

Ayurvedic Management Of Urdhwaga Amlapitta: A Case Report**Dr. Santosh Achutrao Chate**Professor, Kaumarbharityatantra, Yashwantrao
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N. Bhalgaon, Aurangabad.**Abstract**

The Amlapitta is one of the most common gastrointestinal disorders found in the society. The change in lifestyle faulty dietary habits as well as increased stress has led to an unprecedented rise in the disorders of gastrointestinal system. Although it is not life threatening issue, however runs long time if treated symptomatically.

In Moder medicine, plenty of new drugs are available but all the drugs provide only symptomatic relief and none of them possess curative potentials and now the threatening adverse effects of all antacids are known to us. Hence to overcome these issues present study was planned to explore the Ayurvedic management in the cure of Urdhwaga Amlapitta. A male patient of age 24 yrs. with chronic Urdhwaga Amlapitta with severe symptoms came in OPD. In this case, Vaman karma from Panchkarma and Shamana Chikitsa was given for 28 days and as a result Urdhwaga Amlapitta was completely cured.

Keywords Urdhwaga Amlapitta, Vamana karma, Gastrointestinal disorder, Shamana chikitsa

Introduction

Amlapitta is a lifestyle related disease prevalent all over the world. Amlapitta is a disorder caused by habitual, irregular diet schedule and activities but also as a result of psychological and physiological aberrations.

Amlapitta disease has been first described by Acharya Kashyapa, later has also been described in Madhavnidana, Yogaratnakara and Bhavaprakasha. Amlapitta has been mentioned as a separate entity in Madhav Nidana^{1,2}. The similar conditions have been mentioned in text like Charaka³, Sushruta⁴ and Vagbhata⁵ while describing the Grahani roga and vidhagdhajirna. Acharya Charaka has considered amlapitta as a result of ajirna after being associated with pittadosha. Acharya Sushruta has described the amla rasa of pitta appearing to be in vidagdhasatate. Regarding the clinical definition, the disease has the following symptoms like Avipaka (indigestion), Klama (exhaustion), Utklesha (nausea), Tikta-amlodgara (eructation with bitter and sour taste), Gaurava (feeling of heaviness), Hrit-kanthadaha (burning sensation in the chest and throat), Aruchi (loss of taste), Shirashula (headache), Urahshula (chest pain) is termed as Amlapitta.

However the antacid are among the one of the most widely used medicine all over the world. The US food and drug administration (FDA) warned that there is increased risk factors with the use of

antacids, antiemetic drugs, Proton Pump Inhibitors (PPIs) used to treat Gastro-esophageal Reflux Disease (GERD).

In Urdhwaga Amlapitta vitiated Pitta and Kapha are the key factors responsible for whole pathological process. Vamana Karma is indicated as Shodhana Karma for Urdhwaga Amlapitta as well as so many formulations as Shamana Chikitsa has mentioned in Ayurvedic Samhitas.

A case report

A male patient of age 24 yrs. had came to OPD with the following symptoms, Chardi (vomiting) after every food intake i.e. some amount of semisolid food with amla or katu taste since 7-8 months, Tikta-amlodgar(eructation with bitter and sour taste), Shirshula (Headache), Urodaha (Burning in chest), Utklesha (Nausea), Agnimandya (Loss of appetite), Aruchi (loss of taste), Adhmana (Abdominal distension)

He had history of above all symptoms since 7-8 months but before that he had no chardi after each meal, previously he had amla-tikta chardi intermittently for 1 yr. He had no present any other illness.

On examination-
Pulse: 78/min.
B.P.: 122/78 mmhg.
Temp.: 97.9 °F
CVS, CNS, RS: NAD

P/A: Moderate epigastric and periumbilical tenderness

Jivha – Sama

Mala-mutra pravrutti – Samyak

Prakruti – Pittapradhan Vata

Bala – Madhyam

Jatharagni - Mandagni

Ayurvedic Treatment

Shodhana chikitsa:

Poorva Karma:

Snehapana: Before administration of Vamana, patient had given internal Snehapana with Mahatikta Ghrut in increasing dose i.e.30-60-90-120-150 ml for 5 days and samyak snehana lakshanas were seen. After observing the Samyaka Snigdha Lakshanas the patient was advised to take Kaphotkleshaka Ahara (i.e. Dahi, Udidwada, Dahi-Bhaat, Lassi, etc.) and Sarvanga Snehana with Tila Taila and Sarvanga Swedana with Dashmoola Kwath performed.

Pradhana Karma:

On Vamana day patient was advised to pass natural urges before the procedure and then kept on Sarvanga Snehana and Sarvanga Sweadana. Patient was examined i.e. Pulse, B.P., R.R. etc. before Vamana procedure.

Vamana Kalpa- Madanaphala Pippali Choorna + Vacha + Saindhava + Madhu.

Ikshu rasa was given to patient for akanthapan, as it is also vamanopaga.

Examined the whole procedure as per said in ancient texts i.e. Vaigiki, Laingiki, Antiki and Maniki. Also examined the Pulse, B.P., R. R. during and after the procedure.

Paschata Karma:

After Samyaka Vamana Vegas, Patient was kept on Paschata Karma i.e. Dhoompana, Samsarjana Krama (Peya, Vilepi in diet for 3-5days) with complete rest.

Shamana chikitsa:

Sr. No.	Ayurvedic Medicines	Dose	Anupana	Duration
1.	Sootshekhara Rasa (Suvarnayukta)	1 tab. At morning empty stomach	Madhu	28 days
2.	Kamadudha Rasa	500 mg bd after meals	Koshna jala	28 days
3.	Praval Panchamruta	500 mg bd after meals	Koshna jala	28 days
4.	Bhunimbadi Kadha	15 ml bd after meals	Koshna jala	28 days

With this treatment patient was asked not to take amla, lavana, katu rasatmaka ahara, tuvar dal, poha, fast food, junk food, bakery products, spicy, oily and heavy to digest food in diet. Also, advised to take regular time to time meals. In vihara patient was asked not to take diwaswap, ratri jagarana, stress, etc. After taking above treatment for one week chardi was completely stopped and all other symptoms reduced. Gradually during four weeks of treatment, all symptoms were disappeared completely. So finally Urdhwaga Amlapitta was cured. And mainly there were no any adverse effects seen during whole treatment.

Discussion

In Urdhwaga Amlapitta vitiated Kapha and Pitta is the key factor for whole pathological process. Vamana Karma is indicated as Shodhana Karma for Urdhwaga Amlapitta.

The symptoms of Urdhwaga Amlapitta are due to disturbance in Dravata and Ushnata of pachak pitta and Snighdhata of Kledak Kapha. Vaman found to be effective in Urdhwag Amlapitta, because Urdhwaga Amlapitta is the Amashaya janya vyadhi and in Vaman amashayastha doshas are expelled out. As said by Yogaratnakara “Poovam tu Vamanam karyam...” Amlapitta is a disease of Amashaya Samudbhava and caused due to vitiation of Kapha-Pitta. In Urdhwaga Amlapitta one should go through the Vamana procedure in patient.

In Amlapitta natural Rasa of Pitta i.e. Katu is converted into Vidagdha Amla Rasa due to Agnimandya and by virtue of Dravatwa increase the Pitta Dosh. Tikta Rasa drugs directly act on the Vidagdha Pitta and convert it into Nirama Pitta. Tikta Rasa decreases the Pitta Dravatwa Vriddhi, so it benefits in pacifying symptoms like Utklesha, Amlaudgara, Avipaka, etc.

Probable mode of action of medicines-

The fundamentals regarding treatment in Ayurveda are mainly based on the Doshik Chikitsa. Amlapitta, according to Ayurveda is produced due to vitiation of Pitta mainly. Digestion process is under the control of Pachaka Pitta, Samana Vayu and Kledaka Kapha.

Suvarnayukta Sootshekhara Rasa⁶ is mentioned as very important medicine for samavastha in Amlapitta and in jirna Amlapitta. Kamdudha Rasa⁷ acts as dahashamak, pittashamak due to its sheetavirya. Praval Panchamruta Rasa⁸ acts as agnideepak, pittapachak, urodahanashak, udardahanashak and thereby cures Amlapitta. Bhunimbadi Kadha⁹ with all tikta rasatmaka dravyas it acts as deepana, pachana and pittashamak. Tikta,

Madhura and Kashaya Rasa all are said to be Pitta Shamaka and maximum ingredients by virtue of their rasa alleviate the aggravated Pitta dosha.

Conclusion

Hence it can be concluded that above Ayurvedic Management plays an important role in the cure of Urdhwaga Amlapitta. That too in such a short time period we can have major disorders completely cured with no recurrence by adapting some lifestyle changes.

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