

Management of Amlapitta through Nityanulomana: A Case Study

Dr. Priyanka S R¹, Dr. Suresh N Hakkandi², Dr. Manjunath Akki³, Dr. Guru Mahantesh T M⁴

¹PG Scholar, ²Professor and HOD, ³Professor, ⁴Associate Professor,
^{1, 2, 3, 4}Department of Panchakarma, SJG Ayurvedic Medical College, Koppal, Karnataka, India

ABSTRACT

In this modern era there has been unprecedented increase of incidences related to GI system due to marked change in lifestyle. Diet pattern, behavioral pattern & mental stress & strain. These multiple factors leads to a condition known as Amlapitta. Symptoms of Amlapitta as explained in Ayurveda are nearer clinical entity with symptoms of hyperacidity, Gastro Intestinal disorder mentioned in Modern Science. Amlapitta is one of the common problems of Annavaahasrotas caused due to Mandagni and vitiation of Pachakapitta. Increase in ama and dravaguna of pachaka pitta gives rise to Amlapitta with symptoms as amla-tikta udagara, hrut-kanthadaha, aruchi, avipaka, klama etc, Here an effort is made to know the efficacy of Avipattikara Churna in Amlapitta.

KEYWORDS: *Amlapitta, Hyperacidity, Avipattikara churna, Anulomana*

How to cite this paper: Dr. Priyanka S R | Dr. Suresh N Hakkandi | Dr. Manjunath Akki | Dr. Guru Mahantesh T M "Management of Amlapitta through Nityanulomana: A Case Study" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-6 | Issue-6, October 2022, pp.816-818, URL: www.ijtsrd.com/papers/ijtsrd51973.pdf



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INTRODUCTION

Ayurveda the basic knowledge or science of “Ayu” – unified state of maintaining good physical and mental well-being by employing proper diet, behaviour and personal hygiene, which deals with maintenance of health and the relief from diseases.

In recent years there has been an unprecedented increase of incidences related to gastro intestinal system due to change of lifestyle. And it can be described as a disease of modernization due to unhealthy eating habits, mental stress and strain. Hyperacidity is probably a commonest digestive disorder. In a demographic survey, its prevalence range observed is about 11% to 38.8% of world population.

By prolonged use of drugs such as aspirin, ibuprofen, muscle relaxants etc which can irritate the esophagus and cause heart burn. Along with this if there is an increased and frequent consumption of tea, coffee, tobacco, smoking and alcohol which would result in incompatibility of food and ends in gastric related complaints such as nausea, vomiting and heart burn etc.

Treatment is directed at the cause but often includes acid suppression. If left untreated it leads to several life-threatening complications such as ulceration, perforation, gastrointestinal bleeding and adenocarcinoma.

Modern treatment includes PPIs, H2 blockers, antacids etc. But these have their own limitations. However the antacids are among the one of the most widely used medicine all over the world. The US Food and Drug Administration (FDA) warned that there is increased risk of fractures with the use of Proton Pump Inhibitors (PPIs) including Esomeprazole, Omeprazole, Pantoprazol.

As per Modern interpretation symptoms of Hyperacidity can be correlated to Amlapitta¹. Description of disease Amlapitta and its chikitsa has been found in detail in classical Ayurvedic texts like Kashyapasamhita, Yogaratnakara and Bhaishajyaratnawali. In Brihatrayees, Amlapitta was not considered or grouped under any specific disease, but the symptoms are mentioned.

Amlapitta is one of the common problems of Annavaahasrotas caused due to Mandagni and vitiation of Pachakapitta. Hyperacidity² Increase in ama and dravaguna of pachaka pitta gives rise to Amlapittawith symptoms as amla-tiktaudagar, hrut-kathadaha, aruchi, avipaka, klama etc³.Kulatha is considered as the pradhana nidana for amlapitta. The drugs which move he mala downwards after digesting them and breaking their bandha are known as Anulomana⁴.

Here an effort is made to know the efficacy of Avipattikara Churna in Amlapitta.

CASE REPORT:

A 32 year old male patient (Registration no-107611) from Koppal visited Panchakarma OPD of SJG Ayurveda Medical College and Hospital, Koppal on 4th November 2021, complaints of burning sensation in chest, sour belching since 6 months.

Presenting complaints:

Patient was apparently healthy 6 months back. Gradually developed burning sensation in chest, sour belching since 6 months. The patient lifestyle history was also taken regarding the food habit, sleep, exercise etc exhibited altered lifestyle. For these complaints patient took allopathic treatment but symptom did not reduce. Hence approached Panchakarma OPD of SJG Ayurveda Medical College Koppal for better treatment.

HISTORY:

Patient has no history for cause of amlapitta.

Not a known case of Hypertension and Diabetes mellitus

No history of surgical intervention

DIAGNOSTIC CRITERIA:

Burning sensation in chest and throat region (Hritkantha daha), sour belching (Amlodgara), nausea (utklesha), Indigestion (Avipaka), tastelessness (Aruchi).

METHOD OF COLLECTION OF DATA AND ANALYSIS:

The case sheet proforma was prepared which contains lifestyle of the patient and who comes under diagnostic criteria were collected and pre and posttest assessment was done based on the symptoms gradation and analysed by applying descriptive statistics.

INTERVENTION:

Avipaatikara churna was advised 12g morning before food with luke warm water.

Intervention period was 15 days.

Lifestyle chart was given containing Ahara (food), Vihara (lifestyle), and Achara (code and conducts).After 15th day of intervention. Assessment was done based on the symptoms gradation.

DISCUSSION

In this study observation was done before and after treatment based on the symptoms gradation and the obtained result are, In amlodgara before treatment it was 2 and after treatment it reduced to 1. Hritkanta daha BT was 2 and after treatment reduced to 0. Avipaka BT was 2 and reduced to 0 AT. Aruchi bt was 2 and reduced to 0 at. Above results show the significant reduction in the symptoms.

Avipattikara Churna having rasa kashaya, tikta, Guna: Laghu, Ruksha, Veerya: Ushna, Pitta shamana property, Vipaka: Madhura, so there is reduction of symptoms observed in this study.

Haritaki having Kashaya as pradhana rasa so it will remove coating from tongue, amapachana property so there is reduction of symptoms observed in this study

The Avipattikara Churna having ingredient of Haritaki Ushna Veerya, Doshanulomana, Pachana, Srotoshodhana.

The lifestyle chart contains Ahara, Vihara and Achara was prepared and advised based on the Pathyapathya mentioned for Amlapitta. This diet might be benefited due to easily digestible and regularized food habits, Tikta shaka and Pitta shamaka dravya. Vihara like exercise and sleep was advised to regularize daily and lack of exercise causing ajeerna, agnimandhya etc. The sadvritta was advised and it results into decreasing the stress and strain. This multi approach treatment helped in the reducing the symptoms and maintain the healthy life.

Table 1: Showing gradation of symptoms

SL NO	Symptoms	BT	AT
1	Tikta amla udgara	3	2
2	Hrit-kanta daha	2	0
3	Aruchi	2	0
4	Avipaka	2	0

BT-Before treatment, AT-After treatment

Table 2; Showing Ingredients of Avipattikara Churna
AVIPATTIKARA CHURNA⁵

SL. NO	DRUG NAME	BOTANICAL NAME	QUANTITY
1	Amalaki	Emblica Officinalis	1 part
2	Vibhitaki	Terminalia bellerica	1 part
3	Haritaki	Terminalia chebula	1 part
4	Sunthi	Zingiber officinale	1 part
5	Maricha	Piper nigrum	1 part
6	Pippali	Piper longum	1 part
7	Musta	Cyperus rotundus	1 part
8	Vidanga	Embelia ribes	1 part
9	Ela	Elettaria cardamomum	1 part
10	Patra	Cinnamomum tamala	1 part
11	Vida lavana	Ammonium chloride	1 part
12	Lavanga	Syzygium aromaticum	11 part
13	Trivrit	Operculina turpethum	44 part
14	Mishri	Sugar candy	66part

CONCLUSION:

Amlapitta showed its direct impact on Annavaahasrotas. Agnimandhya was present in majority of patients. Present lifestyle that has disturbed the food habits give rise to agnimandhya, vidagdhajirna, and finally leads to Amlapitta. Socio-economic condition, mental stress, and strain play an important role in causing and aggravating the disease. Avipattikara churna as it is a virrchaka helps not only to eliminate Pitta but also helps in reducing symptoms but also maintains the health.

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