

Review on Amlapitta: Concept, Etiopathogenesis, and Management

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Abstract: *Amlapitta is primarily caused by the aggravation of Pitta dosha, is marked by an increase in its sour and burning qualities. The condition is recognised for its pathological manifestations, such as indigestion, fatigue, excessive sour belching, and burning sensations in the chest and throat. Classical texts like Caraka Samhita and Madhava Nidana describe the condition's distinct clinical features, including two primary types: upward (Urdhvaga) and downward (Adhoga) Amlapitta. The primary etiological factors include improper dietary habits, such as excessive consumption of spicy, sour, and incompatible foods, alongside lifestyle factors like irregular eating and day-sleeping. Pathogenesis involves weakened digestive fire, leading to improper food digestion and the formation of Ama (toxins), further escalating the disorder. Ayurvedic management strategies include both bio-purificatory therapies like Vamana (emesis) and Virechana (purgation), as well as palliative treatments using herbs and dietary modifications. This review consolidates the classical understanding of Amlapitta, emphasising its clinical relevance in contemporary digestive health management*

Keywords: Amlapitta, Pitta dosha, Ayurvedic treatment, Pathogenesis

