



## An Ayurvedic Management of Amlapitta with special reference to Hyperacidity: A Case study

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### ABSTRACT

*Amlapitta* is a very common disease in present era. It is very troublesome disease and can give rise to many serious problems if not treated in time. Signs and symptoms of *Amlapitta* are very similar to gastritis or hyperacidity. According to conventional medical science the most common causes of gastritis are *H. pylori* infections and prolonged use of Non-Steroidal Anti Inflammatory Drugs (NSAIDS). The incidence of gastritis in India is approximately 3 in 869 that is about 12,25,614 people suffering from gastritis out of the total 1,06,50,70,607 population. Hence there is a need to understand the concepts and first line treatments.

Key words: *Ayurveda*, *Amlapitta*, Hyperacidity.

### INTRODUCTION

Vitiation of *Agni* in *Ama- Shaya* (stomach) region due to various reasons causes *Amlapitta*. Some of the common pitta vitiating factors are fasting, eating between meals, worry, hurry, spicy foods etc. These factors derange the *Pachaka Pitta* (digestive enzymes etc.) and as a result *Pachaka Pitta* vitiates. Thus developed condition is called *Amlapitta*. Hydrochloric acid (HCl) when not utilized well, or when produced in large quantity in the stomach region causes inflammation of stomach (gastric related to stomach), that is called gastritis. This can derange the digestive procedures. The increased or normal level of HCl can destroy the soft tissue (epithelium) lining of esophagus, stomach, duodenum etc. If not managed on time this can give rise to ulceration (breach in tissue). Usually the esophageal sphincter muscle contracts thus preventing the stomach acid from shooting up into the esophagus, but if this muscle are not functioning properly, the acid can slip past it and this is when heart-burn symptoms start, which Ayurvedic

Table No :1 type of Amlapitta

Type	Direction	Symptom
<i>Adhoga Amlapitta</i>	Downward	Thirst, Burning sensation, fainting, rashes on skin etc
<i>Urdhwaga Amlapitta</i>	Upward	Vomiting, Headache, Burning sensation, Loss of appetite
Vata Predominant	-	Tremors, Delirium, fainting, darkness before eyes
Kapha Predominant	-	Salivation, sweet sensation in mouth
Pitta Predominant	-	Weakness, Coldness, Vomiting

Case Report: A 36 years old female patient approached to Kayachikitsa OPD of SSAM Ayurvedic

Medical College and Sane Guruji Hospital, Bagalkot with chief complaints of burning sensation in throat-chest region (Hrith-Kantha Daha), Sour belching (Tiktaamlodgara), Nausea (Utklesh), Vomiting (Chardi), Indigestion (Avipaka), Heaviness of Abdomen (Gouravata) repeatedly since 20 years.

Patient was apparently normal before 20 years then she repeatedly started complaining of burning sensation in throat and chest region, sour belching, nausea, vomiting, indigestion and heaviness of abdomen. For that she has consulted allopathic physician but didn't get permanent relief she used to take daily antacids. Since 1 month the symptoms have aggravated, she came to Sane Guruji Hospital for better management. There was no any past history of medical illness. Same complaints were present to the mother and sisters.

**Clinical Findings**

Patient pulse rate was 74bpm Height=158cm  
Blood pressure was 130/90 mm of HG BMI=32.8kg/m<sup>2</sup>(over weight).

Respiratory rate=14cpm Weight=82 kg

**Systemic Examination**

Central Nervous System: Conscious and well oriented  
Cardiovascular System: S<sub>1</sub> and S<sub>2</sub> heard and no murmurs

Respiratory system: Air entry bilaterally equal, NVBS, no added sounds

**Astathana Pareeksha**

1. Nadi : Pitta-Kaphaja
2. Mutra : Prakruta
3. Mala : Baddha Mala, not clear
4. Jivha : Lipta
5. Shabda : Prakruta
6. Sparsha : Anushnasheeta
7. Drik : Prakruta
8. Aakriti : Pravara

**Dashavidha Pareeksha**

Prakruti: Kapha-Pittaja

Vikruti: Pachaka Pitta, Kledaka Kapha, Saman Vayu

Sara: Madhyam

Samhanan: Madhyam

Vaya: Madhyam

Satmya: Vyamishra

Satva: Madhyam

Abhyavaran Shakti: Madhyam

Jarana Shakti: Madhyam

Vyayama Shakti: Avara

**Gastrointestinal Examination  
Inspection**

Tongue: coated

Palpation: Hard and Non tender

Abdominal shape: distended (fat)

Organomegaly: absent

Peristalsis: invisible

Percussion: Normal

Auscultation: Bowel sounds-10/min

**Diagnosis:** Diagnosis was made depending upon symptoms found in Patients which are explained in classics

1. Tiktaamlodgara (bitter and sour belching)
2. Hrith-Kanth Daha (heart burn)
3. Utklesh (Nausea)
4. Chardi (Vomiting)
5. Avipaka (Indigestion)

## 6. Gouravata (Post- Prandial fullness)

Drug	Dose	Root of administration	Duration
<i>Avipattikar churna</i> <sup>(13)</sup>	3 gm 2 times per day with water before meal	Orally	2month
<i>Sutashekhar ras</i> <sup>(14)</sup>	250mg TDS	Orally	2month
<i>Shankha bhasma</i> <sup>(15)</sup>	250mg TDS	Orally	2 month
<i>Pimplimool churna</i> <sup>(16)</sup>	150mg TDS	Orally	1 month

**Assessment:**

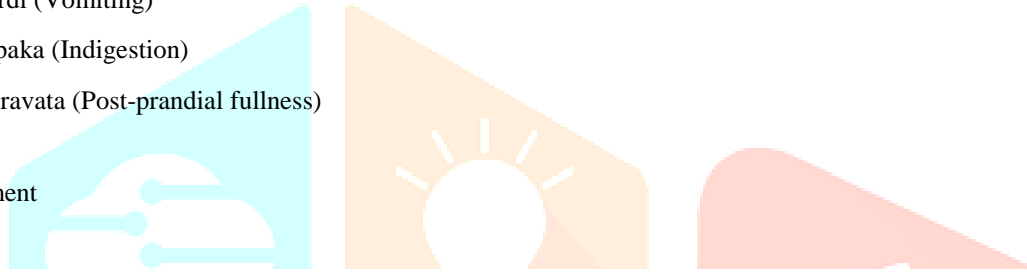
The result was assessed before and after treatment, based upon subjective parameters of classical symptoms. Changes in the symptoms were noted on full gradation of subjective parameters

**Gradation of parameters: Subjective parameters**

1. Tiktaamlodgara (Bitter and sour belching)
2. Hrith-Kantha Daha (Heart burn)
3. Utklesh (Nausea)
4. Chardi (Vomiting)
5. Avipaka (Indigestion)
6. Gouravata (Post-prandial fullness)

Treatment

Symptom score

**1. Amlodgara Grade**

No belching 0

Feeling of belching with no sound 1

Feeling of belching with mild sound 2

Feeling of belching with severe sound 3

**2. Daha Grade**

No burning sensation (no retrosternal discomfort) 0

Sensation of warmth on throat occasionally 1

Burning sensation on throat and chest after a mild 2

oily/spicy food

Feeling of burning sensation always 3

irrespective of the diet

3. *Gaurava* Grade

Normal 0

Feeling of heaviness in morning 1

Feeling of heaviness in morning and evening after food 2

Feeling of heaviness always 3

4. *Utklesha* Grade

No nausea 0

Mild nausea 1

Severe Nausea 2

Severe nausea with vomiting 3

5. *Avipaka* Grade

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

6. *Agnimandya* Grade

Normal 0

Only takes lunch and dinner 1

Loss of interest in lunch or dinner 2

No desire to take food 3

Criteria for overall effect of therapy

The total effect of the therapy was assessed considering the following criteria - Complete remission: 76%–100%, Markedly improved: 51%–75%, Mild improvement: 26%–50%, No improvement: <25%.

## DISCUSSION

1) *Avipattikar Churna* contains, *Zingiber officinalis* Roscoe. (*Shunthi*), *Piper longum* Linn. (*Pippali*), *Piper nigrum* Linn. (*Maricha*), *Terminalia chebula* Retz. (*Haritaki*), *Terminalia belarica* Retz. (*Vibhitaki*), *Emblica officinalis* Gaertn. (*Amlaki*), *Elettaria cardamomum* Maton. (*Ela*), *Cinnamomum tamala* Nees & Eburn. (*Tejpatra*), *Cyperus rotundus* R.br. (*Nagarmotha*), *salt* (*Vidlavana*), *Embilia ribes* Linn. (*Vayvidanga*) all in equal parts with eleven parts of *Syzygium aromaticum* Linn. (*Lavanga*), forty four parts of *Trivrit* root and sixty six parts of *Sita* (10). Among that *Sunthi*, *Maricha* and *Pipali* Due to its *katu* rasa it also reduces *Medo Dhatu Ashrit Kapha* and *Kleda* in the body and it is also *Srotoshodhaka* thus helps in pacifying *Vata* *Kapha* *Vikara*. Due to *Madhur*, *Tikta*, *Kashaya Rasa* it is vitiated *Pitta Shamaka*, due to *Katu*, *Tikta Kashaya Rasa* it is vitiated *Kapha Shamaka* and due to *Amla*, *Madhura Rasa* it is vitiated *Vata Shamaka*. Mainly it is act on vitiated *Vata* and it is *Vata Anulomaka*. *Bibhitaki* is *Chedaniya* (*Shleshmhara*) in *Prabhava*. It is act on vitiated *Kapha* and *Vata Dosha*. Due to *Ruksha*, *Laghu*, *Kashaya Rasa* properties it pacifies vitiated *Kapha*, due to *Madhura Rasa* pacifies vitiated *Pitta*, and its *Ushna* property helps in pacifying vitiated *Vata* (11). *Amalaki* is *Dahprashamaka* and *Anulomaka* (12). *Ela* is also *Dahprashamaka* in nature. *Vayvidanga* is *Ushna* in potency thus it is *Kapha Vata Shamaka*. It is *Jantughna* in nature thus mentioned as best *Krimighna* drug (13). *Nishotha* is *Sukhvirechhiniye* in *Prabhava*, *Bhedana* and *Rechana* in properties. It reduces swelling as mentioned as *Shothahara* in texts. *Vidlavana* is *Vatanulomaniya*. *Lvanga* is *Chedniya* in *Prabhava*, thus play a beneficial role in *Chedan* of *Kapha* from the body. *Snigdha guna* in it makes it *Vatanulomaka* and *Shoola Prashmana*. *Sita* is rich in *Madhur Rasa* thus pacifies vitiated *Pitta-Rakta* *Dosha* and it is *Dahprasamaka*. Thus, most of the *Dravyas* of *Avipattikar churna* are *Kapha-Vatahara* and *Anulomaka* in nature.

2) *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, hiccup, fever, breathing troubles, headache etc.

3) *Shankha Bhasma* is a good source of calcium as properly manufactured *Bhasma* contains calcium in the form of calcium carbonate. According to the classics of *Ayurveda*, *Shankha Bhasma* having properties like *Madhura Rasa*, *Laghu Guna*, *Sheetal Veerya* etc. had been widely used in the treatment of *Amlapitta*.

4) *Pimplimool Churna* It has *Ushna Virya* (hot potency) and *Madhura Vipaka* (sweet metabolic property). The bioactive ingredients in this aromatic herb aggravate the *Pitta* (fire and air) *Doshas* and balance the *Vata* (air) *Doshas* and *Kapha* (earth and water) *Doshas*.

## CONCLUSION.

This single case report concludes that *Ayurvedic* management with *Avipattikar churna* orally and *Sutshekhar Ras* orally and *Shankha Bhasma* orally and *Pimplimool churna* orally for 2 month given to patients all drug is good acting on *Pitta Dosha* and gives excellent result on *Amlapitta*

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## CONFLICTS OF INTEREST

This work is not published anywhere. The authors declare no conflict of interest

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