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CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

A Case Report of Gudadimodak on Urdhvagamlapitta

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Abstract :-

In the Present day, Due to fast and hectic life , mental stress in compatible food habit, excessive fried food intake are responsible for the origin of disease also, alcohol Consuming, smoking, night shift duties work stress are also often exception, above these are the commonest causes of amlapitta, amlapitta is are amongst the disease of digestive system formed due to vitiation of pittadosha. It is Commonly occurred disease of annavahastrotas(gastrointestinal system)

Introduction :-

Amlapitta is not described in charaksamhita and Sushrut, &vaghbhatSamhitaSepreatly. This disease has been describe in Ayurvedik text like KashyapsahitaYogRatnakar and bhaishajyratnawali clinical menifation of amlapitta like avipke (Indigation) Klama (tiredness), Utklesh (Nausea), Amlaudgara (Sour and bitter belechinggaurata (haviness) hrit/ kanthadaha (hart and throat burning) and arichi excess formation of vitiated pitta is the main pathological mechanical behind manifestation critical study on this regards showed that the most of the symptom of NUD and amlapitta are due to impairment of agni for the management ayurvedic compound and dietary therapy which are used here is suspected to stimulate the jatharagni by remaining the saamavastha of annarasa beside use of medicine ayurved lays very great emphasis on pathya- apathy that is regulation of diet and regimen in disese.

Case Report :-

A 32 year old male patent come to the kayachikitsa OPD of Dr. VJD GraminAyurvedRugnalyaPatur with the complaints of AruchiAmlodggara, hrukantdhaha, Aruchi,Gaurovta, since 15 days Patent did not recived any treatment until he come to the OPD of Dr. VJD GraminAyurvedRugnalya. Patient was thoughtlyexamend and detailed histry was taken

Histroy :-

Patent was teacher by occupation was taking spicy food from long time. These are the pitta prakopalehetus. On examination Petent was afebrile pulse rate was 82/min, regular and HTN/BA/IHD etc.

Treatment :-

Patent was treated with Guladimodak 2 g.m. BD with water twice day after food. Patent experienced increase in appetite after 7 dayas of treatment and after 14 days of treatment patient experienced decrees in symptoms like Aruchi, Gauravta, Amloudgaar, patent was advise to take pittashamahkaahar and vihar

Discussion:-

In ayurveda increased intake of only spicy, hot and alkaline food are depicted for aggravation of pitta dosha. The aggravated pitta then impairs the blood. And cause the diseases

Chakradatta has recommended Guladimodak in amlapittachikitsaprakaranam in order to break down pathophysiology of Acidity by using pitta shamaka and pitta sarakherb of which detailed description is given below.

Guladimodak:-

The drug description is summarized in the table given below:

Dravya	Latin name	Guna	Rasa	Virya	Vipak	Upaktagna	Karmukata
Pippali	Piper longum	Laghu, tikshna	Katu	Anushnashit	Madhur	Vatpittashamak	Raktshama k
Haritki	Terminalia chebula	Ruksha	Lavanverji tpanchara s	Ushna	Madhur	Trishoghnta	Grahi, rechan
Puranaguda	-	Laghu	Madhur	Shit	madhur	Pittashamak	Rechan

Conclusion:-

Amlapitta since a pittikerog, pitta prakruti people are more prone to that which can be minimized by use of such pittghnaawshadhi and aahar like wheat, Jwar, Sugar can juice, laghusupachyaaahar etc. there a case of amlapitta is successfully treated with Guladhimodak and pattyapatya told accordingly from this study it can be said that guladimodak with pattyapatya provides a very good and faster relief in patient of amlapitta just 7-14 days

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