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### **Case Study – An Ayurvedic Management of Amlapitta**

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#### **Abstract –**

*Humans are considered the wisest creatures on earth planet, but when it comes to eating, perhaps we need to learn a lesson or two from buffaloes. These naive animals eat while eating and the digestive systems is fully operational at that time. But we humans eat hurriedly and gulp even while walking, watching TV, listening to mobile phones, reading and even driving automobiles. People are frequently seen eating sandwiches or rolls while driving. Digestive system is not ready for food as the body is in fight or flight mode. Moreover, the use of oily and spicy foods, packaged foods, stale foods, processed foods aggravates the problem. Eating of food while the previous meal is not digested also contributes to the problem of hyperacidity. Excessive use of fridge is also the culprit, people cook in bulk and store in a refrigerator and consume little by little over many days. This food is unhealthy and produces hyperacidity and indigestion. Mental tension and worry are also major contributors to the problem. Lot of Ayurvedic remedies are available to treat amlapitta. Dhatri Lauha is one of them. Ref from Bharatbhaisjyaratnavali Shoolaroga Chikitsa 30/ 149-154.*

#### **Introduction –**

The word amlapitta is derived from two words, amla and pitta. First let us establish what pitta is. According to Acharya Charaka, pitta is a substance which is liquid in nature and is sharp, hot, penetrating, bitter and unctuous. It is responsible for metabolism and digestion of food and other functions at micro levels like vision in eyes. The word amla means acidic in nature. Thus, amlapitta is something which is acidic in nature. In modern science it is called excessive production of acid or hyper chlorhydria or in simple terms hyper acidity. It is also commonly known as gastritis syndrome.

#### **Aim & objectives –**

- To study the effect of Dhatri Lauha in the management of amlapitta
- To study the etiopathogenesis of amlapitta.

#### **Material & methods –**

Patient selected from OPD of our kayachikitsa dept. of our institute. Written consent taken from Patient.

#### **Case review –**

38 yrs. male come with complaining of heartburn, throat burn, distension of abdomen, mild chest pain, headache which disturbs routine work etc. patient do alternatively shift duty because of this he cant get eat food at proper time.

B.P. – 120 /80 mmHg ,

CBC ,BSL, URINE shows normal limits

**Drug review-** Dhatri Lauha 2 BD with koshnajal after food , medicine taken from GMP approved pharmacy

**Period of study –** 14 days

**Follow up –** day 1<sup>st</sup>, day 7<sup>th</sup>, day 14<sup>th</sup>

**Diagnostic criteria –** Tikta -Amloudgar ,hrit-kantha daha ,Gatragrah, aruchi, avipak ,klam .

**Observation & results-**

At the day 1<sup>st</sup> patient having chief complaints that's sour bleching, fullness of abdomen and slightly heart burn patient taking allopathy medicine but he can't get proper relief. Actually his alternative duty also play important role in his disease so we advise first to about taking food at regular time to patient. In shaman chikitsa Dhatri Lauha 2 BD with koshnajal after food . At day of 7<sup>th</sup> patient get lot of relief ,only bleching presents at night ,slightly thirst ,and heart burn sometimes . At day 14<sup>th</sup> majority symptoms are reduced . Patient feels better. At the 14<sup>th</sup> day patient have no any complaints of acidity.

**Discussion –**

Mandagini or poor/slow digestion is considered as the reason behind amlapitta. Because of mandagini, the proper digestion of food does not take place and as a result a sort of fermentation like process occurs. This results in excessive production of acid or amla. This acid when mixes with pacahaka pitta, gets converted into a sour/bitter substance called amlapitta. Dhatri Lauha contains Amalaki, yashti and lauhabhasma mixture of all this three helps to decrease pitta ,helps to increase digestion power , it is used in treating a wide variety of gastric and intestinal complaints ,this case study shows effectiveness of Dhatri Lauha in the management of Amlapitta.

**Conclusion-**

- Cut down on smoking, alcohol or preferably stop if you can.
- One should avoid oily, spicy and junk food. People spoil their six feet body just for the satisfaction of their four inches tongue. They eat foods that are full of spices and chilies and after repeated habit suffer from hyperacidity.
- Eating of sour items like tomatoes, tamarind, hot items like garlic and asafetida should be limited or restricted if one is suffering from excessive acid.
- One should cut down on fermented foods, processed foods, tea, coffee, carbonated drinks and alcoholic beverages as these drinks stimulate the production of acid in body. It is a common practice to drink beer during summer months in India and worldwide. Beer contains alcohol which increases heat in the body and increases pitta dosha.
- Don't do heavy stuffing of stomach with food.
- Avoid eating without the desire of food.
- Don't eat hurriedly or watching tv or gossiping.
- Stop eating immediately before going to bed.

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