



Amlapitta (Hyperacidity) is Worst the Symptom?

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ABSTRACT:-

In the present scenario, the life is going very fast, people are not thinking of their own health. Many people are addicted to the tobacco such related addictions like late night parties consuming very heavy diet as well as consumption of alcohol. Second reason, consuming the street food, packaged food, unhygienic foods & many other such like junk food & become habituate with them; many of them do not adopt even smaller walk or exercise; in other words they are adopting faulty lifestyle & food habits or sedentary lifestyle & food habits.

Amlapitta (hyperacidity) is the smallest symptom is always unnoticed to someone or always ignored (because of no much painful symptom which can be tolerated), if it is untreated or not corrected at the particular time or in the initial stage only; it become worsen & leads to the many kinds of metabolic diseases like hypertension due to incomplete metabolism of fat & protein etc.

As Ayurveda always says that prevention is better than cure, in Ayurveda's objectives it suggest that, "*swasthasy swastha rakshanam aaturasy vikaara prashamanam cha*" which has been explained in Charak sutrasthana 30/26

It means restore the healthy state of life of healthy one, one who afflicted to any disease it could be treated by curative therapy by giving certain medicine.

To prevent the all the ailment which caused by hyperacidity; someone must be avoid the basic cause i.e. sedentary lifestyle & food habits. The hyperacidity can be found as the separate disease or sometime it is present in the form of symptom for many diseases; in briefly, it will be explored over here.

Keywords: Ayurveda, Health, Amlapitta, Hyperacidity, Ailments related to hyperacidity etc.

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