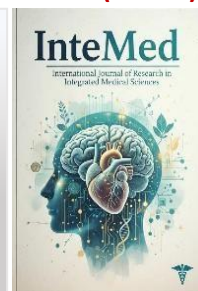




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## Review Article

# THERAPEUTIC ROLE OF YOGASANAS AND PRANAYAMA ALONG WITH PATHYAPATHYA IN THE MANAGEMENT OF AMLAPITTA W.S.R. TO HYPERACIDITY: A COMPHREHENSIVE REVIEW

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## ABSTRACT

Amlapitta is a disease which is prevalent all over the world especially in India due to unhealthy dietary habits sedentary lifestyle, stress, sleep deprivation. Prevalence in Indian subcontinent can be as high as 80 per cent among the population. Both pharmacological and non-pharmacological methods are there to treat hyperacidity. Regular use of medications can cause some side effects to the human body. In contemporary *Amlapitta* science many non-pharmacological interventions are available like *Yoga*. *Yoga* is a fantastic practice that originated in ancient India and has since spread worldwide. It encompasses a variety of physical, mental, and spiritual disciplines aimed at achieving harmony and balance within oneself. The physical aspect of *Yoga* involves various postures (*Asanas*) that promote flexibility, strength, and balance. These *Asanas* are often combined with breathing exercises (*Pranayama*) to enhance the mind-body connection and promote relaxation. Beyond the physical benefits, *Yoga* is also renowned for its ability to reduce stress, increase mindfulness, and improve overall well-being. *Yogic* techniques like *Surya namaskara*, *Urdhwahastana*, *Trikonasana*, *Vrikshasana*, *Dandasana*, *Paschimottansana*,

*Vajrasana*, *Shalabhasana*, *Pavanamuktasana*, *Savasana* and *Pranayamas* like *Nadishuddhi*, *Sheetali pranayama*, *Bhramari pranayama* are beneficial in management of *Amlapitta*. So, in this review we are analysing the therapeutical effect of *Asanas* and *Pranayama* in the management of *Amlapitta*.

**Keywords:** *Amlapitta*, *Hyperacidity*, *Yoga*, *Asana*, *Pranayama*.

## INTRODUCTION

*Amlapitta* is a disease which is prevalent all over the world especially in India due to unhealthy dietary habits, stressfull lifestyle, sleep deprivation<sup>[1]</sup>.Hurry,Worry and Curry are the three main reasons for the *amlapitta* disease.Prevalence in Indian subcontinent can be as high as 80 percent among the population.

According to Ayurveda, excess consumption of *Pitta Prakopakara Ahara*, *Vihara* leads to *Amlata*, *Dravata*, and *Vridhhi* of *Pitta* causing *Shuktata* of *Pitta*. The all above mentioned causes leads to imbalance of the *Shareerika Doshas Vata*, *Pitta* &

*Kapha* in turn create *Agnimandya* & due to improperly metabolized and get convert into *Shuktata* (vitiated liquid acid) and this gets situated in *Amashaya* which is called as *Amlapitta*.<sup>[2]</sup> The disease mainly caused by improper dietetic pattern, mental stress and strain which is related to our digestion.

Most of the people who are affected with *Amlapitta*, they took antacids for long duration. Continuous use of these antacids will lead to problems such as inhibition of absorption of iron, calcium and phosphates, milk-alkali syndrome, impotence, gynecomastia, liver damage, increased risk of cancer<sup>[3,4]</sup>. So, a better approach is needed by changing lifestyle. *Yoga* is a timeless practice that has transcended centuries and cultures, offering a profound journey towards physical, mental, and spiritual well-being. *Yoga* practice is beneficial in controlling and healing so many bodily ailments by promoting harmony, balance and inner peace.

*Yogic* techniques like *Surya namaskara*, *Urdhwahastana*, *Trikonasana*, *Vrikshasana*, *Dandasana*, *Paschimottasana*, *Vajrasana*, *Shalabhasana*, *Pavanamuktasana*, *Savasana* and *Pranayamas* like *Nadishuddhi*, *Sheetali pranayama*, *Bhramari pranayama* are beneficial in management of *Amlapitta*.

## AMLAPITTA

*Amlapitta* is a pathology which involves *Annavaha Srotas* (digestive tract) and has a very bare minimum explanation in *Bruhatrayee's* (*Charaka samhitha*, *Susrutha samhitha*, *Ashtangahrudaya*). The detailed explanation of *Amlapitta* can be found in *Laghutrayee's* (*Madhava Nidana*, *Sharangdhara Samhita* and *Bhava*

*Prakash*. It is explained as *Viruddha ahara* (antagonistic food)<sup>[5]</sup> and *Visha Janya Vikara* (disease caused by toxic substance).<sup>[6]</sup>

According to *Madhava Nidhana* symptoms of *Amlapitta* like *Avipaka* (indigestible), *Klama* (exhaustion without exertion), *Utklesha* (nausea), *Tikta amlodgara* (bitter and sour eructation), *Gourava* (heaviness), *Hrutkantha Daha* (burning sensation of heart and throat), *Aruchi* (tastelessness) can be seen.<sup>[7]</sup>

According to *Bhavaprakasha Madhyamakhanda*, Due to consumption of foods which aggravate *Pitta Dosha*, the food taken in gets fermented and is called *Amlapitta*.<sup>[8]</sup>

*Amlapitta* is told as *pitta* with *amla guna*. It is also told as *vyadhi caused by over eating of Raja masha* (Cow peas – *Vigna unguiculata*), by eating over quantity of *Lavana* (salt).<sup>[9]</sup>

## HYPERACIDITY: Causes and Symptoms

Acid reflux disease, also referred to as gastroesophageal reflux disease (GERD), is a widespread condition characterized by excessive stomach acid production. When stomach acid flows back into the esophagus, it can cause discomfort, pain, and potentially lead to more severe health issues if not addressed. The symptoms of acid reflux disease can vary, but common complaints include:<sup>[10]</sup>

- Epigastric discomfort
- Nausea and vomiting
- Loss of appetite
- Belching and bloating

**Lifestyle Factors Contributing to Acid Reflux** Certain dietary habits can exacerbate acid reflux symptoms, such as:

- Consuming spicy, sour, or fried foods
- Eating large or heavy meals
- Drinking excessive amounts of water before or after meals
- Eating at irregular times or when not hungry

Other lifestyle factors that can contribute to acid reflux include:

- Excessive consumption of caffeine, tobacco, or carbonated beverages.
- Smoking and alcohol abuse.
- Certain medications, such as antacids or corticosteroids.

**Psychological Factors** Stress, anxiety, and depression can also play a significant role in triggering acid reflux symptoms. Managing these underlying factors is essential to alleviating the condition.<sup>[11]</sup>

## YOGA:

**1. Surya Namaskara:** *Suryanamaskara* is a combination of regulated breathing along with 12 forward and backward bending postures like *Pranamasana*, *Hastautthanasana*, *Padahasthasana*, *Asvasanchalanasana*, *Dandasana*, *Ashtanga Namaskara*, *Bhujangasana*, *Parvatasana*. *Suryanamaskar* also improves peristalsis of the intestines, stimulates blood circulation throughout the body, and helps the body to eliminate toxins through increased perspiration.<sup>[12]</sup>

Some other *Yogasanas* which are told to be beneficial to manage *Amlapitta* are *Urdhwahastana*, *Trikonasana*, *Vrikshasana*, *Dandasana*, *Paschimottasana*, *Ushtrasana*, *Vajrasana*, *Shalabhasana*, *Pavanamuktasana*, *Savasana* and *Pranayamas* like *Nadishuddhi*, *Sheetali pranayama*, *Bhramari pranayama*.<sup>[13]</sup>

2.*Urdhwahastasana*: It can help improve your digestion.

3.*Trikonasana*: *Trikonasana* or *Utthita Trikonasana* Triangle Pose is a Standing *Asana* in modern yoga as exercise. Variations include *Baddha Trikonasana* (bound triangle pose) and *Parivrtta Trikonasana* (revolved

triangle pose).<sup>[14]</sup> This pose stimulates the bowel movement, regulates the colon, and strengthens the digestive system.<sup>[15]</sup>

4.*Vrikshasana*: The meditative aspect of the pose has a soothing effect on the nervous system, reducing stress

and anxiety.<sup>[16]</sup> Stress and anxiety is also a reason for *Amlapitta*.

5.*Dandasana*: This *Asana* gives relief to persons who feel a bloating sensation in the abdomen due to gas and

also to those suffering from gastric complaints.<sup>[17]</sup>

6.*Paschimottasana*: By this *asana* the *Pranic* currents rise through *Sushumna*, the digestive fire increases, the

abdomen becomes flat, and the practitioner becomes free from disease.<sup>[18]</sup>

7.*Vajrasana*: It helps in digestion, relieving constipation, curing digestive acidity and gas formation.<sup>[19]</sup>

8.*Shalabhasana*: This is called locust posture.<sup>[20]</sup> The pose aids digestion and relieves gastric troubles and flatulence.<sup>[21]</sup>

9.*Pavanamuktasana*: It may be beneficial in increasing the muscular contractions of the digestive tract which

moves the food ahead, thus removing gas and helping prevent constipation.<sup>[22]</sup>

10.*Savasana*: It removes tiredness and enables the mind (and whole body) to relax. The relaxation of mind aids

in better digestion and all psychosomatic diseases.<sup>[23]</sup>

## PRANAYAMAS

1.*Nadi Shodhana Pranayama*: It increases the digestive fire and appetite. Brings the balance in sympathetic and parasympathetic nervous systems by relaxing the sympathetic nervous system and strengthening the parasympathetic nervous system. This helps in reducing stress related indigestion by regulating stress

hormones. Therapeutically it will lower the levels of stress and anxiety by harmonizing the *Pranas*. As stress is one of causative factor of *Amlapitta*.<sup>[24]</sup>

2.*Sheetali Pranayama*: This *Kumbhaka* called *Sheetali* cures an enlarged stomach or spleen and other related diseases, fever, excess bile, hunger and thirst, and counteracts poisons. By practicing this *Pranayama* regularly, it helps to cure *Pittaj vyadhi*.<sup>[25]</sup> This practice not only cool and calm the physical body, they also affect the mind in the same way.<sup>[26]</sup>

3.*Sheetkari Pranayama*: The practice on proper use of this *Pranayama* will be free from increased appetite, thirst and sleep.<sup>[27]</sup> It has a cooling effect, when air enters through the mouth it cools the tongue and lowers the temperature of the blood leaving the lungs and thus of the whole body.<sup>[28]</sup>

4.*Bhramari Pranayama*: The sound produced in *Bhramari* is very soothing and thus the practice relieves mental tension and anxiety and helps reduce anger.<sup>[29]</sup>

One can follow following yoga module as told in tables:

| PROCEDURES                       | TIME/ROUNDS |
|----------------------------------|-------------|
| 1. <i>Shithilikarana vyayama</i> | 10 min      |
| 2. <i>Suryanamaskara</i>         | 5 rounds    |

## STANDINGASANAS

|                        |               |
|------------------------|---------------|
| <i>Urdhwahastasana</i> |               |
| <i>Trikonasana</i>     | Each 3 Rounds |
| <i>Vrikshasana</i>     |               |

## SITTING ASANAS

|                        |                |
|------------------------|----------------|
| <i>Dandasana</i>       |                |
| <i>Paschimottasana</i> | Each for 2 min |
| <i>Vajrasana</i>       |                |

## PRONE AND SUPINE ASANAS

|                       |                |
|-----------------------|----------------|
| <i>Shalabhasana</i>   |                |
| <i>Pavanmuktasana</i> | Each for 2 min |
| <i>Shavasana</i>      |                |

## PRANAYAMAS



|                       |                |
|-----------------------|----------------|
| Nadishudhhi Pranayama |                |
| Sheetali Pranayama    | Each for 5 min |
| Sitkari Pranayama     |                |
| Bhramari Pranayama    |                |

## **PATHYAPATHYA**

### **PATHYA** (Food to be taken) :

One should eat rice, barley or wheaten bread. Can have *Mudga* (*Phaseolus mungo*), *Masha* (*Phaseolus radiatus*), *Patola* (*Trichosanthes dioica*), Jackfruit, *Manakachu* (*Arum colocasia*), *Kakkola* (a kind of berry), jujube (*Ziziphus jujuba*), the bonduc nut (*Bonducella guilandina*), cucumber, brinjal, green & fresh vegetables (*Baalasaaka*), black vegetables (*Kaalasaaka*), the leaves of *Patola*, the *Vastuka-saka* (*Chenopodium murale*) and *Hima-locika saka* (five *Sakas* praised as fit for Yoga practitioners), Cardamom, *Jatiphala*, cloves, aphrodisiacs or stimulants, the rose-apple, *Haritaki* and palm dates. Eating the sweet juices with pleasure and leaving the other half of the stomach empty is called as *Mitahara*.<sup>[30]</sup>

### **APATHYA** (Food not to be taken) :

*Masur* beans (*Lens culinaris*), pumpkins and vegetable stems, gourds, berries, *Katha-bel* (*Feronia elephantum*), and *Palasa* (*Butea frondosa*), *Kadamba* (*Nauclea cadamba*), *Jambira* (citron), *Bimba* (*Coccinia grandis*), *Lukucha* (a kind of bread fruit tree), onions, lotus, *Kamaranga* (*Averrhoa carambola*), *Piyala* (*Buchanania latifolia*), *Hingu* (*asafoetida*), *Salmali* (*Salmalia malabarica*), *Kemuka* (*Costus speciosus*), fresh butter, ghee, thickened milk, sugar and date sugar etc, as well as ripe plantain, cocoa-nut, pomegranate, dates, *Lavani* fruit, *Amlaki* (*Embilic myrobalan*) and everything containing acid juices. An individual should avoid much travelling, company of women and warming himself by fire.<sup>[31]</sup>

## **Discussion:**

*Ayurveda* the science of life which includes both curative and preventive aspects. Majority of the literatures explains about the ways that to be followed to maintain a healthy state of life. One of them doing *Nitya Vyayama*. To do that *Yoga* and *Pranayama* are some of the best methods explained in contemporary science.

*Agni* should be maintained in a healthy way that is in *samagni awastha*. To do that the most important way is to proper method of *Ahara sevana vidhi*. Right amount of food will help the body to clear the morbid contents and even to increase concentration while doing *Yoga*, as told in *Chandogya Upanishad*; consumption of pure food makes mind clear. *Surya Namaskara*, also known as Sun Salutation, is a sequence of 12 *Yoga* postures performed in a flowing and coordinated manner. The dynamic movements and controlled breathing enhance cardiovascular health and stimulate blood circulation. Regular practice of *Surya Namaskar* improves digestion and helps detoxify the body. From a mental perspective, it promotes mindfulness and reduces stress, anxiety, and depression.<sup>[32]</sup>

The symptoms of *Amlapitta* are *Avipaka* (indigestion), *Klama* (fatigue), *Utklesha* (nausea), *Tikta amlodgara* (sour/bitter belching), *Gaurava* (heaviness), *Hrut-kanta daha* (burning sensation in throat), *aruchi* (loss of appetite). The above told *Asanas* protocol will be helpful for each of the symptoms. *Suryanamaskara* will help to relieve the symptoms of *Avipaka* and *Gaurava* as the dynamic movements in *Suryanamaskara* helps to start digestion and reduce heaviness of the body. As told above it will also help in peristaltic movement thereby helping to reduce symptoms of *Utklesha*. *Urdhwahastasana* can help improve digestion. That is, it will help to reduce *Avipaka*. *Trikonasana* will stimulate the bowel movement and strengthens the digestive system. *Vrikshasana* and also *Shavasana* will help to reduce stress. *Vajrasana*, *Shalabhasana* and *Pavanamuktasana* helps in relieving constipation, gas formation. Holding flatulence will cause bloating, indigestion and heart burn.<sup>[33]</sup> *Pranayamas* will help in maintaining stress which will help to have a better enteric nervous system function and thereby good digestion. The direct positive effect of *Yoga* on the digestive system is that it's like an internal massage of GI tract from the mouth to the anus, including the stomach area, intestines, liver, and pancreas. This massage makes sure of the flow of blood and oxygen, and also strengthens the muscles of the internal organs.<sup>[34]</sup> Recent studies proved that there is connection between brain and gastrointestinal tract. It is called as brain-gut connection. So, any kind of stress or anxiety can affect the enteric nervous system and can alter the digestive process. So, *Yoga* will be very helpful in maintaining this brain-gut connection.

## **CONCLUSION :**

Practice of *Asana* makes the body free from the influence of the dualities of heat and cold and similar other influences. The *Asanas* mentioned above will

help to improve digestion and to regulate the formation of gastric juices. It will also help us to calm our mind and thereby giving less stress to the enteric nervous system.

So, *Yogasanas* and *Pranayama* along with the *Pathyapathyas* will help to manage *Amlapitta*.

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