

Amlapitta, Bhasmaka

AMLAPITTA & BHASMAKA

(Classical hyper-acidity spectrum & pathological hyper-metabolism)

Primary textual basis – • Mādhava Nidāna 51 (Amlapitta) • Kāśyapa Saṃhitā – Khila 4 (Bhasmaka) • Cakradatta 58,59 • Bhāva-Prakāśa, Yogaratnākara, Basavarājīyam

I. AMLAPITTA

1. Description

Amlapitta is a vidagdha-pitta (vitiated, sour-acidic pachaka-pitta) disorder characterised by amla-udgara (sour eructation), hṛd-kaṅṭha daha (retro-sternal / throat burn) and avipāka (indigestion). Probable modern correlate – hyper-chlorhydria, acid-peptic dyspepsia, GERD (functional).

2. Types

Basis	Type	Salient Features	Classical Source
Direction of vitiated pitta	1. Ūrdhvaga	Sour belch, heart-burn, nausea, bitter taste	MN 51/4
	2. Adhoga	Sour loose stool, burning anus, yellow urine	MN 51/5
Doṣa association	a. Vātānubandha	Colicky pain, gaseous distension	CP 58
	b. Kaphānubandha	Heaviness, nausea, thick phlegm	CP 58

3. Nidāna-Pañcaka

3.1 Nidāna (Aetiology)

- Excessive intake of amla, lavana, kṣāra, uṣṇa, kātu foods
- Fermented food, alcohol, bakery, red-chilli sauce
- Viruddhāhāra – milk + sour fruits, fish + curd
- Vega-dharana (belch suppression) & irregular meal timings
- Psychological stress, night-vigil, smoking

3.2 Pūrvārūpa (Prodrome)

- Faint sour burp, metallic tongue taste, epigastric heaviness, anorexia on seeing food yet desire for liquids.

3.3 Rūpa (Cardinal signs)

1. Amla-udgara & hṛd-daha
2. Tikta-amlodgāra, kaṅṭha-tāpa
3. Nauśā, ūṛṇa-pāka (mouth ulcer), klama Ūrdhvaga has more vomiting & belch; Adhoga shows sour diarrhoea, pāyudaha.

3.4 Upaśaya / Anupaśaya

- Upaśaya – cold milk, ghee, yelling vasanta-kusumākara rasa, Avipattikara chūrṇa, sitting erect
- Anupaśaya – fasting long hours, spicy fried food, day-sleep immediately after heavy meal, late-night eating

3.5 Saṃprāpti (Pathogenesis – succinct flow)

Nidāna → Pācaka-pitta becomes vidagdha & amaṣṭa → driven upward / downward → irritates kaphasṛta & vāta → hyper-acidity, burn, sour diarrhoea.

4. Saṃprāpti-Vighāṭana (Therapeutic break-up)

1. Āma-pācana & Agni-dīpana (non-heating)
2. Pitta-śamana & śodhana (mṛdu virecana the sheet-anchor)
3. Vāta & Kapha association – anulomana / kaphahara accordingly
4. Muco-protective & lining-healing dravyas (śīta-madhura-snigdha)

5. Doṣaja Cikitsā-Sūtra

- **Pittaja (pure)** – “Tiktauśadha-śītoḍaka-mṛd-virecanaḥ”
- **Vātānubandha** – “Snigdha-basti + ghṛta-pradhāna śamana”
- **Kaphānubandha** – “Laghu-dīpana → vamaṇa → śīta virecana”

6. Cikitsā-Yojanā

6.1 Śodhana

Indication	Procedure	Yoga / Kalka	Dosage
Pittaja, Adhoga	Mṛdu Virecana	Trivṛt-lehya / Avipattikara	8–12 g HS
Kaphānubandha Ūrdhvaga	Vamaṇa	Ikṣvāku phala yusha + Madhuyashti	As per kṣudra kalpa
Vāta dominance, chronic	Kṣīra-basti	Sahastrapaka ghṛta 60 ml + milk 240 ml	5 sittings

6.2 Śamana Aushadha (internal)

Formulation	Key actions	Dose
Avipattikara chūrṇa	Tikta-madhura dīpana, virecaka	3 g BID before meals
Sūtaśekhara rasa (with gold)	Pittāśāmaka, hṛd-daha hara	125 mg TID
Kāmdudha rasa (moti yukta)	Antacid, coolant, prameha-śamana	250 mg BID
Praval piṣṭī + Guduchi sattva	Śīta virya mucosa healer	250 mg each BID
Dhātrī-lauha	Anti-ulcer, mildly haematinic	500 mg BID
Śatadhauta Ghṛta (external)	Local oral ulcer dressing	-

6.3 Pathya-Apathya

PATHYA • Warm milk, ghee 1-2 tsp/meal • Old rice, barley gruel, shāli śaṣṭika • Vegetables: lauṇi (bottle-gourd), cucumber, pumpkin • Fruits: ripe banana, pomegranate, sweet grapes • Herbs/condiments: dry coriander, fennel, licorice infusion • Early, regular, small meals; stress-free eating posture

APATHYA • Sour yoghurt at night, tamarind, pickles, tomato ketchup • Excess tea-coffee, carbonated drinks, deep-fried snacks • Garlic-chilli sauces, vinegar, alcohol, smoking • Late-night study / screen time; lying down immediately after meals

II. BHASMAKA

1. Description

Bhaskama (literally “to reduce to ashes”) is a disorder wherein teekṣṇa, viṣama agni consumes food instantaneously and then starts catabolising dhātu, leading to uncontrollable hunger. Also called Kṣudhāroga. Probable modern mirror – hyperthyroidism/hyper-metabolism, bulimia variant.

2. Types

1. **Vātaja Bhaskama** – Appetite comes in bouts (viṣamāgni), bloating & gurgling, weight loss.
2. **Pittaja (Tikṣṇāgni) Bhaskama** – Continuous excessive hunger, burning, sweating, sour belch.



3. Classical Kāśyapa grouping - a. Icchā-bhasmaka (desire to eat anything) b. Abhyantara-bhasmaka (internal tissue catabolism)

3. Nidāna-Pañcaka

3.1 Nidāna

- Teekṣṇa-uṣṇa-amlalavaṇa ahāra, excessive fasting then gorging
- Ati-vyāyāma, atapasevana (sun exposure), alcoholism
- Long-standing pitta-prakopa disorders untreated
- Psychological factors - krodha, kṣobha

3.2 Pūrvārūpa

Mild faintness relieved by food, dry throat, emptiness in epigastrium, restlessness.

3.3 Rūpa

Vātaja

Variable appetite, gaseous distension, constipation, joint pain

Pittaja (common)

Relentless hunger, burning, sweating, sour belch, weight loss despite eating, tremor, insomnia

3.4 Upaśaya

- Relief after taking sweet, cold, unctuous food / milk / ghee
- Exacerbation with spicy, dry, late meals, fasting

3.5 Saṃprāpti

Nidāna → Doṣa-dūṣya sammūrchana predominately in pācaka-pitta & samāna-vāyu → Tikṣṇā / Viśama agni → Rapid pācana of āhāra → Kṣudha not satisfied → Agni turns to dhātupācana (catabolism) → emaciation.

4. Saṃprāpti-Vighaṭana

- Śamana of Pitta & Vāta while nourishing dhātu
- Manda-madhura-snigdha bṛhmaṇa ahāra in small frequent doses
- Ghṛta-based rasāyana to stabilise agni without over-exciting it.

5. Doṣaja Cikitsā-Sūtra

- “Śīta-madhura-snigdha-bṛhmaṇam bhasmake”
- Vātaja variant - add vāta-śāmaka ghṛta + avipakti-varadhana
- Pittaja variant - tikta-sheeta dravya ghṛta, mṛdu virecana if excessive pitta

6. Cikitsā-Yojanā

6.1 Śodhana (when pitta extremely high)

Procedure	Yoga	Comment
Mṛdu Virecana	Nimbāmṛtādi eranda-taila 15 ml with milk	Once weekly × 2
Śīta-pakva Niruha Basti	Madhutailika with yashtimadhu, musta	Chronic vātaja

6.2 Śamana & Bṛhmaṇa Aushadha

Formulation	Rationale	Dose / Anupāna
Śatāvārī-ghṛta	Ghṛta + sweet-cold rasāyana	10 ml HS with warm milk
Vidāryādi Kāśāya	Bṛhmaṇa, pittāśāmaka	50 ml BID before food
Phalatrikādi Ghṛta	Vāta-pitta balance, rasāyana	10 ml OD
Chandrakalā rasa	Pitta-kṣaya dhātu-pācaka control	125 mg BID
Kṣīra-basti periodic	Nourishing, vāta-pitta control	5-7 sittings monthly

**Formulation****Rationale****Dose / Anupāna**

Rasāyana: Vardhamāna-Pippalī with milk & ghṛta Agni stabilisation & tissue rebuild Pippalī 1 g ↑ to 10 g then taper

6.3 Pathya-Apathya**PATHYA**

- Frequent small meals every 2-3 h - milk-ghee-sharkara, rice-kṣīra-manda
- Sweet ripe fruits (mango, grapes, banana), ghee-roasted wheat chapati
- Mung dal soup with ghee & cumin
- Day-time short nap post-lunch (to aid bṛhmaṇa)
- Gentle yoga - śavasana, bhrāmarī prāṇāyāma to calm pitta

APATHYA

- Fasting, dry cereals, popcorn, roasted grams
- Red chilli, pickle, soy sauce, vinegar
- Excess tea/coffee, energy drinks, alcohol
- Over-exertion exercise, sun-bathing in noon, anger episodes

III. Quick Comparative Snapshot

Feature	Amlapitta	Bhasmaka
Primary Doṣa	Pitta (+/- V/K)	Pitta ↑↑ (with Vāta)
Agni state	Tikṣṇa but erratic; causes sour reflux	Tikṣṇa / Viṣama: digests food & dhātu
Dominant symptom	Sour eructation & burning	Insatiable hunger
Key Śodhana	Mṛdu Virecana (pitta-hara)	Bṛhmaṇa Kṣīra-basti; optional virecana
Core Śamana	Avipattikara, Sūtaśekhara, Kāmdudha	Śatāvarī-ghṛta, Vidāryādi kvātha
Diet motto	Laghu-śīta-pitta-śāmaka	Snigdha-madhura-bṛhmaṇa

Selected Classical Quotations

1. "Amlasya gurutā kaṇṭhe tiktodgāraḥ kaphānilaḥ ..." - Mādhava Nidāna 51/3
2. "Ati-agni-dīptau kṣudhitaḥ pacyate dhātuḥ sa bhasmakaḥ" - Kāśyapa Saṃhitā Khila 4/8

References

1. Mādhava-kara. Mādhava Nidāna with Madhukośa. Ch. 51.
2. Kāśyapa Saṃhitā (Khila-sthāna). Verse 4-12.
3. Cakradatta (Vaidyaprabha commentary). Tikta-kālaguṇādhyāya 58-59.
4. Bhāva-Prakāśa (Pūrvakhanda) 7.
5. Charaka Saṃhitā - Chikitsā 15 (Agnivyāpādh).