

Efficacy of Yogic and Naturopathic Procedures in the Management of Amlapitta (Acid peptic disorders)

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Abstract

Yoga is the science and art of healthy living physically, mentally, morally and spiritually. Naturopathy uses natural elements such as mud pack, water, heat, sunlight, breath-control, dietetic and natural remedies such as herbs, fruits and foods to help the body heal itself. Digestive system is the main system for a healthy life, as health depends on proper food consumption and a proper digestion. But now-a-days, western life style and food habits lead to many acid peptic disorders (APD), one of them being Amlapitta. In this study, total 12 patients of Amlapitta were selected and divided randomly into two groups. In the first group, patients were treated with yogic procedures and in the second group, patients were treated with naturopathic procedures for three weeks. The A Assessment was done every week as per the criteria and finally, it was found that in both the groups statistically results were highly significant. After completion of therapy, it was found that in both groups patients were free from symptoms of Amlapitta without any adverse effects.

Keywords: Amlapitta; APD; Mud pack; Naturopathy; Yoga.

Introduction

Ayurveda classics provide a beautiful description of lifestyle and diet style for healthy life and longevity for the whole society. The continuous thrust of achieving higher goals and self-created lack of time has driven us towards stress, consumption, of junk food and soft drinks etc. These condition further deteriorate the status of one's health. The working capacity of every system depends on the nutrition received, and digestive system is the system which performs this function. Hence overall of health largely depends upon the health of the digestive system. There are many disorders pertaining to the digestive

system one of them being "Amlapitta" (Hyperchlorhydria).

Yoga is the science and art of healthy living physically, mentally, morally and spiritually. "Yoga" means "to integrate"[1]. 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 bondages[2]. 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 mind[3].

Naturopathy is an alternative and complementary medicine, which emphasizes the body's intrinsic ability to heal. Naturopathy uses natural elements such as mud, water, heat, sunlight, breath-control, dietetic and natural remedies such as herbs, fruits and foods to help the body heal itself[4]. Naturopathy is completely life science and proved effective by providing proper nutrition and balancing the constituents[5].

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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 creates Mandagni due to which, Ajirna is developed and it leads to Amavisha. This Amavisha mixed with Pittadi Doshas and lodges in Amashaya produces the Amlapitta[6].

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 Amlapitta[7].

Aims and objectives

1. To assess the efficacy of yogic and naturopathic procedures in Amlapitta.

2. To find non pharmacological management of Amlapitta.

Materials and methods

Selection Criteria

Patients suffering from Amlapitta between age group of 25 to 70 years were included in the study.

Exclusion Criteria

Patients suffering from diseases like gastric ulcer, malignancy of stomach, diabetes, IHD, CVA, etc.

Ages below 25 years and above 70 years were excluded.

The study was carried out on 12 patients of Amlapitta divided into two groups i. e. yogic and naturopathic groups.

Duration: 21 days.

Time: 60 -70 minutes for both groups

Treatment plan

Yogic group - A

1 st week		2 nd week		3 rd week	
Procedure	Duration	Procedure	Duration	Procedure	Duration
Prayer	03 min.	Prayer	03 min.	Prayer	03 min.
Stretching exercise	10 min.	Stretching exercise	10 min.	Stretching exercise	10 min.
Shavasana	03 min.	Shavasana	03 min.	Shavasana	03 min.
Pavan-	02 min.	Pavan-	02 min.	Pavan-	02 min.
Muktasana		Muktasana		Muktasana	
Makarasana	03 min.	Setubandh-asana	03 min.	Setubandh-asana	03 min.
Bhujangasana	03 min.	Suptavajrasana	03 min.	Suptavajrasana	03 min.
Shalabhasana	03 min.	Makarasana	03 min.	Makarasana	03 min.
Siddhasana	02 min.	Bhujangasana	02 min.	Bhujangasana	02 min.
Gaumukhasana	02 min.	Shalabhasana	02 min.	Shalabhasana	02 min.
Tadasan	03 min.	Dhanurasana	03 min.	Dhanurasana	03 min.
Vrukshasan	03 min.	Siddhasana	02 min.	Siddhasana	02 min.
Kapalbhati	02 min.	Janushirasana	02 min.	Janushirasana	02 min.
Pranayam		Vrukshana	03 min.	Vrukshana	03 min.
Anulomavilom	03 min.	Tadasan	03 min.	Tadasan	03 min.
Shitakari	03 min.	Kapalbhati	02 min.	Kapalbhati	02 min.
Bhramari	03 min.	Pranayam		Pranayam	
Pranadharana	10 min.	Anulomavilom	02 min.	Anulomavilom	02 min.
Omkar	03 min.	Shitalee	03 min.	Shitalee	03 min.
Total	60 min.	Shitakari	03 min.	Shitakari	03 min.
		Bhramari	03 min.	Bhramari	03 min.
		Pranadharana	10 min.	Pranadharana	10 min.
		Omkar	03 min.	Omkar	03 min.
		Total	70 min.	Total	70 min.

Yoga & Naturopathic group - B

Procedure	1 st week		2 nd & 3 rd week	
	Duration	Procedure	Duration	Procedure
Prayer	02 min.	Prayer	03 min.	Prayer
Stretching exercise	05 min.	Stretching exercise	05 min.	Stretching exercise
Shavasana	02 min.	Shavasana	02 min.	Shavasana
Pranayama		Abdominal massage	05 min.	Abdominal massage
Anulomavilom	03 min.	Cold abdominal mud pack with relaxation	20 min.	Cold abdominal mud pack with relaxation
Shittali	03 min.	Cold foot bath	10 min.	Cold foot bath
Shitakari	03 min.	Pranayama		Pranayama
Abdominal massage	05 min.	Anulomavilom	03 min.	Anulomavilom
Abdominal massage with vibrator	05 min.	Shittali	03 min.	Shittali
Cold abdominal mud pack with relaxation	20 min.	Shitakari	03 min.	Shitakari
Cold foot bath	10 min.	Bhramari	03 min.	Bhramari
Om kara	02 min.	Om kara	03 min.	Om kara
Total	60 min.	Total	60 min.	Total

Life style & diet plan

Morning

- Wake up, drink a glass of lukewarm water
- Attend nature call
- Exercise & prayer
- Breakfast- One glass milk, fresh fruits,

Afternoon

- **Lunch:** Roti, Boiled Vegetables, small quantity of rice & Dal
- **After lunch:** Sit in Vajrasana for few minutes

Evening

- Milk half glass / fruits, Fruit juice.

Night

- **Dinner:** Khichadi, Vegetable soups / Mung soup, Green leafy vegetables

After dinner

- Walk for 10 minutes
- Pray in Vajrasana
- Retire to bed at 10pm.

Eating Habits

Dos

- ☞ Eat when hungry
- ☞ Food takes 3 - 6 hours to digest completely
- ☞ Eat freshly cooked meals
- ☞ Eat to only 3/4th of your capacity
- ☞ Keep time aside for meals (15-20 minutes)
- ☞ Eat in a quiet, relaxed atmosphere. It is important to allow your body to focus on eating and digestion. This also helps in secretion of proper amount of digestive enzymes.
- ☞ Chew food thoroughly because this increases awareness of eating and makes digestion easier.
- ☞ Sit quietly in Vajrasana for 5 minutes after eating. This enhances digestion without stress.
- ☞ Try to keep fast once a week.

Don'ts

- ☞ Don't eat when upset, angry or nervous.
- ☞ Don't take food while reading or watching television.
- ☞ Don't do heavy physical work after taking food.

☞ Avoid excessive use of soda and soft drinks.

☞ Avoid use of unnecessary medicine.

☞ Quit addiction like tea, coffee, tobacco, alcohol, etc.

Some Dietary and Lifestyle tips[8]

☞ Avoid intake of food that increases the fire (Pitta) element such as fried foods, spicy or pungent food, oranges, tomatoes, spinach etc.

☞ Excessive intake of food that increases the air (Vata) element such as kidney beans, horse gram, white rice, sprouts etc.

☞ Take a little papaya, grapes or pineapple after meals. They have digestive enzymes.

☞ Consume juices such as coconut juice, wheat grass juice, carrot, apple or grape juice.

☞ Cut back on fatty food. Eat more complex carbohydrates and proteins.

☞ Live a moderate lifestyle. Remember excess of anything is bad.

☞ Keep balance between work and rest.

☞ Reduce overweight - it decreases hyperacidity.

☞ Make yourself free from stressful work.

Assessment of overall effect

Cured

Hundred percent relief in symptoms of Amlapitta and no recurrence during follow up study

Marked improvement

Above 75% but below 100% improvement in the symptoms

Moderate improvement

Fifty one to 75% improvement in the symptoms

Mild improvement

Twenty five to 50% improvement in the symptoms

Unchanged

Below 25% decrement in the symptoms

Observations

Effect of therapy on cardinal symptoms

Table 1. Amlodgara

Group	Mean score		X	%	S.D.	S.E.	't'	P
	B.T	A.T.						
A(n=6)	1.67	0.33	1.33	80.00	0.52	0.21	6.32	<0.001
B(n=6)	1.83	0.67	1.17	63.63	0.75	0.31	3.80	<0.02

Table 2. Urodaha

Group	Mean score		X	%	S.D.	S.E.	't'	P
	B.T	A.T.						
A(n=6)	2.00	0.33	1.67	83.33	1.03	0.42	3.95	<0.02
B(n=6)	2.33	0.67	1.67	71.42	0.52	0.21	7.91	<0.001

Table 3. Agnimandya

Group	Mean score		X	%	S.D.	S.E.	't'	P
	B.T	A.T.						
A(n=6)	1.83	0.67	1.17	63.63	0.75	0.31	3.8	<0.02
B(n=6)	1.67	0.33	1.33	80.00	0.82	0.33	4.0	<0.01

Table 4. Hrillasa

Group	Mean score		X	%	S.D.	S.E.	t'	P
	B.T	A.T.						
A(n=6)	1.17	0.17	1	85.71	0.63	0.26	3.9	<0.02
B(n=6)	1.17	0.33	0.83	71.42	0.41	0.17	5	<0.01

Effect of therapy on associated symptoms

Table 5. Chhardi

Group	Mean score		X	%
	B.T	A.T.		
A(n=6)	0.33	0.17	0.17	50
B(n=6)	0.33	0.17	0.17	50

Table 6. Aruchi

Group	Mean score		X	%
	B.T	A.T.		
A(n=6)	0.50	0.17	0.33	66.66
B(n=6)	0.67	0.33	0.33	50.00

Table 7. Vibandha

Group	Mean score		X	%
	B.T	A.T.		
A(n=6)	0.50	0.00	0.50	100
B(n=6)	0.50	0.33	0.17	33.33

Table 8. Adhaman

Group	Mean score		X	%
	B.T	A.T.		
A(n=6)	0.50	0.33	0.17	33.33
B(n=6)	0.50	0.17	0.33	66.66

Table 9. Shirshool

Group	Mean score		X	%
	B.T	A.T.		
A(n=6)	0.50	0.17	0.33	66.66
B(n=6)	0.50	0.17	0.33	66.66

Table 10. Overall Effect of Therapy

Effect of Therapy	Yogic Group A		Naturopathic Group B	
	No. of patients	Percentage	No. of patients	Percentage
Cured	0	0	0	0
Marked improvement	3	50%	2	33.33%
Moderate improvement	2	33.33%	2	33.33%
Mild improvement	1	16.66%	2	33.33%
Unchanged	0	0	0	0

Table 11. Relief of Symptoms in Both Groups

Symptoms	Yogic group	Naturopathic group
Amlodgara	80%	63.63%
Urodaha	83.33%	71.43%
Agnimandya	63.63%	80%
Hrillasa	85.71%	71.42%
Chhardi	50%	50%
Aruchi	66.66%	50%
Vibandha	100%	33.33%
Adhaman	33.33	66.66
Shirshool	66.66	66.66

The maximum number of patients was from the age group of 25 to 40 years and 16.66% of the patients were from the age group of 41 to 55. The probable cause may be that the age 25 to 40-year group is more exposed to the changing external environment & mental stress owing to their socio-economical responsibilities i.e. irregularity in diet and improper Vihar. In this age group *Pitta Dosh* was dominant which also responsible for the aggravation of the disease process.

Religion-wise distribution was shown that 75% of patients were Hindus. In this study, all patients were educated; among them 91.67% were graduates and 8.33% patients were educated up to high school. The disease incidence is maximum in educated people due to hurried and worried life, irregular diet habits etc. Maximum 58.33% patients were housewife and 25% were students; it was observed that most of housewives were *Diwasvapnasevan*, and *Diwasvapa* leads to *Agni Mandhya* and *Tridoshaprakopa* & then *Amlapitta*.

Maximum number of the patients were married (91.67%) which indicates that the occurrence of this disorder is more among married people. All the patients were observed belonging to the urban area; fast food, junk food, excessive use of beverage etc. are mostly seen in the urban area. All patients had *MadhyamaVyayamshakti*; it is due to *Amadosha* & *Dhatu Dusti* in this disease

The total patients, 58.33% had *AvarAbhyavharanashakti* & 41.66% patients had *MadhyamaAbhyavharanashakti*. Fifty percent of the total patients had *AvarJaranashakti*, 33.33% had *MadhyamaJaranashakti*, and only 16.66% patients had *PravarJaranashakti*. Sixty-Six percent of the total patients were having *MadhyamKostha* which suggests *Pitta Vriddhi*. Total 50% of patients had *Mandagni* and 33.33% of patients had *Vishamagni*. In *Amlapitta*, *Amla* & *Drava Guna* of the *Pitta* are increased. In this present study, 66.66% patients were taking mixed diet while vegetarian diet was taken 33.33% of patients. The maximum number of patients (58.33%)

had the *Vishamashana* (habit of irregular food intake) and by 33.33% patients were *Adhyashana*.

In the study, 58.33% patients had regular bowel and only 41.66% patients had irregular bowel habit. Seventy-Five percent patients have *Chinta* 50% patients were having *Bhaya*, and only 25% patients had *Krodha*. All these *Manasika Bhava* increase gastric secretions which lead to *Amlapitta*. All patients had tea or coffee addictions, which mostly increase the gastric secretion and also destroy mucosa, causing *Durabalya* of *Amashaya* along with vitiation of *Dosha*, mainly *Pitta-kapha*. All patients complained of cardinal symptoms like *Amlodgara*, *Urodaha*, *Agnimandya* and *Hrillas*. Regarding associated symptoms *Chhardi* were found 33.33% of patients, *Aruchi* was found in 58.33%, whereas rest of associated symptoms was found in 50% of the patients.

In case of *Amladogar*, yogic group shows more effect than naturopathic group (Table 1). *Urodaha* was highly significant in naturopathic group where as significant in yogic group (Table 2) significant result was found in both groups related to *Agnimandya* and *Hrillas*. (Tables 3,4). The associated symptoms like *Chardi*, *Shirashool* and *Aruchi* showed same results in both the groups (Tables 5, 6, 9). *Vibandha* was cured totally in yogic group while *Asadhaman* was cured in naturopathic group (Tables 7,8).

In yogic group (6 patients), marked improvement was found in 3 patient, i.e. 50%, moderate improvement was found in 2 patients, i.e. 33%, while mild improvement was found in 1 patient. In naturopathic group (6 patients), 2 patients (33%) had marked improvement, 2 patients (33%) had moderate improvement and 2 patients (33%) mild improvement. (Table 10)

Discussion

Today's lifestyle is completely changed by all means. Our diet pattern, lifestyle and behavioral pattern is changed and it is not

suitable for normal physiology of digestion. Western culture has been embraced by us, which is more harmful. We have adopted their diet and behavior pattern and this is the reason for most of the disease. Especially, gastric dyspeptic disorders which are mainly caused by dietetic pattern which is related to our digestion. The food articles which are not according to normal code and conducts create these problems. Western people mostly suffer from gastric problem compared to Indians. It seems that our old pattern of diet and behavior was up-to-the-mark for nourishing and carrying physiological processes.

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*. Involvement of these factors with different *Gunas* of *Pitta* is responsible for different symptoms of Amlapitta. With the help of *ShadavidhaKriyakala* theory of a disease given by Acharya Sushruta; *Smaprapti* 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 Charaka Samhita, Sushruta Samhita etc. have also deduced this problem with various types, causes and treatment. They have mentioned vitiated *Agni* as the main cause of this disease and also given the line of treatment like *Vamana, Virechana* and many such remedies. The modern medical science has also recognized this disease as gastritis and has given so many drugs for its management. Excessive use of modern drugs like NSAID, antibiotics, etc also causes the problem due to adverse effects.

Yoga, our ancient science given by our divine Rishis merges the realistic vision of spirit and body. Our rishis have given various steps to achieve the ultimate. For this purpose, they have also given many processes to purify the body. Its various techniques may be useful in management of such a disease. Naturopathy is also a unique science which treats the body with the help of nature itself. It is a treatment done by penta elements viz. *Prithvi, Jala, Teja, Vayu, Akasha*. Different kind of processes like mud therapy, chromotherapy, various baths, etc were also useful to get the health.

In this study total 12 patients were managed with the help of yoga and naturopathy in

Effect of yoga therapy

In the yogic group, the procedures provided statistically highly significant ($p < 0.001$) relief in Amlodgara and Urodaha where as significant ($p < 0.02$) relief was found in symptoms like Agnimandya and Hrilasa. However, percentage-wise, marked improvement was found in all the symptoms. In relation to the associated symptoms, relief was seen as: total cured in Vibandha, marked improvement was found in Aruchi and Shirashool where as moderate improvement was seen in Chardhi and Adhaman.

Faulty diet and lifestyle creates indigestion, food stored in stomach get fermented creates and forms symptoms of Amlapitta. By *Yogasana* like *Shalabhasana, Bhujangasana, Dhanurasana* abdomen and chest region is pressurized and blood circulation of that area is increased which helps the digestive secretion as well as waste products excretion process. *Samana Vayu, Pachaka Pitta* and *Jatharagni* get regulated. The *Pavanamuktasana, Vogamudra, Janushirasana* are helpful for *Srotosuddhi Kriya* by regulation of the secretion of *Pachak Pitta*. The other balancing postures like *Tadasana, Vrukshasana* provide the mind and body balance to increase the self consciousness and self awareness.

Pranayama is as like *Sheetali* and *Sheetakari* in cooling and having a soothing effect on the body. *Sheetaguna* of *Vata Dosha* is increased; it

may reduce extra heat and balance *Pachak Pitta*. By this effect *Daha* will be diminished and increase the *Jatharagni*. 'OM' chanting and Prayer is helpful to relax the entire mind and body. It quickly brings mental peace and is help to prevent Amlapitta.

Effect of Naturopathy therapy

In the Naturopathy group the procedures provided statistically highly significant ($p < 0.001$) relief only in Urodaha and significant ($p < 0.01$) relief in symptoms like Amlodgara, Agnimandya and Hrillasa. However percentage wise marked improvement was found in all the symptoms. Regarding to the associated symptoms relief was seen as total cure in Vibandha, marked improvement in Adhaman and Shirashoolwhere as moderate improvement was seen in Aruchi and Chardhi.

The formation of abnormal consumption of blood and lymph, food stored in stomach; works as morbid matter which gets fermented and leads to symptoms of Amlapitta. Due to naturopathic therapy correction of vitiated *Agni*, *Jala* and *Vayu* *Mahabhuta* elimination of morbid matter from body. So it helps to correct the gastric juices. The application of mud pack makes abdominal part more active to increase the circulation and removes dirt and debris. The *Pitta Dosh* and heat are decreases. The *Saman* and *Apan Vayu* get more energized and *Pachak Agni* increased. *Prithvi* and *Jala Mahabhuta* are properly balanced.

Through massage, the organs of the abdomen get more blood supply and morbid matter localized in that part is removed. Oil applied to the abdomen is absorbed into the whole skin of the abdomen which in turn is connected with the nerve fibers of that area. So the nervous system feels calm and creates

the regulation of all functions related with the abdominal organs. The veins, arteries and lymphatic system get benefited and it helps to reduce symptom of Amlapitta.

Conclusion

After completion of the therapy, it was found that in both groups patients were free from symptoms of Amlapitta without any adverse effects. As this therapy is the non pharmacological modality once patient is trained for the yogic procedure and follows routine they will be free from the Amlapitta. As the sample size was less, further study on more number of patients is required for concrete conclusion.

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