

**A CASE STUDY ON MANAGEMENT OF AMLA-PITTA  
(GASTROESOPHAGEAL REFLUX DISEASE) THROUGH AYURVEDA****Dr. Deepika Yadav<sup>1</sup> and Dr. Aruna Kumari Sangwan<sup>2\*</sup>**

<sup>1</sup>Associate Professor, Department of Kayachikitsa, Faculty of Indian Medical System, SGT University, Gurugram.

<sup>2</sup>Assistant Professor, Department of Kaumarbhritya, Faculty of Indian Medical System, SGT University, Gurugram.

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**\*Corresponding Author**

**Dr. Aruna Kumari  
Sangwan**

Assistant Professor,  
Department of  
Kaumarbhritya, Faculty of  
Indian Medical System,  
SGT University, Gurugram.

**ABSTRACT**

The majority of people today suffer from a common disease called Amlapitta as a result of modern life styles and eating habits. Amlapitta is a result of stress or an improper diet. Amlapitta is one of the commonest diseases of Annava srotas (Gastrointestinal tract) caused by vitiated Agni. This paper explores Amlapitta disease in detail both from an Ayurvedic and a modern perspective. Amlapitta is a condition in which Samata causes a rise in the amlaguna (sour taste) of Pachak pitta (gastric juice). Amlapitta has been considered as Pitta Pradhana Tridoshaja Vyadhi, which is a multifactorial complex disease. Madhavkara stated that the pitta is the dominant dosha in Amlapitta, but Acharya Kashyapa acknowledged the involvement of three doshas in Amlapitta.

**KEYWORDS:** Agni, Amlapitta, Annava srotas, Pachaka pitta.

**INTRODUCTION**

Ayurveda the science of life has given much importance for prevention of diseases rather than treating the disease after manifestation. In the present-day scenario, the food and lifestyle have been greatly altered and is the leading cause for almost all the non-communicable diseases worldwide. Improper eating habits and lifestyle choices lead to dushti of Annava srotas, which causes a number of diseases, including amlapitta.<sup>[1]</sup>

Amlapitta is very common disease caused due to Agnimandhya (digestive impairment) by increased Drava Guna of Vidagdha Pachaka Pitta (liquid quality of burned digestive Pitta) affecting the Annavaha Srotas (channels that carry the ingested food) and characterized by primary symptoms such as Avipaka (indigestion), Klama (exhaustion without any exertion).<sup>[2]</sup> In Charaka Samhita, Kulattha, Lavana rasa, Viruddha ahara etc. are told as the causative factors for Amlapitta. While describing Grahani Chikitsa, Acharya Charaka described the pathogenesis of Amlapitta.<sup>[3]</sup> Sushruta Samhita describes condition of Amlika similar to Amlapitta because of excessive intake of Lavana rasa.<sup>[4]</sup> Kashyapa Samhita is the first available text which explained Amlapitta as separate entity.<sup>[5]</sup> In Harita Samhita, Amlapitta and Amla Hikka are explained with treatment.<sup>[6]</sup> Madhava Nidana described two types of Amlapitta namely, Urdhvaga and Adhoga.<sup>[7]</sup> Chakra dutta,<sup>[8]</sup> Bhavaprakasha,<sup>[9]</sup> Yogaratnakara,<sup>[10]</sup> etc. also described this disease with treatment.

## CASE STUDY

A male patient of 33 years of age consulted OPD of Kayachikitsa with complaints of Tikta Amlodgara (eructation with bitter and sour taste), burning in the chest, Nausea, Indigestion and Flatulence for two months. Patient had taken allopathic medicines but only symptomatic relief was found. A stressful episode which caused psychological trauma to the patient.

Family history- No significant medical or surgical history

Past history – A stressful episode which caused psychological trauma to the patient

No history of DM/HTN and any major surgical procedure

## EXAMINATION OF PATIENT

### Asthvidha Pareeksha

Nadi (Pulse): Dominance of Pitta dosha with Vata

Mala (Stool): Incomplete digestion, constipation (occasional)

Mutra (Urine): Normal

Shabda (Speech): Normal

Sparsh (Skin): oily, soft or gentle

Druk (Eyes): normal

Akruti: Madhyama

Jivha (Tongue): coated, Mukha Paka (occasional)

Bala: medium

**General examination**

Pulse: 76/min.

R.S: normal

B.P: 126/88 mm of Hg.

Agni: Mandagni

Abhyavaharan Shakti (digestive power): decreased

Jarana Shakti (metabolic power): decreased

Koshtha: Krura (hard)

Prakruti: Predominantly Pitta with Vata influence

Udara Pariskha: Adhmana (bloating), Udara Kathinya (Abdominal rigidity or hardness)

**Samprapti Ghataka**

Dosha: Pitta Pradhana, Kaphanubandhi

Dushya: Rasa Dushti

Strotodushti: Annavaha, Purishvaha, Rasavaha.

Vyadhi Avastha: Sama Avastha, Kapha Utkelsha, Dosha Urdhwa Gati.

Sadhyasadhyatva: Kashta Sadhya

Vyadhi Marga: Abhyantar

**Gradation Assessment of Subjective Parameters**

1. Amlodgara (Acidic Eructation)

No belching - 0

Feeling of belching with no sound - 1

Feeling of belching with mild sound - 2

Feeling of belching with severe sound - 3

2. Daha (Retrosternal burning)

No burning sensation (no retrosternal discomfort) - 0

Sensation of warmth on throat occasionally - 1

Burning sensation on throat and chest after a mild oily/spicy food - 2  
Feeling of burning sensation always irrespective of the diet - 3

3. Gaurava (Heaviness in body)

Normal - 0

Feeling of heaviness in morning - 1

Feeling of heaviness in morning and evening after food - 2

Feeling of heaviness always - 3

4. Utklesha (Nausea)

No nausea – 0

Mild nausea - 1

Severe Nausea - 2

Severe nausea with vomiting - 3

5. Avipaka (Indigestion)

No indigestion - 0

Unable to digest mild fatty food - 1

Unable to digest 3-course meal (breakfast, lunch and dinner) - 2

Unable to digest any kind of food - 3

6. Aruchi (Loss of appetite)

Normal - 0

Only takes lunch and dinner - 1

Loss of interest in lunch or dinner - 2

No desire to take food – 3

7. Flatulence (Adhman)

Absent - 0

Occasional feeling of distension without pain, passes as flatus - 1

Mild Frequent feeling of distension with offensive flatus - 2

Moderate Continuous distended abdomen – 3

**Table 1: Therapeutic Intervention.**

Drug used	Dose	Anupana	Frequency
Avipattikara churna	5 gm	Lukewarm water	Twice a day
Sutshekar Rasa	1 tablet	Lukewarm water	Thrice a day
Kamadudha Rasa	1 tablet	Lukewarm water	Thrice a day
Kushmand Avaleha	1tsp	Milk	Twice a day
Gulkand	1tsp	Milk	Twice a day

### Pathya

Yava, Godhuma, Mudga, old rice, boiled and cooled water, Sharkara, Madhu, Sattu, all bitter and light vegetables, Vriddha Kushmanda, Dadima, Patol.<sup>[11]</sup>

### Apathya

Seesame, blackgram, garlic, curd, Amla and Katu Padarth, Guru Anna, oily and spicy food, fermented foods.<sup>[12]</sup>

### Criteria for assessment

The improvement of Amlapitta signs and symptoms both before and after treatment served as the evaluation criterion and response of drug was recorded in terms of percentage relief of symptoms.

Percentage relief =  $\frac{\text{Total BT} - \text{Total AT}}{\text{Total BT}} \times 100$

BT=Sum total of grade score before treatment

AT= Sum total of grade score after treatment

**Table 2: Assessment Score.**

Parameter	B.T.	A.T.	Difference (B.T.-A.T.)	% Improvement
Amlodgara	3	1	2	66.66%
Daha	3	1	2	66.66%
Gaurava	3	1	2	66.66%
Utklesha	3	1	2	66.66%
Avipaka	2	0	2	66.66%
Flatulences	3	0	3	100%
Total	17	4	13	76.47%

### DISCUSSION

Amlapitta is a common disorder of Annavaha srotas (alimentary system) mainly caused as a result of unhealthy eating habits and routines. Continued use of an unsuitable food, routine, and habits might result in stenosis, anemia, duodenitis, chronic gastritis, malabsorption, and irritable bowel syndrome.

A burning feeling in the stomach and chest is a common occurrence for many people. The study's drugs were all Pitta Shamak, which balance and stabilize the Pitta and Kapha Doshas. Tikta Rasa, which contains Vayu + Akasha Mahabhuta, is present in most drugs that deal with Shamana. At a Samprapti Vighatana, the Vayu Mahabhuta destroys the Srotorodha, while the Akasha Mahabhuta smothers Dushita Pitta's Dravtva. These drugs support sound physical, mental, and emotional health while treating subjective symptoms.

### Mode of action of Sutshekhar Ras<sup>[13]</sup>

An essential Ayurvedic medication, Sutshekhar Ras balances Pitta Dosha and relieves symptoms such as heartburn, nausea, vomiting, abdominal pain, epigastric tenderness,

hiccups, fever, headaches, and breathing difficulties. "Sutshakar Rasa"- the Pitta's vitiated state - improves the entire digestive process and leads to Agni's efficient operation. Sutshakar Rasa's Ruksha, Laghu, Katu, and Ushan qualities have the ability to reduce vitiated Pitta and keep Agni functioning properly. Ingredients of Sutshekhara Rasa are mostly Agnivardhak & Amapachak properties.

#### **Mode of action of Avipattikara Churna<sup>[14]</sup>**

Avipattikara Churna is a herbomineral compound formulation with clinical applications in the treatment of Amlapitta (hyperacidity and dyspepsia). Katu, Tikta, Madhura Rasa, Laghu, Ruksha, Tikshna, Snigdha Guna, Ushna Sheeta Virya, Madhura, and Katu Vipaka constitute the majority of the drugs in Avipattikara Churna. Aside from Khandasharkara, the main ingredient is Trivrut (Nishoth). It comprises Katu, Tikta Rasa, Laghu, Tikshna, Ruksha Guna, Ushna Virya, and Katu Vipaka. It has Bhedana, Rechana, and Shothahara properties, which make Pitta Virechana useful in Amlapitta's Samprapti Vighatana. This action of Trivrut is also aided by the Mridu Rechana/Anulomana action of Triphala. Trivrut and Triphala are both effective remedies for Vibandha. Deepana, the Pachana Karma of all drugs, maintains Agni and prevents Aama formation. Additionally, Avipattikara Churna improves gastric secretion and motility, which facilitate better digestion.

#### **Mode of Action of Kamdudha Rasa<sup>[15]</sup>**

Some of the ingredients of Kamadudha Rasa such as Pravala and Mukta have Dipana (appetizer) and Pachana (digestive) properties maintain the normalcy of Agni (digestive fire). The Kshariya (alkaline) nature of these drugs would reduce the Amliyata (acidic nature). These are Sita Virya Dravyas (the drug having cold potency or cooling effect usually resembles to endothermic) which does Pitta Shamana (pacify the biological fire).

#### **Mode of Action of Kushmanda Avaleha<sup>[16]</sup>**

As Kushmanda has laghu snigdha gunna, Madhura rasa, sheeta veerya so this Avelaha has Tridoshashamaka property. It has been used as a Naimittika Rasayana (promoter of specific vitality in specific disease and Amlapitta is one of them).

#### **Gulkand**

Gulkand is known for its cooling properties, which can help reduce inflammation and irritation in the stomach lining. It helps in neutralizing stomach acid, thus providing relief

from these uncomfortable symptoms. Its alkaline nature balances the acid levels in the stomach, preventing the burning sensation associated with acid reflux.

## CONCLUSION

In conclusion, this case study offers valuable insight about how to effectively manage Amlapitta applying Ayurvedic principles. The combination of Pathyapathya, Shamana Chikitsa, and a comprehensive assessment of the patient's condition illustrates how effective Ayurveda can be in relieving gastrointestinal issues and enhancing overall wellness. The thorough and patient-focused characteristics of Ayurvedic care can be improved by routine check-ups as well as customized treatment adaptations.

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