

## A survey study on the effect of occupation and other associated factors towards initiation of *amlapitta* (gastritis)

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### Abstract

*Amlapitta* is a very common disease in Sri Lanka and it is a well-known compatible disease with the occupation. Etiological factors of *Amlapitta* can be divided into four types according to Ayurveda named as; *Aharaja hetu* (Dietary factors), *Viharaja hetu* (Habit oriented factors), *Manasika hetu* (Psychological factors) and *Aganthuja hetu* (External factors). Although *Amlapitta* originates with certain causative factors, improper food habits and mental ill health are the leading of all with respect to occupation. The aim of this study was to identify the kind of occupation and occupation related other associated factors imply on *Amlapitta*. 30 number of patients who engaged in workforce were randomly selected from outdoor patients department (OPD) at Ayurveda hospital of Nawinna. They were questioned through a questionnaire and an interview. The study was conducted under several criteria such as; the time allocated for food consumption, the amount of water consumed during work, Mode of transportation for work, the sector engaged in etc. The results revealed that 80% in proportion were not satisfied with the time allocated for breakfast. 50% in proportion was consuming less than 2 l of water per day & 65% of patients who travelled through public transportation had high influence on *Amlapitta*. 60% of people who are engaged in private sector with high work load, long working hours with targeted work with restricted hours were much more prone to *Amlapitta*. After analyzing data, condensing the result it showed that out of all five factors give high contribution towards *Amlapitta*. In conclusion it was evident that occupation with less time allocated for breakfast with less amount of water consumed per day which public vehicles were used as the mode of transportation and occupation which psychologically exhausted were prone to *Amlapitta*.

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