

Role of Avipattikar churna in the management of Amlapitta: A Review Article**Dr. Jaya Pundlikrao Ramteke¹, Dr. Uday Neralkar²**PG Scholar panchakarma department¹,H. O. D. And Guide panchakarma department²

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Abstract

Amlapitta is the Commonest vyadhi of annavaha strotasa described in Ayurveda. Acharya Madhavkar has mentioned that the pitta is dominant in this disease. Amlapitta is common disorder caused by vidagdha pitta and Common symptoms are avipak, amotklesha, tikta amlodgar, hritkanthadaha, and aruchi etc. Thus According to Acharyas virechan is the best treatment for vitiated pitta.

In this modernized and fast life, each person is busy and living stressful life. People are unaware to take healthy food and most of them are attracted toward junk foods and also changing their lifestyle pattern. This unhealthy lifestyle often leads to more common manifestation various Acid peptic diseases like dyspepsia, hyperacidity, GERD, Gastritis and Ulcers in later stages.

Thus here is my humble approach to explain the probable mode of action of Avipattikar churn texted in Bhaishajya Ratnawali 56/24-28 in Amlapitta. The content of churn are Trikatu, trifala, musta, bidlavan, vidanga, ela, tejpatra, trivrita, sharkara etc. Which are depniya, pachniye and Mala mutra vibandha nashak and sukha virechan in ayurvedic texts.

KEYWORDS :Amlapitta, Avipattikar churna.

Introduction

“**A**mlam cha pittam amlapittam³ Means pitta becomes amla. Here is increase in Drava and Amla guna of pachaka pitta which leads to vidghadha pitta. This condition is known as Amlapitta.

“Virudha dushtamla vidahi pittaprakopi pannanabhujo vidaghdham. Pittam swahetu pachitam pura yat tad amlapittam pravadanti santaha.

Here Acharya described the etiology and pathology of amlapitta. Virudha, dushta, amla, vidahi, pittavardhak aahar and vihar causes vitiation of pitta, vitiation of saman and udan vayu which are responsible for mandagni, production of ama, shukta pak of anna leads to Amlapitta vyadhi. The cycle of vitiation goes on continuously.

Acharya kashyap described 3types of amlapitta :- vatika, Paittika, shleshmika²

While acharya Madhavkar described 2 types :- urdhwaga and adhoga amlapitta³

Symptoms described by aacharya Madhavkar is avipaka, klama, utklesha, tiktamlodgara, gaurava, hritkanthadaha, aruchi. According to aacharya kashyapa- vidbhed,

shirashoola, hritshool, adhamana, angasad, antrakujan, romeharsha³

Acharya charaka has also been described these symptoms in ajeerna vyadhi.¹

In this modern era, due to improper lifestyle with derailed activities like Hurry- worry-curry causes structural, chemical and mental stress. It leads to bundle of various Acid peptic diseases like dyspepsia, hyperacidity, GERD, acute and chronic Gastritis, ulcers in later stages. The drug used in modern science like sucralfate, bismuth, prostaglandin analogs, antacids, H2 receptor antagonists or protein pump inhibitor shown adverse effect like atrophic Gastritis, osteoporosis, gynecomastia, erectile dysfunction etc.⁵

Thus a successful step is done here with an ayurvedic drug Avipattikar churna to break the etiopathogenesis of Amlapitta. Avipattikar churna is a polyherbal ayurvedic formulation which is composed of 14 different ingredients having madhur(sweet), tikta(bitter) and katu(spicy) rasa dominant properties.⁴

Probable mode of action of Avipattikar churna in ayurved:-

Avipattikar churna has purgative action thus used in shodhan of vitiated pitta in amlapitta.

The contents of the churna are dipaniye means jatharagni pradipak and pachaniye in properties thus helps in removing etiopathology of koshthabaddhata and malamutra vibandha and kshudha.

In Modern :-

The ingredients of avipatrikar churna exhibit antiulcer properties Haritaki, Maricha, pippali exert cytoprotective effect on gastric mucosa. Shunthi decreases gastric secretion, increases mucosal resistance and potentiates the defensive factors of gastric mucosa, Lavanga helps in maintaining the basal gastric mucosal blood flow and increases mucus secretion. Thus avipatrikar churna shows antisecretory and antiulcerogenic effects.

Materials and Methods :-

Drug	Latin Name	Phytochemistry
1. Haritki 2. Bibhitaki 3. Amlaki	Terminalia chebulia T. Bellerica Emblica Officinalis	Triphala contains Gallic acid, tannic acid, syringic acid, epicatechin, ascorbic acid, chebulinic acid.
4. Shunthi 5. Marich 6. Pippali 7. Nagarmotha 8. Vidanga 9. Lavanga 10. Ela 11. Tejpatra 12. Trivrita 13. Bidlavana 14. Sita	Zigiber officinalis Piper nigrum Piper longum Cyprus rotundus Embelica Ribs Syzygium aromaticum Elattoria cardamomum Cinnamom zylanicum Operculina turpethum Ammonium salts. Saccharum offcinarum	6-gingerol. 6-shogol. Piperine. Cyperene, humulen, etc. Embelin. Saponin, tanin, alkaloids, flavonoids etc. Cineole, monoterpene. Eugenol, Monoterpene. Turpethin, jalapine, convolvuline glycoside. Long alkyl chains like benzalkonium chloride. Fatty acid, phytosterols, terpenoids, phenolic acids.

Dose - 500 mg/kg of body weight. ⁸

Anupana - sheetal jala, dharoshna dugdha, Narikel jala, Madhu.

Falshruti-

Amlapitta, Arsha, Mutravibandha, Malavibandha, Anuloman.

Mutrakruccha, jwara, pandu, chardi, kasa, shosha, Bhrama, mandagni.

Indication other than Falshruti –

Allergic Dermatitis, Allergic Bronchitis, Urinary tract infections, Infective hepatitis.

Discussion –

Amlapitta is the leading lifestyle disorder nowadays, which disturbed metabolism of body due to formation ama (oxidative stress). This ama causes shukta paka of anna which leads to a vidhagdhaejerna and mandagni and finally develop amlapitta. Thus Avipattikar churna, a polyherbal drug helps to combat the disease by normalizing vitiated vata, pitta and also mandagni.

Result -

Avipattikar churna help in reducing symptoms of vitiated pitta, ama and normalize the function of samana and udana vayu. Also remove the etiopathology of amlapitta without any adverse drug reaction. Thus avipatrikar churna is the best drug for shaman as well as shodhana (virechan) in the management of Amlapitta.

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