

**EFFICACY OF AVIPATTIKAR CHOORNA IN THE MANAGEMENT  
OF AMLAPITTA - A REVIEW****Dr. Dhanpat Mishra\*<sup>1</sup> and Dr. Ambika Dhiman<sup>2</sup>**<sup>1</sup>(Associate Professor Dept. of Kayachikitsa) Ayujyoti Ayurvedic Medical College, Sirsa-  
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Kayachikitsa) Ayujyoti  
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Sirsa-Haryana.**ABSTRACT**

Avipattikar Churna is an Ayurvedic Combination of formulation used for treating conditions like digestive and GIT Tract system. It eliminate out the acid secretion in the gastrointestinal tract and enhances the formation of digestive enzymes which help in the absorption of nutrients. Amlapitta (Acidity) is a presentation in which patient feels , burning sensation in stomach along with nausea during clinical practice. The reason behind this according to Ayurveda is Excess formation of vitiated pita due inappropriate dietary and lifestyle lifestyle is deliberation to be the main pathological mechanism behind demonstration of this sickness. This presentation is very common in

garbhini (Pregnancy) in initial 3 months . Classical Ayurvedic formulations like Avipattikar is often prescribed in combination for its effective management in pregnancy and generally it is given in common acidity. Hence an attempt has made to collect all information of this drug in acidity.

**KEYWORDS:** Vidanga, GIT Tract, Boon, Garbhini, Avipattikar.**INTRODUCTION**

Acidity is commonly found in each and every person on frequent basis and most commonly in pregnant ladies during 1<sup>st</sup> trimester and sometimes it is seen in full pregnancy too. There are various antacids given in pregnancy during antenatal visits. If we look towards Ayurveda antacids Avipattikar churna possesses strong carminative, antioxidant and anti-inflammatory properties that aid in curing imbalances related to pitta dosha. If we see its benefits in treating

digestive trouble including diarrhea, constipation, gastritis, heartburn, indigestion and ulcers. Meaning of Avipattikar in Ayurveda means to get rid of diseases.<sup>[1,2]</sup>

### **Ingredients and Procedure**

Haritaki (Chebulic Myrobalan) - Terminalia Chebula

Bibhitaki (Bahera or Beleric Myrobalan) – Terminalia Bellirica

Amla (Amalaki or Indian Gooseberry) – Emblica Officinalis

Sonth (dried ginger) - Zingiber officinale

Kali Marich (Black Pepper) - Piper Nigrum

Pippali (Long Pepper) - Piper Longum

Ela (Green Cardamom) – Elettaria Cardamomum

Tejpatta (Indian Bay Leaf) – Cinnamomum Tamala

Laung (Clove) – Syzygium Aromaticum

Mustaka (Nut Grass) – Cyperus Rotundus

Vaividang (False Black Pepper) – Embelia Ribes

Nishoth (Turpeth) – Operculina Turpethum

Misri (candy sugar – crystallized sugar lumps) All these ingredient are dried and done with fine particles. Wash the herbal ingredient and sundry them completely to remove moisture. Powder the herbs and sieve them to remove impurities and solid particles. Mix the whole thing together and again dehydrated to take away all moisture. Store it in a glass box for prospect use.

### **Usage of Avipattikar Churna**

This medicine is taken either with luke warm water or ghee or honey. It can also be obsessive along with coconut water or a glass of mildly cold water after meals, to ease the absorption and processing of food components. Always stick to the amount optional by the Ayurvedic doctor (Ayurvedaacharya), depending upon the nature of gastrointestinal or urinary problems.

### **Indications in brief**

#### **1. Cures Indigestion**

Avipattikar is an outstanding Ayurvedic drug that treat effort related to dyspepsia. It stimulate the metabolism and wheel the overload manufacture of acids in the stomach. The Conditions of excess acids in the stomach guide to incomplete breakdown of food particles and also results in bloating and stomach cramps. The wonderful trait of avipattikar churna

in neutralizing the surplus peptic acids and maintaining healthy pH in the gastrointestinal tract promotes gut health.

## 2. Treats Gastritis

Gastritis is typically caused due to the inflammation of the intestinal lining that leads to abdominal pain, severe gut problems and burning sensation. The natural healing properties of avipattikar churna clears out the acid from the intestine and boosts up the gut health and prevents further problems. Moreover, it also holds significant anti-inflammatory properties and hence effectively pacifies the aggravated and swollen gut tissue layer.

## 3. Acidity reflux disease

Avipattikar churna is strongly optional for providing symptomatic relief from Gastroesophageal reflux disorder. GERD irritate the lining of food pipe due to backflow of stomach acid that results in heartburn, throat pain, chest pain and sour taste. Avipattikar churna mechanism astoundingly well in treat GERD, by ensure the unidirectional way of food from the stomach to intestines. if we look out about more brief Dyspepsia (Amlapitta) is the commonest ailment found in the present time. Nowadays due to unawareness about Prakriti (psychosomatic constitution) people are practising inappropriate diet and lifestyle which leads to disturbances in digestive system. Due to this pitta is unwarranted and common penalty are Amlapitta. If this pitta takes an rising course, then it is called Urdhwaga Amlapitta.<sup>[3,4,5]</sup>

## DISCUSSION AND CONCLUSION

In Ayurveda, it is believed that Agnimandya (indigestion) is the root cause of all the diseases.<sup>[6]</sup> The main reason behind Agnimandya is faulty dietary habits such as Adhyashana (eating after meal), Vishamashana (diet on irregular time and quantity), and wrong behavioural patterns such as Vegadharana (suppression of urges) leads to vitiation of Doshas (fundamental bodily bio-elements) either separately or synonymously. Due to the present way of life and lack of knowledge of ones Prakriti, digestive disorders are very common in all age groups and also highly ignored issues.

In India we use lots of spices in food and mostly chilles and garam masala remains top during festive food , after intake of these usually in pitta prakruti person they phase lots of acidity, indigestion etc. American Society of Gastrointestinal society optional the use of endoscopy if patient is giving alarming symptoms like pin point pain in stomach.<sup>[2]</sup> It is advocated to

evaluate the patient with non invasive study for *Helicobacter pylori*, with following action if positive (the “test and treat” approach) and empiric trial of acid suppression.<sup>[3]</sup> methodical review in year 2008 had confirmed, between two strategies of “test and treat” approach and empirical Proton pump inhibitors (PPI), there is no dissimilarity in symptom resolution and treatment cost. Such cases with new or recurrent dyspeptic symptoms in whom no investigations have previously been undertaken are referred to as not detected dyspepsia.<sup>[4]</sup> If these antacids are taken in.<sup>[5,6]</sup> if we see the types of Acidity , pitta is of two types as Adhoga and Urdhwaga Amlapitta. If this pitta takes an upward course i. e vomiting, burning sensation, headache, loss of appetite, then it is called Urdhwaga Amlapitta. Urdhwaga Amlapitta includes different symptoms like Aruchi (anorexia), Gurukoshthatva (heaviness in abdomen), Gaurav (Lethargy), Vibandh (Constipation), Shiroruja (Headache), Utklesh (Nausea), Tiktamlodgar (acid eructation).<sup>[7,8]</sup> Urdhwaga Amlapitta is mainly caused by intake of Aharas which is not suited to ones Prakriti i.e faulty diet e.g Amla (sour), Katu (pungent), Lavana (salty), Guru (heavy meal), Snigdha (oily/excessive liquid), Abhishandhi (food that is difficult to digest) aharas.<sup>[9]</sup> Besides, addictions like smoking, alcohol, tobacco chewing, excessive stress, condiments also lead to Urdhwaga Amlapitta. Drugs like NSAID's, corticosteroids, also cause dyspepsia. Ayurveda physicians are treating dyspepsia since long time with the help of knowledge as given in classical Ayurveda text (causative factors, pathogenesis, treatment plan, and preventive tool) but there is a lack of evidence as per contemporary principles.people usually think that Ayurveda medicine doesnot cause side effect but the fact behind this is it have side effects like diarrhoea, watery stools, abdominal pain and dehydration if this medicine is taken in large amount. Since sugar is added, this product is not recommended for diabetic people or if patient want symptomatic relief than can be given for recommended dosage and for 1 or 2 days .similarly for pregnant ladies too the amount given can be half than the usual dosage like 2-3 gm once in a day is safe.<sup>[10]</sup>

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