



AYURVEDIC MANAGEMENT OF AMLAPITTA (GASTRITIS) - A CASE REPORT

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ABSTRACT

Amlapitta is the most typical illness in the present era. In a rapidly growing civilization, *Amlapitta* is the outermost common disorder within the current society, because of indulgence in incompatible food habits and activities. Materialistic lifestyle provokes people to run behind a busy, tremendous stressful life which is the least concern towards proper food habits. "Hurry", "Worry" & "Curry" are the main causes of *Amlapitta* disease. The usage of synthetic drugs like H² receptor blockers & proton pump inhibitors has decreased due to their side effects. The signs and symptoms of *Amlapitta* are very comparable to Gastritis or Hyperacidity. The ruling features of *Amlapitta* are *Avipaka* (indigestion), *Urodaha* (Burning in the chest), *Utklesha* (Nausea) *Aruchi* (Anorexia) and *Tikta-Amlodgara* (sour and bitter belching) have been described in *Ayurvedic* classical texts. A 42-year-old male patient came in OPD with the following complaints *Tikta-Amlodgara*, *Urodaha*, *Utklesha*, *Aruchi*, *Praseka*. During Examination, the vitals are normal. The patient was treated with *Sutshekar rasa* 1 tab. BD, *Avipattikar churana* 3gm BD, *Drakshavaleha* 5gm BD on the basis. The patient was advised to follow up every 15th day. Along with medication, the patient was also advised to follow diet and lifestyle restrictions.

Keywords: Agni, Amlapitta, Annavaahasrotas, Hyperacidity.

INTRODUCTION

Amlapitta is a prevalent functional disease of *Annavaaha Srotas* caused by vitiated *Agni* (appetite). Incongruous and unwholesome dietary habits cause *Dushti of Annavaaha Srotas* which routes to numerous disorders and *Amlapitta* is one of them. The “*Amlapitta*” (Hyperacidity) is possessed by words- ‘*Amla*’ (Sour) in addition to ‘*Pitta*’ (Gastric Juice). *Pitta Vardhaka Ahar Vihar* is that the only reason for *Amlapitta*. In *Amlapitta* (Hyperacidity) the quantity of *Pachaka Pitta* (Gastric juice) is incremented; its quality of mundane acrid taste (alkaline) is modified to a surplus of sour taste (acidic) because of fermentation. The stimulating factors are dreadful stress & solicitousness which consequently instigate the *Amlapitta*(hyperacidity). *Amlapitta* is a disease that occurs due to perturbation of certain *guna* of *Pitta* like *Drava* (fluidity) and *Amla guna* (sourness) which result in *Vidagdhajirna* (indigestion caused due to acidified chyle) at the initial stages and later causes exasperation and corrosion of the “*Sleshmadhara Kala*” of the “*Amashaya*. the mucous membrane of the stomach and duodenum. *Amlapitta*(hyperacidity) possesses the characteristic of co-cognate at a local location relative to hyperacidity (gastritis) as modern science is concerned. Gastritis is inflammation of gastric mucosa. In *Brihatrayees* of *Ayurveda*, scattered references are available about *Amlapitta*. *Amlapitta* disease has been explicated in *Kashyapa Samhita*. *Madhava nidana*, *Bhavaprakasha* in addition to *Yoga Ratnakar*, *Chakradutt* has additionally narrated it. *Vagbhata* has described that all diseases are caused because of *Mandagni*. The surplus proximate conditions have been mentioned in *Ayurveda* texts like *Charaka Samhita*, *Sushruta Samhita* and *Vagbhata Samhita* while describing the *Grahani roga* and *Vidagdhajirna*. The primary *Samhita* which gives a detailed elucidation of the disease together with its etiopathogenesis, manifestation with its therapeutics compact that is *Kashyapa Samhita*. Two types of the *Amlapitta* are described in *Ayurvedic* texts, i.e., *Urdhwaga* and *Adhoga Amlapitta*. In *Urdhwaga Am-*

lapitta vitiated *Pitta* and *Kapha* are the key factors for the pathology. Inordinate consumption of *Amla*, *Katu*, *Ushna* and *Vidahiaharsevana* and *Viruddhashana*, spicy, sour, salty substance, oily and cumbersomely hefty to digest aliments causes elicitation of *Pitta dosha*. Customarily *Pitta* has *Katu rasa* but when *Katu rasa* is transformed into *Amla rasa*, it causes *Amlapitta*. According to modern medical science, the prevalent causes possessed by gastritis are *H. pylori* infections and longer utilization of Non-Steroidal Anti-Inflammatory Drugs (NSAIDS), Aspirin and Other drugs, e.g., iron preparations, Severe physiological stress, e.g., burns, multi-organ failure, central nervous system trauma and Autoimmunity.

Case Report:

A 42-year-old male patient came in OPD with the following symptoms,

- Tikta-Amlodgara (eructation with bitter and sour taste)
- Urodaha (Burning in the chest)
- Utklesha (Nausea)
- Aruchi (Anorexia)
- Praseka (Excessive salivation)

History of Patient

History of present illness: He had a history of above all symptoms for two to three years. He was suffering from *Amlapitta* for two to three years. He didn't get relief after taking treatment at many places. Complaints were Tikta Amlodgara (+++), Urodaha (++++), Aruchi (+++), Utklesha (+++). His symptoms were on and off, and present almost five days per week since last year. Due to their farming occupation, he was having irregular sleeping and lunch/dinner times.

History: No major illness.

Family History: NAD.

- **Examination of the patient:**

Ashtavidha Pareeksha

Nadi (Pulse): *Pitta Pradhan*, *Vatanuubandhi*.

Mala (Stool): *Apakva*, *Asamyaka*, *Guda daha* (occasional), *Baddha koshtha* (occasional).

Mutra (Urine): *Samyak Mutrapravartana*
Shabda (Speech): *Prakrut*
Bala: *Madhyam*
Sparsh (Skin): *Snigdha, Mrudu*
Druk (Eyes): *Prakruta*
Akruti: *Mandya*
Jivha (Tongue): *Sama*(coated), *Aruchi, Mukhapaka* (occasional).

Diagnosis - Amlapitta.

• **General examination**

Pulse: 78/min.
 RS: normal

BP: 122/86 mm of Hg.
Agni: *Mandagni, Abhyavaharan shakti* decreased, *Jara-na Shakti* decreased.

Koshtha: *Krura.*

Prakruti: *Pitta pradhana-vata.*

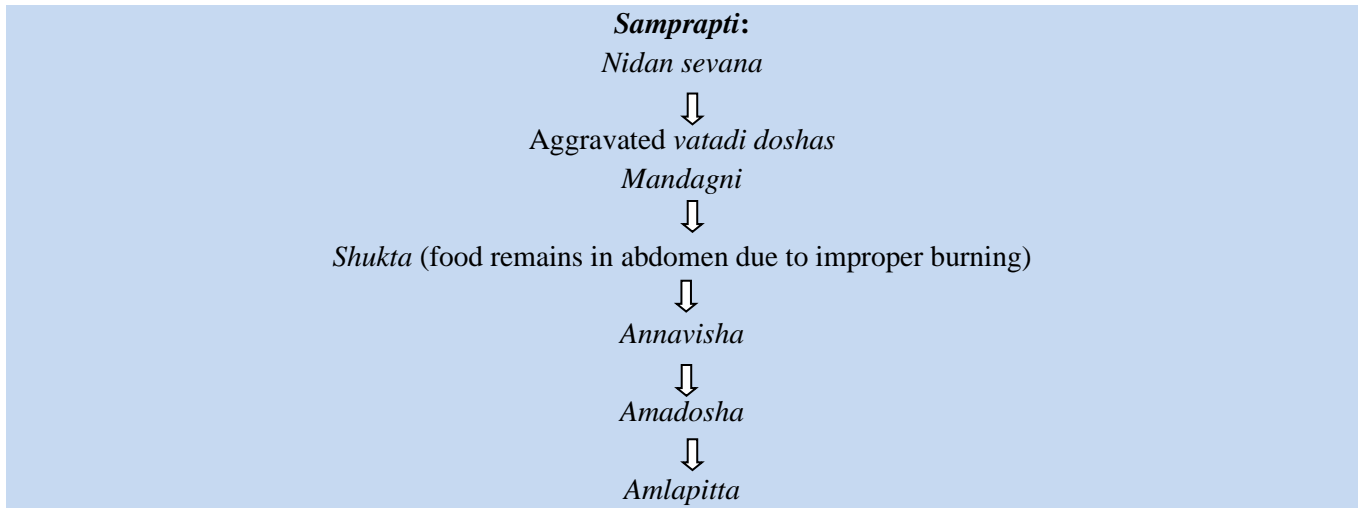
Udara pariskha: *Adhmana, Udara kathinya.*

• **Nidan panchaka:**

❖ *Hetu*

▪ *Ahara – Aniyamita ahara, Atiamla Aahara, Atikatu Aahar (spicy), Adhyashan etc.*

▪ *Vihara – Jagran, Diwaswap.*



• **Samprapti Ghataka:**

Dosha: *Pitta pradhana, Kapha anubandhi*

Dushya: *Rasa dushiti.*

Strotodushti: *Annavaha, Purishvaha, Rasavaha.*

Vyadhi avastha: *Sama avastha, Kapha utkelsha,*

Dosha urdhwa gati.

Sadhyasadhya: *Kashta sadhya.*

Vyadhi marga: *Abhyantar.*

• **Vyadhi Nidana** (Diagnostic Criteria):

Burning sensation in the chest (*Urodaha*), Eructation with a bitter and sour taste (*Tikta-amlodgar*), Nausea (*Utklesha*), Indigestion (*Avipaka*), Loss of appetite (*Aruchi*) and Exertion without work (*klama*) these are cardinal symptoms of *Amlapitta*.

Therapeutic Intervention:

S. No	Name of Drug	Dose	Frequency and Anupana
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.

Formulation of Intervention Medicine: -

S.no	Ayurvedic Medicine	Ingredients	References
1.	<i>Sutshekar rasa</i>	<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 ferrae), <i>Bilwamajja</i> (Aegles marmelos) and <i>Bhringraj swarasa</i> (Eclipta alba) (bhavana).	<i>Yog Ratnakar</i> (AFI-2)
2.	<i>Avipattikar churana</i>	<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> (Emblic officinalis), <i>Mustaka</i> (Cyperus rotundus), <i>Vida lavana</i> , <i>Vidanga</i> ((Emblic ribes), <i>Ela</i> (Elettaria cardamomum), <i>Twak</i> (Cinnamomum zeylanicum), <i>Lavang</i> (Syzgium aromaticum), <i>Trivrit</i> (Operculina terpepethum) and <i>Sharkara</i> (Saccharum officinarum).	<i>Bhaishajya Ratnavali</i> , <i>Amlapitta</i> 25-29
3.	<i>Drakshavaleha</i>	<i>Draksha</i> (Vitis venifera), <i>Kana</i> (Piper longum), <i>Yestimadhu</i> (Glycyrrhia glabra), <i>Vamshalochana</i> (Bambusa arundinacea), <i>Dhatri phala</i> (Emblic officinalis).	

Along with medication, diet and lifestyle restrictions were also advised to the patient. Patients were asked to follow the mealtimes and to take light food, coconut water, articles having cooling properties, vegetables like white pumpkin, bitter ground, cucumber, fruits like gooseberry, black grapes, fig, dry grapes., an adequate number of fluids like amla juice, pomegranate juice, warm water, take adequate sleep or rest. With this treatment, the patient was asked not to take *Amla*, *Lavana*, *Katu*, *Vidahiaharsevana* and *Viruddhashana*. Avoid excessive spicy, sour, salty substances, oily and heavy to digest and junk food items.

• **Follow-up:** The patient was followed up once on the 15th day up to the 45 days. During first follow up there was mild relief in *Tikta-amlodgar*, *Urodaha*, *Utklesha* and *Praseka*. The patient was advised to continue the same medication. During 2nd follow up *Tikta-amlodgar*, *Urodaha*, *Utklesha* and *Praseka* completely gone and there is mild relief in *Aruchi*. During 3rd follow up no other complaints were told by the patient. The patient was advised to follow the diet and lifestyle restrictions. Avoid lying down immediately after food and in the supine position. Avoid smoking, alcohol, tea, coffee, and stress.

- **Mode of action *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 *amlapittnashak*.
- **Mode of Action *Avipattikar churana*:** these drugs are commonly *Deepniye*, *Pachniye*, *Ag-nivardhaka* 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 churana* has purgative action thus used in *Shodhana* of vitiated *Pitta* in *Amlapitta*.
- **Mode of Action *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).

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 *Srotrodha* during a *Samprapti Vighatana*. These drugs work on subjective symptoms and physical, mental, emotional health.

RESULT

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

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*. *Sutshekar 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 churana*.

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