

## **TO STUDY THE EFFECT OF DRAKSHADI VATI (Y.R.) IN THE MANAGEMENT OF URDHWAG AMLAPITTA**

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## **INTRODUCTION**

In the modern era irregular food habits, suppuration of natural urges, lack of proper sleep and less time for relaxation, increased dependence on addiction like tobacco, and alcohol are being part of our life which enhances incidences of many diseases mainly having psychosomatic origin are increasing due to urbanization, high industrial growth, deforestation, at a drastic speed. Amlapitta is one of the major diseases caused by life style changes and its prevalence is increasing day by day. In modern science the disease is caused by irregular food habits, addiction of alcohol and tobacco, micro organisms like E-coli and certain idiopathic factors which leads to dyspepsia. Madhavakara

described the pathogenesis of the disease due to Pittaprakopa which is already increased due to its own causes. He describes the two gatis of Amlapitta as Urdhvaga Adhoga. Acharya Charaka describes that there is no direct description of etiopathogenesis as well as treatment protocol many scattered references can be traced out from them of the Psychosomatic disorder having high prevalence and still on the rise. Kashyapa Samhita is the first text which describes the disease Amlapitta as a separate disease entity conditions in Modern Science like Hyperacidity, Ulcers can be included under the broad umbrella of Amlapitta having the classical symptoms of Amlapitta were selected.

Charaka and Kashyap have clearly indicated that, the Grahani dosha and Amlapitta occur in the persons who could check the temptation of food. Ajirna after encountering the specific doshas and affinity with specific site may cause various diseases. Annavisha produced due to ajirna when mixes with pittadi dosha, and lodges in amashya produces Amlapitta. In our granthas, acharya suggested shodhan as well as shamana chikitsa for Amlapitta. But as we said nidan pariwarjan is always the best line of treatment, here the study is concerned to study the details about disease Amlapitta and its management. As shodhan removes the vitiated doshas from the body from the roots but in Amlapitta a small amount of hetu sevan can relapse of the same lakshanas seen in Amlapitta, hence the study was concentrated on shaman chikitsa in Amlapitta by using Drakshadi Vati to check the efficacy of this medicine in Urdhwag Amlapitta and to assess any other associated benefits as well as side effects.

### **AIMS AND OBJECTIVES**

The present study was carried out to study the etiopathogenesis of Amlapitta as well as to assess the efficacy of Drakshadi Vati & their effects.

### **MATERIALS AND METHODS**

Total 55-patients having classical symptoms of Amlapitta, irrespective of sex, occupation etc, attending the O.P.D. of Dept. of Swasthritta, Dr. D.Y. Patil Ayu. College & Hosp. Pune (MS), were selected for the clinical trial.

**Study Design:** Single arm open labeled study.

#### **Inclusion Criteria**

Patients presenting with the classical symptoms of Amlapitta, like Avipaka (Indigestion), Utklesh (nausea), Amlodgara (sour belching), Chhardi (vomiting), Hritdaha (Heartburn), Aruchi (Anorexia), Klama (fatigue) etc. aged between 15-60yrs. were included.

#### **Exclusion Criteria**

Patients aged below 15 and above 60 yrs, chronicity more than 5 yrs and suffering from Vidagdhajirna, Adhoga Amlapitta, Ulcers, Carcinoma etc. were excluded. Before starting the treatment detailed clinical history was taken in the clinical research proforma based on Ayurvedic and modern parameters and the written consent was taken from the patients.

#### **Method of preparation of drug**

Drakshadi Vati contains Draksha 1part, Haritaki 1part & sugar 2 part prepared vatika form.

**Dose and Duration**

Dose of 500 mg were administered along after meal two times a day for the duration of 4 weeks.

**Criteria for Assessment**

The patients were examined weekly and their status was noted. Assessment was done on the basis of improvement in Rogabala, Dehabala, Chetasabala and Agnibala by specific scoring pattern. Subjective parameters were analysed by Wilcoxon's matched paired test.

**Total improvement was categorized as follows**

No improvement 0 - 25%, Mild improvement- 26%-50%, Moderate improvement: 51%-75%, Marked Improvement: 76% -100% and Complete Remission: 100%.

**Observations**

The observation made on 55 patients of Amlapitta showed that maximum number of patients i.e. 66.66% were between the age group of 36-60yrs., 59.29% were female, 88.89% were married, 59.26% were housewives, 38.89% were primary educated, 50% belongs to middle socio economic status, 85.19% belongs to urban civilization, 35.19% of patients having chronicity of 2-3yrs, Adhyashana was observed in 42.59% , 61.11% were taking Katu rasa pradhana diet and 98.15% were habitual to tea. 53.70% of patients were having Avara Jaran Shakti, 64.81% having Mandagni, Chinta was found in 51.85% of patients. The chief complaints observed in the patients as: Amlodgara in 100% of patients, Katu udgara in 92.59%, Kantha Daha 68.52%, Uraha Daha 74.06%, Chhardi in 44.44%, Avipaka in 51.85%, Adhmana in 44.44%, Shira Shoola in 35.19% of patients.

Rasavaha Srotodushti was found in 87.04%, Annavaha in 100%, Purishvaha in 38.89%, Raktavaha in 20.37% of patients.

**RESULTS**

Effect of Therapy on cardinal symptoms: Drakshadi Vati showed statistically highly significant results on cardinal symptoms of Amlapitta. (Table – 1).

Overall effect of Therapy on Rogabala, Dehabala, Chetasabala, Agnibala: the drugs showed statistically highly significant results on all these parameters showed better results on the symptoms like Kukshi daha, Amlodgara, Katu udgara, Avipaka.

**Table 1: Effect of Therapy on cardinal symptoms.**

Symptom	n	N	Mean Score		%	W	P
			BT	AT			
Amlodgara	25	21	2.20	0.96	56.36	231.00	<0.0001
Uraha daha,	21	15	1.80	0.92	48.89	120.00	<0.0001
Katu Udgara	25	20	2.16	0.96	55.56	210.00	<0.0001
Kukshi daha	17	11	1.40	0.80	42.86	66.00	<0.0001
Avipaka	14	12	1.12	0.60	46.43	78.00	<0.0001
Chhardi	12	12	1.00	0.28	72.00	87.00	<0.0001

**Overall effect of Therapy:** Moderate improvement was observed in 44% of the patients. Mild improvement was observed in 24% of the patients. Marked improvement was observed in 32% of the patients.

**Table 2: Overall effect of Therapy.**

Symptom	<50	>50	X <sup>2</sup>	P
Amlodgara	16	9	5.15	Significant
Katu Udgara	16	9	3.93	Significant
Kukshi daha	13	4	4.30	Significant
Avipaka	13	1	5.90	Significant

## DISCUSSION

Symptoms of Amlapitta closely resembles with Hyperacidity as there is excessive secretion of Hydrochloric acid than normal. Also It is characterised by Heart burn, Indigestion, Sour belching, Feeling of nausea, Lack of desire for food, feeling of restlessness which can be similar to symptoms of Amlapitta. Excessive intake of Amla (sour), Katu (Pungent), Lavan (Salty), Vidahi (Spicy) substances causes vitiation of Pittadosha and lead to disease. This type of food cause irritation of the mucous membrane of stomach and esophagus, also they cause weakness of the lower esophageal sphincter, stimulate the stomach to produce excess of acid and increase acid reflux. In the present study, Drakshadi Vati showed statistically highly significant results on cardinal features like Amlodgara, Katu udgara, Avipaka, Kukshi daha, Uraha daha, Chhardi as most of the drugs like Draksha & Haritaki having Madhur Tikta(bitter) and Kashaya rasa & madhur vipaki which are best Pittashamaka and Amapachaka rasa. Hence they reduced the samata of Pitta and relive symptoms. Both the drugs are mild Laxative & pitta virechak. Hence it is useful to treat constipation & indigestion.

## CONCLUSION

The disease Amlapitta can be correlated with Hyperacidity on the basis of symptoms as well as pathology. If the patient does not follow the pathya-apathya then there is no importance of

drug as Lauhya is the main etiological factor, also mentioned by Kashyapa. In most of the patients, there is involvement of Annavaha srotas along with Rasavaha. Agnimandya is the main responsible factor of it. As the vicious cycle continues between Agnimandya, Ajirna, Lauhya, Nidana sevana the disease becomes Chirakari (chronic). Drakshadi Vati in showed statistically highly significant results on chief complaints like Amlodgara, Katu udgara, Avipaka, constipation.

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