

MANAGEMENT OF URDHVAGA AMLAPITTA WITH VAMANA: A CASE STUDY

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ABSTRACT

Background: Amlapitta is a disease of Annavaha Strotas and is more common in the present scenario of unhealthy diets and regimen. Though it can be described as a disease of modernization due to irregular eating habits, it is more of Psycho-somatic disorder caused due to mental stress and strain. It is commonest digestive disorder found in today's era. In Ayurveda, there is no direct reference of Amlapitta in Bruhatrayi. However this disease has been explained in detailed in Kashyap Samhita, Madhav Nidan, Bhavprakash and Cakradatta. **Aim:** To study the efficacy of Vamana in the management

of Urdhvaga Amlapitta. **Methodology:** This case study deals with 35 years male patient presented with the complaints of pitta udiran, amlodgara (sour belching), hritkanthadaha (burning sensation in throat and chest), avipaka and ajeerna (indigestion) since 1 year. Patient was treated with Pachana followed by Abhyantar Snehapan in increasing dose for 5 days followed by Sarvanga Snehana and Sarvanga Nadiswedana on Sneha vishranti day and then Vamana was given followed by Sansarjana Krama for 5 days. **Result:** The patient was asked for follow up after 7 days for 1 month and the patient got symptomatic relief. Then the patient was again follow up after every 3 month for 1 year. It was seen that the patient got complete relief from the abovesaid symptoms. And it was also seen that there was no recurrence of Amlapitta even after 1 year. **Conclusion:** Thus Vamana therapy in patient of Amlapitta was effective and shows long term relief.

KEYWORDS: Urdhvaga Amlapitta, Deepan & Pachana, Abhyantar Snehapan, Vamana, Sansarjana Krama.

INTRODUCTION

Amlapitta is a disease of Annavaha Strotas and is more common in present scenario of unhealthy diets and regimen. It is very common disease encountering in present population with one or more severity. It is a disease that bears the direct impact of the dietetic errors that a person indulges. 80% of the top ten life threatening disease are due to faulty dietary habits.

Amlapitta is gastrointestinal disorder described in Ayurveda. It can be correlate with Hyperacidity or Acid Peptic Disorder or gastritis in modern science. It is a vyadhi of Annavaha Strotas caused by vitiated Agni. In Amlapitta, the quantity of Pachak Pitta (gastric juice) is increased and its quality of normal bitter taste (alkaline) is changed to more sour taste (acidic) as a result of fermentation.

Acharya Kashyap has accepted the involvement of three doshas in Amlapitta, while Madhavkara has accepted the dominance of Pitta dosha. Acharya Charaka, Sushruta and Vagbhata have not described this disease.

According to the theories of Ayurveda, all the diseases are due to hypo functioning of Agni. As per Acharya Sushruta, improperly digested food becomes poisonous or toxic (shukta/aama/annavish), this juice combines with Pachak pitta and creates a variety of Pitta dominant disease and Amlpitta is one of them.

Bhavprakash has given two types of Amlpitta i.e Urdhvaga and Adhoga Amlapitta. Greenish Yellow colour Kaphayukta Pitta Udiran and Amlodgara is the lakshana of Urdhvaga Amlapitta which was seen in present case.

This case of Urdhvaga Amlapitta, managed with an Ayurvedic intervention is really a hope foe better solution to treat the disease effectively when conventional therapy fails.

MATERIALS AND METHODS

This study deals with management of Urdhvaga Amlapitta with the help of Vamana Karma. Here presenting a case of Urdhvaga Amlapitta given Vamana (therapeutic Emesis) treatment which showed significant results. The course of treatment throughout the hospital stay included Pachana, Abhyantar Snehapan, Sarvanga Snehana, Sarvanga Nadi Swedana, Vamana Karma followed by Sansarjana Krama. Pathyapathya was explained to the patient and instructed to follow strictly.

CASE REPORT

A male patient aged 35 years came through OPD and was admitted in Panchkarma IPD in Dr. RNL Ayurvedic Hospital for following complaints: pitta udiran, amlodgara (Sour belching), hritkanthadaha (burning sensation in throat and chest), avipaka and ajeerna (Indigestion) since 1 year. Patient was receiving modern Allopathic treatment since 1 year but got temporary relief. The nature of treatment was on and off because the patient was not able to maintain long term follow-up. Thus he opted for Ayurvedic management. After taking detail history and Ashtavidha and Samanya Parikshan the patient was diagnosed as a case of Urdhvaga Amlapitta.

Plan of treatment

- Patient was described the treatment procedure and protocol in detail.
- Written informed consent was obtained.

(A) Poorva- Karma

- Internal medicine was given for 3 days to facilitate proper digestion.
- **Deepana-** Hingvashtak Churna 2gm twice a day with warm water (Mixed churna in first two bolus and then take the entire food)
- **Pachana-** Aampachak Vati 500 mg TDS with warm water before food.

Abhyantar snehapan (Internal oleation)

Abyantar Snehapan with Dadimadi Ghrita in increasing order (starting with 30ml and increasing 30ml daily) for 5 days was followed. Snehapan was stopped on 5th day, as symptoms of proper oleation were achieved. Daily assessment for symptoms of oleation was done. Proper evacuation of Flatus and Stools (Vatanulomana), enhanced digestive functions (deeptagni), oily skin (Snigdhangata), revulsion for Sneha (Snehodvega), enthusiasm (Vimalendriyata) these are the Snehasidhhi lakshana observed in the patient, which are assessed daily. Oleation was discontinued as soon as oily stools are observed in the patient.

During this time period patient was instructed to follow special code and conduct, which include Aahara and Vihara.

Aahara (Diet): Laghu, Drava, Usna, Anabhishtyandi, Na-ati-sankirna and Snigdha bhojana, warm water.

Vihara (Routine activity): Bramhachari jeevana, avoid day sleep, not suppress natural urges, avoid heavy exercise, loud speaking, anger, stress, too much cold and hot and direct exposure to air.

Sarvanga Snehana and Swedana (External Oleation and Sudation): After completion of internal oleation, Sarvanga Snehana with Til Taila and Nadi Swedana was done on Sneha Vishram din and on the day of Vamana.

(B) Pradhan karma

On the day of Vamana, Systemic examination was done along with Ashtavidha Parikshan. Pulse-82/min, BP-130/80mm of Hg, RS-Air Entry Bilateral Clear, HS- S1S2 normal, Urine and Stool- normal, Tongue- uncoated (niraam).

Vamana dravya

A) Chatan dravya- Madanphalpippali Churna- 2gm

Yashtimadhu Churna- 2gm

Vacha Churna- 1gm

Saindhav- 1gm

Honey- as per required.

B) Aakantha pan- Godugdha

C) Vamanopag dravya- Yashtimadhu Kwath

Then the patient was instructed to vomit without much straining. The urge may be excited by opening wide lips, palate, throat, and by slightly bowing the upper part of the body. During the procedure, Vamonopaga Kashaya (supportive decoction to continue vomiting) Yashtimadhu (liquorice) after each Vega was administered repeatedly to support the act of vomiting till the appearance of Pitta (bile) in vomitus. Vamana Vegas (projectile vomiting bouts) were assessed subjectively.

Vegiki (bouts): 8

Maniki (quantity): Sevit dravya- 7 lit, Vamit dravya- 6.5 lit

Antiki (end point): Pittanta

Lainghiki (sign & symptoms): Samyaka Vamana i.e Udarlaghavta (abdomen lightness), Prasanna aatmendriya.

Patients BP, Pulse was recorded during Vamana which was normal throughout the procedure.

(C) Paschat karma

After Vamana therapy, patient was made to undergo Dhumpana (Herbal smoking) for remaining Kapha dosha. Then the patient was asked to rest in a room which is not exposed to wind. Sansarjana Krama (special diet regimen) was advised for 5 days, which is started with laghutam Aahar Kalpana for improving Agni.

Karmukatva (Mode of action)

Pachana and Deepana helps to digest the Ama, making the Doshas Niram and also increases the Agni. Abhyantar Snehapan helps to dissolve the Doshas and to increase the volume and makes the Doshas free from their adherence. Abhyanga and Swedana helps the Doshas to liquefy and disintegrates. All these preparatory measures help to mobilize the Doshas from Shakha to Koshta.

Vamana dravyas are having the properties of Vyavayi and Vikasi guna by virtue of Veerya (potency) they circulate quickly in to large and small capillaries of the body. Doshas started melting in the body due to Ushna guna of dravya, which we can observe i.e Sweda Pradurbhava (Perspiration on forehead). Because of its Vikasi guna, it detaches Malas from Dhatus. And it floats as body already has got Samyak Snigdha and pass through smallest capillaries and ultimately Malarupi Kapha reaches to stomach.

Vamana Karma is radical therapy to treat Kaphaj Vyadhi. It corrects the pathology by eliminating disease causative factor Kapha from its main site of accumulation. It cleanses different types of toxic materials from the body. It is one of the purification therapies restores Agni (impaired metabolism) by acting at cellular level.

OBSERVATION AND RESULT

The present case was managed with Vamana therapy and was asked for follow up after 7 days for 1 month. Then again the patient was asked to come for follow up after every 3 months for 1 year.

Sr. no	Lakshanas	Follow up for 1 month				
		Day 0	Day 7	Day 14	Day 21	Day 28
1.	Pitta Udiran	+++	++	+	-	-
2.	Amlodgara	++	+	+	-	-
3.	Hritkanthadaha	+++	+	+	-	-
4.	Ajeerna	++	-	-	-	-
5.	Avipaka	++	-	-	-	-

Sr. no	Lakshanas	Follow up for 1 year			
		3 month	6 month	9 month	1 year
1.	Pitta Udiran	-	-	-	-
2.	Amlodgara	-	-	-	-
3.	Hritkanthadaha	-	-	-	-
4.	Ajeerna	-	-	-	-
5.	Avipaka	-	-	-	-

DISCUSSION

Initially the patient was having above said symptoms. After giving Vamana therapy, the patient received Peyadi Sansarjana Karma to improve Agni gradually for 5 days. On first follow up Patient got symptomatic relief Major complaints along with restlessness got complete cure. On 14th day follow up, patient got remarkable relief. Ajeerna and Avipaka was no more found. On follow up of 21st day, all the symptoms subsided completely. The patient was again followed up after every 3 months for 1 year and it was found that no recurrence of any symptoms was observed.

CONCLUSION

Shodhana Chikitsa (Purification Therapy) facilitates the expulsion of vitiated Doshas from the body, thereby cures the disease from root. Thus Shodhan Chikitsa can prevent the recurrence in future. Vamana Karma has substantial role in treating Urdhvaga Amlapitta not only symptomatically but to cure the disease from root.

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