

EFFICACY OF VIRECHANA KARMA IN AMLAPITTA (A SINGLE CASE STUDY)

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ABSTRACT

In today's era Amlapitta is a common disease due to faulty dietary habits, taking excessive spicy diet and changing lifestyle. Its symptoms include heart burn, acid eructation, sour taste in the mouth, nausea, vomiting and loss of appetite. In Amlapitta the quantity of *pachaka pitta* secreted in the stomach gets increased and its changes from normal bitter taste to sour taste. In modern medicine Amlapitta can be co-related with Hyperacidity and Gastritis. Modern treatment of Amlapitta include PPI's, H₂ blockers, antacids etc. The antacids neutralize acids which is the first line of immunity and thus make the

person more prone to various infections. Amlapitta is a *pitta* dominant disease and Virechana is the main treatment for the *pitta* vitiated disorders. In Amlapitta there is need for purification of GIT which is very well done by Virechana therapy. This has encouraged to assess the effect of the Virechana karma in the management of Amlapitta. For the present clinical study a single patient of Amlapitta was registered from the O.P.D, P.G. Department of Kayachikitsa, Gurukul Campus, Haridwar. Virechana karma was selected for managing the Amlapitta of the patient.

KEYWORDS: Amlapitta, Virechana, Hyperacidity.

INTRODUCTION

Amlapitta is the common disease of today's era. The causative factors of Amlapitta are faulty dietary habits, taking excessive spicy food, fast food and changing lifestyle. These factors causes vitiation of agni in Amashaya. Due to vitiation of the agni *Pachaka Pitta* secreted in the stomach gets increased and it changes from normal *katu* rasa to *amla* rasa. Its symptoms includes heart burn, acid eructation, sour taste in the mouth, nausea, vomiting and loss of

appetite. In modern medicine Amlapitta can be co-related with hyperacidity as most of the signs of these disease resembles with Hyperacidity. In Amlapitta there is need for purification of GIT which is very well done by Virechana therapy. Amlapitta is a Pitta dominant disease and Virechana is the main treatment for the Pitta vitiated disorders.

CASE REPORT

A 48 years old female patient Geeta was asymptomatic before 20 yrs. She complains of burning sensation in throat and chest (*hritkanthadaha*), sour belching(*amlodgara*), gas formation and indigestion(*avipaka*). Patient also complains of nausea(*utkalesha*). On vomiting patient feels relief. These symptoms aggravates when patient take spicy food and tea. Patient took treatment from many allopathic doctors but only gets symptomatic relief. Now patient comes to O.P.D of P.G Dept. Kayachikitsa, Gurukul Campus, UAU, Haridwar. After taking detailed history and asthavidh pariksha the patient was diagnosed as a case of Amlapitta. Patient was managed with Shodhan (Virechana).

About Virechana Therapy

Virechana therapy is a type of Panchkarma treatment. In this therapy, person is made to undergo controlled purgation for specific amount of time. It is carried out in preoperative, operative and post-operative manner. Preparatory procedure comprise, internal medicines to facilitate proper digestion for usually three to five days followed by internal oleation for three to seven days followed by external oleation and sudation which aims at bringing the vitiated disease causing doshas into alimentary canal. Main procedure comprise only oral medicines inducing purgation while in post procedure there is special diet regimen to follow for three to seven days.

Pre operative preparation(poorva karma)

Deepana pachana – with *Trikatu churna* 2gm BD with warm water

Internal oleation

Abhyantra snehana- with *Panchtikta ghrita* in increasing order (starting with 25ml and increasing 25ml daily) for five days. Oleation was stopped on 5th day, as symptoms of proper oleation were achieved. Oleation was discontinued as soon as oily stools are observed in patient. During this time patient was instructed to follow Drava, Ushna, Anabhishyandi, Natati-Snigdha Bhojana and warm water.

External oleation and sudation

Abhyanga and swedna was done on the next day after completion of internal oleation with *Til taila*.

Induction of Virechana(Pradhan karma)

On the day of virechana pulse, BP and systemic examination was done. BP-110/90mmHg, Pulse- 72/min, RS- B/L chest clear, cardio-vascular system – S1S2 normal, stool- normal, urine- normal.

Virechana drug – *Trivrit avleha* 30 gm with ushna jal.

Virechana vegas were assessed subjectively.

Virechana Vega – 20

Shudhi prakar- Madhyam

Patient 's pulse, BP, was recorded during virechana which was normal throughout the procedure.

Post operative care (Paschat karma)

Sansarjana karma was advised for 3 days.

RESULTS

SI.NO.	Sign and Symptoms	BT (Grade)	AT(after virechana therapy) (Grade)
1.	Sour belching(<i>amlodgara</i>)	3	0
2.	Burning sensation in throat and chest(<i>hritkanthadaha</i>)	2	0
3.	Indigestion(<i>avipaka</i>)	2	0
4.	Nausea (<i>utklesha</i>)	1	0

DISCUSSION

All the scholars of Ayurveda have given given emphasis to shodhana procedure especially vamana and virechana in the management of Amlapitta. In Amlapitta vitiation of Annavaha, Rasavaha, Purishvaha, Raktavaha srotas occurs. Virechana is clearly indicated in Annavaha srotas vyadhi. Amlapitta is a pitta vitiated disease and virechana is the best treatment for pitta vitiated disorders. In this case initially the patient was having *amlodgara*, *hritkanthadaha*, *Avipaka* and *Utklesha* as presenting complaints. After giving the virechana therapy the symptoms subsides completely.

CONCLUSION

Shodhan chikitsa facilitates the expulsion of vitiated Dosha from the body, there by cures the disease from root. Virechana therapy has substantial role in treating Amlapitta not only symptomatically but to cure the disease from root.

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