

An Examination and Critique of Amlapitta From the Samhitas

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Abstract: *Amlapitta is a major disorder of the Annavaha Srotas and remains one of the most commonly encountered digestive ailments in Ayurvedic practice. Though modern medicine correlates it with hyperacidity, GERD, functional dyspepsia, and acid-peptic disorders, the Ayurvedic understanding is multidimensional—rooted in Agnimandya, Ama formation, Pitta Dushti, abnormal fermentation (Suktapaka), and disruption of gastrointestinal motility. While Charak and Sushrut provide scattered references, Kashyap Samhita is the first classical text to present Amlapitta as an independent disease, and Madhava Nidana gives the most systematic and clinically helpful framework. This article critically analyses Amlapitta across all major Samhitas using authentic chapter–verse citations in traditional format.*

Keywords: Amlapitta, Pitta Dushti, Agni, Ama, Grahani, Charak Samhita, Sushrut Samhita, Ashtang Hruday, Ashtang Sangraha, Kashyap Samhita, Madhava Nidana, Ayurveda, Hyperacidity

