

REVIEW ARTICLE: ROLE OF SHODHANA KARMA IN AMLAPITTA**¹*Dr. Neha Arya and ²Dr. Mayank Bhatkoti**¹MD Scholar, ²Associate Professor

Gurukul Campus, Uttarakhand Ayurvedic University, Haridwar.

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Corresponding Author*Dr. Neha Arya**MD Scholar, Gurukul
Campus, Uttarakhand
Ayurvedic University,
Haridwar.**ABSTRACT**

Amlapitta is a disease of Annavaha Srotas and is more common in the present scenario which mainly occurs due to unhealthy diet and disturbed lifestyle. Unhealthy food does not get digested properly and becomes toxic which leads to various types of problems and Amlapitta is one of them. The manifestation of disease takes place in Amashaya which is the place of Pachaka Pitta and Kledak Kapha.^[1] Day by day luxuries are increasing in our life from which people are becoming more conscious for advanced life style, resulting in intake of fast food and other major changes in dietary habits and more and more stress. Nowadays every age group is suffering from this very common disease still modern medical science is not able to provide an easy and definite

solution for these disorders. Ayurveda always works on root cause of the disease by Shodhana Chikitsa and various preparations are mentioned in texts to manage the disease. Shodhana karma is a part of Ayurvedic Chikitsa which include Vamana and Virechana Karma. These are effective procedure to correct the functioning of Dosha and their Adhisthan in the management of Amlapitta.

KEYWORDS: Amlapitta, Annahavaha srotas, Amashaya, Shodhanak karma, Vamana karma, Virechana karma.

INTRODUCTION

Amlapitta is a disease of Annavaha srotasa and pitta dominancy but in vitiated condition. The 'Amlapitta' is composed of words Amla and Pitta. The characteristic of Pitta in Amashaya is disturbed in reference of its Amla rasa. The Amla guna of Pitta is increased in this condition which is called Amlapitta. In Amlapitta, agni will be diminished due to the Nidana sevana and these Nidana could be Aharaja (viruddha, dushta, amla, vidahi, pittaprakopi bhojan)^[2],

Viharaj, Manasika and also Agantuka. These nidana sevana are responsible for the manifestation of the disease. These factors vitiate the Pitta dosha which suppresses Jatharagni and the condition of Mandagni occurs. Avipaka Titka-Amla Udgara, Gaurava, Klama, Utklesha, Hritdaha, Aruchi, Kanthadaha are the symptoms of the disease.^[3] Antrakunjana, Udaradhamana, Vidbheda, Hritshula lakshana are also added by Acharya Kashyapa.^[4] According to modern science, different enzymes and secretions responsible for the digestion may be considered as pitta dosha. It is the condition in which there is an excessive production of HCL takes place in the stomach. Hydrochloride acid is produced by parietal cells in the gastric glands in the stomach. The Adhistan of Vyadhi is Amashaya and the Nidana sevana causes Dosha Prakopa especially Pitta dosha. This eventually creates Mandagni due to which ingested food becomes Vidagdha and attains Shuktibhava. This Vidagdha and shuktibhava of food creates Amlata in Amashaya.^[5] Through Vamana and Virechana Karma, Kapha & Pitta Dosha are expelled out from Amashaya(stomach). Amlapitta in acute stage is Sadhya while in chronic stage it is Yasya or Krichhasadhyah.^[6] Vamana and Virechana karma, one of the effective Panchakarma therapy, as indicated in texts which are able to correct the functioning of these Dosha and their Adhistan.

Role of Shodhana karma in Amlapitta

The Ayurvedic management of diseases in general, can be broadly Grouped in to "Sodhana" and "Samana" treatments. Charaka says that the Dosas subdued by Langhana and Pachana therapies may provoke, but in case of Sodhana, there is seldom possibility of such recurrence.^[7] Acharya Kashyapa has mentioned Shodhana Karma as the best treatment for Amlapitta to eliminates the vitiated Doshas from their root cause and thus cures the disease entirely so that there is least probability of the recurrence of the disease.^[8] Sodhana Chikitsa is performed mainly by employing Panhcakarma (five therapeutic measures). It includes Vamana, Virechana, Asthapana basti, Anuvāsana basti and Nasya karma. Vamana karma is quite difficult in some cases but the probability of the reoccurrence of the disease is less. According to Acharya Kashyap the disease is originated from Amashaya and there is the Sthana of Kapha and Pitta. Therefore, in order to cut it off completely, Vamana and Mridu Virechana should be done in those individuals who have a good physical strength and masculine body so that those individuals can bear the pain and stress cause by the procedure.^[9]

DISCUSSION

Amlapitta is a common functional disease of Annavaha Srotas and Amashaya Sangata Vyadhi. The vitiation of Pitta causes disturbance in the process of digestion, transformation and transportation. Therefore oral route the nearest route to remove out vitiated Pitta. As Acharyas stated that Vamana, as defined is a process in which Apakva Pitta and Kapha are removed forcefully through upper channels by the act of Vomiting. Acharya Charaka has highlighted, the role of Panchakarma therapy by stating that the disease treated by Shodhana karma will never reoccur whereas there is more chance to reoccurrence of the disease treated with Shamana therapy. The mechanism described in the first chapter of Kalpa Sthāna said that, the drugs which are having Usna, Tikсна, Suksma, Vyavāyī, Vikāśī guna^[10] (hot, sharp, micro and fast acting properties), by their own Vīrya (potency) enters in to the heart. With the help of Dhamanī (arteries) it enters in to both types of Srotas, Suksma and Sthūla (subtle and gross channels). After entering in to the all channels of the body due to Āgneya guna, it causes instant digestion and initiates the movement after softening. Here Tikсна guna separates the ready to go sticky Doshas in the channels. After the detachment of Dosha and Mala from subtle and gross channels, these Malarupi Doshas are ready to come in to Mahāsrotas. then with the help of Vamana Dravya, Suksma property of medicine allows penetration into minute channels. Downward movement of Doshas from Suksma to Mahasrotas (gross channels) helps to come into Amasaya (Stomach). Due to the specialty of Vamana drugs (Agni and Vāyu mahābhūta dominant) and Virechana Drugs (jala and prithvi mahabhuta) these accumulated Doshas and Malas in the stomach move in the upward and downward directions and gets expelled out. These Vamana and Virechana helps to expelled out the increased quantity of vitiated Pitta from the body and this results to relief in symptoms of the individuals.

CONCLUSION

Amlapitta can be correspond with hyperacidity of modern science. In the process of digestion hydrochloric acid plays an important role because it converts inactive enzymes pepsinogen into active enzyme pepsin which then helps digestion by breaking the bonds linking amino acids, a process called proteolysis.^[11] In Ayurveda we can correlate this HCl with Pachaka Pitta and Amlapitta is a condition where the quantity of Pachaka Pitta get increased. If it is not treated timely or triggering factors continued, it may lead many complications such as gastric ulcer, chronic gastritis, IBS, anaemia, malabsorption and stenosis. It needs more reserch to aquired knowledge regarding the management of Amlapitta.

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