

## ROLE OF NAGARADI KWATHA IN THE MANAGEMENT OF URDHWAGA AMLAPITTA- A CASE STUDY

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### ABSTRACT

In today's lifestyle the *Urdhwaga Amlapitta* is common disease and it is difficult for treating the doctors to give satisfactory complete relief from the symptoms of *Urdhwaga Amlapitta* because of its recurrence. It is matter of pride to present this case because by using conventional ayurvedic remedy i.e. *Nagaradi Kwath* patient got complete relief from symptoms and recurrence of *Urdhwag Amlapitta*. In this case report single case was represented having *Urodaha* (Burning sensation at chest), *Shirashul* (Headache), *Chhardi* (Vomiting), *Kshudhamandya* (Loss of Appetite), *Udarshul* (Mild pain in abdomen) from 2 years. Patient had taken allopathy medicines and got temporary relief. Patient had recurrence of the symptoms since 2 years. *Nagaradi Kwath* is given internally 15 ml twice a day to the patient for 7 days half hour before meal. *Nagaradi Kwath* has *Ativisha Shunthi* and *Hritaki* which is given in form of *Kwath*. Final observation shows that *Nagaradi Kwath* give complete relief from *Amlapitta* and avoid its recurrence without giving any Antacid.

**Keywords:** *Urdhwag Amlapitta, Nagaradi Kwath, Antacid*

### INTRODUCTION

Irregular and improper food habits, busy stressful lifestyle and westernization are main culprits of an obstinate disorder escalating in its prevalence i.e. *Amlapitta*. The peculiarity of this disease is that unless the symptoms are unbearably severe, patients are reluctant to consult a physician. The symptoms may subside and can be ignored even after their repeated occurrence sowing the seeds for more serious disease. This is a burning problem of society. Modern medicine does not offer long lasting cure while Ayurveda has a lot to promise in this

regard. Modern medicines only do the neutralization of acid or suppress the acid while ayurvedic medicine destroy *sama avastha* of *doshas* and give relief from *Amlapitta*. Among three *dosha Pitta* play a key role for genesis of *Amlapitta*. Improper digestion of *amla rasa* gives rise to *Amlapitta*. If we can treat *agni* we can do a great favor to society.

In Modern medicine, no specific disease is seen that similar to *Amlapitta*. The signs and symptoms of *Amlapitta* disease have given in modern medicine as an under title of Acid peptic disease. There are num-

ber of disease in acid peptic diseases like - Acute gastritis, chronic gastritis, peptic ulcers, gastro esophageal reflux diseases, non ulcer dyspepsia, hyperchlorhydria syndrome, menetrier's disease etc. Peptic ulcers (gastric and duodenal ulcers) have similar symptoms related to *Amlapitta*. But the pathophysiology and histopathology said that ulcer's can't be included in *Amlapitta*. It may be complication of *Amlapitta*. Hyperacidity syndrome includes mainly peptic ulcer disease but in sometimes it depends upon mucous & concentration of HCL in stomach. In hyperacidity, total acidity in stomach is higher than the normal. It is mainly due to Mental stress, excess amount of circulating amino acids, bad food habits, Releasing of histamine substances, Disturbance in feedback inhibition via antral acidification.

Hence taking into consideration of its severity and rampant occurrence a combination named as *Nagaradi Kwath* was taken to prove its efficacy for satisfactory management of *Amlapitta*.

*Nagaradi Kwath* consists of *Ativisha*, *Shunthi* and *Haritaki*. *Shunthi* has *dipan pachan* property *Haritaki* maintains the gut transit time and *Ativisha* has *dipan pachan grahi* properties. It consists of only three drugs and all of them will full fill the requirement to treat *Amlapitta* which will give relief to the patient. That's why the drug has been selected for the case study.

#### **Contents of Nagaradi Kwatha:**

- 1) *Ativisha* (*Aconitum heterophyllum*)
- 2) *Shunthi* (*Zinzibere officinale*)
- 3) *Haritaki* (*Terminalia chebula*)

#### **Kwatha Nirman Vidhi :**

In *Sharangdhara Samhita* mainly five types of *Panchavidha Kashaya Kalpana* are mentioned as *Swarasa*, *Kalka*, *Kwatha*, *Hi-*

*ma*, *Phanta*. *Kwatha* is nothing but the aqueous extract of the herb being used. *Kwath nirman* done as per procedure described in *Sharangdhara Samhita*. There are three methods of *Kwath nirman vidhi* explained in it among them the method in which water is taken 16 times than course herbal powder and then boiled it till 1/8<sup>th</sup> quantity of total remain was adopted. Three ingredients present in *Nagaradi Kwatha* were taken in equal quantity i.e. 5 gm each. Then 120 ml of water was added to the 15gm coarse powder of *Nagaradi Kwatha* and mixture was boiled in open vessel to reduce it 1/8<sup>th</sup> of its volume i.e. 15 ml.

\* Dose: 15 ml twice a day.

\* *Aushadhi Sevan Kala*: half hour before meal

\* Route of Administration: Oral.

\* Duration: 7 days.

\* Follow up: After every 7 days.

#### **Case report:**

A 25 year old man of *kaph pit-taj prakriti* presented to us for treatment of *Amlapitta*, having complaints of *Urodaha* (Burning sensation at chest), *Shirashul* (Headache), *Chhardi* (Vomiting), *Kshudhamandya* (Loss of Appetite), *Udarshul* (Mild pain in abdomen) from two years. Patient was taking Allopathy medicine continuously since two years but patient didn't get any satisfactory relief. Patient has no history of Diabetes mellitus and hypertension but he has history of repeated occurrence of *Amlapitta*.

#### **DISCUSSION**

*Amlapitta* is one of the commonest *vyadhi* of *annavaha srotas*; caused by *mandagni* due to any of the vitiated *doshas* and leads to *vidagdhajirna* manifesting as *Amlapitta*. *Amlapitta* is a condition where *amla guna* of *pachaka pitta* increases due to

*samata* causing *vidahi* condition So, to cut off *samprapti* of *Amlapitta* and get complete relief, we need to use herbs which will act on *sama pitta*.

In *Nagaradi Kwatha* there are three contents namely *Ativisha*, *Shunthi* and *Haritaki*. *Shunthi* has *dipan pachan vatanuloman* and *shoolprashaman* properties. *Ativisha* has *dipan pachan* and *grahi* properties. *Haritaki* has *dipan pachan anuloman* and *dosh shodhan-pachan* properties. Thus, *Nagaradi Kwath* pacifies *saam avastha* of *pitta dosha* and helps for *agnidipan*, which will help to cut off the *samprapti* of *Amlapitta*

In above case; the aim is to treat *Amlapitta* from its root cause and avoid the recurrence. As there is availability of modern medicines, antacids, for the treatment of *Amlapitta* but their effect is not long lasting. So as per classic the drug was selected which has the property to pacify the *sam pitta* and give complete relief from *Amlapitta* and also help to avoid recurrence.

In this case *Nagaradi Kwath* given to the patient internally half hour before meal for 7 days. After taking medicine for 7 days, patient got complete relief from symptoms of *Amlapitta* i.e. *Urodaha* (Burning sensation at chest), *Shirashul* (Headache), *Chhardi* (Vomiting), *Kshudhamandya* (Loss of Appetite), *Udarshul* (Mild pain in abdomen). Though the patient got complete relief he advised to give three follow up with interval of 7 days. After every follow up, patient is observed for his symptom. It is observed that after every follow up the patient not complaining for above symptom and he got complete relief from *Amlapitta*.

**Probable mode of action of Nagaradi Kwath:**

**Ativisha:** *Ativisha* is *Tikta, Katu Ushna Katu Laghu, Ruksh Kaphapitta shamak* and has *Dipan, Pachan, Chhardinigrahan, Grahi,,Lekhan* properties. So it pacifies the *saam pitta* and keeps digestion in proper way.

**Shunthi :** *Shunthi* is *Katu, Ushna, Madhur, Laghu, Snigdha Kaphavat shamak* and has *Dipan, Pachan, Vatanuloman,Shool prashaman, Grahi,,Lekhan* properties.

**Haritaki:** *Haritaki* is *Laghu, Ruksha* has *rasa* except *Lavan ras Pradhan rasa – Kashaya Ushna Madhur , Rasayani Trido-shashamaka*. It acts as *Deepan, Pachan and Anuloman* in *Agnimandya, Udarshula, Anaha, Vibandha, Vyadhi*. It acts as *Yakrutottajak, Kaphaghna, Dosh-shodhan-Pachan*, properties. It has Antioxidant activity, Haepatoprotective activity.

*Nagaradi Kwath* pacify *sama avastha* of *doshas* and give relief from *Amlapitta*. To pacify the *sama avastha*, *Nagaradi kwatha* can be used to eradicate the disease from its root cause.

**Merits of Nagaradi Kwatha :**

- The drug used in *Nagaradi Kwath* is easily available.
- It has no side effects
- It gives complete relief from *Amlapitta*.

**Demerites of Nagaradi kwath :**

- It is Astringent in taste.

**CONCLUSION**

*Nagaradi Kwath* is capable for giving complete relief from *Urdhwaga Amlapitta* and we can avoid the recurrence of *Amlapitta* by giving *Nagaradi Kwath*. Though on the basis of single case study, we cannot state this hypothesis to be true but it could guide us for further clinical trials.

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