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CLINICAL STUDY OF ROLE OF AMALAKI AND YASHTIMADHU CHURNA IN AMLAPITTA – A CASE REPORT

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Abstract: Amlapitta is described as special disease in Ayurveda, it is also described as acidity in modern medical science. Increase in the ushna, tikshanagunas in the body, due to apthyaahara and vihara is cosetive factor of amlapitta. Anxiety is also a reson for acidity.

Amlaki

Guna- Laghu, Ruksha, Shita.

Rasa- Shadrasaexeptlavan rasa but amlaraspradhana.

Vipaka: -madhura

Virya: -shita

Madhura rasa and shitavirya are pittashamak.

Yastimadhu

Guna: -Shita, guru, madhura.

Rasa: - Madhura

Vipaka: -madhura

Virya: -shita

Madhura rasa, madhuravipaka and shitavirya are pittashamak.

Anupana: - koshnajala.

Index Terms - Amlapitta, Aamalaki, yastimadhuchurna.

INTRODUCTION

Amlapitta is desribed in CharakSamhita, when agniis prakruta and as it getsdushita by apathy ahara and vihara (irregular eating habits, spicy diet, irregular sleep), Thus dustaagni is not able to diagestahara properly, thus ardhapachitaanna gets shuktatva (Aamswarupa), it is called as vidagdhajirna, giving rise to Amlapittavyadhi.

HETU-

- 1) Viruddhaahar – kalviruddha, agniviruddha, matraviruddha.
- 2) Ushna, tikshanaaharsevana.
- 3) Ajirnashana- aharsevan in ajirna condition.
- 4) Atyashana- aharsevana in atimatra.
- 5) Atichintana (Manashetu)

PURVARUPA-

Agnimandya, daha, trushna, hrullasa, annavidaha, swedatipravartana, tiktodgar, amlodgar, aruchi, kanthadaha, shirashula.

RUPA-

Avipaka, amlodgara, utklesha, gaurava, klama, hrutkanthadaha, vidaha, romaharsha.

TREATMENT-

Amlapitta can be treated by giving – dipana, pachana in samavastha, and by shitopchara and pachana in niramavastha.

Amlaki is having lavanrahit, 5 rasas, madhuravipaka, shitavirya and laghu, ruksha, shitagunas, with these gunas amalaki is tridoshghna, but specially having pittaghna property.

yastimadhuchurna have madhura, shita and guru gunas.

And with these gunas it acts as pittaghna.

Thus both have properties against pitta dosha and excellently works as pittaghna.

MATERIALS AND METHODS:-

Non-comparative single blind study carried out on one patient.

PLACE OF STUDY:-

SMBT Ayurved College, Hospital and P.G. Research Institute Dhamangaon, Tal- Igatpuri, Dist- Nasik.

SAMPLE SIZE: - 1 patient.

DURATION OF STUDY: - 7 Days.

FOLLOW UP: - Follow up taken on 7th Day, and on 14th day

INCLUSION CRITERIA:-

One patient having symptoms of Amlapitta were included without any exclusion criteria.

EXCLUSION CRITERIA: - No exclusion criteria was defined.

DRUGS USED FOR TRIAL:-

Amalaki Churna 1gm

+

Yastimadhuchurna 1gm

This mixture was given to all patients in BD dose. With koshnajala as anupana.

ASSESSMENT CRITERIA: - Relief was asked to patient and recorded accordingly.

RESULTS:-

- 1) Treated patient showed best results in amlapittavyadhi.
- 2) Avipaka, amlodgara, hrutkanthadaha were disappeared after 3 days.
- 3) Increase in appetite was also recorded during therapy.
- 4) Instant relief in Hrutkanthadaha & Abdominal Burning were also recorded.

DISCUSSION:-

Total one patient was treated and showed good relief in symptoms of amlapitta.

CONCLUSION:-

- 1) Given treatment is usefull in amlapittavyadhi and is having best results.
- 2) This treatment is helpful for healthy Mind.
- 3) Amlaki is natural Antoxid.
- 4) More study is required with increased group of popullations.
- 5) Patient was not havig any complaint regarding amlapitta even on 14th day.

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