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), Udashul (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 Kwatha was taken to prove its efficacy for satisfactory management of Amlapitta.

Nagaradi Kwatha 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 Sharangdhar Samhita mainly five types of Panchavidha Kashaya Kalpana are mentioned as Swaras, 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 1/8th 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 1/8th 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), Kshudhamandy (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 Dibetes mellitus and hypertension but he has history of repeated occurrence of Amlapitta.

DISCUSSION

Amlapitta is one of the common-est vyadhi of annavaha srotas; caused by mandagni due to any of the vitiated doshas and leads to vidagdahirna 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 sho-dhan-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, Snigda Kaphavat shamak and has Dipan, Pachan, Vatanuloman, Shool prashaman, Grahi, Lekhan properties.

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

Nagaradi Kwath pacify sama avastha of doshas and give relief from Amlapitta. To pacify the sama awastha, 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 Astrigent 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.

**REFERENCES**
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