

## A CASE STUDY OF AMLAPITTA

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Igatpuri, Nashik.**ABSTRACT**

Gastroesophageal reflux is a disease occurring due to improper functioning of esophageal sphincter. It is a very common disease, affecting up to 8%–20% of adult men and women in the Indian population. Patients with gastroesophageal reflux disease (GERD) have the signs and symptoms such as heartburn, chest pain, gastric discomfort, abdominal distension, sour belching, food regurgitation, nausea and reduced appetite. These signs and symptoms can be seen in the disease *Amlapitta* mentioned in *Ayurveda*. *Amlapitta* has been mentioned in various *Ayurvedic* texts since *Samhita* period. This disease has been described in detail in classical texts such as *Kashyapa*

*Samhita*<sup>[1]</sup>, *Yoga Ratnakara*, and *Bhaishajya Ratnavali*.

**INTRODUCTION**

*Amlapitta* (Hyperacidity) is one of the commonest *Vyadhi* of *Annavaha Srotas* (Gastrointestinal track disorder), caused by vitiated *Agni*(appetite). *Amlapitta* (Hyperacidity) is a condition where *Amla Guna*(Sour taste) of *Pachak Pitta* (gastric juice)increases due to *Samata*.<sup>[2]</sup> *Amlapitta* considered as *Pitta Kaphapradhana Tridoshaja Vyadhi*. According to *Ayurveda* many disorders are due to vitiated *Agni* (appetite).<sup>[3]</sup> Due to various factors in the progressive changes in lifestyle, adaptation of newer & newer food materials, junk foods, fast foods, changes in method of cooking, occupational hazards etc. have precipitated the increasing trend of the diseases. Along with those stimulating factors tremendous stress, anxiety have significantly aggravated the disease including *Amlapitta*(Hyperacidity) this is a life style problem & those who are addicted with tobacco,alcohol as well as excess of

packaged food with rich in salt content can easily caught by this disease *Amlapitta* is a result of inappropriate dietary regimen or stress. *Amlapitta* has been considered as *pitta* a *Trikaphapradhandoshaja Vyadhi*<sup>[4]</sup> (compound disease caused by multiple factors). *Aacharya Kashyapa* has mentioned as the involvement of three *Doshas* in *Amlapitta* while *Madhavkara* has mentioned that the *pitta* is dominant in this disease.

**CASE PRESENTATION:** A 32-year-old female patient visited our hospital's OPD on October 19, 2021, complaining of *Amlodgara* (Soul Balching), *Hrud Daha* (Chest Burning), *Kantha Daha* (Throat Burning), *Avipaka* (Indigestion), *Gaurava* (Heaviness All Over Body), and *Utklesha* (Nausea) since one year and six months. Patient was taking Allopathic medicine since 11 months but has not got complete relief. So patient was came for *Ayurvedic* Treatment in our Hospital.

### AIMS AND OBJECTIVES

The main aim of this paper is to demonstrate the efficacy of *Ayurvedic* management in the *Amlapitta* based on *Ayurvedic* fundamentals.

**MATERIALS AND METHODS:** A Single Case Study.

### ON EXAMINATION

PR- 88/min

BP- 130/90 mm of Hg

RS- B/L clear

SPO2- 98% on Room air

CVS- S1S2 Normal

CNS- Conscious and Oriented

P/A- Soft and non-tender

### DASHVIDHPARIKSHA

1) *Nadi (Pulse)* 88/min, 2) *Mala (Stool)* Constipated 4 times in a week 3) *Mutra (Urine)* Normal, 4) *Jivha (Tongue)* Coated, 5) *Shabda (Speech)* Normal, 6) *Sparsha (Skin)* *Ruksh (Dry)*, 7) *Dreek (Eyes)* Normal, 8) *Akruti (Built)* *Madhyam (Medium)* 9) *Agni (Digestion)* *Visham (Irregular)*, 10) *Bala (Power)* *Madhyam (Medium)*.

**ASHTAVIDHPARIKSHA**

1) *Nadi (Pulse)* 88/min, 2) *Mala (Stool)* Niram, 3) *Mutra (Urine)* Niram, 4) *Jivha (Tongue)* Saam, 5) *Shabda (Speech)* Spasht, 6) *Sparsha (Touch)* Anushnasheet, 7) *Drika (Eye)* Pallor +, 8) *Akriti (Built)* Madhyam.

**SUBJECTIVE CRITERIA**

Subjective assessment Criteria of assessment was based on relief in the signs and symptoms of *Amlapitta* before and after the treatment. For this purpose, cardinal signs and symptoms were given scores.

**1.1 TABLE SHOWS SUBJECTIVE PARAMETERS FOR ASSISMENTS**

<b>AMLODGARA</b>	<b>GRADE</b>
No belching	0
Feeling of belching with no sound	1
Feeling of belching with mild sound	2
Feeling of belching with severe sound	3

**1.2 TABLE SHOWS SUBJECTIVE PARAMETERS FOR ASSISMENTS**

<b>UTKLESHA</b>	<b>GRADE</b>
No nausea	0
Mild nausea	1
Severe Nausea	2
Severe nausea with vomiting	3

**1.3 TABLE SHOWS SUBJECTIVE PARAMETERS FOR ASSISMENTS**

<b>DAHA</b>	<b>GRADE</b>
No burning sensation (no retrosternal discomfort)	0
Sensation of warmth on throat occasionally	1
Burning sensation on throat and chest after a mild oily/spicy food	2
Feeling of burning sensation always	3

**1.4 TABLE SHOWS SUBJECTIVE PARAMETERS FOR ASSISMENTS**

<b>AVIPAKA</b>	<b>GRADE</b>
No indigestion	0
Unable to digest mild fatty food	1
Unable to digest 3-course meal (breakfast, lunch and dinner)	2
Unable to digest any kind of food	3

**2 TABLE SHOWS TREATMENT GIVEN**

<b>PACHANA</b>	<b>SHAMANA</b>	<b>SHODHANA</b>
<i>Chitrakadi vati</i> 250mg, BD	<i>Sutshekhara Rasa</i> 250 Mg BD	<i>Vaman purva Snehapana</i> for 4 days with Shatavari Gruta Day 1- 30ml Day 2 - 60ml Day 3 - 90ml Day 4 - 120 ml
<i>Agnitundi vati</i> 250 mg, BD	<i>Dadimavleha</i> 15ml BD	<i>Vamana purva Visharanti</i> <i>Sarvanga snehana</i> and <i>swedana</i> after <i>snehapana</i>
<i>Sunthi churna</i> + <i>Haritaki</i> <i>churna</i> 3 gm BD		<i>Pradhan karma Vamana</i> <i>Kalp - Ikshurasa</i> + <i>madhanphala</i> + <i>madhu chatana</i>

**3. TABLE ASSISMENT OF TREATMENT BEFORE AND AFTER TREATMENT**

<b>LAXANA</b>	<b>BEFORE TREATMENT</b>	<b>AFTER TREATMENT</b>
<i>Amlodgara</i>	Grade 2	Grade 0
<i>Daha</i>	Grade 3	Grade 1
<i>Utklesha</i>	Grade 3	Grade 1
<i>Avipaka</i>	Grade 2	Grade 1

**PATHYA- APATHYA**

*Pathya Apathya* is mention in *Ayurveda* is to prevent as well as to treat the disease. *Pathya* recommended in *Amlapitta* are mainly *Laghu* and *Agnidipak ahar*, i.e. *Yava*, *Godhuma*, *Mudga Yusha*, *Puran Shali Shashtik*, *Lajamand* etc. *Apathya* recommended in *Amlapitta* are *Navanna*, etc.

**OBSERVATION AND RESULT**

Observations and results obtained after treatment, i.e., at the end of the 20th day, were assessed using subjective & objective criteria, as shown in above Tables no. All clinical features in this patient had reduced significantly by using the above-said *Pachana*, *Shaman*, *shodhan Aushadhi* recommended by ancient *Acharyas* in the management of *Amlapitta*.

**DISCUSSION**

In this study, observation was done before and after treatment based on the symptoms gradation and the obtained result are - the *Amlodgara* before treatment it was 2 and after treatment reduced 0. *Hritkanthdaha* BT was 3 and AT reduced to 1. *Avipaka* BT it was 2 and AT minimized to 1. Above result shows the significant reduction in the symptoms. Effect of the *Pachana*, *Shamana*, *Shodhana* and lifestyle chart containing *Ahara*, *Vihara* and which was advised during the course of treatment will be discussed *Agnitundi Vati*. This *Kalpa* is

*Rasakalpa* which is *Deepana-Pachankalpa* and mainly acts on *Annavaha Srotas*. *Agnitundi Vati* breaks the *Samprapti* of disease like *Paachana* of *Aama* and *Agnideepan*. *Chitrakadi Vati* also called *Chitrakadi Gutika* helps to digest undigested food particles and removes accumulated toxin due to malabsorption of food particles further improving digestion and metabolism of body, *Shunthi*, *Haritaki* act on *Ama* and increase *Agni*. *Sutshekhar Ras* is an important medicine used in *Ayurveda*, which acts on *Pitta Dosha* and reduces symptoms like heartburn, nausea, vomiting, abdominal pain, epigastric tenderness.

*Vamana Dravyas* are having the properties *Vyavayi* and *Vikasi* by virtue of *Veerya* (Potency) they circulate quickly in to large and small capillaries of the body. It pervades all over the body. *Doshas* started melting in the body due to *Ushna Guna*, we can observe the perspiration (*Swede Pradurbhava*) on patient's forehead or sometimes whole body. Because of its *Vikashi Guna*, it detaches the *Malas* from *Dhatus*. Owing to the presence of *Sukshma Guna* and *Anupravana* properties the *Malas* or *Doshas* float because already body has got *Samyak Snigdghata* (internal oleation) and pass through smallest capillaries and ultimately *Malarupi Kapha* reaches to stomach. *Vamana Karma* is radical therapy to treat *Kapha* disease. *Vamana karma* corrects the pathology by eliminating disease causative factor *Kapha* from its main site of accumulation. *Vamana* cleanses the different types of toxic materials from the body. *Vamana* therapy, one of the purification therapies restores the *Agni*(impaired metabolism) by acting at cellular level, there by correcting acid secretion and *Vamana* action.<sup>[5]</sup>

## CONCLUSION

*Shamana* and *Shodhana Upakram* as above with *Pathyahara* for long period of time are beneficial for any GI related disease. According to *Ayurveda* principles patient of any disease treated with their *Dosha*, *Dhatu*, *Mala Avastha* and *Ashtavidha Pariksha* definitely leads to *Upashaya*. In this case study, *Pachana*, *Shamana Chikitsa* and *Shodhana chikitsa* proven to be beneficial in reducing the signs and symptoms of *Amlapitta*.

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