CLINICAL STUDY OF ROLE OF AMALAKI AND YASHTIMADHU CHURNA IN AMALAPITTA – 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 apathyahara and vihara is cosetive factor of amlapitta. Anxiety is also a reson for acidity.

Amlaki
Guna- Laghu, Ruksha, Shita.
Rasa- Shadrasa exeptlavan 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 described 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, romahrasha.

**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 amlaki 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, hrutkanthadahawere disappeared after 3 days.
3) Increase in appetite was also recorder 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 useful in amlapittayadhi and is having best results.
2) This treatment is helpful for healthy Mind.
3) Amlaki is natural Antioxid.
4) More study is required with increased group of populations.
5) Patient was not having any complaint regarding amlapitta even on 14th day.

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