

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*, *pittaprapak 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 2months
- 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 *shuktawstha* due to improper *agni*. In this situation if there is consumption of excessive food and *apathy*, *pitta* gets vitiated and *vidagdha awastha* of food which is *drava roopa* and this disease is called as *Amlapitta*.

Investgations

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

- ✓ Adviced *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

Symptoms	Before treatment	After 1 months
Amlodgar	++	Complete relief
Aadhman	++	Complete relief
Malabaddhata	++	Complete relief
Shirshul	+	Moderate relief
Daurbalya	+	Moderate relief

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 *shirashul* 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 *Bahudosh*a 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 churna* 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 *apathya*. 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 (rasayana)* 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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