



ROLE OF MISHREYA IN THE MANAGEMENT OF HYPERACIDITY W.S.R TO AMLAPITTA: A REVIEW STUDY

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Abstract:

Hyperacidity is a disease of gastrointestinal tract due to abnormal secretion of gastric and pancreatic enzymes. In medical science it is described as Acid Peptic Disorder (APD). In Ayurveda it is described as Amlapitta. It is quite common disease prevailing all over the world. It is due to changing lifestyle along with changing food culture and also depending upon ones body constitution.

Key Words: Amlapitta, Mishreya, Amlaudgar

INTRODUCTION

Amlapitta is one of the most common symptom (disease) seen in the society. The word 'amlapitta' is derived from two words, 'amla' and 'pitta'. First let us establish what 'pitta' is actually. According to Acharya Charaka, the 'pitta' is a substance which is liquid in nature and is sharp, hot, penetrating, bitter and unctuous. It is responsible mainly for metabolism and digestion of food and other metabolisms at micro levels like vision in eyes. But here the topic of discussion is pachaka pitta which is responsible for digestion of food. The word 'amla' means which is acidic in nature. Thus 'amlapitta' is 'pitta' which is acidic in nature. In modern science it is called excessive production of hydrochloric acid or hyperchlorhydria or in simple terms hyperacidity. It is also commonly known as gastritis syndrome.

Classical Information

Amlapittais very common disease caused due to Agnimandhya (digestive impairment) by increased Drava Guna of Vidagdha Pachaka Pitta (liquid quality of burned digestive Pitta) affecting

the *Annavaha Strotas* (channels that carry the ingested food) and characterized by primary symptoms such as *Avipaka* (indigestion), *Klama* (exhaustion without any exertion). This is a burning problem in the society because of irregular and improper food habits and stressful lifestyle.

*In *Charakasamhita*, Acharya Charaka has not mentioned *Amlapitta* as a separate disease, but many scattered references regarding *Amlapitta* are available. While describing *GrahaniChikitsa*, Acharya Charaka described the pathogenesis of *Amlapitta*.

**Sushruta* while describing the diseases caused by excessive use of *Lavana* (salt); mentioned a disease "Amlika" which is similar to *Amlapitta*.

**Kashyapasamhita* is the first available text which explained *Amlapitta* as separate entity.

**Madhava Nidana* described two types of *Amlapitta* namely, *Urdhvaga* (upward) and *Adhoga* (downward).

**Chakradutta*, *Bhavaprakasha*, *Yogaratanakara* etc., also described this disease

with treatment. The line of treatment consists of mainly *Shodhanakarma* (purification). However, in the present day lifestyle, patients cannot provide enough time to carry forward this type of treatment and so we have to choose the most appropriate and effective *Shamana* (pacifying) therapy.

ETIOLOGY OF 'AMLAPITTA':

'Mandagini' or poor/slow digestion is considered as the reason behind 'amlapitta'. Because of 'mandagini' the proper digestion of food does not take place and as a result a sort of fermentation like process occurs resulting in excessive production of acid or 'amla'. This acid when mixes with pachaka 'pitta,' it gets converted into a sour substance called 'amlapitta'. However different Acharyas have described the reasons behind 'amlapitta' according to their own experiences. According to Acharya kashyap the causative factors of 'amlapitta' are;

1. Excessive intake of acidic substance.
2. Excessive intake of tea Excessive intake of tobacco.
3. Excessive intake of alcohol Irregular diet intake.
4. Excessive spicy food intake.
5. Excessive fast food intake Stressful life style.
6. Excessive intake of fry foods.
7. Excessive anxiety.
8. Excessive intake of hot drinks.
9. Stressful daily routine.
10. Insufficient sleep at night.
11. Irregular meal times or skipping meals.
12. Eating too late at night.
13. Spicy food habits like pizza, burger, chinese food.
14. Oily foods, pickles, salty and sour foods like chips.
15. Over eating of stale, fermented foods(bakery foods.etc).
16. Sleeping immediately after meals.

17. Lack of rest, fast moving lifestyle.

18. Suppression of urges.

19. Walking for long hours in hot sun.

All these above factors result in excessive increase of 'Pitta dosha' which tries to find its way out of the body either through oral or rectal pathway and along with it exhibits symptoms of amlapitta.

Madhav Nidana says that if a person is already having predominantly 'pitta' constitution and such a person consumes foods that are sour in nature and are 'pitta' vitiating and of incompatible nature amlapitta (hyperacidity) is produced.

TYPES OF AMLAPITTA:

In Ayurveda, amlapitta can be classified according to the direction of surge of acid, thenature of the dos has (Body constitution) and the curability of the disease. The classification can be done as:

A. ON THE BASIS OF MOVEMENT OF PITTA:-

1. Urdhawagaamlapitta which is upward movement of vitiating pitta.
2. Adhogaamlapitta which is downward movement of pitta.

B. ON THE BASIS OF VITIATION OF DOSHAS:

1. Pitta associated with vatadosha
2. Pitta associated with kaphadosha
3. Pitta associated with vatakaphadosha
4. Sleshmaka pitta

C. ON THE BASIS OF CURABILITY:

1. Newly produced amlapitta is easily curable.
2. Chronic amlapitta is cured with great difficulty or at the most is controllable.

*The urdhawagaamlapitta (Upward movement of pitta) manifests as vomiting associated with blood. The vomitus is blue, black, green or yellow in color. There is burning sensation and

soles and palms become warm, fever may also be present.

*Theadhogaamlapitta (Downward movement of pitta) are reduced digestive capacity, fainting, giddiness, trembling of body and yellow discoloration of body.

*The manifestations of vatajaamlapitta are delirium, horripilations, confusion, and fatigue along with other symptoms of amlapitta.

*When amlapitta is associated with kaphadosha it results in heaviness of body, lethargy, weakness, poor digestion, stickiness in mouth etc.

The vataja and kaphajaamlapitta have symptoms of amlapitta along with vata and kapha symptoms.

*The patient suffering from sleshmajaamlapitta experiences sweet taste in mouth, lethargy, loss of appetite and headache.

Symptoms of Hyper Acidity:

Weakening of digestive fire (agnimandya), Heart & chestburn (retrosternal burning), & nausea is the three initial symptoms of Amlapitta' the other symptoms are as mentioned below:

- Indigestion.
- Sour or bitter belchings.
- Heartburn.
- Throatburn.
- Aversion towards food.
- Heaviness in abdomen.
- Distention of abdomen.
- Pain in abdomen.
- Chest pain.
- Headache.
- Nausea, vomiting.
- Bad breathe.
- Foul smelling loose motions.
- Itching all over the body.
- Giddiness.

• Chronicity of the disease may further lead to gastric ulceration.

CLINICAL FEATURES OF AMLAPITTA -

- The clinical features of amlapitta are heartburn, sour taste in mouth, bitter or sour eructations, loss of appetite, indigestion and heaviness in stomach.
- If the disease becomes chronic it results in peptic ulcer and even perforation.
- Many patients suffer from chronic headache as a result of amlapitta. Some feel burning of soles and palms and feel thirsty always and have a bitter taste of mouth. When you wake up in morning and have a sour or bitter taste in mouth it is a case of hyperacidity.
- Some people complain of sore throat and irritation in throat when they wake up in morning. It can also be due to hyperacidity. The symptom may vary from person to person and place to place. Amlapitta patients have generally foul body smell.
- Excessive salivation and burning on skin are also common features. The vitiation of pitta dosha is more in Sharad(Autumn) season and in Anoopadesha (Marshy lands). Moreover young adults are more prone to pitta vikruti (gastritis problem) compared to children and elderly people.

Investigations Required for Hyper Acidity -

1. Urine routine examination
2. Stool routine examination
3. Ba Meal x-ray F.T.M (Fractional test meal)
4. USG (Whole abdomen)
5. Gastroscopy (Endoscopy)
6. Complications:
7. Gastric Ulcer
8. Peptic Ulcer
9. Peptic Stenosis

TREATMENT –

Mishreya – Foeniculumvulgare

Common Name: Fennel, souf, anis

Sanskrit Name: Mishreya

Botanical Name: Foeniculumvulgare

Fennel is aromatic and is said to be a sattvic spice owing to the fact that it is a brain tonic and is cold in potency. Apart from being a main ingredient of cooking it is used in many Ayurveda formulations like dhanyapanchakvati, shatpatradichooran, panchasakarchooran, madhumehharyogetc owing to its wide range of therapeutic effects.

Fennel seeds alleviate kapha and vata& balances pitta.

- Fennel seeds are chewed after meals to control bad breath and also help in digestion and prevent bloating.
- It is natural fat buster and is diuretic so is helpful in obesity and water retention.
- It is aphrodisiac and helpful in menstrual disorders. It reduces morning sickness in pregnant women and improves lactation in breast feeding women.
- Fennel seeds are good source of potassium so helpful in high blood pressure as well as cardiac problems.
- It is expectorant and is useful in common cold, congestion and other respiratory disorders and is rejuvenation to the respiratory organs.
- Fennel seeds improves eye vision and relives eye strain and also improves memory

DOSAGE –

Phalacharna – 3-6gm.

Moolachooran – 3-6gm.

Moolakwatha – 50-100ml.

Arka – 20-40ml.

Taila – 5-10 drops.

Bija – 6 masha.

CHEMICAL CONSTITUENTS

Fruits:- active principle called anethol.

Others :- pentoran, pectin, starch like trigonilla, chlorine, iodine (20-80/100mg) fanhone, myricticin, coumarin, flavanoids, phenolic acid,

billanosids, volatile oils. Fixed oil :- 9-13% of vitamins. Vitamin A – 139/100mg. Vitamin B1 – 36/100mg. Vitamin B2 – 0.37/100mg. Vitamin C- 9.31mg/100mg. Oil- anethol (50-60%) anise camphor, fenelore, variable liquid. **Essential oil:-** Benene, d-timonene, d-phelladean, eugenol, phelladrin, dihydrocarome, caruacrol, satrol, thymol.

Seed oil:- triptoseletin, petxoseleniecliolum, ditxoseline. Herb:- scopeletin, caumarin, stigmaterol, scopolethin, umbelliferon, esthole. Leaves :- phellandrin, taspenins, apeole, pellistin.

PROPERTIES –

Rasa – Madhura, katu.

Guna – snigdha, laghu.

Vipaka – Madhura.

Veerya – sheeta.

Dosa, karma – vata, pithavatanulomana deepana pachanaanulomarecanahrdyarakthaprasadana.

MEDICINAL USES -

It has anti-ulcer properties, cools the stomach linings, and relieves constipation. This is why eating saunf after a heavy meal, especially in a restaurant, is a common practice in India. To deal with chronic acidity, boil a few seeds in water and leave it overnight, sip on this water throughout the day. Powder of it should be taken as 3- 6 gm with ushana udaka .

Powder of Shatapuspa (Saunf) (Anethumsowa) with sugar mixed in a glass of water - 20 ml twice daily for 1 week or till the symptom subsides

The property of it aids digestion and help relieve stomach gas. Simply chewing some aniseed after eating a heavy or spicy meal. Steeping one or two teaspoons of fennel seeds in a cup of hot water. Strain and drink it a few times a day.

DISCUSSION AND CONCLUSION –

Hyperacidity (Amlapitta) is one of the most common diseases seen in the society. It is seen in all ages, all classes, and all community. Hyperacidity refers to a set of symptoms caused by an imbalance between the acid secreting

mechanism of the stomach and proximal intestine and the protective mechanisms that ensure their safety. The stomach normally secretes acid that is essential in the digestive process. When there is excess production of acid in the stomach, it results in the condition known as acidity. The dinner should be at least 2-3 hours before sleep. One should avoid oily, spicy and junk food. Eating of sour items like tomatoes, hot items like garlic and asafoetida should be limited or restricted if one is suffering from excessive acid. One should cut down on chillies, spices tea, coffee, carbonated drinks and alcoholic beverages as these drinks stimulate the production of acid in body. Alcoholic beverages are known to cause severe hyperacidity in the body. It is a common practice to drink beer during summer months in India and worldwide. One should also avoid too much exposure to sun especially during summer as this aggravates pitta dosha. Also working near fire place and working or living in extreme heat vitiates pitta dosha. There should not be too much hurry in life.

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