

Nidanarthakaritwa of Amlapitta-Insight to Low Cost Research with a Survey based Work

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ABSTRACT

In today's era of modern technology the eating habits and the lifestyle has been totally changed. There are lot of people who indulge in fast food, incompatible combinations, spoiled food, pungent, sour etc like food articles and also indulge in the addictions, sleeping late nights and stress, which increases Pitta Dosha intern which produces Amlapitta in person, whose Pitta Dosha is already aggravated. If proper Pathya is followed then there won't be people suffering from Amlapitta.

Key words : Amlapitta, Nidana, Nidanarthakari

I. INTRODUCTION:

In this modern era of technology the man is becoming more susceptible to series of lifestyle disorders. Eating fast food, night shifts, eating preserved foods, alkaline sour foods, addictions no exercise etc. has craped the man in such a diseased condition. These people are at a major risk of lifestyle disorder like Amlapitta .

Ayurveda is a science of life. It gives a complete look into the lifestyle of a person starting from his or her personality to the daily food habits and daily regimens. Amlapitta is a disease which is mentioned in Ayurveda, which is the disease of Annavaaha Strotas, caused by vitiation of Tridosha. When any of Dosha causes Mandagni it leads to Vidagdhajirna manifesting as Amlapitta. There are different Nidana's mentioned in the Ayurveda which are classified based on Aharaja, Viharaja, Manasika. By looking into the Nidanans we can cure this disease by just changing the lifestyle into a better one¹⁻⁴.

Etymology

Amlapitta is a combination of 2 words Amla and Pitta. Amlapitta denotes the Rasa (sour taste) And Pitta denotes the dosha involved in this disease.

Definition

Amlapitta means the Pitta which attains excessive Amlata because of Vidagdghata or Saamata is called Amlapitta.

Nidana⁵⁻⁸

❖ Aharaja hetu (dietary factors)

Atiamla, Vidhahi and Pitta Prakopak Anna sevana.

Katu, Amla, Tikta, Atushna, Atisnigdha, Atiruksha, Atidrava, Vishayukta, Pishtamaya, Guru, Abhishyandi, Atipana sour buttermilk, Kanji, Shushkashaka, Phanita, Ikshuvikara, Kulathabrishtadhanya, Pruthuka, Pulaka, Apakva anna, Dushta Anna, Paryushita Anna,

❖ Viharaja hetu (behavioural factors)

Irregular habits of defecation, Adhyashana, Virudhashana, Bhuktva Diwaswapna (sleeping soon after eating), suppression of natural urges, drinking water soon after meals, Vishamashana, taking bath with extremely hot water, Akala Bhojana eating spoiled food, Ajirnashana,

❖ Manasika hetu (psychological factors)

Anxiety, anger, greediness etc.

❖ Agantuja hetu (other related factors)

Consumption of alcohol, tobacco, beverages, smoking and other irritant stuffs etc.

Roopa

General symptoms of Amlapitta are;

Avipaka (indigestion), Klama (fatigue), Hrit-Kanta-Daha (retro sternal/ epigastrium burning sensation), Amlodgara (sour belching), Gaurava (heaviness), Utklesha (nausea), Tiktodgara (bitter taste in mouth), Aruchi(anorexia) other symptoms are Vidbheda (loose bowels), Aantra-Kujana (gurgling sound in intestine), Udara-Adhmana (distension of abdomen) and Hrit-Shula (pain in chest region)⁵.

Aim

Amlapitta -Nidanarthakari

To study the effect of Nidana's in Amlapitta.

Methodology

A questionnaire-based survey study was done on 111 subjects through Google forms. A set of questionnaires containing 20 questions which contains Nidanas of Amlapitta were given to them and their responses regarding the study was taken.

Diagnostic Inclusive Criteria:

The patients having Hrit-Kantha-Daaha and Tikta or Amlodgara Aruchi Shiro-Roga Chardi Nausea symptoms were diagnosed as having Amlapitta⁶⁻⁸.

II. MATERIALS AND METHODS

1. What is your name and age?
2. Do you like to eat more spicy food? How many times do you eat spicy food in a week ?
 - Yes Every Day
 - No but everyday
 - Yes but 3 times in a week
 - No but 3 times in a week
 - other
3. How many times do you eat fish or meat in a week ?
 - Every day
 - Never
 - Twice or thrice a week
 - 4 Times In A Week
 - other
4. Do you have the habit of eating fruit along with milk?(eg. Fruit salad)
 - Yes
 - No
 - May Be
5. Do you have the habit of adding extra salt or spice to your food?
 - Yes
 - No
 - May Be
6. How frequently you eat flour items like bread, pizza, burgers etc in a week ?
 - Never
 - Sometimes
 - Often
 - Always
 - Other
7. How frequently you use aerated drinks in a week?(eg. Soft drinks, cold drinks)
 - Never
 - Occasionally
 - Sometimes
 - Often
 - Always
8. Do you have the habit of suppressing natural urges?
 - Yes
 - No
 - May Be
9. Do you go to bed soon after eating ?
 - Yes
 - No
 - Sometimes
10. Do you often get angry or anxiety?
 - Yes
 - No
 - May Be
11. What type of water do you prefer for bathing?
 - Warm
 - Cold
 - Both
 - Too Hot
12. Do you have the habit of intake of tea or coffee?
 - Yes Everyday
 - Sometimes
 - Only Tea
 - Only Coffee
13. Do you have the habit of alcohol consumption or smoking?
 - Yes
 - Never
 - Only Alcohol
 - Only Smoking
 - Occasionally
14. Do you have the habit of drinking water soon after having food?
 - Yes
 - No
 - May Be
 - Other
15. Do you like to have fermented food like bread, idli, dosa etc.
 - Yes
 - No
 - 3 Times In A Week
16. Do you eat fish, chicken etc marinated with curd? Eg. Biryani
 - Yes
 - Sometimes
 - No
17. Do you like to eat pickles or sour food?
 - Yes
 - No
 - Sometimes
18. Do you like to eat hot or frozen food?

- Hot
 - Frozen
 - Both
19. Do you eat your food by chewing properly?
- Yes
 - No
 - May Be
20. Do you have following symptoms sometime?
- Burning Sensation In Heart & Throat
 - Headache
 - Vomiting & Nausea
 - Feels Like Acidity
 - All Of The Above
 - Any Two Or Three Of The Above

III. OBSERVATION

1. Do you like to eat more spicy food? How many times do you eat spicy food in a week ?
- 29.7% - yes but 3 times in a week
28.8% - yes every day
20.7% - no but 3 times in a week
11.7% - no but everyday
2. How many times do you eat fish or meat in a week?
- 35.1% - 4 Times In A Week
33.3% - Twice Or Thrice A Week
20.7% - Everyday
6.3% - Never
3. Do you have the habit of eating fruit along with milk? (eg. Fruit salad)
- 41.4% - Yes
40.5% - No
18% - May Be
4. Do you have the habit of adding extra salt or spice to your food?
- 55.9% - No
25.2% - Yes
18.9% - May Be
5. How frequently you eat flour items like bread, pizza, burgers etc in a week ?
- 52.3% - Sometimes
21.6% - Often
18.9% - Never
6.3% - Always
6. How frequently you use aerated drinks in a week?(eg. Soft drinks, cold drinks)
- 44.1% - Occasionally
20.7% - Sometimes
18% -Never
15.3% -Often
7. Do you have the habit of suppressing natural urges?
- 62.2% - No
21.6 – Yes

- 16.2% - May Be
8. Do you go to bed soon after eating ?
- 55% - No
26.1% - Sometimes
18.9% - Yes
9. Do you often get angry or anxiety?
- 38.2% - No
35.5 – Yes
26.4% - May Be
10. What type of water do you prefer for bathing?
- 42.3% - Both
42.3% - Warm
8.1% - Too Hot
7.2% - Cold
11. Do you have the habit of intake of tea or coffee?
- 35.1 – Yes Everyday
22.5% - Only Tea
16.2% - Sometimes
13.5% - Only Coffee
12. Do you have the habit of alcohol consumption or smoking?
- 75.7% - Never
9% - Yes
9% - Occasionally
13. Do you have the habit of drinking water soon after having food?
- 64% - Yes
18.9% - No
15.3% - May Be
14. Do you like to have fermented food like bread, Idli, Dosh etc.
- 65.8% - Yes
26.1% -No
8.1% 3 Times In A Week
15. Do you eat fish, chicken etc marinated with curd? Eg. Biryani
- 48.6% - Yes
26.1% - No
25.2 % - Sometimes
16. Do you like to eat pickles or sour food?
- 46.8% -Yes
27.9% - No
25.2% - Sometimes
17. Do you like to eat hot or frozen food?
- 61.3% - Hot
32.4% - Both
6.3% - Frozen
18. Do you eat your food by chewing properly?
- 67.6% - Yes
27% - May Be

19. Do you have following symptoms sometime?

31.5% - Headache

16.2% - Burning Sensation In Heart & Throat

3.7% - Vomiting & Nausea

19.8% - Feels Like Acidity

6.3% - All Of The Above

22.5 % - Any Two Or Three Of The Above

IV. RESULTS

After conducting the survey on 111 people the following results are seen:-

The person who eats more fast food, beverages, pizza burgers etc type of food are more prone to suffer from Amlapitta. The subjects who are in the age group of 18 to 40 are prone to Amlapitta. The subjects who have habit of eating extra salty and spicy food are more suffering from Amlapitta. The person who takes more stress, who is in grief, anger, greed also suffers from the Amlapitta.

The person who has the habit of drinking alcohol, smoking, aerated drinks etc. are also the sufferers of Amlapitta. The person who has the habit of suppressing the natural urges, who sleeps soon after eating are also more prone to Amlapitta.

V. DISCUSSION

A person should take his meals which is not too spicy, too sour, too hot, too oily, fermented food, aerated drinks etc. Food should be eaten properly by chewing it. One should not suppress the natural urges. One should not go to bed soon after eating. Should be free from anger, grief, etc⁶. Diet must be easily digestible, including plenty of fruits vegetables etc. One must not eat fast food. One should not eat repeatedly, before digesting the previous meal.

Need for the study

A population-based study, using a validated questionnaire found that 31.5% population has headache, 22.5% has headache burning sensation in heart & throat and feels like acidity and 19.8% has a feeling of acidity, 16.2% has burning sensation in heart and throat hence it is necessary to educate a people about do's and don'ts about diet and lifestyle as it plays a major role in causing Amlapitta.

VI. CONCLUSION:

This study emphasizes that improper Aahara and Vihara and Manasika causes are the

main causative factor for the development of the disease Amlapitta.

Hence the proper diet is the base line of treatment in preventing and curing this disease of Amlapitta.

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