

A Critical Study on the Concept of Niadanatmak Vivechana in Amlapitta

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Abstract: According to Ayurveda the factor 'Agni' carries great importance in the physiological functioning of body. 'Mandagni' is the root cause of all diseases, which leads to Ama Nirman developing towards Amlapitta. Amlapitta comprises of two components viz. Amla and Pitta. According to Asthanga Hrudaya, qualities of Pitta Doshas are Katu, Amla, Tikshna, Ushna, Laghu, Visra, Drava etc. when the normal amla and Drava Guna of Pitta gets exaggerated (i.e. Pitta Dosha is vitiated) there occurs sore belching, heart burn etc. this condition is regarded as to be pathological condition termed as Amlapitta

Keywords: Amlapitta, Vata Dosha, Pitta Dosha, Kapha Dosha

1. Introduction

Amlapitta is one of the commonest and earliest diseases of today's life. Amlapitta, a disease, mentioned by Laghutrayee. The fact being it existed in times of Charaka, but was in the preliminary form, as a symptom. According to Madhukosh commentary of MadhavNidan it was in Vidagdha-AjirnaAwastha. Later on, abuse of Aaharvidhi and attempt to peruse the journey of taste of the human community to a disease with a separate existence. The dietary pattern of Indian people was changed in 17th and 18th century & was worsen by the influence of western culture in 20th century. In this era, People are not following Aahar-Vidhiveshesh-Atayanas. High socioeconomic class have food habit like fermented foods, milk shakes, pizzas, beers etc. and low socio economical class eat Vadapav, missal etc. Also, urbanization and fast life, results in stressful life. This all reflects on general health of mankind which gives rise to many diseases, Amlapitta is one of them. Collectively, Amlapitta is a disease of new era. Now a day it is the major problem in youngsters, which indirectly affects their working capacity.

1.1 Aims and Objectives

To study NidanPanchak of Amlapitta Vyadhi.

1.2 Nidana of Amlapitta

Hetu of Amlapitta according to different classics

S. No.	Particulars	BH. PR.	MA. NI.	KA. SA.	YO. RA	HA. SA.
1	ViruddhaBhojana	+	+	+	+	+
2	VikrutaBhojana	+	+	-	+	+
3	Eating during indigestion	-	-	+	-	-
4	Pishtanna	-	-	+	-	-
5	Apakwa Madya	-	-	+	-	-
6	Guru Anna	-	-	+	-	-
7	Abhishyandi Aahara	-	-	+	-	-

8	Vega Vidharana	-	-	+	-	-
9	Hot Beverages	-	+	+	-	-
10	Excessive Fatty Foods	-	-	+	-	-
11	Dry, Roasted Substances	-	-	+	-	-
12	Ati Amla food	+	-	+	+	+
13	Unfermented sugarcane products	-	-	+	-	-
14	Sleeping after meals	-	+	+	-	-
15	Vitiated food	-	+	+	+	+
16	Atisnavagahana	-	-	+	-	-
17	Varsha Rutu	+	+	-	+	-
18	Pitta Prakopak causes	+	+	-	+	-
19	Anup Desha	-	-	+	-	-

Samprapti:

Samprapti of Amlapitta first in detailed described in Kashyapa Samhita.

Stages of Amlapitta Samprapti (According to Shat Kriya Kal): -

- 1) **CHAYA-** In Amlapitta Vyadhi Pitta Dosha gets accumulated in its Ashaya in Varsha Rutu. If the treatment is done in this stage, further development of disease is completely anchored.
- 2) **PRAKOPA-** Hetu Sevana, Kala etc. causes Prakopai.e., exaggeration of Dosha in abnormal way. Here there is Prakopa of Pitta, Vata Dosha mainly, and Kapha Dosha up to some extent.
- 3) **PRASARA-** It means to spread. Vitiated Apana Vayu prakops the other Dosha and circulates all over the body, this stage is called as Prasara. The PrakopitaPitta, Vata, Kapha causes the Agnimandya. This leads to Ama Nirmana. This Sama Prakopita Dosha circulates all over the body leading to PrasaraAvastha.

- 4) **STHANA SAMSHRAYA**-Hetu Sevana is also responsible for Sheithilya of Amashaya and Grahani. The vitiated Dosha find a good place to reside and to carry on the pathogenesis in Amashaya and Grahani as they are already weak and enable to resist the Vikruta Dosha.
- 5) **VYAKTI**- The Vyakti of Amlapitta Vyadhi takes place in Annavaha Strotasa with the help of Rasavaha Strotasa. The signs and symptoms get manifested like Avipaka, Klama, and Utklesha.
- 6) **BHEDA**- in this stage we can differentiate the various types of Amlapitta with respect to Marga, Dosha-nubandha and nature of chronicity.

Types of Amlapitta Samprapti

- 1) **SANKHYA SAMPRAPTI**
 - a) Two: Urdwaga, Adhoga
 - b) Three: Vatika, Paittika, Shleishmika
 - c) Three: Vatanubandhi, Kaphanubandhi, Vatakaphanubandhi
 - d) Four: Vatanubandhi, Kaphanubandhi, Vatakaphanubandhi, Shleshmapittanubandhi
- 2) **VIKALPA SAMPRAPTI**
 - a) **Pachak Pitta**- Amla, Ushna, Tikshna, DyavaGuna Because of increase in 'Drava' Guna of Pitta, there is Agnimandya, Pitta is enabling to digest food.
 - b) **BodhakaKapha, KledakaKapha**: -All these properties are exactly opposite to that of Agni. Hence Agnimandya occurs, giving rise to Shuktata.
 - c) **Prana Vayu, Samana Vayu, UdanaVayu**: -Because of increase in Sheeta, Ruksha and KharaGunaSamana Vayu cannot enhance Agni and Prana and Udana Vayu fail to produce proper propulsion of food. Increased Amla Guna, in the presence of Agnimandya produce Shuktata in Amashaya. Increased Ushna, Tikshna properties of Pachaka Pitta produces Vidgdhata of food and also irritates the mucus membrane of Amashaya.
- 3) **PRADHANYA SAMPRAPTI**
 - a) **Pradhana Dosha**-Pitta
 - b) **Anubandhi Dosha**-Kapha, Vata
- 4) **BALA SAMPRAPTI**-Amlapitta disease is present with all its symptoms with severity and is produced because of several Hetusevana then disease becomes Balawan/serious and difficult to treat.
- 5) **KALA SAMPRAPTI**-Severity of Amlapitta is more in Varsha, Sharada Rutu and in Pitta Kala like Madhyanha, Madhya Ratri, Taruna Vaya etc.

Description of Samprapti of Amlapitta

Samprapti of Amlapitta first in detailed described in Kashapa Samhita. It is an Aamashayottha Vyadhi. Whole Samprapti takes place in Aamashaya. Virudhashana, Adhyashana, AtiUshna, Snigdha, Amla, AaharaSevana and other Hetusevana causes vitiation of Tridosha and produce Agnimandya. In Varshrutu Pitta Chaya takes place due to SwabhavikaKalaja Effect. In these conditions if Pitta Prakopi and other Aahara Vihara continued, person gets Ajirna, this again leads to increase Amlaguna of Pitta causing Vidagdhata

to Pitta Dosha. This Vidagdhata Pitta makes function of Agni more suppressed and hence the vicious cycle goes on.

The food consumed is not properly digested and so gets fermented (Shuktata). The fresh food taken inside comes in contact with undigested food and food continuously remains in the state of Shuktata. The food is not made available to the Dhātu in absorbable state and there is no formation of Rasadi Dhātu. The symptoms of Amlapitta like Hrut KanthaDaha, Tikta Amla Udgara etc. appears. Though all the three Doshas are involved in Samprapti the main component in Amlapitta Vyadhi is Pitta Dosha

Components of Samprapti of Amlapitta

- a) **Vyadhi**: - Amlapitta
- b) **UdbhavaSthana** -Amashaya
- c) **Sanchara** -AnnavaStrotasa, RasavaStrotasa.
- d) **Adhishtana**: -Amashaya, Grahani
- e) **Dosha: -i) Vayu** -Prana, Udana, Samana, Vyanaii) **Pitta** - Pachakaiiii) **Kapha**-Kledaka, Bodhaka
- f) **Dushya**-Rasa, Rakta, Mansa
- g) **Strotasa** -Annava, Rasava
- h) **VyaktiLakshana** - Avipaka, Klama, Utklesha etc.
- i) **Swabhava**- Chirakari

Types of Strotodushiti

- A) **Atipravrutti**- Pitta, Vata, Kapha
- B) **Sanga** -Ama(ApachitaAahara Rasa)
- C) **Siragranthi** -AnnavaStrotasa
- D) **Vimargagamana** - ApachitaAahara Rasa, Prana and Udana Vayu.

PURVA RUPA: In case of Amlapitta Vyadhi there is no detailed description of Purva-rupa found in samhita. Purva-rupa described here are purely on observations. They are Kshudhalpata (Loss of appetite), HrutDaha (Precordial burning), Kanthadaha (Throat burn), Hrullasa (Nausea) etc.

RUPA: The common signs and symptoms of Amlapitta are 1) Avipaka 2) Klama 3) Utklesha 4) Udgara 5) Gaurava 6) Hrut Kanth Daha 7) Aruchi 8) Chardi 9) Trushna 10) Kotha 11) Dravamala Pravrutti 12) Kara Pada Tala Daha 13) Shiroruja-Bhrama Murcha etc.

Lakshana of Amlapitta according to Various Classics

S. No	Particulars	KA.SA.	MA.NI.	BH.PR.	YO.RA.	HA.SA.
1	Vingabheda	+	-	-	-	-
2	Gurukoshta	+	-	-	-	-
3	Amlotklesh	+	+	+	+	-
4	Shirovedana	+	-	-	-	-
5	Hritshula	+	-	-	-	-
6	Angasada	+	-	-	-	-
7	Antrakoojana	+	-	-	-	-
8	Kanthadaha	+	+	+	+	+
9	Urapradesh-daha	+	+	+	+	+
10	Romaharsha	+	-	-	-	-
11	Klama	-	+	+	+	-
12	Tiktodgara	-	+	+	+	-
13	Amlodgara	-	+	+	+	-
14	Gaurava	-	+	+	+	-

15	Aruchi	-	+	+	+	-
16	Tiktasyata	-	+	+	+	-
17	Bhrama	-	-	-	-	-
18	Kandu	-	+	-	-	-
19	Kukshidaha	-	+	+	+	-
20	KaphapittajaJvara	-	+	+	+	-
21	Mandala	-	+	+	+	-
22	Pidika	-	+	+	+	-
23	LohitaVanti	-	+	+	+	-
24	MatsyodakabhVanti	-	+	+	+	-

4	AaharaParina mana	Jirnata	Ajirnata
5	Visheshrupa	Vidagdhatta	Amlagunodrikta pitta vikruti
6	Lakshana	Bhrama, murcha, Pittaja, VividhaRuja	Kanthadaha, Shiroruja, Bhrama, Trishna, Murcha
7	Swabhava	Ashukari	Chirakari
8	Marga	Ekarga	Ubhayamarga
9	Vyadhi hetu	agnimandya	Shuktata

Avastha of Amlapitta

- A) Samavastha** – If there is loss of appetite and all the symptoms are present, it is called as samavastha. The patient has usual symptoms like Gaurave, Aruchi, Asyavairasya etc. **B) Niramavastha**- If there is normal appetite and symptoms are present it is called as Niramavastha. The patient has usual symptoms like Kantha Daha, Urodaha, Amlodgara etc.
- Ashukari -Chirakari:** - If the disease is of longer duration, it is Chirakari and if is of shorter duration it is Ashukari.
- Vegavastha -Avegavstha:** - If the severities of the symptoms are more it is Vegavastha and if symptoms are very mild it is Avegavastha.
- Sadravastha – Adravastha: -A) Sadrava Amlapitta-1) Hetu** - Atyambupana, AtidravaAhara, Anup Desha, Divaswapa, Excessive intake of tea etc.2) **Lakshana**-Amlapraseka, Amlachardi, Urodaha, Shirashula, Kshudhalpata, Kandu etc. there will be relief after Chardi. 3) **Upashayanupashaya**- Milk intake Anupashaya. 4)**Treatment**- Drava Shoshana, Pachana, Anulomana, Vamana, Virechana, Raktamokshana. Gairika, Kamadudha, Pravala, Hingwashtaka Churna, Avipattikara Churna etc. **B) Nidrava Amlapitta- 1) Hetu**-RukshaAhara, Jagarana, Langhana, Katu, Kashaya Rasa Atisevana. Antacids in more quantity.2) **Lakshanas**-Urodaha, Malavashtambha, Adhmana. 3) **Upashayanupashaya**-Upashaya with milk 4) **Treatment**-Snigdha, Pachana, Deepana, Anulomana, Snehana, Matrabasti. ShatavariGhruta, Abhayarishta, Kushmandavaleha etc.

We can differentiate two Avasthas- Sadravastha and Adravastha in practice. Because of consumption of Antacids most Amlapitta patients present in Pitta NidravatwaAvastha gets relief. While giving Panchakarma Chikitsa, immediately after taking SnehapanaNidrava Amlapitta patients gets relief from Hritkanthadaha, Avipaka etc.and after Vamana get it back mildly. In Sadrava Amlapitta patient, vomiting takes place daily during Snehapana and symptoms completely disappear after Vamana.

Vyadhi Vyavaccheda: Vidagdhajirna and Amlapitta

S. No.	Particulars	Vidagdhajirna	Amlapitta
1	Adhishtana	Amashaya	Amashaya
2	Dosha	Pitta (UshnaGuna)	Pitta (Amla Drava Guna) Kaphanubandhi
3	Pravrutta Bhava	Anna	Anna

Amlapitta and Grahani

S. No.	Particulars	Amlapitta	Grahani
1	Adhishtana	Amashaya	Grahani
2	Dosha	Pitta (Amla Drava Guna)	Pitta (Tikshna, Drava Guna)
3	Pravrutta Bhava	Anna	Purisha
4	Aaharapripaka	Shuktata	Apakwa
5	Visheshrupa	Amlagunodrikta pitta vikruti	Muhurdrava, Muhurbaddha mala Pravrutta
6	Urovidaha	Present	Present
7	Amlodgara	Present	Present
8	Sparshasahatwa	Absent /Present	Present
9	Udarshula	Amashyapradeshi	NabhiPradeshi
10	Chardi	Present	Absent
11	Vidahakata	Always	
12	Malapravrutti	Prakruta / Drava mala	Muhurdrava, Muhurbaddha, Sama/Pakwa, Daurgandhayukta
13	Swarupa	Chirakari	Chirakari
14	Sadhyasadhyatwa	Kashtasadhya	Kashtasadhya

Urdwaga and Adhoga Amlapitta

S. No.	Particulars	Urdwaga	Adhoga
1	Adhishtana	Amashaya	Amashaya
2	Dosha	Pitta (Amlata)	Pitta (Amla, Katu)
3	Pravrutta Bhava	Anna	Purisha
4	Pravrutti Marga	Mukha	Guda
5	Pravrutti Swarupa	NanavarnaYuktaVami Pravrutti, Tiktamlata Rasa Yukta.	NanavarnaYukta Drava Mala Pravrutti
6	Lakshana	Tiktamlodgara, Kara CharanaKukshi Kantha Daha, UshnaSparsha, KanduPidaka Etc.	Angapitata, Bhrama, Murcha, Daha, Trishna, Sweda, Kotha etc.

Upadrava: The Upadravas of Amlapitta described in classics are- Jwara, Atisara, Pandu, Shula, Shotha, Aruchi, Bhrama, Dhaturkshinata

Udarka: The long standing Amlapitta Vyadhi may produce one of the following diseases (Udarka) if treatment is not done. Amashaya and Antravrana, Ashayadaurbalya, Grahani, Raktadhatu DushtiJanya Vyadhi, Arsha, Parikartika, Pravahika

Sadhyasadhyatva

a) **Sukha Sadhya:** Acute stage of Amlapitta is SukhaSadhyai. e. easily curable by treatment.

- b) **Kashta Sadhya** –In the chronic stage Amlapitta is KashtaSadhya i.e, difficult to treat. It is treatable only if HitaAahara Vihara is followed.
- c) **Yapya**: Amlapitta becomes Yapya in chronic stage in some patients who do not follow the rule regarding Aahara vihara.
- d) **Asadhya**: non-curable in these and if Amlapitta is associated with complications it becomes Asadhya i.e., Incurable.
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Upashaya Anupashaya: -Ayurveda texts have not mentioned any specific reference regarding Upashaya or Anupashaya in Amlapitta. But elimination of signs and symptoms is the criteria for the cure.

- A) **UPASHYA-** 1. **Aahara**-JirnashashtiShali, 2. **Vihara**-Rest3. **Medicine**-Amalaki, Shatavari, Amasula, Dadima, Dadimaghruta.
- B) Anupashaya-1.Aahara-Tikshna, Ushna, Vidahi, Virudhashana. 2.Vihara- Divaswapa, Marutasevana, Vegavarodha. 3. Medicine-Pittakaraka, Amla, Katu.

2. Discussion & Conclusion

- 1) The etiological factors of Amlapitta are numerous. Most of the Nidan explained in Ayurvedic classics were observed in the patients especially Pitta Prakopak Aahar Vihar Sevan.
- 2) When the normal amla and Drava Guna of pitta gets exaggerated (i.e, Pitta Dosha is vitiated) there occurs sore belching, heart burn etc. this condition is regarded as to be pathological condition termed as Amlapitta.
- 3) Most of the Rupa explained in Ayurvedic classics were observed in the patients especially TiktaAmlodgara, Hrullas, Chardi, Aruchi, Avipak are the main Lakshanas found commonly.

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