

A CONCEPTUAL STUDY ON EFFECT OF ABHAYADI CHURNA IN AMLAPITTA

Zeba Malik^{1*}, O. P. Singh² and Shweta Shukla³

¹MD 3rd Year, PG Department of Kaya Chikitsa, Rishikul Campus, Uttarakhand Ayurved University, Haridwar, Uttarakhand.

²Prof. & Head, PG Department of Kaya Chikitsa, Rishikul Campus, Uttarakhand Ayurved University, Haridwar, Uttarakhand.

³Assistant professor, PG Department of Kaya Chikitsa, Rishikul Campus, Uttarakhand Ayurved University, Haridwar, Uttarakhand.

Article Received on
28 Sept. 2020,

Revised on 18 October 2020,
Accepted on 08 Nov 2020

DOI: 10.20959/wjpr202015-19166

*Corresponding Author

Dr. Zeba Malik

MD 3rd Year, PG
Department of Kaya
Chikitsa, Rishikul Campus,
Uttarakhand Ayurved
University, Haridwar,
Uttarakhand.

ABSTRACT

Acharya Charaka mentioned the disease *Amlapitta* in *Grahani Dosha Chikitsa* as a *Lakshana*. Very first, the disease was described by *Acharya Kashyapa, Harita & Madhava*. *Amlapitta* is a disease of *Annavaha Srotasa* with *Pitta- Kapha Pradhana tridoshaja Vyadhi*. In *Amlapitta*, *Amla guna* of *Pachaka Pitta* is increased due to *saamta* generally resulting after *Ajirna*. With the adaptation of western culture, there is progressive change in life style such as increased use of junk and fast foods, adaptation of new cooking methods along with changing habit and timing of food intake, all of which are enough to produce this disease and comes under *Viruddhahara* and *Viruddhasana*, In Modern medical science it comes under Acid- Peptic Disorder, which is characterized by abnormal secretion of Gastric and

Pancreatic enzymes. It is one of the common disease, affecting almost every individual in today's era.

KEYWORDS: *Amlapitta, Annavaahasrotasa, Pachaka Pitta, Acid- Peptic Disorder, etc.*

INTRODUCTION

In *Charaka Samhita*, the word '*Amlapitta*' comes in the diseases caused due to origin of '*Ama*' in *Grahani Chikitsa*.^[1] *Acharya Vagbhatta* quoted that effects of *Viruddhahara* consumption are likely that of *Garvisha*.^[2] *Amlapitta* is mentioned in diseases caused by

Viruddhahara.^[3] *Acharya Sushruta* has mentioned symptom *Amlika*, resulting from excessive use of *Lavana rasa*.^[4] This disease was first described in detail by *Acharya Kashyapa* with the name *Shuktaka*. In its treatment he even suggested to change the place, in case where medicine does not work.^[5] *Madhava Nidana* is the first available text which describes *Amlapitta* with its aetiopathogenesis and symptomatology with two clinical subtypes viz. 1. *Urdhvaga* and 2. *Adhoga Amlapitta*.^[6] In *Bhavaprakasha*, two separate chapters (*updrava* & *arishta*) on *Amlapitta* have been described.

The word '*Amlapitta*' is comprised from two words- *Amla* and *Pitta*. So, in *Amlapitta*, the normal bitter taste is changed to more sour taste due to fermentation. Because of this increased *Amla guna* of *Pachaka Pitta* due to *Vidhagdha anna* resulting from *Ajirna*, it is known as *Amlapitta*. *Amlapitta* is one of the commonest *Vyadhi* of *Annavahasrotasa* caused by vitiated *agni*. According to *Dalhanacharya*, *Pitta* is of 2 types- 1. *Sama Pitta*: *Amla rasa* and 2. *Nirama Pitta*: *Katu rasa*. In *Amlapitta*, *Amla guna* of *Pachaka Pitta* increases due to dominance of *Sama Pitta* produced as a result of *Ajirna*. *Acharya Kashyapa* mentioned the involvement of all three *Doshas*.^[7] while *Madhavakara* has accepted the dominance of *Pitta* in this disease.^[8]

Now a days, Due to westernization and industrialization, environmental changes, atmospheric pollution are more evident, increasing indulgence in newer food materials, change in methods of cooking, untimely dietary intake along with stress and anxiety all together have increased the prevalence of this disease. Hyperacidity is a gastrointestinal disorder. In digestive process, HCL plays an important role as it converts inactive enzyme pepsinogen into active enzyme Pepsin which helps digestion by breaking the bonds linking amino acids, a process called Proteolysis.^[9] Hyperacidity means an increased level of acid in the stomach, also called as Acid Dyspepsia which manifest as burning pain or discomfort in upper abdomen, usually in epigastrium, postprandial abdominal discomfort which characterized by fullness & nausea.^[10]

Description of drug (*Abhayadi churna*)

For the proper selection of drug, one should keep in mind that the drug should be a). Non-Controversial b). Easily available c). Safe d). Economical. For the treatment of *Amlapitta*, many single & Compound formulations are described in our *Samhita*'s. In *Shamana Chikitsa*, *Acharyas* have mentioned the drugs, which are mainly having *Tikta* and *Madhura rasa* (Pungent and Sweet taste), *Shita Virya* (cold in potency), *Katu Vipaka*, *Laghu- Ruksha* and

Pachana property. On the basis of above description, *Abhayadi Churna*.^[11] has been selected for the treatment of *Amlapitta* which is a classical reference mentioned in the *Bhaishajya Ratnavali* 56/21. Its content are as follows-

Name of drug	Rasa	Guna	Virya	Vipaka	Doshaghnata
<i>Haritaki</i> (<i>Terminalia chebula</i>)	<i>Kshaya-Rasa</i> <i>Pradhan</i> <i>Panchras</i>	<i>Ruksha,</i> <i>Laghu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha</i> <i>shamaka</i>
<i>Pippali</i> (<i>Piper longum</i>)	<i>Katu</i>	<i>Laghu,</i> <i>Tikshna,</i> <i>Snigdha</i>	<i>Anushna</i> <i>Shita</i>	<i>Madhura</i>	<i>Vatapitta</i> <i>shamaka</i>
<i>Draksha</i> (<i>Vitis vinifera</i>)	<i>Madhura</i>	<i>Guru, Mridu,</i> <i>Snigdha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Vatapitta</i> <i>shamaka</i>
<i>Dhanyaka</i> (<i>Coriandrum sativum</i>)	<i>Madhur, Katu,</i> <i>Tikta, Kashaya</i>	<i>Laghu,</i> <i>Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha</i> <i>shamaka</i>
<i>Yavasa</i> (<i>Alhagi camelorum</i>)	<i>Madhur, Tikta,</i> <i>Kshaya</i>	<i>Guru,</i> <i>Snigdha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Pitta shamaka</i>
<i>Sita</i> (<i>Polygonatum verticillatum</i>)	<i>Madhura</i>	<i>Guru,</i> <i>Snigdha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Kapha</i> <i>nihsaraka,</i> <i>Pittashamaka</i>

Most of the contents in formulation are *Tikta* (pungent), *Kashaya* (astringent) & *Madhura Rasa Pradhana* (sweet). *Madhura, Tikta* and *Kashaya Rasa* have *Pitta Shamaka* properties. *Tikta Rasa* and *Kashaya Rasa* also subsides *Kapha Dosha*. Most of the drugs have *Madhura Rasa* and all the drugs have *Madhura Vipaka* which counteract the *Tikshna* & *Ushna Guna* of vitiated *Pitta*. Its soothing effect increases *Bala*, pacify *Pitta, Vata Dosha* and useful in *Daha* (Burning sensation). Most of the drugs have *Tikta Rasa* and according to *Acharya Charaka, Tikta rasa* is *Krimighna, Murcha, Daha, Kandu, Trishna nashaka, Jwaraghna, Agnidipana* and *Pittashleshma upashoshaka*.^[12] *Tikta rasa* has the ability to convert *Sama Pitta* into *Nirama pitta*, also decreases the *Pitta dravyata vriddhi*, so beneficial in pacifying symptoms like *Utklesha, Amlodgara* and *Avipaka*.

Haritaki,^[13] *Pippali*,^[14] *Dhanyaka* and *Sita* helps in improving *Mandagni* and *Aruchi* through their *deepana- pachana* karma. *Deepana- Pachana* increases *Jatharagni* due to which there is less chance of *Avipaka* and reduces the symptoms like *Utklesha* and *Udara Gaurava*.

Haritaki, Pippali, Dhanyaka^[15] are also *Amapachaka* drugs which help in digesting *Ama* produced due to *Mandagni*. They also have *Yakruduttejaka* property which improves the

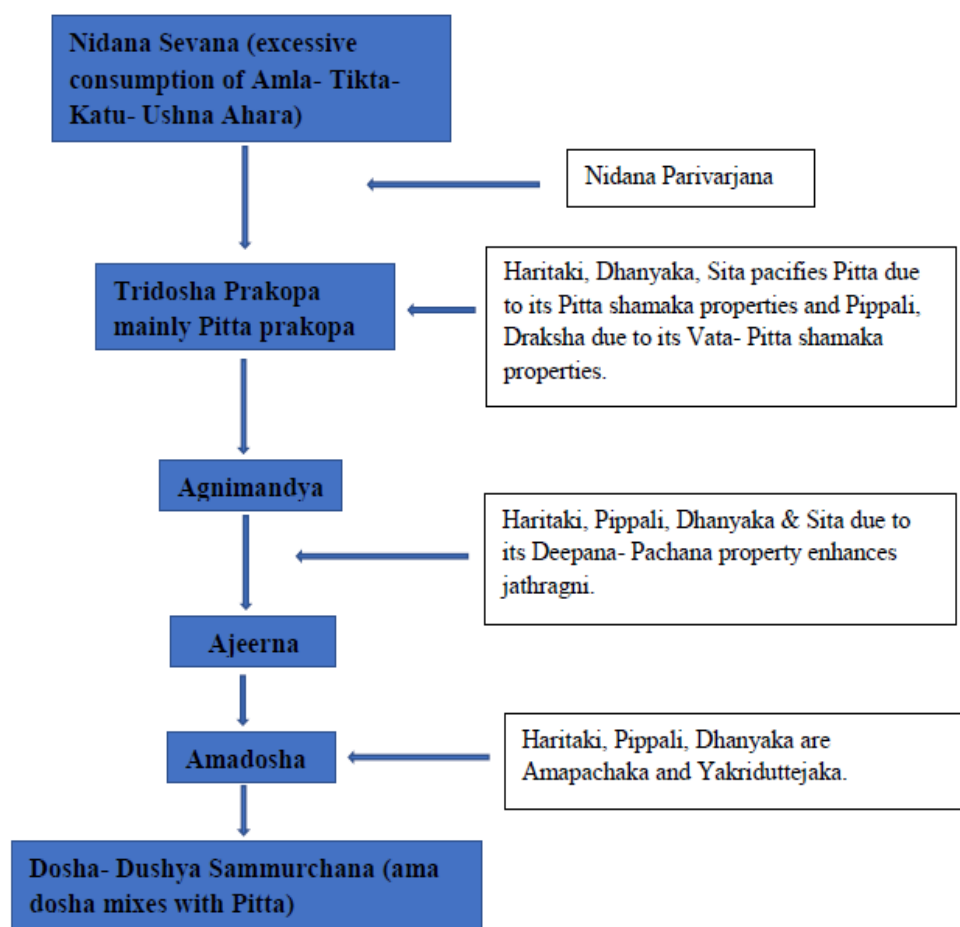
function of liver (Moola of *Raktavaha Srotasa*). Thus *Rasa- Raktavaha Srotodushti* can be treated very well.

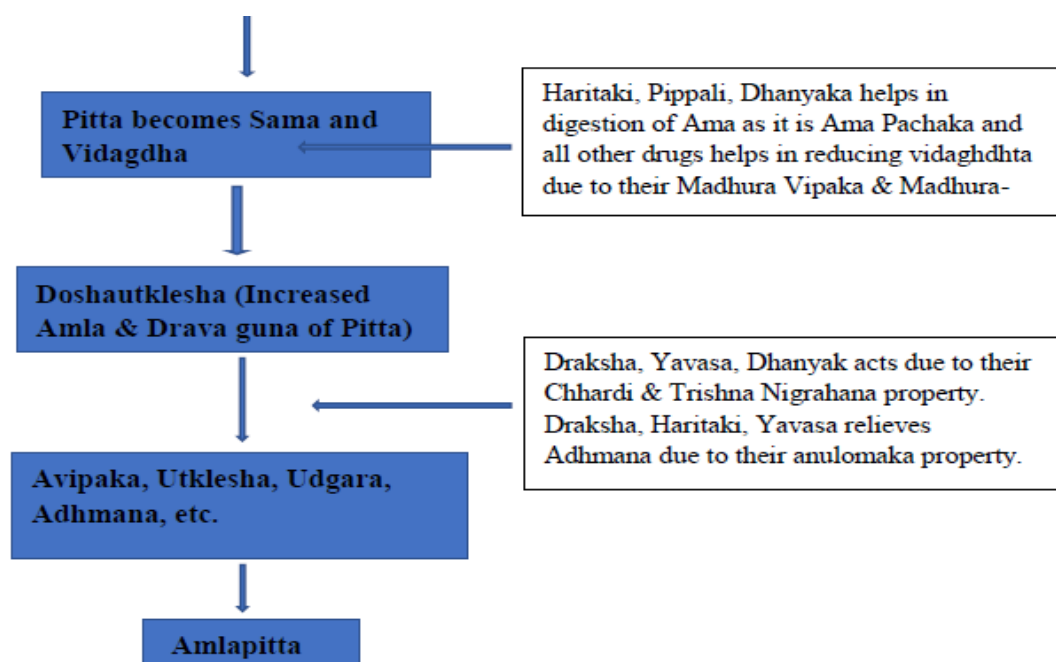
Chhardi Nigrahana & *Trishna Nigrahana* property of *Draksha*, *Dhanyaka*, *Yavasa*^[16] relieves *Chhardi* and *Trishna* in *Amlapitta*.

Draksha.^[17] *Haritaki* and *Yavasa* help in relieving *Adhmana* through their *Anulomaka* Property.

Due to *Ushna Virya* of *Haritaki* and *Dhanyaka*, it does not allow *Vata Prakopa*, so it relieves *Adhmana*. *Haritaki* being *Mridu Rechaka* controls *Vibandha*. Due to its *Rasayana* Property all *Dhatus* get adequate nourishment & thus *Dhatu Prasadana* is occurred.

Srikanth and Venkatesh evaluated the anti- stress activity of aqueous extract of *P. longum* in stress rat models. With this evidence stress induced memory loss was found to be reversed by aqueous extract of *P. longum*. Treatment with *P. longum* decreased the latent period indicating extract produced nootropic activity. Thus, it helps in counteract the Psychological factors.^[18]





Thus, it is clear from the above description that all the *Dravyas* used in the formulation “*Abhayadi Churna*” are effective in all the symptoms of *Amlapitta*.

DISCUSSION

Effect of *abhayadi churna*

Dosha: Most of the drugs have *Madhura- Tikta Rasa*, *Laghu- Ruksha Guna*, *Shita virya*, *Madhura vipaka* and *Pitta-Kaphaghna* properties which pacifies the *Pitta dosha*, one of the aggravating factors of *Amlapitta*.

Dushya: Most of the drugs have *Deepana- Pachana* property which directly acts on *Agni*; thus, it leads to increase in *Jatharagni* and *Dhatvagni*. Increased *Dhatvagni* stop the process of vitiation of *Rasa* and *Raktadhatu* which are the *Dushyas* of *Amlapitta*. Some of the drugs have *Rechana*, *Anulomana*, *Rakta- shodhana* and *Krimighna* properties which are essential to treat *Rasa- Raktadushti*.

Agni and Ama: The main cause of the disease *Amlapitta* is *Mandagni*, which leads to the production of *Ama*. *Deepana- Pachana* property of most of the drugs correct the *Mandagni* and breaks the pathogenesis of *Amlapitta*. It also has *Amapachana* property. Hence it promotes *Dhatvagni* and as a result *Dhatupushti* is attained.

Srotasa: Most of the drugs possess *Laghu- Ruksha Guna* and *Tikta- Madhura- Kashaya Rasa* which purifies the *Srotas* through their *Srotoshuddhikara* properties.

CONCLUSION

Hence it is concluded that *Abhayadi Churna* can be considered as very useful and effective *Ayurvedic* formulation in the management of *Amlapitta*, as it corrects the vitiation of *Pitta* which in turns corrects the whole digestive process and results in proper functioning of *Agni*. It also helps in abolishing almost all the factors involved in pathogenesis of disease *Amlapitta*.

REFERENCES

1. Vidhyadhar Shukla & Prof. Ravidutta Tripathi, Charak Samhita, Uttarardha, Chaukhamba Sanskrit Pratishthan Delhi, 2005; 15: 44.
2. Vagbhatta, Ashtang Hridaya Varanasi, Chaukhamba Sanskrit Sansthan, Sutra Sthan, 1999; 7-29.
3. Agnivesh Charak Samhita, Varanasi, Chaukhamba Sanskrit Sansthan, Sutra Sthan, 2009; 26: 86-87.
4. Ambikadutta Shastri, Sushruta Samhita, Varanasi, Chaukhamba Sanskrit Sansthan, Sutra Sthana, 2010; 21: 22-32.
5. Vriddha Jivak, Kashyap Samhita, Varanasi, Chaukhamba Sanskrit Sansthan, Khilsthana, 2006; 16: 4-5.
6. Madhavkara, Madhavanidana, Varanasi, Chaukhamba Sanskrit Sansthan, 2001; 51: 34.
7. Vriddha Jivak, Kashyap Samhita, Varanasi, Chaukhamba Sanskrit Sansthan, Khilsthana, 2002; 16: 7.
8. Madhavkara, madhavanidana, Varanasi, Chaukhamba Sanskrit Sansthan, 2: 51-2.
9. [https://en.m. Wikipedia.org>wiki>Gastric acid](https://en.m.wikipedia.org/wiki/Gastric_acid).
10. Siddharth Shab, API text book of medicine, 1(8): 631.
11. Kaviraj Govind Das Sen, Bhaishajya Ratnavali, Chaukhamba Surbharti Prakashan, 903: 56-20.
12. Pandit kashinath pandey evum gourakhnath Chaturvedi, Charak Samhita, savimarsh vidyotini, hindi vyakhya, chaukhamba bharti academy, Varanasi, 2009; 26(42): 506.
13. Dravyaguna vigyan, Acharya Priyavrit Sharma, chaukhamba bharti academy, Varanasi, 2009; 675.
14. Dravyaguna vigyan, Acharya Priyavrit Sharma, chaukhamba bharti academy, Varanasi, 2009; 275.
15. Dravyaguna vigyan, Acharya Priyavrit Sharma, chaukhamba bharti academy, Varanasi, reprint, 2009; 322.

16. Dravyaguna vigyan, Acharya Priyavrit Sharma, chaukhamba bharti academy, Varanasi, 2009; 316.
17. Dravyaguna vigyan, Acharya Priyavrit Sharma, chaukhamba bharti academy, Varanasi, 2009; 133.
18. Srikanth L, Venkatesh G, effect of Piper longum on urinary metabolites and its correlation with nootropic activity in rat models research & reviews: a journal of medical science & technology, 2012; 1(1): 10-27.