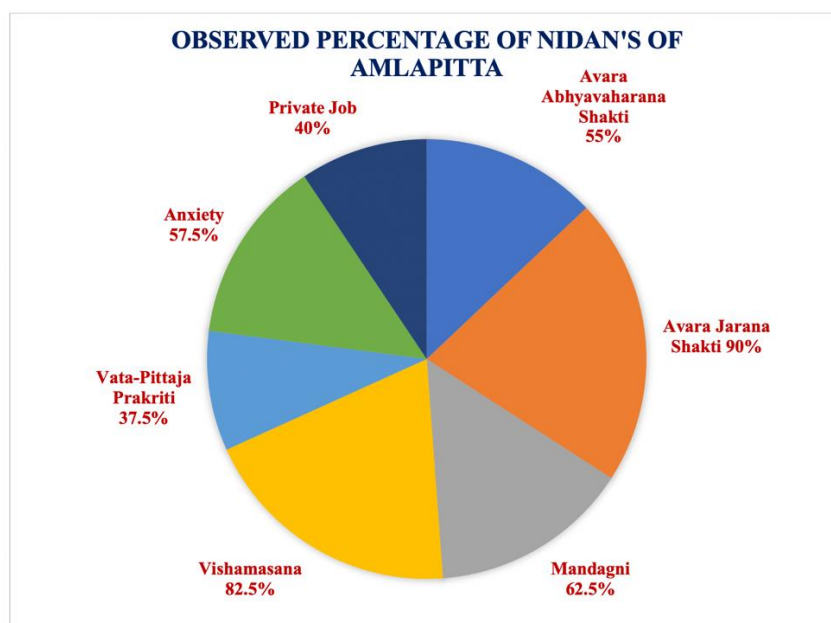


Chart 1

DISCUSSION

A healthy functioning Annavaaha srotas shall perform a successful function of digestion (AaharPaka) and absorption (Aanna Rasa Shoshan). This is absolutely essential for sustenance of health in every living creature including human beings. The selection of type of food i.e., Kadhya (Food to be chewed), Paya (Food to be drunk), Leeda (Food to be licked) or Choshya (Food to be sucked) or Rasa or Verga of food as well as observance of Ashtavidha Vishesha Ayatana⁵ or Dwadasha asana etc. are with in capacity of individuals for observance but the actual process of Agni for Aahar Paka is beyond the control of individual. This is the important reason that Ayurveda believes that every individual has a specific Agni kriya and he need to plan and regulate his dietary activities as per his Agni.⁶ This is absolutely essential for sustenance of health in every living creature including human beings.

Amlapitta is a Tri-doshaja Vyadhi⁷ with the predominance of Pitta Dosha. Amlapitta is composed two words i.e., Amla and Pitta. Amla is the property of Vidagdha Pitta. Excess formation of vitiated Pitta is thought to be the main pathological manifestation behind this disease. The pitta is vitiated as a result of improper dietary and lifestyle habits. Vitiating of Agni in Amashaya region is due to various causes. Some of the common causes are fasting, eating between meals, worry, hurry, spicy food etc. are some Pitta vitiating factors. These factors derange the Pachak Pitta (digestive Enzymes etc.) and as a result Pachak Pitta vitiates. Thus, developed condition is called as Amlapitta.

Hetus (Nidana)

Most of the aetiological factors of Amlapitta are related with the diet, stress and habits. If one does not follow the Ashtavidha Ahara Vidhi Visheshayatana his Agni will be diminished due to irregularities in the digestion and finally will cause Amlapitta.

Ahara Bhava

All Ahara hetus shown in ancient texts are responsible for disease formation, but some of them are more prone like Amla, Vidahi, Guru, Atiushna, Abhishyandi, Ati drava ahara⁸ respectively. When individual consumes food like milk along with fish (Viruddha Ahara), Dushita Anna, Roasted food (Vidahi Anna), Excessive intake of curd, alcohol, new grains, heavy pulses i.e., Masha (Pitta prakopi paan- anna), leads to the vitiation of Pitta dosha.⁹ Mostly all of the Nidana were consumed by one or the other patient which led to Mandagni and Pitta dosha prakopa. Acharya Charaka has advised to take the food only after the previous meal is digested. If anyone takes the food with irregular intervals without proper digestion of the previous food, it may cause aggravation of Doshas, due to this insufficient rest to the stomach, the mucous membrane will be hampered which leads to local damage. In Today's fast pace life, when everyone is busy in working in the industries, MNC's where they have the habit of eating now and then, eat junk food, drinks tea or coffee, smoking, chewing tobacco cause Agnidushti, vitiating digestive fire, ultimately produce the disease Amlapitta.

Viharaja Bhava

Viharaja Nidana like Habit of day sleeping after food, Habit of drinking aerated drinks, Duration of taking bath immediately after food. Alcohol consumption erodes the mucosal lining of the stomach and it stimulates the hydrochloric acid secretion. Some research showing that smoking can also cause gastritis but there is no relevant reason was given. Tobacco chewing will increase the Hydrochloric acid secretion causing Gastritis. Tea or Coffee

contains the caffeine stimulates the production of acid secretion which irritate the mucosal membrane of the Gastro Intestinal Tract producing the disease. Taking bath immediately after food may hamper the digestion by increasing circulation towards periphery. As there is less circulation in abdominal region decreases the gastric juice secretion causing Ajeerna in turn leading to Amlapitta. Habit of sleeping after food will increase the kapha leading to formation of Aam.

Manas Bhava¹⁰

The mental stress and strain lead to irregular fluctuations in the production of gastric secretions ultimately causing damage to the gastric mucosa. Psychological factors like mental stress, anxiety, depression led to the Acid Peptic Diseases. Due to this, the secretory and motor functions of the Gastro Intestinal Tract are disturbed. Patients with Avara satva can't handle the excessive mental burden and so they become victim of depression, stress, etc. which influence the general health of the patient and directly aggravates the disease.

CONCLUSION

Amlapitta shows maximum symptoms of abnormal Annavaaha Srotas. Now a days, Pattern of food intake and lifestyle has been changed. So, the majority of population is either attracted towards the fast food or junk food for its taste or lack of time due to their indulgence in work. Change in their diet pattern, lifestyle, behavioural pattern leads to the disturbance in normal physiology of GI Tract and give rise to Agnimandya, Vidhagdajirna which in turn causes Amlapitta. Total 40 Patients included in the study and the disease is mainly seen in young age (30-50 years), due to stress and wrong dietary habits. It is mostly seen in Married, service & educated peoples. One has to follow code of dietetics for better health. Appropriate quantity and quality of food consumed helps to prevent and control hyperacidity. One should also take food considering one's own capacity of digestion. With the complaints of Amlapitta, following the dietary do's and don'ts helps to produce soothing effect on the inner layer of the stomach, reverses inflammatory changes and controls the digestive secretions by which Hyperacidity can be tackled. From the above study we can conclude that Ahara Bhava, Viharaja Bhava and Manas Bhava all are predominant causative factor for Amlapitta related GERD.

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