

EFFECT OF *KHANDAKUSHMANDA AVLEHA* IN MANAGEMENT OF *URDHWAG AMLAPITTA*: A CASE STUDY

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ABSTRACT

Amlapitta is a gastrointestinal disorder. it has majority of causative factors like *Viruddha Ahara*, excessive consumption of beverages. In modern science the disease is caused by irregular food habits, addiction of alcohol and tobacco, micro-organisms like H Pylori and certain idiopathic factors which leads to dyspepsia. Causative factors observed as per current lifestyle are – stressful lifestyle, fermented food, spicy food, working late night. So, 'Hurry', 'Worry', and 'Curry' are the three main reasons for the disease. In present time large number of populations is suffering from *Amlapitta* and it is very critical to treat. There are many aspects of treatment of the disease. In spite of all aspects of treatments, recurrence of *Amlapitta* is very high leading to

chronicity and chronicity further develops complications. Various preparations are mentioned in different Ayurvedic classical texts and they are being practiced in India since ancient time. A single case study was done with before treatment and after treatment assessment with drug *Khandakushmanda Avleha* advised twice daily. Observations and results obtained during this case were encouraging and assessed on different parameters which are presented in full paper.

KEYWORDS: *Urdhwag Amlapitta, Khandakushmanda Avleha, Viruddha Ahara.*

INTRODUCTION

Amlapitta is a gastrointestinal disorder. It has majority of causative factors like *Viruddha Ahara*,^[1] excessive consumption of beverages. In modern science^[2] the disease is caused by irregular food habits, addiction of alcohol and tobacco, microorganisms like H Pylori and certain idiopathic factors which leads to dyspepsia. Causative factors observed as per current

lifestyle are – stressful lifestyle, fermented food, spicy food, working late night. So, 'Hurry', 'Worry', and 'Curry' are the three main reasons for the disease. *Amlapitta* is mentioned in Kashyap *Samhita*^[3], Madhava *Nidana*,^[4] Bhavaprakash^[5] and Chakradatta.^[6] Acharya Charak clearly indicates that the *Grahani Dosha* and *Amlapitta* occur in the persons who do not check the temptation of food. In modern era, *Amlapitta* is a most remarkable problem in the society. In this disease due to worse prognosis the patients are gradually crippled both physically and mentally. In present time large number of populations is suffering from *Amlapitta* and it is very critical to treat. There are many aspects of treatment of the disease. In spite of all aspects of treatments, recurrence of *Amlapitta* is very high leading to chronicity and chronicity further develops complications.

CASE REPORT

A 49-year-old female patient having following complaints was came in OPD of Kayachikitsa Department, Shree Saptashruni Ayurved College and Hospital, Hirawadi, Nashik.

Chief Complaints

Tikta Amlodgar

Hrid-Daha

Kantha Daha

Shiro-Shoola

Asamyak Mala-Pravritti

Hruhallas

since last 2 years

Aggravated in last 15 days

History of Present Illness

Patient was healthy before 2 years. There was gradual increase in above symptoms, but above symptoms were aggravated in last 15 days. So for treatment, patient came to Kayachikitsa OPD for further treatment and management.

Past History

Known case of Hypertension since last 2 years

Present Medicinal History Tab. Amlorind 5mg (Amlodipine 5mg) 1OD.

Family History: Matruj Kula: Mrit H/O Hypertension. Pitruj Kula: Mrit H/O DM II.

Past Surgical History: H/O: Tubectomy done 22 years ago in Civil Hospital, Nashik.

General examination

Temperature	98.4 F
RR	18/ Min
Pulse rate	72 /Min
Blood pressure	130/80 mm of Hg
Height	155 cm
Weight	68 Kgs

Systemic Examination

RS	AEBE
CVS	S1 S2 Normal
CNS	Conscious, oriented
P/A	Soft and Non tender

Ashtavidha Parikshan

<i>Nadi</i>	72/Min
<i>Mutra</i>	5-6 times a day
<i>Mala</i>	Asamyak
<i>Jivha</i>	<i>Ishat Sama</i>
<i>Shabda</i>	<i>Spashta</i>
<i>Sparsha</i>	<i>Samshitoshna</i>
<i>Druk</i>	<i>Prakrita</i>
<i>Akruti</i>	<i>Sthoola</i>

Dashvidh Pariksha

<i>Prakruti</i>	<i>Pitta-Kaphaj</i>
<i>Dosha</i>	<i>Pitta</i>
<i>Dushya</i>	<i>Rasa, Meda, Mala</i>
<i>Sara</i>	<i>Hina</i>
<i>Samhanana</i>	<i>Madhyam</i>
<i>Pramana</i>	(155 cm)
<i>Dehabhara</i>	68 Kgs
<i>Satmya</i>	<i>Madhyama</i>
<i>Satva</i>	<i>Madhyama</i>
<i>Ahara Shakti</i>	<i>Madhyama</i>
<i>Vyayam Shakti</i>	<i>Hina</i>

Vikrit Strotas Parikshan: *Strotas Parikshan WNL Except*

Udakvaha Strotasa: Ati-Pipasa, Kanta Kloma shosha,

Annavaha Strotasa: Jivha Samata, Anannabhilasha, Avipak

Rasavaha Strotasa: Tandra, Hrillas.

Purishvaha Strotasa: Asamyak Mala-Pravritti.

Management

1) Avipattikar Choorna^[7]

Ingredients: Pippali, Shunthi, Maricha, Hareetaki, Vibhitaki, Amalaki, Musta, Vayavidanga, Ela, Lavanga, Trivruta, and Sharkara. Avipattikara choorna was used as Amapachana Dravya Specifically action on Sama Pitta and also produce Vatanulomana.

2) Khanda-Kushmanda Avleha.^[8]

Composition: Kushmanda Pulp and Swarasa, Amlaki Choorna, Sharkara, Goghrita, Godugdha, Madhu.

Table No. 1 Showing Properties of Drugs Used for Khanda Kushmanda Avaleh

Drugs	Rasa	Guna	Virya	Vipaka	Doshaghnta	Karma
Kushmanda	Madhura	Laghu,	Sheeta	Madhura	Tridosahara	Medhya,
(Benincasa		Snigdha				Vrishya,
hispida)						Balya, Basti
						shodhaka
Amlaki	Pancharas	Guru,	Sheeta	Madhura	Tridosha hara,	Rasayana,
(Embllica	a, Lavana	Sheeta,			mainly pittahara	Vrishya,
officinalis)	rahita,	Ruksha				Chakshushya
	Amla					
	pradhana					
Sharkara	Madhura,	Sheeta	Sheeta	Madhura	Vata-Pittahara	Vrishya
	Tikta,					
	Kashaya					
Godugdha	Madhura	Sheeta,	Sheeta	Madhura	Pittahara	Rasayana,
		Mrudu,				Jeevaneeya
		Snigdha,				
		Guru				
Goghrita	Madhura	Sheeta	Sheeta	Madhura	Pittahara	Medhya,
						Vrishya
Madhu	Madhura	Laghu,	Ushna	Madhura	Tridosahara	Ropaka,
	Kashaya	Rooksha,				Shodhaka,
		Sooksham				Sandhanaka

Sama Pitta Pachana with Avipattikara Choorna 5 gm BID was given at Apan-Kala with Ushnodaka as Anupana for 5-7 days till Nirama Lakshana were seen. After initial Pachan Chikitsa, patient was subjected for Shamana Chikitsa with Khanda Kushmanda Avaleha 1 Pala (40gm BID) along with Koshna Dugdha as Anupana for 30 days. Pathya Aahara and Pathya Vihara was also advised to patient.

Duration: 30 days - Weekly visit.

OBSERVATION AND RESULTS

Table-2 Table showing Effect of Therapy on Signs and Symptoms^[9]

Symptoms	Gradation	Grade	BT	AT
TIKTA – AMLODGAR	No belching	0	3	1
	Feeling of belching with no sound	1		
	Feeling of belching with mild sound	2		
	Feeling of belching with severe sound	3		
HRID DAHA:	No. burning sensation	0	3	0
	Sensation of warmth on Chest occasionally	1		
	Burning sensation on throat after a mild oily/spicy food	2		
	Feeling burning sensation always irrespective of the diet	3		
KANTH DAHA	No. burning sensation	0	3	1
	Sensation of warmth on Throat occasionally	1		
	Burning sensation on throat after a mild oily/spicy food	2		
	Feeling burning sensation always irrespective of the diet	3		

DISCUSSION

Amlapitta is the commonest disease found in the present days. In today's fast paced world people practicing very unhealthy diet and lifestyle which leads to disturbances in digestive system. Due to this *Pitta* is imbalanced and common consequences are *Amlapitta*. In this case study we preferred *Khanda-Kushmanda Avleha* for management of *Amlapitta*, Ingredients of *Khanda Kushmanda Avaleha* (Table No. 1) maximum drugs are having *Madhura*, *Tikta* and *Kashaya Rasa*. As we know *Madhura*, *Tikta*, and *Kashaya Rasa* are *Pitta-Shamaka*. *Tikta Rasa* and *Kashaya Rasa* are *Kapha Shamak*. According to Charak, *Tikta Rasa* is having properties like *Dahanashaka*, *Trishnashamaka*, *Agnideepana*, and *Pitta Sleshma Upasoshana*. In *Amlapitta Vyadhi*, natural *Katu Rasatmaka Pitta* is converted into *Vidagdha Amla Rasa* due to *Agnimandhya*. *Tikta Rasatmak* drugs directly act on the *Vidagdha Pitta* and reduces its *Samata* and convert it into *Nirama Pitta*. so, it is beneficial in pacifying symptoms such as *Tikta Amlodgar*, *Hridaha*, *Kantha Daha*. The formula also contains drugs having *Laghu* and *Ruksha* property, which help in breaking *Samprapti* of Disease. Maximum drugs in *Khanda Kushmanda Avaleha* are having *Madhura Vipaka*, which is beneficial for management of *Amlapitta*. Also, the *Virya*, dominancy of *Sheeta Viryatmaka* drugs can be seen, which also helps in management. *Ghrita* also does the same action along with effective *Pitta-Shamana*. *Kushmanda* is also having Gastroprotective, Anti-Ulcer, Anti-oxidant. *Amalaki*, *Sharkara* and *Godugdha* control *Daha* due to their *Shita Virya*. Healing property of *Madhu* and *Ghrita* is also beneficial in gastric and duodenal ulcers. Major *Rasayana* Properties of *Amlaki*, *Godugdha* and *Goghrita*, so they also help in nourishing the *Dhatus*.

Hence overall action of *Khanda-Kushmanda Avleha* relieves the symptoms of *Amlapitta* in this patient.

CONCLUSION

In this case study, there is reduction in Subjective parameters (Table No. 2) like *Tikta Amlodgar*, *Hridaha* and *Kanthadaha* in *Amlapitta*. The Ayurvedic Concepts in Hyperacidity, having fruitful effect; be planned and evaluated systematically, adopting meticulous methods.

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