

# Addressing Amlapitta (GERD) through Ayurveda: A Case Study on Ajirna-Induced Pathogenesis

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**Abstract:** *Amlapitta (Gastroesophageal Reflux Disease - GERD) is a disorder characterized by the vitiation of Pachaka Pitta due to Agnimandya, leading to improper digestion and the formation of VidagdhaAahara. This case study presents a 33-year-old male with chronic symptoms of Amlapitta, including heartburn, regurgitation, and indigestion, attributed to dietary and lifestyle factors. Ayurvedic intervention focused on Agni Deepana, Dosha Shamana, and Ama Pachana using TrikatuChurna, Sutshekhara Rasa, and AvipattikarChurna, along with dietary and lifestyle modifications. Symptom assessment before and after treatment demonstrated a marked reduction in regurgitation, heartburn, and dyspepsia. The case highlights the importance of individualized Ayurvedic management in addressing the root cause of GERD rather than merely alleviating symptoms.*

**Keywords:** Amlapitta, GERD, Agnimandya, Trikatu Churna