

# 1 A Review of Amlapitta as a disease and lifestyle management 2 according to Ayurved.

## 3 4 5 ABSTRACT

6  
7 *Amlapitta* is a common gastrointestinal disorder described in Ayurveda, primarily caused by the  
8 aggravation of *Pitta* dosha and impairment of *Agni* (Digestive fire). In the modern era, unhealthy dietary  
9 habits, irregular lifestyle, and increased stress have led to a rising prevalence of *Amlapitta*, which can be  
10 correlated with acid-related disorders such as hyperacidity, gastritis, and gastroesophageal reflux  
11 disease (GERD). This review aims to analyze *Amlapitta* from classical Ayurvedic texts with respect to its  
12 causes, symptoms, types, pathogenesis and to highlight the importance of lifestyle and dietary  
13 management in its prevention and treatment. Information was collected from various *Ayurvedic*  
14 *Samhitas* along with relevant research articles. *Amlapitta* develops due to factors such as *Viruddha Ahara*  
15 (Incompatible food), *Ajeerna* (Indigestion), *Adhyashana* (Overeating), and *Vegadharana* (Suppression of  
16 natural urges), leading to *Agnimandya* and formation of *Ama*. Management focuses on *Nidana*  
17 *Parivarjana*, along with strict adherence to *Pathya Ahara* and proper lifestyle practices such as  
18 *Dinacharya* and *Ritucharya*. Avoidance of causative factors and adoption of a balanced diet and healthy  
19 routine play a crucial role in both prevention and management. *Amlapitta* is largely a lifestyle disorder  
20 that can be effectively managed and prevented through Ayurvedic principles, emphasizing the  
21 importance of diet, daily regimen, and holistic health practices.

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23 **KEYWORDS:** *Amlapitta*, Hyperacidity, Ayurveda, *Agnimandya*, *Pitta*, *Pathya Ahar*, *Dinacharya*,  
24 *Ritucharya*, *Vihar*, Lifestyle disorders, *Viruddha Ahar*, *Vegadharan*.

## 25 26 INTRODUCTION

27  
28 In today's Modern Era, life becomes so busy and stressful that people neglect healthy food and used to  
29 eat junk, oily, fried, frozen, uncooked food, tea, coffee and unable to follow rules and regulations  
30 mentioned in *Granthas*. These factors affect the digestive system and cause digestive diseases like  
31 GERD, Hyperacidity, Gastritis.<sup>[1]</sup> Nowadays it is one of the most common problems in day to day life. New  
32 research shows that it can be a precursor of diseases like peptic ulcer, CA of stomach and  
33 oesophagus.<sup>[2]</sup> When *Pitta* gets accumulated in body, in this situation when we continue to eat foods  
34 which are incompatible, rotten food, sour food, food substances which increase burning sensation  
35 inside, other factors which aggravate *Pitta* then, *Pitta* becomes more *Vidagdha* and *Amlapitta* forms.<sup>[3]</sup>

36 The clinical picture of *Amlapitta*. i.e. the symptoms mentioned in *Urdwaga Amlapitta*  
37 and *Adhoga Amlapitta* has similarities with that of hyperacidity, acid peptic disease, gastroesophageal  
38 reflux disease (GERD).<sup>[38]</sup> In *Charak Samhita* "*Aharvidhividhan*" and "*Aharvidhivisheshayatan*" mentioned  
39 which explains proper method and rules of consumption of food.<sup>[4]</sup> If it is not followed and continues  
40 *Mithyaaha* (Wrong/false diet) and *Vihar* (Lifestyle) then person unable to digest the food properly, this  
41 disturbs the function of *Annavahastrotas* leading to *vyadhi* like *Amlapitta*. So, it's a need to control and  
42 prevent *Amlapitta Vyadhi*. It is possible by just following some dietary and lifestyle rules mentioned in  
43 Ayurveda, i.e. following *Dinacharya*, *Ritucharya*, *Pathya Ahar*, etc.

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## 46 OBJECTIVES

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- 48 1. To review an *AmlapittaVyadhi* from various Ayurvedic text.
- 49 2. To suggest the lifestyle management for *Amlapitta* based on Ayurvedic principles.

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## 51 MATERIALS AND METHODS

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53 Information related to *Amlapittavyadhi* is collected from various *samhitas* like *Kashyapsamhita*,  
54 *Madhavanidan*, *Sharangadhar Samhita*, *Yogaratanakar*, *Bhavaprakas*, *Rasaratnasamuchhay*, Research  
55 Articles from Pubmed, Google scholar, etc. Information is reviewed and analysed. Information about diet  
56 which helps to reduce *Pitta* is collected from *Charak Samhita*, *Sushrut Samahita* and *Shaligram Nighantu*,  
57 information is reviewed and analysed.

58

## 59 REVIEW OF LITERATURE

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61 A condition where aggravation of *vidahi* and *amla guna* of *Pitta dosha* takes place is known as *Amlapitta*.

62

63 *Pitta* is of two types—*Prakrut* and *Vidagdha* (*Vikrut*)

64 *Prakrut Pitta* is of bitter taste and *Vidagdha Pitta* is of sour taste.

65 When *Vidagdha Pitta* increases, then certainly *Amla guna* increases and hence, it leads to *Amlapitta*.<sup>[3]</sup>

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## 67 CAUSES OF AMLAPITTA

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69 Following factors are responsible for the *Amlapitta*

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71 Mentioned by *Acharya Madhav Nidan* and *Bhavaprakash*<sup>[3][5]</sup>

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- 72 • *Virudhaahara* - Foods which are incompatible
- 73 • *Dushta Ahara* - Spoiled food
- 74 • *Amla* - Sour food
- 75 • *Vidahi Ahara* - Food substances which increase burning sensation
- 76 • *Pitta-prakopakannapana* - Other factors which aggravate *Pitta*— e.g, salty, spicy, oily food.
- 77 • *Vidagdha*— Fermented food

78

79 Mentioned by *Acharya Kashyap Samhita*<sup>[6]</sup>

80

- 80 • *Virudhaahara* - Foods which are incompatible
- 81 • *Adhyasana* - Eating before the digestion of previous meal
- 82 • *Ajeerna* - Indigestion
- 83 • *Ama* - Undigested food/Toxic
- 84 • *Pishtaanna* - Use of ground cereals
- 85 • *Madya*—Improperly processed wines and drinks
- 86 • *Abhishyandi Bhojan* – Channel-blocking food
- 87 • *Vega dharana* - Suppression of natural urges
- 88 • *Ati-Ushna-Snigdha-Ruksha-Anna* - Excessive use of hot, unctuous, dry, sour food
- 89 • *Fanita-Ikshuvikara* - Use of sugarcane preparations

- 90 • *Kulattha* - Use of Horse gram
- 91 • *Bhrustadhanya*--Fried, roasted and broiled grains
- 92 • *Divaswapanam*- Sleeping in day time after eating
- 93 • *Bhuktaparyushitaashnaat* - Consumption of stale food
- 94 • *Atisnan-Avagahat*— Excessive bathing and tub bathing for too long
- 95 • *Antaraudakpaan*- Drinking water frequently in between meal
- 96 • *Anupa Desha*

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## SAMPRAPTI (PATHOGENESIS)<sup>[6]</sup>

102 Due to *Virudhaahara, Dushta Ahara, Amla, Vidahi Ahara, Adhyashan, Ajeerna* with all  
103 abovementione etiological factors *Vatadidoshas* gets aggravated  
104 (*Prakop* of all three *doshas* but mainly it is *pittapradhan*)

106 *Agnimandya*

108 In this situation if a person continues to eat *Viruddha* and *MithyaAahar* and don't follow the rules and  
109 regulations of diet

111 Increase in *Amla gun* of *pitta*

113 Indigestion of food

115 *Amlapitta Vyadhi*.

## COMMON SYMPTOMES

Symptoms	Samhitas				
	<i>Madhav Nidan</i> <sup>[7]</sup>	<i>Bhavaprakash</i> <sup>[8]</sup>	<i>Yogaratanakar</i> <sup>[9]</sup>	<i>Kashyap Samhita</i> <sup>[10]</sup>	<i>Rasaratnasamuchhay</i> <sup>[11]</sup>
Avipak (Indigestion)	✓	✓	✓		-
<i>Klam</i> (Exhaustion without any physical efforts)/ <i>Angasada</i> (Fatigue)	✓	✓	✓	✓	-
<i>Utklesha</i> (Nausea/Vomiting)	✓	✓	✓	✓	✓
<i>Tikta-</i>	✓	✓	✓	-	✓

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<i>amlodgar</i> (Sour and Bitter Eructation)					
<i>Gaurav</i> (Heaviness in body/ Heaviness in Abdomen)	✓	-	✓	✓	-
<i>Hrutkanthadaha</i> (Burning Sensation in Chest and Throat)	✓	✓	✓	✓	With <i>Hatapadkukshidaha</i> (Burning sensation in Hands, Legs, Abdomen)
<i>Aruchi</i> (Loss of Appetite)	✓	✓	✓	-	-
<i>Vidabheda</i> (Frequent loose, watery stool)	-	-	-	✓	-
<i>Shiroruja</i> (Headache)	-	-	-	✓	-
<i>Hrutshula</i> (Chest pain)	-	-	-	✓	✓
<i>Antrakujan</i> (Rumbling of the bowels)	-	-	-	✓	-
<i>Romaharsha</i> (Goose-bumps)	-	-	-	✓	-
<i>Udaradhman</i> (Abdominal bloating)	-	-	-	✓	-
<i>Mukhtiktam</i> (Bitter taste in mouth)	-	-	-	-	✓

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124 **TYPES OF AMLAPITTA**

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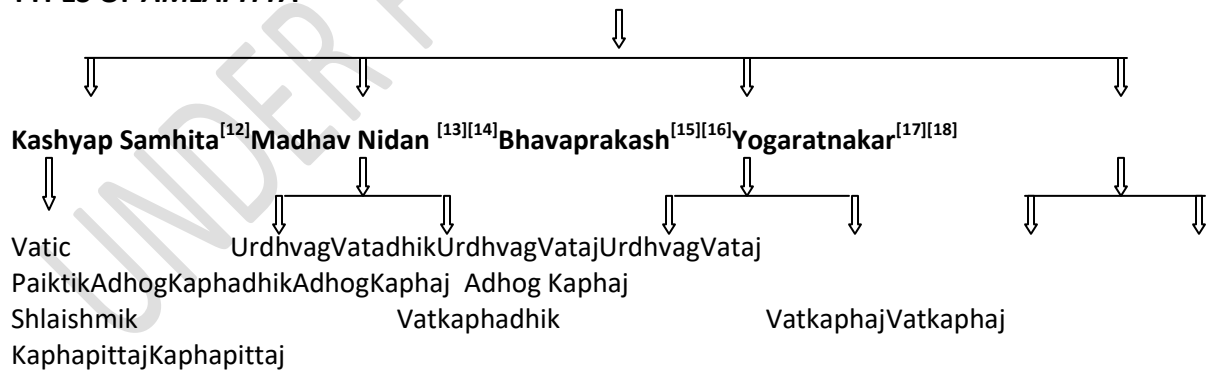
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**TYPES OF AMLAPITTA**



• **UrdhvagAmlapitta**

According to *Bhavaprakash*<sup>[15]</sup>

It is mainly *kaphanubandhit*.

It is characterized by vomiting, which is green, yellow, blue, black, slightly red in colour and bitter and

141 sour.It resembles meat washed water.  
142 Sometimes vomiting after eating which is sour intaste.  
143 Along with this *Yogaratanakar* also mentioned *Shiroruja*(Headache),*Karcharandaha* (Burning sensation  
144 and heat in hands and legs) <sup>[17]</sup>  
145 Along with all above *Madhav Nidan* also mentioned *Kanthahrutkukshidaha*(Burning in  
146 throat,chest,stomach),*Kandu*(Itching all over body),*Mandal-pidaka*(Skin rashes and surrounded by  
147 numerous small vesicles on skin),*Aruchi* (Loss of Appetite) and sometimes *Jwar*(Fever). <sup>[13]</sup>

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149 • **AdhogAmlapitta**

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151 According to *Madhav Nidan, Bhavaprakash and Yogaratanakar.* <sup>[13][15][17]</sup>  
152 *Trud* (Thirst), *Daha*(Burning  
153 sensation),*Murchha*(fainting),*Bhram*(Illusion/Confusion),*Moha*(Delusion),along with these yellow, green,  
154 black,redcoloured *pitta* can be seen through stool.*Hrullas* (Nausea),*Analadasa*(Diminished function of  
155 Agni), *Sweda*(Perspiration), *Kotha*(Skin disease),(*harsh*(Goosebumps),*Angapitatwakakar*(Yellowish  
156 discoloration of body).

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158 • **VatajAmlapitta**

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160 According to *Madhav Nidan, Bhavaprakash and Yogaratanakar.* <sup>[14][16][18]</sup>  
161 *Kamp*(Tremors),*Pralap*(Irrelevant talk),*Murchha*(Fainting),*Chimchimi*(Tingling sensation),*Gatra-awasad-*  
162 *shul*(Bodyache with fatigue),*Tamadarshan*(Feeling of darkness in front of  
163 eyes),*Bhram*(Illusion/Confusion), *Moha*(Delusion),*Harsh*(Goosebumps).  
164 *Acharya Kashyap* mentioned *Shul*(Pain), *Angasad*(Body fatigue), *Jrumbha*(Yawning). <sup>[12]</sup>

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166 • **KaphajAmlapitta**

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168 According to *Madhav Nidan, Bhavaprakash and Yogaratanakar.* <sup>[14][16][18]</sup>  
169 *Kapphanishthivan*(Expectoration of thick bulgum),*Gaurav-jadata*(Heaviness in body),*Aruchi*(Loss of  
170 appetite),*Sheet*(Coldness),*Balahani*(General weakness), vomiting,diminished function of  
171 Agni,*Kandu*(Ttching), *Nidra*(Excessive sleep).  
172 *Achary Kashyap* mentioned *Gurutva*(Heaviness), *Chhardi* (Vomiting). <sup>[12]</sup>

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174 • **PittajAmlapitta**

175 *Acharya Kashyap* mentioned *Bhram*(Illusion/Confusion), *Vidah*(Burning sensation). <sup>[12]</sup>

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177 • **Vata-KaphajAmlapitta**

178 *Madhav Nidan and Bhavaprakash* mentioned mixed symptoms of both doshas. <sup>[14][16]</sup>  
179 Along with above *Yogaratanakar* mentioned *Tikta-amla-katukoudgar*(Bitter,Sour,Pungent eructation and  
180 vomiting, *Hrutkanthadaha*(Burning sensation in Chest and Throat).  
181 These symptoms can be seen in today era. <sup>[18]</sup>

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183 • **Kapha-PittajAmlapitta**

184 According *Bhavaprakash and Yogaratanakar.* <sup>[16][18]</sup>  
185 *Bhram*(Illusion/Confusion), *Murchha*(fainting), *Aruchi*(Loss of  
186 appetite),*Chhardi*(Vomiting),*Alasya*(Laziness),*Shiroruja*(Headache),*Prasek*(Salivation),  
187 *Mukhamadhurya*(sweetishness in mouth)

188 Yogaratnakar also mentioned Heat and burning sensation in hands and legs, *Kandu* (Itching all over body),  
189 *Mandal-pidaka* (Skin rashes and surrounded by numerous small vesicles on skin)

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## 191 **SADHYASADHYATWA OF AMLAPITTA (PROGNOSIS)**

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193 According to *Madhav Nidan, Bhavaprakash and Yogaratnakar*<sup>[19][20][21]</sup>

194 Recently manifested disease responds to treatment. Chronic condition is manageable or curable with  
195 difficulty in few persons, if follows *Pathya Ahar* and *Vihar* along with the medicine.

196 *Acharaya Kashyap* mentioned if, complications like *Jwar* (Fever), *Atisar* (Loose motions), *Pandu* (Anaemia),  
197 *Shul* (Pain), *Shotha* (swelling), *Aruchi* (Loss of appetite), *Bhram* (Illusion/Confusion) seen then it becomes  
198 *Asadhya*.<sup>[22]</sup>

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## 201 **MANAGEMENT**

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203 Ayurveda suggest treatment as well as lifestyle management through *Ahar* and *Vihar*.

204 Ayurveda has provided simple and cost-effective treatment.

205 The main line of treatment is to correct and prevent *Ama* formation and hence, preventing *Agnimandya*  
206 and following dietary and lifestyle rules.

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## 208 **TREATMENT**<sup>[23]</sup>

209 It includes--*Nidanarivarjan, Shodhan Chikitsa* and *Shaman Chikitsa*

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211 ***Nidan Parivarjan***<sup>[23]</sup> --- Avoiding factors which triggers and causes *Amlapitta*.

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213 ***Shodhan Chikitsa***<sup>[35]</sup>--- Should be choose according to *Bala* (strength) of patient.

214 • *Vaman* (Therapeutic emesis)— In *kapha* dominant condition-*Urdhvag Amlapitta*.

215 • *Virechan* (Purgation)--- In *Pitta* dominant condition-*Adhog Amlapitta*.

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217 ***Shaman Chikitsa***<sup>[36]</sup> ---The Drugs which are against the properties of causative factors of disease are  
218 used. Thus, helps in pacifying the *doshas*. It can be Medicinal Drugs or Diet. It should be used after  
219 *shodhan chikitsa* to reduce the remaining *doshas* in the body.

220 • *Langhan* (Fasting)—Not taking food or taking *Laghu Ahar* (light to digest).

221 • *Deepan-Pachan* drugs --helps in *Deepan-pachan* and decrease *Sama pitta*.

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## 223 **LIFESTYLE MANAGEMENT**

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225 It includes *Ahar* and *Vihar*

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227 • ***Ahar* (Diet)**

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229 • ***Pathya Ahar***

230 It should be *Sheet* (Cool), *Madhur* (Sweet), *Tikta* (Bitter), *Katu* (Astringent), *Laghu* (Light),  
231 *Avidahiahar* (Which does not cause burning).

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<b>Pathya Ahar</b>	<b>Properties<sup>[24][25][37]</sup></b>	<b>Yogaratnakar<sup>[26]</sup></b>	<b>Kashyap Samhita<sup>[27]</sup></b>	<b>Bhavaprakash<sup>[28]</sup></b>	<b>Nidan Chikitsa Hastamalak<sup>[29]</sup></b>
Puranshali(Old rice)	Snigdha, Madhur, Sheet, Tridosh-shamak	✓	✓		✓
Moong(Green gram)	Kashay, Madhur, Sheet, Laghu	✓	✓		
Yava(Barley)	Sheet, laghu, Madhur	✓		✓	
Godhum(Wheat)	Madhur, Sheet, Snigdha	✓		✓	
Jalani-tapta-Sheetajal (Hot water that has cooled)	Laghu	✓			
Sharkara(Sugar)	Madhur, Sheet	✓			
Madhu(Honey)	Sheet, Kashay, Madhur	✓			
Saktu (Roasted gram flour)	Madhur, laghu, Sheet	✓			
Karkotak (Spine gourd)	Madhur, Deepan, Pittanashak, Laghu	✓			
Bathua (Wild spinach)	Madhur, Snigdha, Deepan-pachan	✓	✓		✓
Karvellak (Bitter gourd)	Tikta, Laghu, Sheet, Deepan, Pittanashak	✓			
Rambhapushpa (Banana flower)	Madhur, Snigdha, Sheet, Pittanashak	✓			
Shwetakushmand (Ash gourd)	Madhur, Laghu, Sarvadoshhar	✓			
Patol/parwal (Pointed gourd)	Pittanashak	✓			✓
Dadim (Pomegranate)	Madhur, Pittanashak, Agnideepan	✓			✓
Harenu (Green pea)	Madhur, Sheet, Pittadaganashak		✓		
Goghrut (Cow ghee)	Madhur, Sheet		✓		
Godugdha (Cow milk)	Madhur, Sheet		✓		
Jangalmauns(Meat)	Madhur, laghu, Pittanashak		✓		
Kalayashak(Bengal gram flower)	Laghu, Madhur, Sheet		✓		
Amla (Indian gooseberry)	Sheet, Pittanashak, Laghu, Madhur, Kashay		✓		
Jwari(Sorghum)	Pittanashak, Pathya, Sheet			✓	✓
Ardrak(Ginger)	Agnideepak, Madhur				✓

<i>Dhanyak</i> (Coriender)	<i>Madhur, Kashay, Dahaprashamak, laghu, Deepan, Pachan</i>				✓
<i>Saindhav</i> (Rock salt)	<i>Deepan, Avidahi, Tridoshashamak</i>				✓
<i>Narikela jala</i> (Coconut water)	<i>Madhur</i>				✓

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- **Apathy Ahar** –Should avoid Heavy, Oily, Dry, Hot, Salty-sour-tangent,channel-blocking food andFermented food.

<b>Apathy Ahar</b>	<b>Yogaratnakar<sup>[30]</sup></b>	<b>Nidan Chikitsa Hastamalak<sup>[29]</sup></b>
<i>Teel</i> (Sesame) and products of <i>Teel</i>	✓	
Products of <i>Udid</i> (Black gram)	✓	
<i>Kulattha</i> (Horse gram)	✓	
<i>Avidugdha</i> (Goat milk)	✓	
<i>Dhanyamla</i> (Fermented cereal liquid)	✓	
<i>Dadhi</i> (Curd)		✓
<i>Madya</i> (Liquor)		
Navin Shali (Newly harvested rise)		✓
Tomato		✓
Mathha(Buttermilk)		✓

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## DIETARY GUIDELINES

### Ahar

#### DO's:

- Should take a food 2/3rdpart of stomach capacity and kept 1/3<sup>rd</sup> part empty.<sup>[31]</sup>
- Should take a food which is easy to digest (light food).
- Should take a food which is sweet in taste.
- The diet should consist of Old rice.
- Should take hot water that has cooled.
- Watershould be consumed according to thirst and in amounts sufficient to satisfy it.

#### DONT's:

- Avoid to skip meals.
- Avoid Heavy meal, Raw vegetables, Meat.
- Avoid frequently drinking water in between meal.
- Avoid frozen foods and chilled drinks.

- 257 • Avoid alcohol, sour, spicy, fermented, and fried food.
- 258 • Should eliminate carbonated beverages from diet.
- 259 • Avoid food like Pizza, Burger, Baked snacks, Packaged and Canned food items and Food made of
- 260 refined flour like Noodles.
- 261 • Avoid *Viruddha Ahar* –e. g. Milkshake, Bhel, Tea with Biscuits, Milk with fish, etc.

## 262 LIFESTYLE CHANGES

### 263 *Vihar*

#### 264 DO's:

- 265 • Should follow the rules mentioned in *Aharvidhivisheshayatanand Ahar-vidhi-vidhanan*.
- 266 • Should eat during *Pitta* period, between 10 A.M. and 2 P.M or when you feel hungry.<sup>[1]</sup>
- 267 • Exercise regularly.
- 268 • Reduce mental stress.
- 269 • Yogic practice.
- 270 • Should Follow the lifestyle rules mentioned in *Dinacharya*<sup>[32]</sup> and *Ritucharya*.<sup>[33]</sup>
  - 271 ○ *Ritushodhan*- do *Shodhan karma* mention in specific seasons.
  - 272 ○ e.g. *Vaman* in *Vasant Ritu*, *Virechan* in *Sharad Ritu*, *Basti* in *Varsha Ritu*
- 273 • Should Change the place where climate is different from your regular climate.<sup>[34]</sup>

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#### 275 DONT's:

- 276 • Avoid holding Natural urges(*Vegadharan*).
- 277 • Avoid sleep just after taking a meal.
- 278 • Avoid staying awake at night.
- 279 • Avoid high-stress situations.

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## 283 DISCUSSION

284 *Amlapitta* is one of the most common disorders of the gastrointestinal tract described in Ayurveda,  
285 primarily resulting from the vitiation of *Pitta dosha* along with impairment of *Agni*(digestive fire).  
286 *Vihara* Additionally, irregular eating patterns such as *Adhyashana* (eating before digestion of previous  
287 meal), *Ajeerna*(indigestion), and *Vegadharana*(suppression of natural urges) further disturb the normal  
288 functioning of *Annavaaha Srotas*. This leads to *Agnimandya*, resulting in the formation of *Ama*, which in  
289 turn causes *Vidagdha Pitta* and manifests as *Amlapitta*. Management of *Amlapitta* focuses on *Nidana*  
290 *Parivarjana* (elimination of causative factors) dietary regulations and lifestyle changes. While *Langhana*,  
291 *Deepana*, and *Pachana* help in correcting *Agnimandya* and reducing *Ama*. Dietary regulation (*Pathya*  
292 *Ahara*) plays a central role in management. Foods that are *Sheeta*, *Madhura*, *Tikta*, and *Laghu* are  
293 beneficial, whereas *Apathya Ahara* such as spicy, sour, oily, and fermented foods should be avoided.  
294 Lifestyle modifications including stress management, regular exercise, proper sleep, and adherence to  
295 *Dinacharya* and *Ritucharya* are equally important in both prevention and management. Thus *Amlapitta* is  
296 not only a disease of the digestive system but a reflection of disturbed lifestyle and dietary habits,  
297 emphasizing the holistic approach of Ayurveda.

## 298 CONCLUSION

299 *Amlapitta* is a lifestyle-related disorder predominantly caused by improper dietary habits and faulty  
300 lifestyle practices leading to the aggravation of *Pitta dosha* and impairment of *Agni*. It closely resembles  
301 modern gastrointestinal conditions such as hyperacidity. Ayurveda offers a holistic and effective  
302 approach for the prevention and management of *Amlapitta* through *Nidana Parivarjana*, appropriate  
303 dietary modifications and lifestyle regulation. Emphasis on *Pathya Ahara*, *Dinacharya*, and *Ritucharya*  
304 plays a crucial role in maintaining digestive health and preventing recurrence. Early diagnosis and timely  
305 intervention can effectively manage the condition, whereas chronic cases may become difficult to treat  
306 if neglected. Therefore, adopting Ayurvedic principles in daily life can significantly reduce the incidence  
307 of *Amlapitta* and improve overall quality of life.

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