EFFECT OF AAMALKI CHURNA AND VAMAN DHAUTI IN AMLAPITTA: A CASE STUDY

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ABSTRACT

Objective: In today’s era the disease like Amlapitta and Hyperacidity are increasing rapidly day by day. The causes for this mentioned in ayurvedic texts and modern science is approximately same i.e. faulty dietary habits, increasing craze for fast food, excessive oily, spicy food, stressful life, working in shift duties, improper sleep etc Hence incidence of this disease getting everywhere in our society. Because of this problem statement this is essential to prevent the disease in early stage which should not convert into other complications like gastric and duodenal ulcer. Material and methods: Single clinical trial with before treatment, mid follow up and after treatment assessment was done with drug, Amalaki in churna form advised twice daily after food for a month and Vaman dhauti as shuddhikriya for shodhan karma Once a week for one month and also lifestyle including Ahara, Vihara was advised. By the present study it can be concluded that Amalaki churna (nityasevaniy dravya), Vaman dhauti and lifestyle modification helps in controlling and is a safe and effective treatment for Amlapitta.

KEYWORDS: Amlapitta, Gastritis, Amalaki churna, Dhauti and lifestyle modification.

INTRODUCTION

Amlapitta occurs due to three main reasons those are hurry (faulty lifestyle i.e. fast life and ignorance towards health due to economical dissatisfaction), worry (stress, emotional disturbance), and curry (excessive chilly, spicy food, faulty dietary habits). In madhavnidana
Aacharya Madhav explained the causes of amlapitta in details i.e. virrudhashan (Incompatible food), dushta bhojan, ati amla vidahi anna, pittaparakop annapan sevan etc which can be correlated to causes of gastritis, hyperacidity in modern science. Today India is developing rapidly like the other western countries and Indian people adopting their lifestyle i.e. lifestyle, food habits drastically changing, craze for fast foods, which is deficient of nutrients, irregular meals and timing, work in shift duties, irregular sleep, etc. imposes health negligence. Our ancestors lived happily more than 100 years or even more than that by following the principle of Ayurveda. In Swasthavritta the preventive measures are described in form of Dincharya (daily regimen), Rutucharya (seasonal regimen), sadachar (ideal behaviour), adharniya vega (non-suppressive urges).

According to the factor agni plays very important role in physiological functioning of body. Any alteration in the factor of agni causes roga. Mandagni is the main root cause of all diseases. Mandagni leads to ajeerna and if it neglected give rise to viscous cycle called as Amlapitta.

When the amla and drava guna of pitta dosha becomes exaggerated there is a sour belching and this condition is regarded to be pathological termed as Amlapitta. Types of Amlapitta are urdhwag, Adhog. According to dosh sansarga are vatanubandhi, kaphanubandhi, vatakaphanubandhi.

According to modern medicine this condition can be correlate with hyperacidity. This is caused due to faulty diet, smoking, stress, liver diseases, and genetic factors. Hyperacidity leads to gastric as well as duodenal ulcers.

According to the Ayurveda treatment of Amlapitta devided into two parts.

1) **Shodhan:** it includes vaman, virechan, anuvasan, asthapan basti

2) **Shaman:** it includes various tikta rasatmak dravya which breakdown the pathology of Amlapitta.

In this case study drug is selected Aamalki churn for shaman aushadhi, aampachan and agnidipan and dhauti for shodhan karma.

**AIM AND OBJECTIVES**

**Aim:** To study the effect of Aamalki churna and Vaman Dhauti in Amlapitta.
Objective
1) To study single drug treatment in *Amlapitta*
2) To study the effect of *dhauti shudhikriya* as a *shodha karma* in *amlapitta*

MATERIAL AND METHODS

Case Report: A 36 years aged female patient came to *Swasthyarakshan* opd of Govt. Ayurved College and Hospital, of our institute before 45 days, presented with complaints.

1) *Amlodgar* since 2 months
2) *Aadhman* since 2 months
3) *Malbaddhata* (constipation) intermittently
4) *Daurbyalya* (weakness) since 15 days
5) *Shirashul* (headache) intermittently

On Examination
History taken for hetusevan (etiological factor) was almost same as described in ayurvedic text i.e. Atiushna tikshna padartha (spicy, oily outside food), continuous sitting job, stress of official work etc.

General condition of patient was moderate as vitals were stable

*Ashtavidha parikshan*
1) nadi – 88/ min, vatapittaj
2) mala – malabaddhata
3) mutra - prakrut
4) jivha - alpasam
5) shabda - spashta
6) sparsh - sheet
7) druk- samanya
8) aakruti – madhyam

General examination
1) Pulse rate 88/min
2) B.P=120/70mm of Hg
3) No Pallor
4) Akriti = Madhyam,
5) Weight = 50kg.
6) Height = 160cm,
7) Body mass index = 19.53.

RS: Air entry equal on both sides
CVS: Normal function, S1S2 normal
CNS: Conscious, Oriented,
P/A: the abdomen with gaseous distention
Bladder habit was regular.
Bowel - constipation

Patients detail history
No past H/O – Diabetes Mellitus, Hypertension, ischaemic heart disease, Tuberculosis, Asthma, No H/O any major surgery No H/O- any drugs history, No history of any trauma.

Personal history

_Dinacharya:-_ wake up time at 6.00 am, no regular exercise, _ushapan_-2 glass of cold water, _ruksha anna sevan_, spicy and green chilly food habit.

_Occupation:_ By occupation patient was clerk in Private bank, continuous sitting work for 6 hours.

Past History
Patient was alright before 6 months but mild symptoms were present, since 2 months symptoms got aggravated than before. Patient was complaining of _Amlodgar, Aadhman, Malabaddhata, Daurbalya, shirshul_. For the same complaints she attended other private hospital, Nagpur for treatment, but was not satisfied, hence patient came to Government Ayurved Hospital, _Swasthyarakshan_ opd of our institute for further treatment.

After clinical examination of this patient were recruited for treatment of _Amlapitta_ i.e. _Aampachan_ and _agnidipan_ with _Aamalki churna_ and use of _takra_ in diet, _Aamalki churna_ for _shaman aushadhi_ and _vaman dhauti shuddhikriya_ for _shodhan karma_.

_Samprapti:-_ Due to all the _nidana_ (etiological factor) of _vatadi dosha_ gets aggravated and causes _mandagni_. Because of this _agnimandya_ food remains in the _aamashaya_ and turns to _shuktawsth_ due to improper _agni_. In this situation if there is consumption of excessive food and _apathy, pitta_ gets vitiated and _vidagda awastha_ of food which is _drava roopa_ and this disease is called as _Amlapitta_.

Investigations
Complete blood count was within normal limit.
USG Abdomen report before 1 month showed mild hepatomegaly, no other demonstrable pathology.

Chikitsa sutra:- deepan pachan with Aamalki churna with sita for shaman and vaman Dhauti for shodhan.

Procedure administered to the Patient: Treatment started on the admission of patient in two divided session. Chikitsa was started on the date of admission
1. Deepan, Pachan, Shaman aushadhi – Aamalki churna.
2. Dhauti

Mixed two litres of lukewarm water (40degree) with 1/2 teaspoon of salt. Sit in the toad position and drink the water rapidly glass by glass. After drinking water in standing position fixed the fingers of both hands into each other and stretch the hands above head and revolve around the body in oval position clockwise and anticlockwise. After this extend index and middle fingers of the right hand partially down the throat and stimulate the base of the tongue so that nausea is induced. The entire quantity of the water comes out again in approximate within 1 minute.

This procedure is repeated once a week for 1month

Shavasana:- After the procedure of Dhauti in lying down position Shavasana given for 2 min for relaxation.

After the procedure of dhauti to patient advised only moong dal khichadi with goghrit only for that day

Diet Correction
✓ Advised shrutsheet water anytime for drinking purpose.
✓ 15 to 20 black manuka (current) in the morning after soaking in water for whole night.
✓ While feeling of hunger took lahi, fruit like dadim, mosambi, amrud or any seasonal fruits.
✓ Use of madhur takra with food.
✓ Use of puranshali in morning food and avoid rice in night food.
✓ Avoid more water while taking of food or use sip of water in between food.
✓ Avoid spicy, oily, chilly, fried and outside food

Lifestyle Modification
✓ Live stress free life.
✓ Do regular exercise yogasan, pranayama.
✓ Avoid diwaswap, late night sleep, lying down position after dinner.
✓ Do not hurry while taking food.

Observations:- Table showing symptoms before and after treatment

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Before treatment</th>
<th>After 1 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amlodgar</td>
<td>++</td>
<td>Complete relief</td>
</tr>
<tr>
<td>Aadhmman</td>
<td>++</td>
<td>Complete relief</td>
</tr>
<tr>
<td>Malabaddhata</td>
<td>++</td>
<td>Complete relief</td>
</tr>
<tr>
<td>Shirshul</td>
<td>+</td>
<td>Moderate relief</td>
</tr>
<tr>
<td>Daurbalya</td>
<td>+</td>
<td>Moderate relief</td>
</tr>
</tbody>
</table>

RESULTS
On comparison with pre-intervention conditions of the patient, there was a marked difference in patient post treatment the features which showed the complete relief. Marked decrease in all symptoms.

DISCUSSION
In this study, observation was done before and after treatment based on the symptoms gradation and the result obtained are - the amlodgara before treatment it was 2 and after treatment reduced to 0. Adhman BT was 2 and AT reduced to 0. Malabaddhata BT it was 2 and AT minimized to 0 and the Daurbalya BT was 2 and reduced to 1 AT and shirshul BT it was 2 and after treatment it was 1. Above result shows the marked reduction in the symptoms Effect of the amalaki churna and lifestyle modification containing ahara, vihara which was advised during the course of treatment.

In Amlapitta vitiation of all tridoshas but mainly pitta dosha and because of these vitiated doshas there is formation of agnimandya and later on formation of Ama Dosha leads to Amla Paka of Ahara. Ayurveda believes that Doshas subsided by Shodhana procedures will not aggravated in future. Hence Vaman Dhauti (a Shatkarma Procedure) is recommended for removal of Kapha and Ama for Bahudosha conditions.

It is meant for purification of upper digestive tract. One can wash one’s mouth but in daily routine one cannot wash the Aamashay. And in this disease main dushti is in Aamashay. The
impurities residing there are carried along with food particles and are mixed in some proportion with blood. So purification is required. In ayurvedic textbook the treatment of Amlapitta advised vaman as a shodhan of vitiated dosha and effect dhauti is also like vamana. In yogic textbook mentioned that practice of vaman dhauti is useful for removal of kapha pitta dosha.

Physical effects - As a lot of our health problems like Agnimandya, Ajirna etc. take place because of indigestion and improper evacuation of the waste matter. A thorough wash of the stomach like this can offer permanent solution to a lot of health problems like indigestion, gastritis, acidity, bloated feeling, constipation, flatulence, piles, poor liver function etc.

In this study the effect obtained by the Amalaki curma might be due to its effect like Deepana, Pachana and properties like pancha Rasa i.e. madhur, amla, katu, tikta, kashay in which because of madhur and kashay rasa and madhur vipak, sheet veerya Aamalki is pittashamak. In this study sita is used as a anupan and because of sheet property i.e. pittashamak it is also useful in Amlapitta. Aamalki is called as a best rasayan because it clears all the channel of body.

The lifestyle modification contains Ahara, Vihara was prepared and advised based on the pathya and apathy. This diet might be benefited due to easily digestible and regularized food habits, tikta shaka and pitta shamaka dravya. Vihara like exercise and sleep was advised to regularize daily and this was benefited by avoiding the day sleep and lack of exercise causing Ajeerna, Agnimandya etc. This multi approach treatment was helped in reducing the symptoms and maintaining the healthy life.

CONCLUSION

Amalaki churna as it is a nityopayogi dravya (rasayan) helps not only in reducing the symptoms but also maintains the health. The specially prepared lifestyle chart containing Ahara helps in reducing the symptoms and maintaining the healthy lifestyle. Vaman dhauti is very beneficial for purification of stomach because of its effect like vamana. This multiple approached treatment was benefited due to multiple actions. On the above basis of result and discussion we can be conclude that both Aamalki churna and dhauti were effective in alleviating the symptoms of amlapitta
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