



A REVIEW ON AMLAPITTA W.S.R TO DYSPEPSIA

Shubhangini S Kolar,¹ S. S. Kalyani², Sunilkumar M Chabanur³¹-MD Scholar, Dept. of PG studies in Kayachikitsa, BVVS Ayurveda medical College & hospital, India²-Professor, Dept. of PG studies in Kayachikitsa, BVVS Ayurveda medical college & hospital, India³-Associate Professor, Dept. of PG studies in Kayachikitsa, BVVS Ayurveda medical college & hospital, IndiaCorresponding Author: shubhsk77@gmail.com<https://doi.org/10.46607/iamj2411052023>

(Published Online: May 2023)

Open Access

© International Ayurvedic Medical Journal, India 2023

Article Received: 29/04/2023 - Peer Reviewed: 09/05/2023 - Accepted for Publication: 17/05/2023.



ABSTRACT

According to *Ayurveda*, all disorders are due to vitiating *Agni*¹. various factors in the progressive civilization of the present day like speedy environmental changes, adaptation of new food materials, change in method of cooking, atmospheric pollution, encroachment of various chemical agents in newer lifestyle, occupational hazards etc, have precipitated the increasing trend of the diseases. Along with those stimulating factors tremendous stress and anxiety have significantly aggravated diseases like *Amlapitta* (Dyspepsia). *Amlapitta* is a condition where *Pitta* is accumulated previously from self-aggravating causes, gets *Vidagdha* due to *Virudha* (Contrary articles), *Dustha* (unclean food), *Amla* (Sour food), *Vidahi* (food which causes burning sensation), *Pittakara Ahara*, and *Drava* like *Phanita* (Molasses), *Kulattha*, *Ikshu Vikara* (Preparations of sugar cane), *Bhritha Dhanya* (Parched cereals), *Pulaka*, etc. In further days due to repeated *Nidanasevan*, it gets *Shuktatva* residing in *Aamashaya*. *Amlapitta* has symptoms like *Avipaka*, *Klama*, *Utklesh*, *Tiktaamlodgara*, *Gouravata*, *HritkanthaDaha*, *Aruchi* in *Ayurvedic* classics, various therapies like *Vamana*, *Virechana*, *Snehapana*, *Rakta Mokshana*, *Shamana Chikitsa*, and *Rasayana*, etc are mentioned to manage *Amlapitta*. *Ghrita* (Ghee) is having the unique quality of *Sanskarasya Anuvartanaat*, the ability to imbibe the qualities of herbs by which it is being processed without losing its basic qualities. In *Amlapitta*, *Ghrita* is mentioned as *Pathya*.

Keywords: *Amlapitta*, Dyspepsia, *Ghrita*, *Sanskarasya Anuvartanata*.

INTRODUCTION

Ayurveda is a science of life. The objective of Ayurveda is to maintain a healthy life & to cure disease². Ahara (A balanced diet), Nidra (Proper sleep), and Brahmacharya (Abstinence) if these 3 pillars are well regulated it leads to a healthy life. A balanced diet and regular exercise are the keys to good health. But in the space age food habits of people have undergone innumerable changes. Faulty dietary habits, sedentary lifestyle & stress are the main causative factors for diseases. Preserved foods, curd, excessive alcohol, caffeine, spicy, fast, junk foods & lack of exercise. All these factors result in various diseases of the GI tract. Amlapitta is one of the Vyadhies of Annavaha Srotas. This Vyadhi is described in detail in an ancient treatise i.e, Kashyapa Samhita³. It primarily involves vitiation of Agni (Digestive fire) and Shuktatva of Annarasa⁴. Other authors like Madhavakar, Bhavamishra, Yogaratnakar, Harita, Bhela, Chakradatta & Vangasena have also contributed to it. Acharya Charaka⁵ has mentioned this entity Amlapitta as Lakshana of Ajirna (Indigestion). The lakshanas of Amlapitta are Avipaka (Indigestion), Klama (Tiredness without exertion), Utkleshna (Nausea), Tiktaamlodgara (Bitter-sour belching), Hrith-kantha Daha (Heart burn), Gouravata (Post-Prandial fullness), Aruchi (Anorexia) etc⁶. In contemporary science this condition resembles Dyspepsia. It includes symptoms like Nausea, Indigestion, Heart burn, Sour & Bitter belchings, post-prandial fullness, etc.⁷ Prevalence rate of dyspepsia in India is 30.4%.⁸ Medical management of dyspepsia includes pharmacological interventions like administration of Proton-pump inhibitors, H₂-Blockers, Antacids. Prolonged use of these drugs may cause adverse effects like loss of appetite, nausea, constipation⁹, etc. Due to this patient are seeking alternative management with

lesser side effects. Hence Ayurveda (The traditional healing system of India) has Described many effective remedies for this illness. Thus, an attempt is made to review its classical references w.s.r to dyspepsia.

DEFINITION OF AMLAPITTA-

- **Aamlapittam Amlapittam (Vachaspatyam)**

According to Vachaspatyam, Amlapitta means Pitta leading to a sour taste.

- **Vidahyamlagunodriktam Pittam Amlapittam (Vijayarakshita)**

Vijayarakshita, commentator of Madhava Nidana defines the word as that the Pitta having Vidahi quality gives raise to Amla or sour taste.

- **Amlapittachaiti Amlagunodriktam Pittam (Chakrapani):**

It means the qualities of Pitta i.e, sourness increased leading to Amlapitta.

- This is a disease mainly due to vitiation of Pitta (Pachaka) but associated with Kapha (Kledaka) and Vata (Samana) vitiation, as mentioned by Shrikantadatta¹⁰.

NIDANAS OF AMLAPITTA-Nidana is the sum

total of all the causative factors of the disease. They are the contributory factors that help in the development of disease at any level. They also aid in the management of the disease by preventing the further progress of the disease and by reversing pathology.¹¹ As Acharya Sushrutha¹² said, Nidana parivarjana is the first line of treatment. So, a definite knowledge of these etiological factors is needed.

In classical textbooks, Nidanans are told which are classified as:

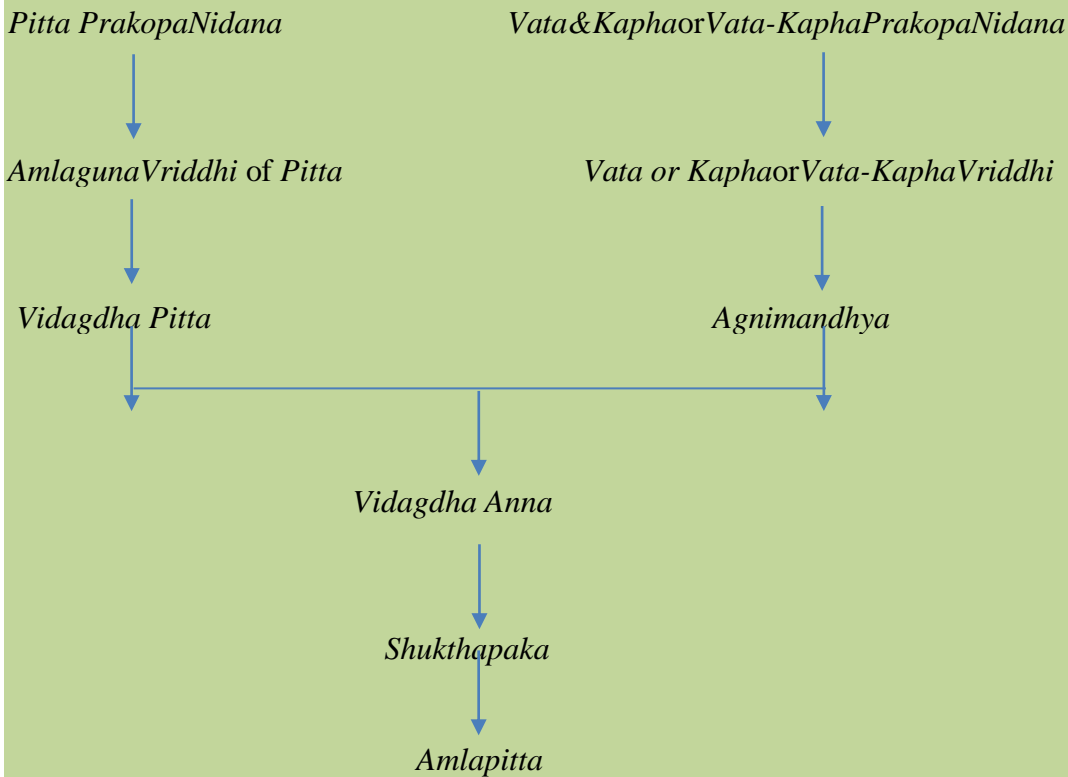
- Aharaja hetu
- Viharaja Hetu
- Anya (Manasika, Kalaja etc.)

Table No.1- Shows the Aharaja, Viharaja, Manasika and Kalaja Nidana

AHARAJA	VIHARAJA	MANASIKA	KALAJA
Food articles- <ul style="list-style-type: none"> ● Kulathasevana ● Phanitasevana ● Amapakwanna 	AtiSnana BuktwaAvagahana BuktwaDiwaswapa Vegavidharana	Kama Krodha Moha Irshya	Pravrut Varsharutu

<p><i>Guna Pradhan-</i></p> <ul style="list-style-type: none"> • <i>Amlasevana</i> • <i>Abhishyandi</i> • <i>Atiushna, Snigdha, Ruksha</i> • <i>Drava sevana</i> • <i>Atisheeta, Shushkaahara</i> • <i>VidahiAnnapana</i> • <i>ApakwannaSevana</i> • <i>VisthambhiAhara</i> • <i>Dustanna</i> • <i>Paryushitanna</i> • <i>Pitta PrakopiAnnapana</i> • <i>AtiTikshnaAhara</i> <p><i>Ahara Vidhi Vidhana-</i></p> <ul style="list-style-type: none"> • <i>Adhyasana</i> • <i>Akalabhajana</i> • <i>Ameamecapuranant</i> • <i>ApriyaAhara</i> • <i>Virudhahara</i> • <i>Viruddhasana</i> • <i>Vishamashana</i> 		<p><i>Shoka</i> <i>Udvega</i> <i>Bhaya</i></p>	
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--------------------------------------------------------	--

SAMPRAPTI OF AMLAPITTA-



SAMPRAPTI GHATAKAS-

Dosha - Pitta (Pachaka) Vata (Samana, Apana)
 Kapha (Kledaka, Bodhaka)
 Dushya - Rasa
 Agni - Mandagni, Vishamagni
 Ama- MandagnijanyaSrotas - Annavaaha, Rasavaaha,
 Purishavaaha
 Srotodusti - Sanga, Vimargagamana
 UdbhavaSthana-Amashaya
 Sanchara-Mahasrotas
 Adhithana - Amashaya, Grahani
 Vyakti-Amashaya, Grahani
 Marga- Abhyantra, Kosta
 Swaroopa- Chirkari
 Prabhava-Daruna
 Sadhyasadhyata-Sadhyavyadhi

SAMANYA LAKSHANAS OF AMLAPITTA¹³-

- Avipaka
- Klama
- Utklesha
- Tiktoudgara
- Amloudgara
- Gaurava
- Hridaya

- Kanthadaha
- Aruchi

CLASSIFICATION OF AMLAPITTA-

1) Madhavakar classified Amlapitta in two ways-

A) According to Gati¹⁴

- Urdhwaga
- Adhoga

B) According to Dosha¹⁵

- Vataja
- Vata-kaphaja
- kaphaja

2) Kashyapa explained types according to dosha predominance¹⁶.

- Vataja
- Pittaja
- Kaphaja

SAPEKSHA NIDANA

It is required for assessing disease before starting any treatment as there are diseases with similar presentation but different in some aspects. The disease Amlapittashould be differentiated from PittajaAtisara, PittajaGrahani, Vidagdha Ajirna.¹⁷

Table No. 2- Shows the Sapeksha Nidana of Amlapitta

Samprapti	Amlapitta	PittajaAtisara	PittajaGrahani	Vidagdhajirna
Dosha	Pitta (Amla anddrava)	Pitta (Amla anddrava)	Pitta (Tikshna)	Pitta (Usna)
Dushya	Rasa	PurishaRasadidhatus	Purisha	Rasa
Srotas	Rasavaaha Annavaaha Purishavaaha	Purishavaaha Rasavaaha	Purishavaaha Annavaaha	Annavaaha
Adhithana	Amashaya	Pakwashya	Grahani	Amashaya

UPASHAYA-ANUPASHAYA-

Upashaya-Anupashaya helps in diagnosing Vyadhi when Lakshanas are Gudha(hidden) and also gives an idea regarding prognosis¹⁸. Acharya Kashyapa¹⁹ while describing the Doshaja type of Amlapitta talked about the Upashaya of Amlapitta.

- Vataja Amlapitta- Snigdha Upashaya
- Pittaja Amlapitta- Swadu and Sita Upashaya
- Kaphaja Amlapitta- Ruksha and Ushna Upashaya

Anupashaya of Amlapitta can be considered Nidanasevanas which are mentioned in classics.

UPADRAVAS- Upadravas are manifested after the genesis of the main disease.²⁰Upadravas of Amlapitta is mentioned by Acharya Kashyapa.²¹He has mentioned 8 Upadravas and told that in their presence the disease becomes Asadhya.

The Upadrava are.

- Jvara(Fever)
- Atisara(Diarrhoea)
- Panduta(Anemia)

- Shula(Pain)
- Shotha(Oedema)
- Aruchi(Anorexia)
- Bhrama(Confusion)
- Grahaniroga(Diseases of Bowel)

SADHYASADHYATA-

Sadhyasadhyata helps in prognosing the disease.

It depends on the strength of the *Doshas*, the severity of the *Purvarupa* and *Rupas*, the presence of *Upadras*, and also on the age, physical condition, and strength of the patient. *Kashyapa* is told when *Amlapitta* is accompanied by *Upadras* and *Dhatu Kshinata* then it is said to be *Asadhya*.²²

CHIKITSA OF AMLAPITTA²³-According to

Charaka all diseases are managed by 3 types of treatment modalities.

- *Nidana Parivarajana*
- *Shodhana Chikitsa*
- *Shamana Chikitsa*

Nidana Parivarajana-*Nidana Parivarajana* refers to avoiding both *Ahara* and *Viharas* which is *Dosha* aggravating and disease-producing. Only those dietetic articles are advisable to be used which are wholesome and beneficial.

Shodhana Chikitsa- So far *Amlapitta* is concerned, it originates in *Amashaya*, and Mostly the *Doshas* are localized there. For this condition, *Vamana*(Emesis) is the best treatment. If the *Doshas* are localized in *Pachyamanashaya*, then *Virechana* (Purgation) is the ideal therapy. If the *Doshas* are located in *Pakwashaya* then *Basti* (Enema) is suitable therapy. In other words, *Apakarshana* is the *Shodhana* therapy. In *Shodhana* therapy *Vamana* is advocated in *Urdhwaga Amlapitta* and *Virechana* in the case of

Pathya-

Table No. 03- Shows *PathyaAhara* by different scholars.

PathyaAhara	KS³¹	YR³²	BP³³	CD³⁴
<i>Mudga</i>	+	-	-	-
<i>Masura</i>	+	-	-	-
<i>Harenu</i>	+	-	-	-
<i>Purana Shali</i>	+	+	+	-
<i>Yava</i>	-	+	+	-
<i>Godhuma</i>	+	+	+	-
<i>Saktu</i>	+	+	+	+
<i>Nistushayava</i>	-	+	-	+

Adhoga Amlapitta. The use of *Niruha Basti* is stated by *Chakrapani* and *Vrinda Madhav* where as *Yoga Ratnakar* has mentioned the use of *Raktamokshana* (Blood letting therapy).

ShamanaChikitsa- It refers to the use of drugs that pacifies the *Doshas*. Such treatment is termed *Shaman Chikitsa*. According to *Acharya Kashyapa* after *vamana karma*, if some of the vitiated *Doshas* remain in the body then they should be pacified through *langhana*(fasting), *Laghu Bhojana* (light food intake), *Satmya Kala* (Proper time), *Desh* (Habitat), and *Pachana Karma* (digestive stimulation) with *Shamana Yoga*.²⁴

Shamana Yoga in Amlapitta- In *Amlapitta*, *Ghrita* is mentioned as *Pathya*. Thus, *Ghrita* is utilized as supreme media for drug administration. *Ghrita* is *Vata-Pittahara*, *Na cha Shleshma Vardhana*, *Daha-Shamaka*, and *Agnideepana*. Hence it is used in the management of *Amlapitta*. *Narayana Ghrita*,²⁵ *Jeerakadhya Ghrita*²⁶, *Sukumar Ghrita*²⁷, *Avipattikar Churna*²⁵, *Sutashekar Rasa*²⁸, *Khanda Kushmand Avaleha*²⁵ etc

PATHYA AND APATHYA IN AMLAPITTA-

Pathyapalana is part of *Chikitsa* as it helps in curing disease. On the other hand, *Apathya* aggravates disease pathology²⁹. *Pathya* is a wholesome regimen in the form of *Ahara* and *Vihara* provides *Sukhanubandha* to the body while *Apathya* is opposite to it. *Pathyapathya* differs from one person to another. It depends on various factors like *Matra*, *Kala*, *Desha*, etc.³⁰ Various *Acharyas* talked about *Pathyapathya* which are listed below.

Gau- Ghrita	+	-	-	-
Gau-Dugdha	+	-	-	-
JangalaMamsa	+	+	+	+
Kalaya	+	-	-	-
Pautika	+	-	-	-
Vasa pushapa	+	+	+	-
Tikta Shaka	+	-	-	-
Laghu Shaka	+	-	-	-
Lasuna	+	-	-	-
Haritaka	+	-	-	-
Pippali	+	-	-	-
Karvellaka	+	+	+	-
Patola	+	+	+	-
Karkotaka	+	+	+	-
Hilmochika	-	+	+	-
Vetrgra	-	+	+	-
VridhdhaKushmanda	+	+	+	+
Vastuka	+	+	+	-
Kapittha	+	+	+	+
Dadima	+	+	+	-
Dhatri	+	+	+	-
Madhu	+	+	+	+
Sarkara	+	+	+	-
PuranMadira	+	-	-	-
Taptashitanijalani	+	+	+	-
Avidahi	+	-	-	-

Pathya Vihara

Table No. 04- Shows Pathya Vihara by different scholars.

PATHYAVIHARA	KS³⁵	YR³⁶
Nidanaparivarjana	-	+
Samuchitavyayama	+	-
Satmyaprayoga	-	+
Deshantaragamana	+	-

ApathyaAhara- ApathyaAahara told by Yogaratnakar³⁷ are: Amlanna, Lavana Anna, Katu Anna, Guru Anna, Avidugdha, Navanna, Virudhaahara, Pitta prakopi Ahara, Tila, Masha, Kulatha, Taila, Sandhan Kalpa, Dadhi, Mandhya, Dhanyamla

Apathya Vihara- Apathya Aahara told by Yogaratnakar³⁸ are: Chinta, Shoka, Krodha, Atapasevana, Vegadharana.

DISCUSSION

Amlapitta is Pittapradhan and Saamavyadhi. Kledhaka Kapha and Pachaka Pitta are Drava in

dominancy. The *Dravatah Vriddhi* of *Pitta* reduces *Tikshnata* of *Pachaka Pitta* as well as vitiates *Kledaka Kapha* leading to *Agnimandya* and unable to digest even a small quantity of food. *Amlapitta* shows its direct impact on *Annavaha Strotas*. *Amlapitta* is a psychosomatic disorder, where psychological factors play an equally important factor along with dietary indiscretion. The principle of *Asta Ahar Vidhi Visheshayatana* and *Dashvidha Ahar vidhi* mentioned in *Charak Samhita* are the most important aspects for preventive and curative aspects of health. They are to be examined before food intake and are to be followed during food intake. The normal function of *Amlarasa* is attributed to *Pitta dosha*. The *Samprapti* of *Amlapitta*, *Amla rasa*, and *Amla Vipaka* plays an important role in the pathogenesis of *Amlapitta*. *Dosha*, *Dushya*, *Strotas*, *Adhistan*, *Agni*, and *Ama* is the basic component of any disease process as also *Amlapitta*. *Urdhvagati Amlapitta* symptoms are related to *Annavaha Srotodushiti* and *Adhogati* symptoms of *Amlapitta* are related to *Purishvaha strotodushiti*. Due to the incident of *Amlapitta*, *Acharya* may have given a detailed explanation of *Amlapitta* and its way of approach to management. A person living in *Anup desha* is prone to *Amlapitta* and *Anup Desh* is *Ahita Desha* according to *Acharya Charaka*³⁹. *Acharya Kashyap* says to “*Deshantara Gaman*” where all other treatment modalities fail.⁴⁰

CONCLUSION

Amlapitta is a most common disease due to faulty lifestyle, dietetic indiscrimination, and mental stress. Vitiating of *Pitta* is necessary for the clinical manifestation of *Amlapitta*. Vitiating of *Vata* and *Kapha* may be associated with this disease. If not treated this disease properly it may give various complications in our body like *Jwara*, *Atisara*, *Pandu*, *Shoth*, *Aruchi*, and *Bhrama*. The basic principle of treatment is *Nidanparivarjana*, *Shodhana*, and *Shamanachikitsa*. Along with it *Pathyaahara* and *Vihar* also play an important role in the management of *Amlapitta*. A person by performing appropriate diet and mode of life doing befitting exer-

cise, free from greed, having control upon oneself and also being truthful the disease subsides.

REFERENCES

1. Chakarapani ,vaitya Harishchandra Kushvaha, Charaka Samhita Ayurveda Dipika Comentry of Chakarapani datta Edited Chaukambha Sanskrit Samsthan Varanasi Chikitsa Sthan chapter 15-page no.391.
2. Chakarapani ,vaityaHasrishchandraKushvaha, Charaka Samhita Ayurveda Dipika Comentry of Chakarapani datta Edited Chaukambha Sanskrit Samsthan Varanasi Sthan chapter 11-page no.74.
3. Tewari P.V Kashyapa Samhita of Vriddhajivakiya Tantra: Khilasthana, chapter 16- AmlapittaChikitsaAdhyaya, Reprint. Varanasi ; ChaukambhaVisvabharati; 2013. P.630-635.
4. Shri madhav kara madhavnidanMadhukosh Sanskrit commentary by vijayrakshit and kanthadatta with vidyotanihindi commentary by Sudarshan satri revised and edited by Yadunabndan Upadhyay Chaukhambhaprakashan Varanasi chapter 51 page 203.
5. Chakarapani ,vaityaHasrishchandraKushvaha, Charaka Samhita Ayurveda Dipika Comentry of Chakarapani datta Edited Chaukambha Sanskrit Samsthan Varanasi ChikitsaSthan chapter 15-page no.391.
6. VriddhaJivaka: AmlapittaChikitsa, Editor - Tewari PV, Kashyapasamhita, Khilasthana, #Edition 1st, Varanasi: Chaukambha, Vishwabharati, 1996, P.338
7. Gurmukh S Saini: Gastroenterology, API textbook of medicine# Edition 6th, Mumbai; Association of Physician of India, 1999 P 481 & 526
8. Sajiva Mahadev &Khean_ Lee Goh Epidemiology of functional dyspepsia: a global perspective, World Journal of Gastroenterology, May 2006, Vol 12 (17) P 2661-2666, <https://www.ncbi.nlm.nih.gov/articles/PMC4130971>
9. Dr. K. D Tripathi: Gastrointestinal Drugs, Drugs for peptic ulcer & Gastroesophageal Reflux Diseases. Essentials of Medical Pharmacology # Edition 7th, New Delhi: Jaypee Brothers Medical Publishers(P) Ltd, 2013., Chapter 46. P647
10. M.M.ShriVijayarakshit, Shrikanthadatta, Pt Sri Brahmashankar Shastri Bhisagratna. Madhav Nidana; with Madhukosha Sanskrit Commentary with Manorama Hindi Commentary : Chapter 51, Amlapittanidaanam:

- Reprint : Varanasi; Chaukambha Sanskrit Samsthan;2012.p.285-287
11. Dr. P.S. Byadgi. Ayurvediya Vikriti Vijnan & Roga Vijnan. vol.1, Vikrutivijnan. Chapter 17, Nidana-Panchaka: Edition: Delhi; Chaukambha Publications 2009.p.314
 12. Kaviraj Ambikadatta Shastri. Sushruta Samhita of Maharshi Sushruta: Part 2; edited with Ayurveda Tattva Sandipika Hindi Commentary. Uttartantra, Chapter 1, Reprint. Varanasi; Chaukambha Sanskrit Samsthan; 2017.p.14.
 13. Madavkara, Madhava Nidana Madhudukosa Commentary 2nd part Shri Yadunandanopadhyay Chaukhambha Sanskrit Sansthan Varanasi chapter 51/2, page 203
 14. Madavkara, Madhava Nidana Madhudukosa Commentary 2nd part Shriyadunandanopadhyay Chaukhambha Sanskrit Sansthan Varanasi chapter 51/3 page 204
 15. Madavkara, Madhava Nidana Madhudukosa Commentary 2nd part Shriyadunandanopadhyay Chaukhambha Sanskrit Sansthan Varanasi chapter 51/9-11 page 205
 16. Pandit Hemraja Sharma Editor Kashyap Samhita with the Vidyotinihindi commentary Chaukhambha Sanskrit Sansthan Varanasi Khilasthan 16/15-17 page 336.
 17. Pramod C. Baragi, Umapati C Baragi. A Critical Review of Disease Amlapitta (Gastritis) jaims. Charaka publication. Jan-feb-2017; Vol. 2 issue 1, p.167-179. Available from: www.jaims.in
 18. Dr.P.S. Byadgi. Ayurvediya Vikriti Vijnan & Roga Vijnayna Vol . 1, Vikrutivijnan . Chapter 17, Nidan Panchaka: Edition: Delhi; Chaukambha Publications. 2009.p.353
 19. Tewari P.V. Kashyapa Samhita of Vriddhajivakiya Tantra: Khilasthan, Chapter 16- Amlapitta Chikitsa Adhyaya, Reprint. Varanasi; Chaukambha Viswabharati; 2013p.630-635
 20. Vaidya Jadavaji Trikamaji Acharya ed. Charaka Samhita by Agnivesa elaborated by Charaka and Dridhabala with the Ayurveda Dipika commentary by Chakrapanidatta Chikitsasthana, 21/40, reprint ed, 2009, Chaukambhasurabharatiprakashana, Varanasi, p.561.
 21. Tewari P.V Kashyapa Samhita of Vriddhajivakiya Tantra: Khilasthan, chapter 16- Amlapitta Chikitsa Adhyaya, Reprint. Varanasi ; Chaukambha Viswabharati; 2013. P.630-635. Sloka no 49.
 22. Tewari P.V Kashyapa Samhita of Vriddhajivakiya Tantra: Khilasthan, chapter 16- Amlapitta Chikitsa Adhyaya, Reprint. Varanasi ; Chaukambha Viswabharati; 2013. P.630-635. Sloka no 49.
 23. Pramod C. Baragi, Umapati C. Baragi. A Critical Review of Disease Amlapitta (Gastritis) jaims. Charaka Publications. Jan -feb-2017; vol. 2 issue 1, p.167-179. Available from: www.jaims.in
 24. Pandit Hemraja Sharma Editor Kashyap Samhita with the Vidyotinihindi commentary Chaukhambha Sanskrit Sansthan Varanasi Khilasthan 16/20-21 page 337.
 25. Kaviraj Shri Govindadas Sen: Amlapitta Rogadhikara. Prof. Siddhi Nandan Mishra with Siddhiprada, hindi commentary. Bhaisajya Ratnavali. Varanasi: Chaukambha Surabharati Prakashan, 2015. P.no 929,930. Sloka no.141-143.
 26. Shri Naganidas Chaganalaal Shah Rasavaidhya : Amlapitta Chikitsa . Bharat Bhaisajya Ratnakar. New Delhi; Jain Publications. P.no-260. Sloka no-1038.
 27. Dr. Ramanivasa Sharma. Sahasrayogam with moola Sanskrit and hindi translation: Ghrita Prakarana; Chaukambha Surabharati Prakashan, Delhi: Reprinted: chaukambha prakashan.2012.p.43
 28. Vaidya Laxmipati Sastri, Bhisagratna Brahmashankar Sastri. Yogaratnakara with Vidyotinihindi commentary: Uttardha, Amlapitta Nidana and Chikitsa : Reprinted: Chaukambha prakashan; 2013.p.237-244.sloka no.705
 29. Dr. P.S. Byadgi. Ayurvediya Vikriti Vijnan 7 Roga Vijnan. Vol. 1, Vikriti Vijnan. Chapter 17, Nidana Panchaka: Edition: Delhi: Chaukambha Publications. 2009.p.353.
 30. Rakshita, Shivakumar, Sreeharsha, Divyasree. Ahara as pathya and apathya in Amlapitta- A Review, J Ayurveda Integr Med Sci 2017;1: 226-229. <http://dx.doi.org/10.21760/jaims.v2i.7516>.
 31. Tewari P.V Kashyapa Samhita of Vriddhajivakiya Tantra: Khilasthan, chapter 16- Amlapitta Chikitsa Adhyaya, Reprint. Varanasi ; Chaukambha Viswabharati; 2013. P.630-635. Sloka no 38-41.
 32. Vaidya Laxmipati Sastri, Bhisagratna Brahmashankar Sastri. Yogaratnakara with Vidyotinihindi commentary: Uttardha, Amlapitta Nidana and Chikitsa : Reprinted: Chaukambha prakashan; 2013.p.237-244.sloka no.1-3.
 33. Dr. Bulusu Sitaram. Bhavaprakasa of Bhavamishra. Vol. 2, Madyam Khanda, Chapter 10, Amlapitta Sleshmapitta Adhikara; Edition 1; Varanasi :

- Chaukambha Orientalia;2010.p.179-183.sloka no-14-15.
34. Dr. Indradeva Dwivedy. Chakradatta of Sri Chakrapanidatta with Vaidyaprabhahindi commentary: Chapter 52, Amlapitta Chikitsa; Edition 3: Varanasi; Chaukambha Sanskrit Samsthan; 1997.p.295-300.sloka no-5.
35. Tewari P.V Kashyapa Samhita of Vriddhajivakiya Tantra: Khilasthan, chapter 16- Amlapitta Chikitsa Adhyaya, Reprint. Varanasi ; Chaukambha Visvabharati; 2013. P.630-635. Sloka no 44-48.
36. Vaidya Laxmipati Sastri, Bhisagratna Brahmashankar Sastri. Yogaratnakara with Vidyotinihindi commentary: Uttarardha, Amlapitta Nidana and Chikitsa : Reprinted: Chaukambhaprakashan; 2013.p.237-244.sloka no.1-3.
37. Vaidya Laxmipati Sastri, Bhisagratna Brahmashankar Sastri. Yogaratnakara with Vidyotinihindi commentary: Uttarardha, Amlapitta Nidana and Chikitsa : Reprinted: Chaukambhaprakashan; 2013.p.237-244.sloka no.4.
38. i.b.i.d.
39. Agnivesh Charak Samhita Shri Styanarayan Shastri elaborated vidyotinihindi commentary by pt. Kashinath shastri and Gorakhnath Chaturvedi Chaukhabha Bharti Sansthan Varanasi part 1 sutra sthan 25/40 page 469.
40. Pandit Hemraja Sharma Editor Kashyap Samhita with the Vidyotinihindi commentary Chaukambha Sanskrit Sansthan Varanasi Khilasthan 16/44-45 page 338

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Shubhangini S Kolar et al: A Review on Amlapitta W.S.R To Dyspepsia. International Ayurvedic Medical Journal {online} 2023 {cited May 2023} Available from:

http://www.iamj.in/posts/images/upload/1159_1167.pdf