

Ayurvedic management of Amlapitta: Case Study

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Abstract

Most common disease seen in society is Hyperacidity. It seen in all ages, all class and all community. Hyperacidity is caused by an imbalance between the acid secreting mechanism of the stomach and the protective mechanism that ensure their safety. When there is an increase in the secretion of hydrochloric acid by the cells of the lining of the stomach, it is known as the hyperacidity. These increased acid levels can cause many hyperacidity symptoms. It is a condition where there is heartburn felt around the lower chest. It happens as the acid from the stomach, back up into the food pipe leading to a burning sensation. Poor lifestyle is thought to be one of the main reasons for acidity though most people do not realize this aspect and suffer from this condition often. When the symptoms of acidity happen more than twice a week it diagnosed as a GERD.

Keywords: *Amlapitta; Annavaha strotas; Mahabhuta; Hyperacidity*

1. Introduction

Ayurveda holds a prominent position among the different branches of Indian medicine. Throughout the ages, from the stone age to the space age, people's dietary patterns have undergone countless transformations. While these changes have generally been aimed at improving quality of life, it is still evident that many diseases stem from unhealthy dietary habits and lifestyle choices. Poor and inadequate dietary habits result in the imbalance and dysfunction of *Annavaaha strotas*, leading to various disorders, one of which is *Amlapitta*. *Amlapitta*, also known as acid dyspepsia or hyperacidity, is a health condition that is not mentioned in the *Brihatrayi* (the three major *Ayurvedic* texts), but was first mentioned in the *Kashyapa Samhita*. Other texts such as *Madhava Nidana*, *Bhavaprakasha*, and *Yoga Ratnakara* have also provided detailed descriptions of *Amlapitta*. *Vagbhata* has stated that all diseases are caused by *Mandagni* (weak digestive fire). Which negatively affects the *samana* and *udana vayu*, as both *vayu* are responsible for proper digestion.¹ The excessive consumption of *Amla* (sour), *Katu* (spicy), *Ushna* (hot), and *Viruddhashana* (incompatible food combinations) can lead to an aggravation of *Pitta dosha*. Normally, *Pitta* has a *Katu rasa* (spicy taste), but when it is converted into *Amla rasa* (sour taste), it results in *Amlapitta*.

2. Case study

A 36 years old male patient came with complaints of *Avipaak*, *Klama*, *Utklesa*, *Tikta Amla Udgaar*, *Gauravata*, *Hrit-kantha Daha* and *Aruchi*. Patient was on Rabeparazole 20 mg & Domperidome 30 mg empty stomach once a day with water from last 2 months. Patient was also having complaints of generalised weakness with mood irritability in doing day to day work. There were no associated complaints like constipation or diarrhoea. There was no any past history of injury, wound, in contact to any chemical or harmful dietary substance.

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- Patient name: XYZ
- Age/Sex: 36/M
- Religion: Hindu
- Occupation: Teacher
- Address: lower Roopnagar, jammu.

2.1. Poorva vyadhi vruttanta

NO H/O Hypertension, T2DM, Hypo / Hyperthyroidism

2.2. Kutumbh vritanta

No significant history was found.

2.3. Vyaktika vruttanta

- Appetite - Reduced
- Bowel habit - Constipation
- Micturition - 7-9 times/day
- Sleep - Sound sleep
- Socio economic status - Middle class

2.4. Clinical findings

- General condition – Fair
- Pallor - Absent
- Oedema – Absent
- Cyanosis - Absent
- Icterus - Absent
- Clubbing - Absent.
- Lymphadenopathy - Absent
- Pulse Rate: 74 bpm
- Height :158cm
- Blood pressure :130/90 mm/Hg
- BMI: 32.8kg/m² (over weight).
- Respiratory Rate: 14 bpm
- Weight: 82 kg

2.5. Systemic examination

- Central Nervous System: Conscious and well oriented.
- Cardiovascular System: S1 and S2 heard and no murmurs.
- Respiratory system: Air entry bilaterally equal, no added sounds.

2.6. Astavidha pariksha

- *Nadi: Pitta-Kaphaja*
- *Mutra: Prakruta*
- *Mala: Baddha Mala*
- *Jivha: Lipta*
- *Shabda: Prakruta*
- *Sparsha: Anushnasheeta*
- *Drik: Prakruta*
- *Aakriti: Pravara*

2.7. Dashavidha pariksha

- *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*

2.8. 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

2.9. Evaluation of symptoms²

Table 1 Grading of clinical features of *Amlapitta* according to severity.

<i>AVIPAAK</i>	
Grades of severity	Characteristics
GRADE 0	No indigestion
GRADE 1	Digests normal usual diet in 09 hours
GRADE 2	Digests normal usual diet in 12 hours
GRADE 3	Digests normal usual diet in 24 hours or more

<i>KLAMA</i>	
Grades of severity	Characteristics
GRADE 0	No tiredness
GRADE 1	Feel tired after exertion work
GRADE 2	Feel tired after normal work
GRADE 3	Feel tired even after taking rest

<i>UTKLESHA</i>	
Grades of severity	Characteristics
GRADE 0	No nausea
GRADE 1	Feel nausea after eating some peculiar food
GRADE 2	Feel nausea after eating all kinds of food
GRADE 3	Feel nausea after eating all kinds of food

TIKTA AMLA UDGAAR	
Grades of severity	Characteristics
GRADE 0	No sour and bitter belching
GRADE 1	Sour and Bitter belching after taking spicy food
GRADE 2	sour and bitter belching after taking any type of food
GRADE 3	sour and bitter belching having no relation with food intake

GURUTA	
Grades of severity	Characteristics
GRADE 0	No feeling of heaviness in the body
GRADE 1	Heaviness after taking more quantity of heavy food
GRADE 2	Heaviness even after taking light food
GRADE 3	Heaviness even on empty stomach

HRIT-KANTHA DAHA	
Grades of severity	Characteristics
GRADE 0	No Burning sensation
GRADE 1	Burning sensation after intake of spicy food
GRADE 2	Feeling of burning sensation even after intake of normal food
GRADE 3	Burning sensation even empty stomach

ARUCHI	
Grades of severity	Characteristics
GRADE 0	No anorexia
GRADE 1	Eat food only two times without any snacks in between
GRADE 2	Eat only once
GRADE 3	Have no feeling of appetite

2.10. Therapeutic intervention

Table 2 Therapeutic intervention

S.no	Name of drug	Dose	Frequency and <i>anupana</i>
1	<i>Sutshakar rasa</i>	1tab. after meals	Twice a day with <i>Madhu</i>
2	<i>Avipattikar churana</i>	3grams after meals	Twice a day with lukewarm water
3	<i>Drakshavaleha</i>	5grams after meals	Twice a day with milk.

2.11. Formulation of intervention medicine

Table 3 Formulation of intervention medicine

S.no	Ayurvedic medicine	Ingredients	Reference
1.	<i>Sutshekar rasa</i> ³	<i>Sodhita Parad</i> (Purified Mercury), <i>Sodhita Gandhak</i> (Purified Sulphur), <i>Sodhita Makshik</i> (Chalcopyrite), <i>Shankh bhasam</i> (Conch shell), <i>Tamra bhasam</i> (Copper), <i>Tankan</i> (Borax), <i>Sodhit Vatasnava</i> (Purified Aconitum Ferox), <i>Sodhit Dhatura</i> (Purified Dhatura metal), <i>Shunthi</i> (Zingiber officinale), <i>Maricha</i> (piper nigrum), <i>Pippali</i> (piper longum), <i>Twak</i> (Cinnamomum zeylanicum), <i>Patra</i> (Cinnamomum tamala), <i>Ela</i> (Elettaria cardamomum), <i>Nagakeshar</i> (Messua ferrea), <i>Bilwamajja</i> (Aegles marmelos) and <i>Bhringraj swarasa</i> (Eclipta alba)(bhavana)	<i>Yog Ratnakar</i> (AFI-2)
2.	<i>Avipattikar churana</i> ⁴	<i>Shunthi</i> (Zingiber officinale), <i>Maricha</i> (piper nigrum), <i>Pippali</i> (piper longum), <i>Haritaki</i> (Terminalia chebula), <i>Vibhitaki</i> (Terminalia bellirica), <i>Amalaki</i> (Embelica officinalis), <i>Mustaka</i> (Cyperus rotundus), <i>Vida lavana</i> , <i>Vidanga</i> ((Embelica ribes), <i>Ela</i> (Elettaria cardamomum), <i>Twak</i> (Cinnamomum zeylanicum), <i>Lavang</i> (Syzgium aromaticum), <i>Trivrit</i> (Operculina terpehthum) and <i>Sharkara</i> (Saccharum officinarum).	<i>Bhaishajya Ratnavali</i> , <i>Amlapitta</i> 25-2
3.	<i>Drakshavaleha</i> ⁵	<i>Draksha</i> (Vitis venifera), <i>Kana</i> (Piper longum), <i>Yestimadhu</i> (Glycyrrhia glabra), <i>Vamshalochana</i> (Bambusa arundinacea), <i>Dhatri phala</i> (Embilica officinalis).	

2.12. Mode of action

2.12.1. SUTSHEKAR RASA

- Most of drugs of *Sutshekar rasa* are *Tikta kasaya* and *Madhur rasa* dominant properties
- *Tikta* and *kasaya rasa* subside *Kapha Doshas*.
- *Pippali* is the best *Ama Pachana*.
- *Sankha Bhasma* and *Tankan* both have *Kshariya* nature neutralize the acidity and maintains acid base balance in the stomach.
- *Tamra bhasam* is also mentioned as *amlapitnashak*.

2.12.2. AVIPATTIKAR CHURANA:

- These drugs are commonly *Deepniye*, *Pachniye*, *Agnivardhaka* and reduce the symptoms of vitiated *Pitta*, *Ama*, vitiated *Samana* and *Udana vayu* which will help in digestion of *Ama* for the *Shaman* of raised *Pitta*.
- *Avipattikar churna* has purgative action thus used in *Shodhana* of vitiated *Pitta* in *Amlapitta*.

2.12.3. DRAKSHAVALEHA

- *Drakshavaleha* has anti-anaemic properties and nutritional properties.
- It has been used as a *Naimittika Rasayana* (promoter of specific vitality in specific disease an *Amlapitta* is one of them).

3. Result after treatment

Table 4 Result after treatment

Parameters	Before treatment	After treatment
AVIPAAK	2	0
KLAMA	2	1
UTKLESHA	1	0

TIKTA AMLA UDGAAR	3	1
GURUTA	2	0
HRIT KANTHA DAHA	3	1
ARUCHI	2	0

4. Result

Amlapitta shows complete resolution at the end of 45 days. Oral remedies “*Shutshekar rasa*” “*Avipattikar churana*” “*Drakshavaleha*” is effective for the above symptoms.

5. Discussion

Amlapitta has become a very common problem in the present scenario; it is due to unhealthy food habits and regimens. The incompatible diet, regimen and habits continued, it may lead to gastric ulcer, chronic gastritis, duodenitis, irritable bowel syndrome, malabsorption, anaemia, and stenosis. As in disease, *Amlapitta* vitiated *dravya roop* of *Pitta* is a primarily responsible factor and changes in the function of *Agni* (appetite) lead to various diseases. It is common for many of us to face a burning sensation in the stomach and chest. All the drugs utilized in the study were *Pitta shamak* which mitigate the *Pitta dosha* and *Kapha* stabilize. Most of the medication (in *samana* aspects are having *Tikta rasa* which has *Vayu+ Akasha Mahabhuta*. The *Vayu Mahabhuta* dries up the *Dravta* of *Dushita Pitta* and this *Akasha Mahabhuta* removes the *Srotorodha* during a *Samprapti Vighatana*. These drugs work on subjective symptoms and physical, mental, emotional health.

6. Conclusion

“*Sutshekar rasa*”-the vitiated state of *pitta* improves the whole digestion process and result in the proper functioning of *Agni*. *Sutshekar rasa* having properties like *ruksha*, *laghu*, *katu& ushan* has an effect to decrease the vitiated *pitta* and maintain the proper functioning of *Agni*. *Sutshekhar rasa* has ingredients which are mainly *agnivardhak & amapachak* properties. “*Avipattikar churana*”- a more potent drug in the treatment of *Amlapitta* without any side effect. In this *churana* the drug is *madhur tikta kasaya*, *katu rasa yukta* and *Madhur vipaka* and *Sitavirya*. In *Amlapitta*, *vidagada pitta* is neutralized by the ingredients of *Avipattikar churna*.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

Statement of ethical approval

The present research work does not contain any studies performed on animals/humans subjects by any of the authors.

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