

## MODE OF ACTION OF DIFFERENT KALPAS IN AMLAPITAA

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### ABSTRACT

In the present era, Due to changing life style, eating habits and food culture Amlapitta disease is becoming very common day by day. For normal digestion the Pachak pitta, Kledakkapha, and saman vayu should be in proper state. In short there should be balance of three doshas specially pitta dosha as it plays vital role in digestion. Any imbalance either high secretion or low secretion causes indigestion leading to amlodgar, hrillas, urodah, shirahshool, mukhaliptata etc. There are many kalpas/ yogas given in different text having property to act on different specific conditions. Sometimes patient taking self medications of amlapitta come to us complaining that not cured yet. So as to cure Amlapitta we need to understand the exact pathology happened and to choose the proper drug to correct the pathology.

**KEYWORDS:** Amlapitta, Pitta, Digestion, Pachan,

### INTRODUCTION

Amlapitta is first explained separately in Kashyap Samhita<sup>[1]</sup>, Later onYog Ratnakar<sup>[3]</sup>, Vangsen<sup>[5]</sup>, Madhavnidan<sup>[2]</sup> etc., also have explained the disease. In Charak Samhita<sup>[4]</sup>, Charakacharya while explaining GrahaniAdhyaya explained the Shuktapak concept which is similar to Amlapitta.

In texts Amlapitta is described as ‘‘AmlagunodriktampittamAmlapittam.’’ Long term ingestion of hetu causes impairment of Agni which leads to increase in amla, drava, ushnaguna which in return causes increase in gastric secretion and vice versa. Pitta is of two types Prakrut and Vikrut(Vidagdha). Prakrut pitta is of Katuras and Vikrut/ Vidagdha/Sama Pitta is of Amla Ras. Amlapitta is classified as Urdhwag and adhogamlapitta according to gati/origine and according to Doshas it is classified as Vatanubandhi, Khaphanubandhi, Vatkaphanubandhi and Kaphapittanubandhi.<sup>[1]</sup> Also it can be divided into Swatantra and paratantravyadhi. In PartantraVyadhi, Pathology may be seen due to Udavart, Grahanidushti, Liver pathologies, any anatomical/ malignant changes in or around stomach. As long as patient consumes the pitta kaphakaraahar-vihar he suffers from the Amlapitta. Also Manas hetu affects the digestion which causes increased or decreased secretion of digestive juices as per hetu. Sama pitta is described as a Pitta with bad smell, Green coloured, Amla, ghana, guru, leading to cause Kanthadah, Amlodgar, Hridayadah. Amlata to the food is due to improper secretion of Pitta and reduced motility of Aamashay to pass food forward, it causes food to ferment there causing Amlata, Dravata and ushnata depending upon the diet ingested. When Pitta is increased by its Amla guna causing Amlodgar, Hridayadah, Urodaha, Hridayadah, AmlatayuktaChardi, HaritChardi, sometimes Atisara we have to choose the kalpa having property to secrete pitta in balanced form, laghu, ruksha, Tikta-Madhur, Rechak or Anulomak & Aamashaygami. When Pitta By its Drava guna causing Hridayadah, Shirahshool, atisara we have to choose the kalpa which are ruksha, Stambhak, Shoshak, Tikta- Kashay and Aamashay - raktagami and when Pitta By its Ushnaguna causing Urodaha, Hridayadah, Udaradaha, Gudadaha we have to select Kalpas having property of dahahara, Mutral, Sheeta, Madhur-Tikta.

There are various Kalpas given for Amlapitta in different texts like Sutshekhar Ras, laghusutshekharas, Praval Panchamrut, Shankh Bhasma, Vang Bhasma, Suvarnmakshik Bhasma, BhunimbadiKadha, ParipathadiKadha, Kamdudharas, Kushmandavleha, gorakshachinchavati, Shatavarikalpa, Shatavarighrit, Aamalakyavaleh, etc. According to the hetu and Pitta gunadushti the kalpas are selected. Generally used Kalpas are enlisted below with their properties and action on different areas, mechanism of action of kalpa.

### AIM AND OBJECTIVE

- To study Amlapitta
- To study general used Kalpas of Amlapitta

- To study those Kalpas with their properties according to various conditions.

## MATERIAL AND METHODS

To study Amlapitta, its various conditions, generally used kalpa and their properties Classical books of Ayurveda, modern literature, available research updates, scientific information and papers available on internet etc. were searched and analyzed.

### 1] Praval Panchamrut<sup>[12]</sup>

Sr no.	Ingredients	Parts/P raman	Properties
1	PravalBhasma(Corallium librum)	2	Pittashamak, Madhur utpadak, Mutral
2	MoukatikBhasma(MytilisMargari tiferus)	1	Hridya, Dahashamak, Pittashamak, Raktaprasad, Mutral
3	ShankhBhasma(Tritonium)	1	Pachak, Agnideepak, Stambhak
4	Shuktibhasma(Avicula)	1	Pachak, Agnideepak
5	KapardikBhasma(Calcium carbonate)	1	Pachak, Agnideepak, Stambhak, Shulaghna

- Bhavana: ArkaDugdha (Calatropisprocera)
- Properties of ArkaKshir: Tikshna, Ushna, Pachak, Sarak.
- In market we found two types of Pravalpanchamrut one having bhavana of Arkadugdha and otherof Godugdha. Arkadugdhahavit Pravalpanchamrut acts as vatakaphaghna where as Godugdhahavita pp acts as Pittaghna.
- Overall contents in the kalpa are Sheet, Pittashamak, Agnideepak, Mutral.<sup>[2]</sup> All these dravyas are having Madhur tiktaras, Madhur vipaka. Sheet guna and Madhur vipaka of these dravyas help in reducing vidagdha pitta<sup>3</sup>where vitiated Dravata, Amlata of pitta causes symptoms like amlodgar, hrillas, urodah, adhaman. It is used when Kaphapittaj symptoms are seen. For better result it can be used with Nimbu Ras as anupan.
- Pravalpanchamrut contains calcium carbonate (CaCO<sub>3</sub>) which rapidly neutralizes oesophageal acid and may prevent reflux. Its mechanism of action is independent of acid neutralization giving effect like good antacidand it also provides calcium.<sup>[4]</sup>
- From ayurvedic point of view it contains kshar and amla property which results in Madhur ras production causing Pittashaman.
- Area of action for this Kalpa is Madhyam Koshta(Grahani), Yakrit, Pliha which causes proper secretion of Pitta, pachan(digestion) of Aahar taken and gives strength by maintaining calcium to soft tissue of Amashay and Grahani.

## 2] LaghuSutshekharRas

Sr no.	Ingredients	Parts/Praman	Properties
1	Suvarngaireek(Purified red Ochre-Iron Oxide)	2	Pittashamak, Raktaprasadak, Stambhak, Balya
2	Shunthi (Zingiber officinalis)	1	Pachak, Madhur Vipaki, Laghu, Snigdha

- Bhavana: NagvelliPatra swaras (Piper betel) is given for 3 days.
- Laghusutshekhar is not directly mentioned in the Samhita but used by many Vaidyas by their own experience. It helps in the condition where pitta is increased by the Tikshna and amla guna causing Shirahshool, Ardhabhedak, Bhram, Angadah, Urdvagraktapitta, Nidranash, Vamanottar Raktachardi.
- The area of action of the kalpa is Aamashay, Pakvashay, Shir, raktavahstotas.

## 3] SutshekharRas<sup>[13]</sup>

Sr no.	Ingredients	Parts/Praman	Properties
1	ShuddhaParad( Purified Mercury)	1	Yogavahi, rasayani, Jantughni
2	ShuddhaGandhak( Purifiedsulphur)	1	Yogavahi, rasayani, Jantughni
3	Vatsnabha( Aconitum ferox)	1	Vedanashamak, Avasadak, Balances Vatapitta, Vyavayi, Vikasi
4	Dhattura Beej( Datura stramonium)	1	Vedanashamak, Avasadak, Balances VataKaphanashak,
5	TamraBhasma (Copper)	1	Controls or balances secretion of Pitta from Yakrit, Vishanashak, does Lekhan
6	ShankhBhasma (Tritonium)	1	Pachak, Agnideepak, Stambhak, Balya, Shoolaghna
7	Dalchini (Cinnamomum zelyanicum)	1	Sugandhi, Hridya, Pittashamak, Pittaniyamak
8	Tamalpatra (Cinnamomum Tamala)	1	Sugandhi, Hridya, Pittashamak, Pittaniyamak
9	Velachi (Elettaria cardamomum)	1	Sugandhi, Hridya, Pittashamak, Pittaniyamak
10	Nagkeshar( Mesua Ferrea)	1	Sugandhi, Hridya, Pittashamak, Pittaniyamak
11	Bilvamajja(Aegle marmelos)	1	Pachak, Stambhak, Vatnashak
12	Kachora(Curcuma Zeodaria)	1	Sugandhi, Hridya ,Deepak, Pachak
13	Tankankharlahi( Borax)	1	Vedanashamak, Avasadak, Balances Vatapitta

- Bhavana: BhringrajSwaras is given for 21 days.
- Properties of Bhringraj: Katu, Tikshna, Aampachak, Acts on Yakrit, Vaatpittashamak, Rasayan.
- Anupan: Kapha Pradhan diseases- with Garlic Juice and Honey

Pitta pradhan Diseases- With Milk and Sugar

Vatpradhan Diseases- With Ghee and Sugar

- As mentinedaboveAmlata of the food is formed not only because of excess secretion of pitta but also due to less secretion of pitta. As less formed pitta can not do proper digestion of the aahar which stays in aamashay for long time leading to Amlataof Aahar.
- To correct this pathology or any pathology related to pachak pittaTikta-Kashay-Madhur rasa Pradhan properties are required.
- Sutshekharras is a Drug of choice as it has same properties mentioned above. It has good action when the pathology is due to vitiation of Vata -Pitta & Symptoms are Majjanugami like Bhram, Shirahshool, Nidranash, Amlodgar, Hrillas, shirahshool, Shiroguravta, Urashool etc. Also it acts well when Amlapitta becomes Shakhagat.
- All the drugs are deepak-pachak which improves status of agni, Pippali is best medicine for ama pachan as it has property of sanghatbhed which helps for improving dhatvagnimandya too. Shankhbhasma and Tankan bhasma both are kshariya in nature which reduces the acidity and maintains acid base balance in body. Tamrabhasma is yakrituttejak which cause secretion of pitta. Over all this is drug of choice for Amlpitta.
- It has a area of action From Aamashay to grahani which balances the entire digestion process.

#### 4] Abhayadi Churn/Abhayadi Leh<sup>[3]</sup>

Sr no.	Ingredients	Parts/Praman	Properties
1	Abhaya(TarmineliaChebula)	1	Laghu, Ruksha, Madhurvipaki, Deepan, Pachan, Yakrit-uttejan, anuloman
2	Pimpali(Piper Longum)	1	Laghu, snigdha, Madhurvipaki
3	Draksha(Vitis vinifera linn.)	1	Snigdha, guru, Madhur vipaki, sheet virya, Anulomak
4	Dhamasa(FogonisCreticalinn.)	1	Lghu, Snigdha, Madhur vipaki, Sheetavirya,
5	Seeta(Sacharum officinarum L.)	1	Madhur vipaki, SheetaVirya

- Anupan: Madhu(Honey)
- All the ingredients in the Kalpa are Nearly Madhur vipaki and sheet Viry.Draksha and Abhayaaredosha and mala Anulomak. Pippali helps in chedan karma, causing strotoshudhhi. Madhu is a kaphanashak.

- Overall all the contains has action on Pitta-KaphanubandhiAmlapitta causing avipak, aruchi, amlodgar, uro- udargauravta along with Malavashtambh.
- All the contains help in balancing secretion of pitta by pitta rechan and pachan ,alsoushanta of pitta is reduced due to sheet virya. So this can be used in conditions of UdavartjanyaAmlapitta.

### 5] Kamdudha Ras<sup>[11,14]</sup>

Sr no	Ingredients	Parts/Praman	Properties
1	MoukatikBhasma (MytilisMargaritiferus)	1	Dahashamak, Pittashamak, Decreases TikshnatwadiGuna, Ojovardhak,Hridya
2	PravalBhasma (Corallium librum)	1	Pittashamk, Madhur utpadak, Mutral
3	ShankhBhasma (Tritonium)	1	Pachak, agnideepak, Stambhak
4	Shuktibhasma (Avicula)	1	Pachak, agnideepak, Stambhak, Shoolaghna
5	KapardikBhasma (Calcium carbonate)	1	Pachak, agnideepak, Stambhak, Shoolaghna
6	Suvarngaireek(Purified red Ochre-Iron Oxide)	1	Pittashamak, Stambhak, Prasadak
7	GuduchiSatva (Tinospora Cordifolia)	1	Agnideepak, dahahar,Rasayani

- The ingredients in theKalpa are mostly similar to PravalPanchamrut Ras. It also has similar action as that of PravalPanchamrut with additional action on blood vessels.
- A long standing Amlapitta causes vidagdhatand ushnatain aamashay, also causesshithilata in blood vessels leadingtocause Epistaxis, Angadaha in summer. This is used in conditons like Epistaxis, Mutradaha, rakatatar,raktapradar or AdhogAmlapitta conditions.

### DISCUSSION AND CONCLUSION

Depending on the food ingested and Agni type the symptoms of amlapitta Having either Amlata/Dravata/Ushnata are found& According to symptoms kalpa having property to correct the pathology is selected.

Various drugs on Amlapitta mentioned in granthas work according to vitiated gunas i.e. Kshay -vridhdiof ushna, amla and dravguna of pitta.To get better results in amlapitta, we need to know the action of drug on vitiated gunas of pitta. From the above study it is concluded that Sutshekharras is used when pitta is vitiated due to amla guna,

Pravalpanchamrut and Kamdhudha is used when pitta vitiation is due to Ushna, Tiksnaguna, Laghusutshakarras is used when pitta vitiation is due to drav and tikshnaguna, abhayadileh is used for anulomanof pitta(Pittarechana) along with deepan-pachan. Kalpas in amlapitta when used according to vitiated doshas can give much better results in patient.

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