

Intervention Of Yoga In Amla pitta (Acid Peptic Disorders)

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Abstract

Yoga is the art of science which will helpful for the maintenance of healthy life. Today's era people are more prone to get lifestyle disorder because of unhealthy food habits and lack of physical exercise, Mainly the gastrointestinal tract disorders. Amlapitta or Acid peptic disorders are highly prevalent in the scenario. Yoga which can be practiced for the prevention as well as the curation of Amlapitta (Acid peptic disorders)

Keywords: Amlapitta, Yoga, Acid peptic disorders Lifestyle disorders

Introduction

Yoga is the science and art of healthy living physically, mentally, morally and spiritually. "Yoga" means "to integrate¹". The holistic definition of yoga is most relevant to systemized and well worked out system of yoga, time tested for at least a few thousand years, aim at releasing us from all bondages². The integration of physical, mental and spiritual energies of the health and well-being is yoga. The main aim of yoga is made balance between the body and the mind³. Today's life style is completely changed. Most people cannot perfect their food habits. They have bad food habits like irregular intake of food, eating fried foods, excessive use of Chillies & Masalas in food etc. The improper life style and faulty diet habits generates the imbalance of the body elements Vata, Pitta & Kapha and thus various disorders occur. The Nidanasevana (causeative factors) creates Mandagni (Less digestive fire) due to which, Ajirna (indigestion) is developed and it leads to Amavisha (accumulated toxins). This Amavisha mixed with Pittadi Doshas (Body elements) and lodges in Amashaya (stomach) produces the Amlapitta⁶. Emotional tension and psychic stress factors affect to the digestive organs and gland via the sympathetic (solar plexus) and parasympathetic (vagus) nerve pathway. Unnecessary use of modern medicine like antibiotics, analgesic and anti-inflammatory drugs etc. can harm gastric mucosa and can produce the disease Amlapitta⁴ (Acid peptic disorders).

Aims and Objectives

To assess the Effect of Yoga in Amla pitta.

Yogas which is helpful for the alleviation of Amlapitta

Standing series	Sitting series	Supine series	Prone series
Vrukshasana	Gomukhasana	Setubandhasana	Makarasana
Tadasana	Vajrasana	Pavanamuktasana	Bhujangasana
Arda katichakrasana	Padmasana	Shavasana	shalabhasana

Pranayama

- Sitali
- Sitkari
- Anuloma villoma

Shatkarma

Neti and laghooshankprachalana (cleansing of lower digestive tract) would be helpful for the sufferer. These should be practiced only if the sufferer has got some recovery

Meditation

- OM Chanting
- yoga nidra (yogic sleep)

All the yogic practices which are mentioned above can be practiced under guidance of yoga guru or yoga experts

Probable mode of action of yoga

Asanas which is helpful for the easy digestion of the food. Increases the digestive power of the body. Asanas selected for the Amlapitta is having the mild to moderate pressure over the abdomen and can massage the abdominal organ which will helpful for the stimulation of Gastric juices Hence helpful in the Amlapitta(Acid peptic disorders).

Amlapitta is a well-recognized psycho somatic disorder. Involvement of mind is also present in the Amlapitta condition. For the mind Pranayama is the best technique. In pranayama sitali and sitkari , Anuloma villoma pranayama is advised. These pranayama is having cooling effect on the body. Sitala guna of vayu will reduces the heat of Pachakapitta.By this Amlodgara (Sour belching) and Daha (Burning sensation)will be reduced.It brings the mental peace and helpful in the Amlapitta⁵

OM Chanting and yoga nidra (yogic sleep) relaxes the mind

Discussion

Amlapitta is a well-recognized psychosomatic disorder. The description of the disease Amlapitta is found since Samhita Kala. It can be said that the disease was introduced firstly by Acharya Charaka with a brief description of the disease and its principles of management in the Samhita Kala. It was not mentioned as a separate disorder Kashyapa Samhita was the first text describing the disease separately with its treatment. Primary factors for the pathogenesis of a disease are Dosha, Dushya, Srotasa, Ama, and Agni(Body elements). Involvement of these factors with different Gunas of Pitta is responsible for different symptoms of Amlapitta.(Acid peptic disorders) With the help of ShadvidhaKriyakala(Stages of disease) theory of a disease given by Acharya Sushruta; Smaprapti (pathogenesis)of Amlapitta can be easily understood. Amlapitta is caused by the Vidhagda Pitta with features like sour eructation, burning in chest, nausea, vomiting, etc.Due to improper food habits and busy and tense lifestyle it is spreading day by day. Ancient Indian books like CharakaSamhita, Sushruta Samhita etc. have also deduced this problem with various types, causes and treatment. They have mentioned vitiated Agni (Digestive fire)as the main cause of this disease and also given the line of treatment like Vamana, Virechana and many such remedies⁶. The modern medical science has also recognized this disease as gastritis and has given so any drugs for its management. Excessive use of modern drugs like NSAID, antibiotics, etc also causes the problem due to adverse effect.

Yoga will helpful in the management of amlapitta.

Conclusion

Yoga which is consider as an non pharmacological intervention. Will helpful for the increase of digestive fire and stimulate the digestion properly. Will helpful to eliminate the symptoms like Daha, (Burning sensation)Amlodgara, (Sour belching)etc.

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