

A REVIEW STUDY OF DRAKASHADI GUTIKA ON AMLAPITTA W.S.R. HYPERACIDITY

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ABSTRACT

Amlapitta is a very common lifestyle disorder in present era which caused by to vitiation of *pitta* and *kapha* by *Ama*. If not treated in timely, signs and symptoms of *Amlapitta* are very similar to Hyperacidity. It is characterized by acid regurgitation, nausea, heart burn indicating the *vikruti* of *pachaka pitta* along with *kledaka kapha* and *saman vayu*. In present cenerio, mental stress has been most common cause due to Hectic life style. According to *yogaratanakar*, *drakshadi gutika* play important role in *amlapitta* and also plays important role in management of *mandagani*, *amavata*, burning sensation in throat etc.

KEYWORDS: *Amlapitta*, Hyperacidity, *Drakshadi gutika*.

INTRODUCTION

In this rapidly growing civilization and multimedia technology life become full with stress having more speed and accuracy are the prime demands. So, people neglect healthy food and are attracted towards the junk food, they are changing their diet pattern, lifestyle and behavioural pattern. People are becoming more stressed with worry, tension and anxiety causing so many psychological disorders which hampers the digestion and is causing hyperacidity, gastritis, dyspepsia, peptic ulcer disorders and anorexia. All these pathological disorders covered under the broad umbrella of "*Amlapitta*" in *Ayurveda*.

It is very common disease encountering in present population with more or less severity. 80% of the top ten life threatening disease of the world are due to faults in dietary habits.^[1] In *Ayurveda Amlapitta* cannot be correlated with particular disease more precisely. But it can be correlated with acid reflux syndrome which comprises of GERD, Gastritis, dyspepsia, acid peptic disorder, Hyperacidity etc.

In *Ayurvedic* terminology, *Agni*(digestive fire) is considered as the protector of the human body while *Ama*(toxic) is the cause of disease.^[2] The main cause is indiscretion in taking food which leads to three type of *Doshik* imbalance: *vata*, *pitta* and *kapha*. These three *doshas* present in the human body are found in the *Grahani*(Duodenum) which is consideration as the seat of digestive fire or *Agni*.^[3] It is also said that eating during indigestion leads to problem like acidity, heart burn, gastritis etc, which is referred as *Amlapitta*.^[4]

अविपाककलमोत्क्लेशतिक्ताम्लोद्गारगौरवेः ।

हृत्कण्ठदाहारुचिभिर्ज्वाम्लपित्तं वदेत् भिषक् ॥ 5

Before talk about the plan of management and its evaluation there is needed to understand *Amlapitta* in terms of modern science. The most common causes of gastritis are *Helicobacter pylori* infections and prolonged use of NSAIDS such as Aspirin or ibuprofen. Along with this there is an increased and frequent consumption of tea, coffee, spicy food, tobacco, smoking and alcohol with an intention to reduce the stress, this has resulted in incompatibility of food and ending in gastric related complaints such as nausea, vomiting, heartburn etc. Treatment is directed at the cause but often includes acid suppression and for *H.pylori* infection, antibiotics is used. If not treated on timely it leads to several life-threatening complications such as ulceration, perforation, gastrointestinal bleeding, and adenocarcinoma.

References of Amlapitta in Ayurvedic texts

Disease *Amlapitta* has very long history. It was mentioned in *kashyapa samhita*, *Madhav-Nidana*, *Yogaratanakara*, *Bhavaprakasa*, *Chakradatta* and *Rasaratna Samuccaya*.

Acharya Charaka, *Sushruta* and *Vagbhata* have not described disease *amlapitta* in a separate chapter through it has been referred at certain places in their *samhita*.

1. *Acharya charaka* has given some references about *Amlapitta*.^[6] In *charaka samhita* *Amlapitta* has not been directly described as disease, he has mentioned that when *Amavisha* get directly mixed with *pitta*, *Amlapitta* will develop.^[7]
2. *Acharya Kashyapa* has first of all mentioned the disease *Amlapitta* in a separate chapter

and he has also mentioned *Manashika Bhava* (psychological factors) as a chief cause of this disease as well as the analysis of *Amlapitta* on the basis of *dosha* has been done by *Acharya Kashyapa*, whereas *kashyapa* believed that the disease is caused by the vitiation of *Tridoshas* causing *Mandagni* leading to *Vidagdha jirna* ultimately manifesting as *Amlapitta*.^[8]

3. *Acharya Vagbhata* has described that all the diseases are caused by *Mandagni*.^[9] *Acharya charaka* and *kashyapa* have clearly indicated that *Grahani* *Diosha* and *Amlapitta* occur in the persons who could not check the temptation of food.
4. *Acharya Madhavakar* has given detailed description about this disease including classification of the same according to *Gatii.e.Urdhvaga Amlapitta* and *Adhoga Amlapitta*.^[10]
5. *Chikitsa* of *Amlapitta* has been described by *Bhavmishra*.

DRUG REVIEW (DRAKSHADI GUTIKA)

For selection of the drug should be kept in the mind-

- a) Non-controversial b)easily available c)safety profile of the drug d)acceptable form of presentation e) economic criteria is also important.

The treatment of *amlapitta* is very difficult because usually the patients cannot follow the *Pathya-Apathya* all the time. *Ayurveda* has a lot to offer in the management of G.I.T. disorder. In *Shamana* (ayurvedic palliative drugs) *Chikitsa*, *Acharyas* have mentioned the drugs, which are mainly having *Tikta* and *Madhura-Ras* (pungent and sweet taste), *Sheeta virya* (cold in potency) and *Madhur-Vipaka*, *Laghu* and *Ruksha* property.

On the basis of above description *Drakshadi Gutika* has been selected for the treatment of *Amlapitta* which is a classical reference mentioned in the *Yogratnakar Uttaradh Amlapitta nidanam* its contents are as follows.

द्राक्षापथ्ये समे कृत्वा तयोस्तुल्यां सितां क्षिपेत् ।
संकुटयाक्षद्वयमितां तत्पिण्डीं कारयेत् भिषक् ।।
तां खादेदम्लपित्तातो हृत्कण्ठदहनापहाम् ।
तृणमूर्च्छाभ्रममन्दाग्निनाशिनीमामवातहाम् ।।।।

Name	Rasa	Guna	Virya	Vipaka	Doshaghnata
<i>Haritaki</i> ^[12] (<i>Terminelia chebula</i>) combretaceae	<i>Kashaya</i> <i>pradhan pancha</i> <i>rasa lavan varjit</i>	<i>Laghu,</i> <i>ruksha</i>	<i>Usna</i>	<i>Madhur</i>	<i>Tridosahara</i>

<i>Draksha</i> ^[13] (<i>Vitis vinifera</i>) vitaceae	<i>Madhur</i>	<i>Snigdha,</i> <i>Guru, mridu</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vata- pittahara</i>
<i>Shita</i> ^[14] (khand, mishri)	<i>Madhur</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vata-pittahara</i>

Pharmaceutical preparation of *Drakshadi Gutika*^[15]

Equipment- *ulukhal yantra*, mixer jar, tray, sieve. Ingredients- 1) *Haritaki phala twak churna*- 1part (250gm)

2) *Draksha*- 1part (250gm)

3) *Shita*- 2part (500gm)

Procedure- first of all we collect *haritaki phala twak* from shadow dried haritaki fruits and *yavkuta* in *ulukhal yantra* then fine it with help of mixer jar. Seeds remove from *draksha* and make the paste in *ulukhal yantra*. Then we take *mishri* and also make it's fine powder with the help of *ulukhal yantra* and mixer jar after that *haritaki phala twak churna*, *draksha kalaka* and *mishri* are mixed step by step. And make the *gutika* in two *aksha pramana*.

Precaution-*haritaki churna* and *mishri* should not be mixed at same time in whole amount in *draksha kalaka*.

Anupana-cold water

DISCUSSION

Ingredients of *drakshadi gutika* are *kashaya* (astringent) and *madhura* (sweet) *rasa pradhana*. *Madhura* and *kashaya rasa* are *pitta shamaka*. *Tikta* and *kashaya rasa* also subsides *kapha dosha*. According to *Ayurveda*, *Madhura rasa* counteract the *Tikshana Guna* of vitiated *pitta* having soothing effect promotes strength and pacify *pitta* and *vata dosha* and useful in *Daha* (burning sensation) and *Murchha*. *Kashaya rasa* also *pitta prashamana*. According to *Ayurveda*, *haritaki* is having following properties like *anulomini*, *krimighana* (anti microbial), *rasayana*, *vibanda*, *vishamjwaraghana*, *srotovividhanam* etc. In pathogenesis of *amlapitta*, *mandagni* (impaired digestive function) leads to *Ama* (substance resulting in the process of transformation before attaining finality) formation. *Vatanulomana* (downward movement of *vayu*) property of *haritaki* helped in expelling the excessive *vidgdha pitta* from the body. *Haritaki* is also *mridurechaka* which excessive *vidgdha pitta* pulls out of body. *Draksha* having following properties like *trishananigrahana*, *snehana*, *anulomana* due to having *guna* of *snigadha*, *sheeta* and *madhura*.^[18]

CONCLUSION

Drakshadi gutika correct the vitiated state of *pitta* and corrects the whole digestion process which results in proper functioning of *Agni*. It also helps in abolishing all the major factors involved in pathogenesis of disease. Hence, proved to be an effective measure in treating *Amlapitta*. This study can prove a real breakthrough in coming times for the treatment of *Amlapitta*.

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