

EFFECT OF PIPPALI GHRITA IN AMLAPITTA (URDVAGA) – A CLINICAL STUDY**Ballari anupama¹, Prasad Nagendra², Gubbannavar Jyoti Shankar³**¹Lecturer, Dept. of Kayachikitsa, ³Lecturer, Dept. of Roga Nidana Vikriti Vijnana,

S. S. Ayurvedic Medical College, Haveri, Karnataka, India

²Professor, Dept. of Kayachikitsa, S.V.M. Ayurvedic Medical College, Ilkal, Karnataka, India**ABSTRACT**

Amlapitta is that condition where the *pitta*, which has previously accumulated from the self aggravating causes, gets *vidagdha* due to *virudha*, *dustha*, *amla*, *vidahi* and *pitta* provoking foods and drinks. In the present study *pippalighrita* is used as *shamanoushadhi*. Drug has been given 5 ml in empty stomach along with *mandoshnadugdha* as *anupana*. Duration of study was 30 days. (Total 15 days of medication and follow up done after 15 days). Total 30 patients were treated with the formulation with the complaints like *avipaka*, *utklesha*, *tiktaamlodghara* etc. Statistically the mean score of overall results of all symptoms was 10.30 ± 4.19 before treatment which reduced to 6.23 ± 3.16 after treatment and this change in score shows highly significant. The drug along with diet and *anupana* is very effective in the management of patients with *Urdhvaga Amlapitta*.

Keywords: *Amlapitta*, *pitta*, *PippaliGhruta*, *mandoshnadugdha*

INTRODUCTION

Research in ayurveda should aim not only to help in preservation of health, longevity, cure and mitigation of diseases, but also to bring out the latent potentialities lying unexplored in the vast literatures and thousands of manuscripts for the benefit of human beings. Modern luxurious life style and sedentary habits of people have been invited so many diseases such as *Prameha*, *Amavata*, *Amlapitta* etc. The disease *Amlapitta* is an ailment affecting the gastro intestinal tract. Charaka and Sushruta have not considered it as a separate and independent disease entity. But in Kashyapa-Samhita¹ *nidana*, *lakshanas*, *samprapti* and *chikitsa* are explained elaborately. Madhava-kara² in his treatise, described the *nidana* aspects separately. Chakrapanidatta in his commentary on Grahani chikitsa Adhyaya in Charaka samhita defines *Amlapitta* as “*Amlapittam cheti amlagunoudriktam pittam*”³i.e, the *pitta* which is acquiring more *amlaguna* is called as *Amlapitta*.

In India, from Vedic period plants have been considered as principal remedy for the mitigation and cure of diseases. Various plant remedies have been evaluated in Ayurveda for the management of *Amlapitta*. These are *Guduchi*, *Nimba*, *Patola*, *Amalaki*, *Shatavari*, *Yastimadhu*, *Bhoonimba*, *Bhringaraja* etc.

In the present study *Pippali ghruta* was selected as a *shamanoushadhi* for *amlapitta* due to its *pitta- vatahara*, *amapachaka*, *agni- vardana* and *rasayana* property.

AIMS AND OBJECTIVES:

To know the clinical study of *pippali ghruta* in *urdvaga amlapitta*.

MATERIALS AND METHODS

The total number of patients taken for study was 30, excluding drop outs. The parameters of evaluation of study were based on symptoms of *Amlapitta* and results had analysed statistically before, after treatment and after follow up.

Source of data: The study has been carried out on the patients attending the O.P.D of S.V.M Ayurvedic Medical College, Ilkal in the year of 2013-2014.

Design: single group clinical study.

Posology: *Pippali ghrita*, 5 ml early morning in empty stomach (Bhaishajyaratnavali⁴).

Anupana: *Mandoshna go dugdha* (Lukewarm Milk)

Duration of Treatment: Total 30 days of duration has been selected for this trial (15 days of medication and follow up after 15 days.)

Inclusion Criteria:

1. Patients with *pratyatma lakshana* of *Urdhvaga Amlapitta* – viz, *Avipaka, Klama, Utklesha, Tiktodgara, Amloudgara, Kantadaha, Hrithdaha, Vanti* with or without other symptoms like *Hrillasa,*

Aruchi, jwara, hastapadadaha, kandu, kotha, pidaka.

2. Age between 15 years to 60 years.

Exclusion Criteria:

1. Patients with other systemic diseases and having complications which will intervene the treatment.
2. Age below 15year and above 60years.

Criteria for diagnosis: Data has been collected before and after the trial and has been compared and analysed for the improvement in different signs and symptoms with grading (Table1).

A special proforma was prepared with all points of history taking, examination.

Criteria for diagnosis of Amlapitta with gradings (Gr) (Table No.1)

AVIPAKA	
Gr-3	not hungry at all
Gr-2	only one time pt have food in a day
Gr-1	feels hungry after 6-8 hrs
Gr-0	feels hungry after 4-5 hrs
KLAMA	
Gr-3	feels tiredness all the time
Gr-2	feels tiredness once or twice in a week
Gr-1	feels tiredness sometimes
Gr-0	no tiredness
UTKLESHA	
Gr-3	nausea always after having food
Gr-2	nausea 2-3 times in a day
Gr-1	nausea 2-3 times in a week
Gr-0	no nausea
TIKTODGARA	
Gr-3	feels bitter belching after 2hrs having every meals
Gr-2	feels bitter belching once or twice in a day after having me
Gr-1	feels bitter belching after having spicy food once or twice in week
Gr-0	no <i>tiktodgara</i>
AMLODGARA	
Gr-3	pt feels sour belching after having every meals
Gr-2	feels sour belching once or twice after having sour food in a day
Gr-1	feels belching some times after having sour food

Gr-0	no amlodgara
KANTADAHA	
Gr-3	feeling burning sensation in throat not subsided by any food or drink or antacids in a day
Gr-2	feels burning sensation after having food but relieved by antacids
Gr-1	feels burning sensation in throat relieved by water
Gr-0	no kanthadaha
HRITDAHA	
Gr-3	feeling burning sensation in epigastric region not subsided by any food, drink or antacid
Gr-2	feels burning sensation but relieved by antacids
Gr-1	feels burning sensation relieved by water
Gr-0	no hritdaha
ARUCHI	
Gr-3	feels no taste and no hungry also
Gr-2	without having taste but pt have food twice in day
Gr-1	have symptoms 1-2 times in a week
Gr-0	no aruchi
VANTI	
Gr-3	after having heavy meals immediately he vomits
Gr-2	once or twice vomiting in a week
Gr-1	feels vomiting sensation but not vomits
Gr-0	no vomiting

OBSERVATION AND RESULTS:

The statistical readings of before and after treatment, and overall effect of the drug were

noted down and depicted in Table 2,3, Graph 1 respectively.

Symptoms	Mean score		Difference in mean (from BT)	Paired t test				Remarks
	BT	AT		SD	SEM	T	P	
<i>Avipaka</i>	1.201 ±06	0.60±0.81	0.60	0.68	0.12	4.87	<0.001	HS
<i>Klama</i>	0.63±0.89	0.2±30.50	0.40	0.72	0.13	3.03	0.05	S
<i>Utklesh</i>	1.20±0.76	0.83±0.65	0.37	0.81	0.15	2.48	0.019	S
<i>Tiktodgara</i>	0.93±0.78	0.60±0.62	0.33	0.76	0.14	2.41	0.023	S
<i>Amlodgara</i>	1.23±0.77	0.77±0.57	0.47	0.68	0.12	3.75	0.001	S
<i>Hritdaha</i>	1.30±0.70	0.800 ±55	0.50	0.68	0.13	4.01	<0.001	HS
<i>Kantadaha</i>	1.33±0.71	0.90±0.48	0.43	0.68	0.12	3.50	0.002	S
<i>Aruchi</i>	0.87±1.01	0.60±0.81	0.27	0.64	0.12	2.28	0.03	S
<i>Vanti</i>	0.70±0.88	0.33±0.55	0.37	0.93	0.17	2.16	0.04	S

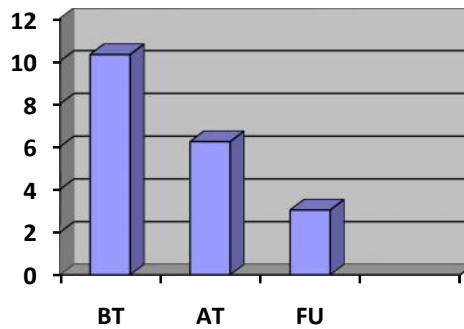
(Table No.3)

	Mean score±	Difference in	Paired t-test
--	-------------	---------------	---------------

	SD	means (fromBT)	SD	SEM	t-value	p-value	Remarks
BT	10.3±04.19	-	-	-	-	-	-
AT	6.23±3.16	4.07	3.03	0.55	7.36	<0.001	HS
FU	3.03±2.50	7.27	3.86	0.71	10.31	<0.001	HS

S: significant
 HS: Highly significant
 BT: Before Treatment
 AT: After Treatment

FU: Follow up
 SD: Standard Deviation
 SEM: Standard Error Mean
Over all effect of drug



The mean score of overall results of all symptoms was 10.30±4.19 before treatment and reduced to 6.23±3.16 after treatment and this change in score is statistically highly significant. (Graph No.1)

DISCUSSION

The ancient acharyas were well acquainted with the knowledge of *Amlapittaroga*. Among the types of *Amlapitta*, *Urdhvaga Amlapitta* is said to be located in *Amashaya*, causing gastrointestinal disturbances. Due to *pitta* and *kaphakara nidana*, *pitta* and *kapha doshas* gets vitiated, leading to the disease. *Pippali ghrita* is explained in *Bhaishajyaratnavali*, *Amlapitta adikara*. It is one of the *shaman sneha*. According to Vagbhata administration of *sneha* in *madhyama matra* (medium quantity) in empty stomach is called *shaman sneha* i.e. “*Shamanahkshudvatoananomadyamatraschshasyate*”⁵.

Discussion on different demographic profiles of the patients:

Age: Majority of the patients belong to the age group of 21-40 years, the reason may

be that *pitta dosha* is dominant with some extent of *kapha* in middle age.

Sex: Male patients are more prone to *amlapitta* due to extreme stress and tension in their work and their irregular diet and other habits like alcohol, tobacco chewing, smoking, tea etc.

Aggravating Factors: Food items having more *katu*, *amla*, *lavana rasa*, drinks like tea, coffee, alcohol etc., *viharas* like *akalabhojana*, *dhumapana* and mental stress like *chinta*, *krodha* etc., were commonly identified as aggravating factors.

Relieving Factors: It was observed, that intake of regular food, milk, sweet items, voluntarily vomiting relieves the symptoms of *Urdvaga amlapitta*, which consider with textual reference.

Dosha: The study showed that *pittadusti* was the main causative factor for *Amlapitta*. The majority of the symptoms were produced due to the qualitative and quantitative changes in *pittadosha* and *kaphadosha*.

Dehaprakriti: Majority of the patients were of *pitta kaphaja prakriti*.

Agni and Koshta: majority of the patients had *vishamagni*(33%) and *krurakosh-ta*(40%), the probable cause for this could be the study carried out in *jangaladesha`*.

Probable mode of action

Amlapitta is *pitta pradhana* and *samavyadhi*. *Kledakakapha* and *pachaka pitta* are *drava* in dominancy. The increased *jaleeyaamsha* (*gunataha vridhhi*) of *pitta* reduces the *teekshnata* of *pachaka pitta* as well as *kledaka kapha* and makes them unable to digest even little quantity of food leading to *agnimandya*.

Pippali is having *katu rasa*, *snigdha* and *laghu guna*, *madhura vipaka*, *ushna veerya*⁶, so it used in *vikruta pitta* and *kaphajanya vikaras* and acts as *vatanashaka*. Due to *katu rasa* it does *deepana*, *pachana*, *rochana* and *dosha samshodhan*⁷. Due to *teekshnata*, *ushnata* of *pippali* there will be *deepana* and *kaphashamaka* property. Due to *shaitya*, *prasada*, *madhurya guna* acts as *pitta shamaka* and due to *ushanata*, *sarata*, *madhura vipaka*, *vatanulomana* takes place⁸.

Due to increased *ushna guna* of *pitta* symptoms like *hritdaha* and *kantadaha* appears. *Ghrita* is having *madhura rasa*, *madhura vipaka*, *sheeta veerya*, *pitta anilahara*, it is *agni deepaka* and *tridosahara* in property⁹, *sanskaraanuvartana*¹⁰. By its *agnideepaka* property and *pittashamaka* nature it does the *samprapti vighatana* on *Amlapitta*.

The formulation is having *katu rasa* (*pradhana rasa*) and *madhura rasa* (*anurasa*) and *madhura vipaka*. *Madhura rasa* is *daha prashamaka*, *maruta - pit-taghna* and *sheeta* in nature¹¹. *Mandoshnadugdha* is taken as *anupana* in this study, which is having *madhura rasa*, *madhura vipaka*, *sheeta veerya* and *vata-pittahara* properties¹².

Maximum relief was appreciated in *avipaka*, *klama*, *utklesha*, *amlodgara*, *tiktodgara*, *kantadaha*, *aruchi*, *vanti* etc after the course of treatment. After follow up there was no reoccurrence of symptoms were noticed.

Statistically the mean score of overall results of all symptoms was 10.30 ± 4.19 before treatment, which reduced to 6.23 ± 3.16 after treatment and this change in score shows highly significant. An assessment of overall results of all symptoms before treatment and after follow up showed reduction in means score from 10.30 ± 4.19 to 3.03 ± 2.50 . This change in score is found to be statistically highly significant.

CONCLUSION

The drug along with *pathyakara* diet and *anupana* is very effective in the management of patients with *Urdhvaga Amlapitta*. The *Pippali Ghrita* is very safe as no complications observed throughout the trial.

REFERENCES

1. Prof. Tiwari P.V. Kashyapasamhita (Amlapittachikitsaadyaya), Khilasthana 16 th chapter. Chaukhambha Vishwabharati Varanasi; 2008.
2. Shri Yadunandana Upadhaya. Madhavanidana part 2 (AmlapiitaNidana), 51 st chapter. Chaukhambha Sanskrit sansthana Varanasi; 2005.
3. Vaidya Yadavaji Trikamji Acharya. Charaka Samhita, Chikitsa Sthana 15/45-49 (Grahani Chikitsa Adhyaya). Chukhamba Krishnadas Academy Varanasi; 2006.
4. Prof. Siddhinandana Mishra. Bhaishajya Ratnavali, 56/142, Amlapittarogadhikara Chaukhamba Surabharati prakashana Varanasi; 2015.

5. Dr.KuntheAnnamoreshwara, Ramachandra, Navare Shashi. AsthangaHridaya, Sootra Shana 16/19(SnehaVidhiAadyaya), ChaukhambhaOrientalia, Varanasi;2002.
6. Vaidya YadavajiTrikamji Acharya. Charaka Samhita, Sutra Sthana 27/297 (AnnapanavidhiAdhyaya). ChukhambaKrishnadas Academy Varanasi; 2006.
7. Vaidya YadavajiTrikamji Acharya. Sushruta Samhita, SUTrasthana 42/9(4), ChaukhambhaSurabharatiPrakashana Varanasi; 2010.
8. Sharma PV Sharma, Guruprasad. KayadevaNiganthu. Oushadhivarga 1165-1169, Chukhambaorientalia Varanasi;1979.
9. Sharma PV Sharma, Guruprasad. KayadevaNiganthu. ghritavarga 264-269, Chukhambaorientalia Varanasi;1979.
10. Vaidya YadavajiTrikamji Acharya. Charaka Samhita, NidanaSthana 1/40 (JwaraNidanaAdhyaya). ChukhambaKrishnadas Academy Varanasi; 2006.
11. Vaidya YadavajiTrikamji Acharya. Sushruta Samhita, Sootrasthana 42/4, 7,9Rasavisheshavignaneeyaadhyaya. ChaukhambaSurbharatiPrakashana Varanasi;2010.
12. Sharma PV Sharma, Guruprasad. KayadevaNiganthu. Dugdhavarga 118-119, Chukhambaorientalia Varanasi; 1979.

CORRESPONDING AUTHOR

Dr. Ballari anupama

M.D. (Ayu), Kayachikitsa, Lecturer

S. S. Ayurvedic Medical College,

Haveri, Karnataka, India

Email: anupamaballari2015@gmail.com

Source of support: Nil

Conflict of interest: None Declared

11. Vaidya YadavajiTrikamji Acharya. Sushruta Samhita, Sootrasthana 42/4,