

**EFFECTIVENESS OF AYURVEDA TREATMENT IN AMLAPITTA**

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**ABSTRACT**

Introduction: Now a day's *Amlapitta* is very common disease in society due to improper habits of food intake and busy schedules. It affects the estimated 40-50% of world population and more than 50-60% of the patients greater than 30 years of age. It can significantly impact the quality of life of affected individuals as well as their families. *Amlapitta* is a disease of *Annahava Srotas* and is more common in the present scenario of unhealthy diets and regimens. *Ayurvedic* description of the disease *Amlapitta* closely resembles with that of Gastritis. It is characterized by *Tikta Amlodgar*, *Hruth Kanth Daha*, *Aruchi*, *Klam*, *Avipak*, and *Chardi*. The case of *Amlapitta*, was managed with internal medicine as well as dietic regimen. Case: A 33-year-old male patient presented with complaints of *Chardi*, sour belching (*Amlodgara*), burning sensation in throat and chest (*Hritkanthadaha*), *Adhmana* and *Aruchi* for 1 year.

Treatment – *Agnimandya* was the first step towards the disease which led to *Aama* formation which then vitiated the *Pitta Dosha*. *Amlapitta* is caused by *Agnimandhyata* and *Pitta Dushti*. So, while treating *Amlapitta* the drugs which are having *Deepana*, *Paachana* and *Pitta Shamaka* properties should be selected. *Amalaki churna*, *Giloya*, *Kamdudha*, *Avipattikar Churna Chitrakadi Vati* with *Pathyapathya* regimen was designed and advised to the patient was found helpful in alleviating the symptoms of *Amlapitta*.

Result and conclusion: The patient was asked for follow-up after 15 days. Then the patient was asked to come for follow-up after every 15 days. It was seen that patient got mild relief from *Chardi*, sour belching (*Amlodgara*), burning sensation in throat and chest (*Hritkanthadaha*), *Adhmana* and *Aruchi* on day 15<sup>th</sup>. And it also seen that there was no recurrence of *Amlapitta* even after two months.

**Keyword's :** *Annahava Srotas*, *Tikta Amlodgar*, *Hruth Kanth*, *Klam*.

**INTRODUCTION:** In Ayurveda, it is believed that *Agnimandya* (indigestion) is the root cause of all the diseases <sup>[1]</sup>. Due to today lifestyle and unawareness of ones *Prakriti*, digestive disorders are very common in all age groups and also highly ignored issues. The causes of *Amlapitta* which are given in Ayurvedic classics are *Viruddha Aahar* (incompatible food), *Dushta Aahar* (polluted *ahaar*), *Atyamla Aahar* (sour substances), *Vidahi Aahar* (spicy food), *Pittala Aahar* (*Pitta* provoking food, beverages and habits),

*Adharniya Vega Dharana* (suppression of natural urges), *Guru Aahar* (diet of heavy properties), *Madyapana* (alcohol consumption), *Atyushna Aahar* (hot diet), *Drava Aahar* (liquid diet), *Divaswapa* (day sleep). Now a days a large part of population is suffering from *Amlapitta*. The disease is chronic in nature and affects to adults only. *Ayurvedic* description of the disease *Amlapitta* closely resembles with that of Gastritis. Gastric dyspeptic disorders are mainly caused by faulty dietetic pattern, mental stress which

disturbs digestion. In reality gastritis does not mean only *Amlapitta*, but it is group of symptoms having inflammatory changes in gastric mucosa in common and having several other symptoms. The prevalence of *Amlapitta* is increasing day by day, so keeping these things in mind a suitable internal medication was planned to intervene in present case along with a well-designed *Pathyaapathya* regimen was advised to patient.

#### Case History:

A 33 years old male patient was came to the Out Patient Department of Kaya Chikitsa, Quadra Institute of Ayurveda Roorkee with complaints of - *Chardi*, sour belching (*Amlodgara*), burning sensation in throat and chest (*Hritkanthadaha*), *Adhmana* and *Aruchi* for 1 year.

#### History of Present Illness:

The patient said that he was asymptomatic 1 year ago. Later he gradually develops *Chardi*, *Amlodgara*, *Hritkanthadaha*, *Adhmana* and *Aruchi*. The condition used to flare up during cold weather. He had disturbed sleep due to *Amlodgara*, *Hritkanthadaha* at night. As days passed, he faced more *Chardi*, *Amlodgara*, *Hritkanthadaha*, *Adhmana* and *Aruchi*.

The condition got aggravated since last 3 month. Patient was visited many modern hospitals and took medicine but was not satisfied by the treatment. Hence to get solution for his problem he approached, Quadra Institute of Ayurveda Roorkee. After a thorough interrogation, he was planned for treatment with internal medications and *Pathyaapathya* regimen.

#### Past History:

Not significant.

No H/O diabetes, hypertension, bronchial asthma and any other major illness.

No any surgical history.

#### Habits:

Alcohol consumption 2-3 times / week

Tea 5-7 times / day

**Occupation:** Labour

#### On Examination:

Patient was afebrile.

Pulse rate was 78/min. regular

Blood pressure was 106/70 mm of Hg

There was no haematemesis.

Routine investigations were done 10 days ago and were within normal limits.

Patient had taken allopathy treatment before 7 days.

Endoscopy was done before 10 days which was within normal limits.

Table.1 *Asthavidha Pariksha* –

<i>Naadi</i>	<i>Pittaja</i>
<i>Mala</i>	<i>Saama mala</i>
<i>Mutra</i>	<i>Saamanya</i>
<i>Jivha</i>	<i>Malaavrita</i>
<i>Shabda</i>	<i>Saamanya</i>
<i>Spersha</i>	<i>Snigdha</i>
<i>Drika</i>	<i>Saamanya</i>
<i>Aakriti</i>	<i>Sama aakriti</i>

**Table 2. Dashvidha Pariksha**

<b>Pakriti</b>	<i>Pitta pradhana kapha anubandhit</i>	<b>Satmya</b>	<i>Madhyama</i>
<b>Vikriti</b>	<i>Pitta</i>	<b>Satva</b>	<i>Madhyama</i>
<b>Sara</b>	<i>Madhyama</i>	<b>Aahara Shakti</b>	<i>Aavara</i>
<b>Samhanana</b>	<i>Madhyama</i>	<b>Vyaayam Shakti</b>	<i>Madhyama</i>
<b>Pramana</b>	<i>Madhyama</i>	<b>Vaya</b>	<i>Yuva</i>

**Diagnosis Criteria-**

**Table no - 3 Diagnostic Criteria for Amlapitta**

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
<i>Daha</i>	No <i>Daha</i>	<i>Daha</i> in any 1 area of <i>Udara, Kantha, Ura</i> occasionally for more than half hour	<i>Daha</i> occurs daily in more than two areas for more than 1 hour and relieves after digestion of food or vomiting.	Severe degree of <i>Daha</i> involving the whole body and does not relieve by any measure.
<i>Amlodgara</i>	No <i>Amlodgara</i>	Occasionally during day or night for less than half hour after meals.	<i>Amlodgara</i> after every intake of meal, any food substance for ½ to 1 hour and relieves by food and vomiting.	<i>Amlodgara</i> for more than 1 hour and does not relieve by any measure.
<i>Chardi</i>	No vomiting	Feels sense of nauseating and vomits occasionally.	Frequency of vomiting daily.	Frequency of vomiting after every meal or even without meal
<i>Adhmana</i>	No <i>Adhmana</i>	Occasionally feeling distension of abdomen	Distension of abdomen up to 1 to 3 hours after food intake	Severe distension of abdomen upto more than 6 hours after intake of food.
<i>Aruchi</i>	Willing towards all type of food	Unwilling towards specific food but less than normal	Unwilling towards unliking food but not to other	Totally unwilling for meal

**Treatment plan: Table no -4 formulation**

<i>1.Giloya satva</i>	3gm
<i>Kaamdudha Rasa</i>	250mg
<i>Aamalki Churna</i>	3 gm
	1 × 2 with <i>Saufarka</i> for 7 days.

2) *Avipattikar churna* – 3gm with Luke warm water for 7 days.

3) *Chitrakadi Vati* – 1tab with Luke warm water bid for 7 days.

Table no - 5 Aahara &amp; Vihara

Type	Aahara	Vihara
<b>Pathya</b>	<i>Yava, Godhuma, Purana shali, Mudga yusha, Lajasaktu, Karvellaka, Patola, Kushmanda Dadima, Amalaki, Kapitha, Godugdha Jangala mansa, Madhu, Sharkara</i>	<i>Shitopachara, Vishrama</i>
<b>Apathya</b>	<i>Guru anna, Tila, Masha, Kulattha, Navanna, shimbidhanya, Dadhi, Avidugdha, Madya, Sandhana Kalpa, Pitta - prakopaka Anna, Lavana - Amla - Katu rasa dravya, Rasona</i>	<i>Ajeerne Bhojana, Vegavidharana, Atapasevana, Chinta, Krodha, Shoka, Diwaswapa</i>

**Result:** Total global count of the symptoms before and after treatment was as follow.

Table no -6 Results

Symptoms	B.T.	1 <sup>st</sup> follow up	2 <sup>nd</sup> follow up	3 <sup>rd</sup> follow up	A.T.
<i>Daha</i>	3	3	2	1	0
<i>Amlodgara</i>	4	1	1	1	1
<i>Chardi</i>	2	1	0	0	0
<i>Adhmana</i>	1	1	1	0	0
<i>Aruchi</i>	3	2	2	1	1

The percentage relief in *Daha*, *Adhmana* and *Chardi* was found to be 100%.

In symptoms like *Amlodgara* and *Aruchi* the relief was 75%.

**DISCUSSION:** In Ayurveda increased intake of oily, spicy food are depicted for aggravation of *Pitta Dosha*. *Vidagdha Pitta* leads to *Amlapitta*. *Amlapitta* is a condition where excessive secretion of *Amla Gunatmak Pitta* takes place causing *Vidahyadi* condition. *Amlapitta* is not mentioned in our vedic texts. *Acharya Kashyapa* was the first to describe *Amlapitta* in detail. according to *Acharya Kashyap* the disease is caused by vitiation of *doshas (Tridoshas)* causing *Mandagni* leading to *Vidagdhajirna* manifesting as *Amlapitta* due to vitiation of *pitta* which is already increased due to its own causes. In this case, the patient was consuming alcohol and tea which was one of the causative factors for the disease. alcohol consumption, improper food timings and

stressful life, *Agnimandya* was the first step towards the disease which led to *Aama* formation which then vitiated the *Pitta Dosha*. Increased *Amlata* in *pitta dosha* caused *Amlapitta*.

*Amlapitta* is caused by *Agnimandhya* and *Pitta Dushti*. So, while treating *Amlapitta* the drugs which are having *Deepana*, *Paachana* and *Pitta Shamaka* properties should be selected. *Amalaki churna* having *Deepana*, *Pachana* properties and *Kashaya Rasa* with *Sheeta Virya*. *Amalaki* is said to be antagonist to be the properties of *Pitta* and the effect of *Amalaki* and *Amlapitta* can also be attributed to its property of *Madhura Vipaka*.<sup>[2]</sup>

*Giloya* have *Tikta*, *Kashaya Rasa*, *Ushna Virya*, *Madhur Vipaka*. Due to *Tikta Kashaya Rasa* it acts as *Pitta Shamak*. It Helps to reduce *Aamashaygata Amlata*.<sup>[3]</sup>

*Kamdudha Ras* contains *Sudha Sudha Warg* i.e., *Prawal Bhasma*, *Mukta*

*Bhasma*, *Kapardik Bhadma*, *Muktashukti Bhasma* and *Sankha Bhasma*, which is *Sheet Virya* and *Pittashamak*. All these contains calcium carbonate, they directly react with gastric HCL and neutralize them, so this acts as a potent antacid.<sup>[4]</sup>

*Avipattikar Churna* the drugs are *Madhur Tikta Kasaya*, *Katu Rasa Madhur Vipak* and *Sheet Virya*. In *Amlapitta Tikta Amlata Udgara*, *Hritkantha Daha* due to *Vidgdha Pitta* which is relieved by *Pittashamak Rasa*, *Virya*, *Vipak* present in ingredient of *Avipattikar Churna*.<sup>[5]</sup>

*Chitrakadi Vati* helps to manage indigestion by digesting *ama* due to its *Deepan* and *Pachana* properties. it also helps to balance the *Pitta Dosha*.<sup>[6]</sup>

The *Pathyapathya* regimen was designed and advised to the patient was found helpful in alleviating the symptoms of *Amlapitta* as well as to raise the quality of life. Altogether the synergistic action of medicinal preparations prescribed have helped in *Daha*, *Amlodgara*, *Chardi*, *Adhmana*, *Aruchi* in a span of 60 days.

**CONCLUSION:** Though *Amlapitta* is a chronic relapsing condition, changed lifestyle, increased pace of life, stress as well as changes in foods and food habits have contributed to the increased incidence of a good number of clinical conditions i.e., *Amlapitta*. The study concludes that all the above combination of Ayurveda drugs given to the patient of *Amlapitta* in appropriate combination and formulations can symptomatically cure patients within 60 days with cure rate of 86%. The effectiveness of *Ayurvedic* treatment has proved that there is good result in this

case. These combination drugs and *Pathyaapathya* regimen were also found to be safe, well-tolerated and acceptable to the patient.

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