

## MANAGEMENT OF URDHWAGA AMLAPITTA (NON-ULCER DYSPEPSIA) THROUGH VAMANA KARMA BY JEEMUTAKA (LUFFA ECHINATA)- A CASE STUDY

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### ABSTRACT

In Ayurveda classics, Acharya Yogaratnakar mentioned *Amlapitta* Vyadhi which manifests with following symptoms viz *Avipaka* (Indigestion/Loss of appetite), *Amlodgara* (Acid eructation), *Hrtidaha* (Heart burn), *Kantha daha* (Burning in throat/ Retro-sternal discomfort), *Utklesha* (Nausea). *Amlapitta* Vyadhi is a symptom complex matches with Non-Ulcer Dyspepsia defined as chronic dyspepsia (pain/upper abdominal discomfort) with no evidence of organic disease on investigation. i.e. Ulcer like symptoms with evidence of ulcer. When clinical evaluation fails to reveal any explanation for indigestion then it is known as functional dyspepsia. The term is interchangeable with Non-ulcer dyspepsias. *Amlapitta*,

being a disease of *Annavaha* srotas caused due to *Mandagni*(Diminished digestive power) and vitiation of *Pitta*. i.e. *Pachaka pitta*. It is of two types *Urdhwaga Amlapittta* and *Adhoga Amlapitta*. Non-Ulcer dyspepsia / functional dyspepsia is thought to be due to mucosal or motility disorder or psychological disturbances, drugs or habits. These factors have been highlighted in the Ayurvedic science as the prime factors for the manifestation of *Urdhwaga Amlapitta*. Here I present the case of 28 years old female patient of *Urdhwaga Amlapitta* (Non-Ulcer Dyspepsia) who got completely cured through *Vamana karma*(Therapeutic emesis) by *Jeemutaka* (*Luffa echinata*) *Beeja churna*(seed powder). Patient before treatment was completely dependent on Antacid drugs and after treatment no medication required by the patient leading a normal and healthy life.

**KEYWORDS:** Urdhwaga Amlapitta, Non-Ulcer Dyspepsia, Jeemutaka(Luffa echinata), Vamana karma.

### CASE REPORT

A 28-years old female patient approaching the OPD of Bharati Ayurveda Hospital, Pune suffering from the sign and symptoms of *Avipaka* (Indigestion), *Amlodgara* (Acid eructation), *Hrtadaha* (Heart burn), *Kanta daha* (Burning in throat/ Retro-sternal discomfort), *Utklesha* (Nausea) for 6 months, was selected for the present study. Routine clinical examinations and laboratory investigations revealed no abnormality and was under the norms of inclusion criteria for Vamana Karma.

No H/O- Malaria/Typhoid/Jaundice. No K/C/O- HTN/DM/PTB/BA/EPILEPSY. NO H/O- Any Surgical illness.

No H/O- Any Drug Allergy.

H/O – Tobacco consumption - since 1 year

O/E- GC-Fair and Afebrile

B.P.-130/80mmhg P-82/mint S/E – RS- AEBE Clear

CVS – S1 AND S2 Normal

CNS – Conscious and well oriented.

### INVESTTIGATIONS

Endoscopy done one week before treatment –No abnormility seen

Eletrocardiography done one week before treatment – no abnormality detected.

### Nidanas (Etiology)

*Viruddhaahara*(incompatible food)*Pishtaanna* (food prepared from flour) *Apakva Madhya* (unformed alcohol) *Guru bhojana*(heavy food) *Atyushna Atisevana*(over intake of hot things) *Snigdhaatisevana*(over intake of oily things) *Amlaatisevana*(over intake of sour things) *Paryushitaahara*(stale food).

### Samprapti (Pathogenesis)

Due to nidana sevana(Etiological factors) the aggrevated Doshas cause *Agnimandya*(diminished digestive power) which leads to the formation of *Ama rasa*(undigested food). This *Amarasa* gets retained in the *Amashaya*(stomach) leading to formation of *Annavisha*(metabolic toxins) which combines with the vitiated *Pitta* and

undergoes *shuktatva* resulting in the manifestation of the *Urdhwaga Amlapitta* (Non Ulcer Dyspepsia/ Functional Dyspepsia).<sup>[1]</sup>

### Preparation of Medicine

Jeemutaka(*Luffa echinata*) dried seed powder was taken in a dose of 13gm. It was then added in Yastimadhu Kwath(Decoction of *Glycyrrhiza glabra*) and kept for one night (Previous night of Vamana Karma). In the morning time, it was stirred properly and filtered. Then it was given to the patient in lukewarm state mixing with Honey and Saindhav Lavana (rock salt) up to Pittanta Vamana (till bile is coming). Before that at first in early morning, Ghritayukta Yavagu(Ghee Mixed with Boiled Rice)was given to the patient after Abhyanga (massage) and Swedana (fomentation).



**Jeemutaka dried fruits**



**Jeemutaka seeds**



**Jeemutaka seed powder**



**Prepared Jeemutaka Vamaka yoga**

## Treatment Given

### Poorva Karma (Preparatory Procedures)

Deepana and Pachana (carminative and digestive drug) with Hingwashtaka churna (Herbal powder) 3g thrice daily 30 minutes before meal with luke warm water was given for 5 days till the Niramavastha was obtained. Arohana Krama Shodhananga Snehapana (internal oleation with increasing dose) administered with Go Ghrita (Cow's ghee) starting from the initial dose of 30ml on first day, 60ml on second day, 100ml on third day, 150 ml on fourth day, 200ml on day fifth day was given. Snehapana was stopped as the patient showed Samyak Snigdha Lakshana (symptoms of proper internal oleation).

### Pradhana Karma (Main Procedures)

One day Vishrama Kala (day of rest and diet) was given to the patient. On such day patient was given Sarvanga Snehana (oil massage) with Tila Taila (sesame oil) along with Bashpa Swedana (steam bath). During Vishrama Kala Kapha Utkleshaka diet was advised to the patient such as Morning- Idly, Curd Lunch- curd vada, Dinner- milk/curd and rice. Next day morning around 6.30 the patient was given Sarvanga Snehana with Tila Taila and Bashpa Swedana. Then, Ghrita- yukta Yavagu (Ghee mixed with boiled rice) 200gm was given prior to administration of Vamana Yoga. Jeemutaka seed powder Vamaka Yoga about 200ml with Honey 100ml and Saindhav Lavana (Rock salt) 20gms followed by Yasthi Madhu Phanta (decoction of Glycyrrhiza glabra) as Vamanopaga was given. As soon as the client consumed the Jeemutaka Vamaka Yog, she developed nausea which indicated Kapha Utklesha and Samyak Snehana. Within 5 minutes the patient developed 1st Vamana Vega (Bout) which contained Aushadha, Kapha, Sama Pitta and Yavagu. Later, Dugdha (Cow's milk), Ysthimadhu Phanta and Saindhava Jala were sufficiently used as Vamanopaga Dravya. The patient within 35 minutes had developed 8 Vamana Vega including Pittant Vamana (Vomit with Bile).



**Patient taking Vamaka yog**



**Bout after consuming Vamaka yog**

**Vomitus****Vomitus with bile**

### **Paschata Karma (Post Operative Procedures)**

As the patient had Pravara shuddhi (maximum cleansing) hence she was advised --- days of Samsarjana karma. Follow up study was carried on 15<sup>th</sup> day after completion of Vamana.

### **Criteria for Assessment**

6 score itemes identified during the development process included Nausea, Vomiting, Acid eructation, Heart burn, Retro sternal discomfort and loss of appetite.

In a face to face interview patient was asked to rate the intensity of each individual symptoms on a validated 5-point Likert scale<sup>[2]</sup>:-

- 0- No problem
- 1- mild problem
- 2- moderate problem
- 3- severe problem
- 4- very severe problem.

Patient rated the intensity of the six given syntoms before treatment i.e. after snehapana and before Vamana karma (B.T.) and within 2hrs after Vamana karma (A.T.) and on 15<sup>th</sup> day of Vamana karma (F.U.)

### **RESULTS**

<b>Signs and Symptoms</b>	<b>B.T</b>	<b>A.T</b>	<b>F.U</b>
Nausea	3	0	0
Vomiting	2	0	0
Bitte sour eructation	4	0	0
Loss of appetite	4	0	0
Heart burn	3	2	1
Retro-sternal discomfort	3	2	0

## DISCUSSION

Initially patient came with the complaints of Nausea, Vomiting, Acid eructation, Heart burn, Retro sternal discomfort, and loss of appetite for which she was taking Antacid drug thrice a day from 6 months. Patient was asked to stop the antacid drug from the date when patient started internal oleation. Within 2 hours of after Vamana karma patient had completely relief from Nausea, Vomiting, Acid-eructation and Loss of Appetite while there was markedly improvement in the symptoms of Heat burn and Retro-sternal discomfort. On Follow up patient had completely relief from Nausea, Vomiting, Acid-eructation, Loss of appetite, Retro-sternal discomfort while significant improvement in the relief from Heart burn.

We have managed this patient with the help of Vamana karma by Jeemutaka seed powder under Panchakarma treatment.

## CONCLUSION

Urdhwaga Amlpitta (Non- Ulcer Dyspepsia / Functional Dyspepsia) can be effectively cured by Vamana karma by Jeemutaka (*Luffa echinata*) seed powder. No internal medication required after taking Vamana karma. Patient can now do his regular routine work without depending on antacids.

## REFERENCE

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