

EFFICACY OF VIRECHANA KARMA IN THE MANAGEMENT OF AMLAPITTA WITH SPECIAL REFERENCE TO CHRONIC GASTRITIS-A CASE STUDY

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ABSTRACT

Background- *Amlapitta* is a disease which is explained by *Acharya Kashyap*. *Acharya Charaka* explained *amlapitta* in *grahani adhyay* while explaining the *purvaroopas* of *grahani*. *Charakacharya* explained *shuktapak* and described the symptoms of *sam pitta* and *amlapitta*. It is a chronic disease in which due to *amla guna pitta* in body increases. *Gastritis/hyperacidity* is an inflammation erosion of lining of stomach. It is a common disease which can occur suddenly(*acute*) or gradually(*chronic*). **Aim-** To study the efficacy of *virechana karma* in *amlapitta*. **Methodology-** This study deals with a 35 year old male patient having complaints of burning sensation in abdomen and

flatulence since 3 years. Patient was diagnosed as *Chronic Gastritis/ hyperacidity* and according to *Ayurveda amlapitta*. Treatment was given such as *virechana karma* and *shaman chikitsa*. **Result-** Patient got symptomatic relief in *amlapitta* at the end of treatment. **Conclusion-** *Virechana karma* is found to be effective in the management of *amlapitta*.

KEYWORDS: *Amlapitta*, *Virechana*, *Hyperacidity*, *Chronic Gastritis*, *Shaman chikitsa*.

INTRODUCTION

Amlapitta is a disease which is explained by *aacharya Kashyap*. *Charakacharya* explained *amlapitta* in *grahani adhyay* while explaining the *purvaroopas* of *grahani*. *Charakacharya* explained *shuktapak* and describe the symptoms of *sam pitta* and *amla pitta*. *Amlapitta* is a disease due to *amla guna pitta* in the body increases.

Gastritis/hyperacidity is an inflammation erosion of lining of stomach. It is a common disease which can occur suddenly (acute) or gradually (chronic).

This study deals with a 35 year old male patient having complaints of burning sensation in abdomen and flatulence since 3 years. Patient was diagnosed as Chronic Gastritis/hyperacidity and according to *Ayurveda amlapitta*. Treatment was given such as *virechana karma* and *shaman chikitsa*.

CASE STUDY

Patient name- XYZ

Reg.No.-61165

DOA-20/12/2019

DOD-7/1/2020

C/O

Burning sensation in abdomen++

Flatulence++

Nausea++

PAST HISTORY

N/K/C/O DM/HTN/BA/PTB/Epilepsy/IHD

N/H/O fall trauma or any addiction

P/A soft and non tender

U-passed

S-passed

O/E

GC- fair afeb

P-80/min

BP-130/80mmhg

S/E

RS-AEBE clear

CVS-S1S2 sinus rhythm

CNS-conscious and oriented

INVESTIGATIONS

CBC, LFT, RFT, BSL-F & PP, LIPID PROFILE-WNL.

TREATMENT GIVEN***Poorva karma***

Deepan pachan- Aarogyavardhini vati BD for 5 days given.

Snehapan with *panchtikta ghrut* started from 30 ml to 210 ml for 7 days with *aarohan krama*.

Patient showed the *samyak snigdha lakshanas*.

Pradhan karma

Snehavishranti for 3days given

Sarvang snehan with *til tail* and *nadi swedan* was also given to the patient.

On the day of *virechana* after *sarvang snehan* and *nadi swedana virechana yoga* was given.

Aargwadh fal majja 40 gm, *trivrutta churna* 10 gm, *abhayadi modak* 3, *erand tail* 40 ml, *triphala bharad* 100 gm firstly *triphala kwath* was prepared and other *dravya* are added as mentioned quantity. Total 180 ml of *kwath* was given to the patient. After 30 minutes patient got his first *vega*. Total 15 *veg* and 4 *anuvega* was patient got.

Paschat karma

As the patient had *madhyam shuddhi* 5 days of *samsarjan karma* is advised to the patient.

After that *shaman chikitsa* was given to the patient *sutshekhar ras* 2 bd before food and *triphla churna* 3gm HS was given.

CRITERIA FOR ASSESSMENT

Symptoms like nausea, burning sensation (retrosternal discomfirt), loss of appetite, flatulence.

In a face to face interview patient was asked to rate the intensity of each individual symptoms on a validated 5-point Likert scale.

- 0- No problem
- 1- Mild problem
- 2- Moderate problem
- 3- Severe problem
- 4- Very severe problem

Patient rated the intensity of these symptoms before treatment i.e. after snehapan but before virechana karma and after virechana karma and after follow up i.e. on 15th day.

RESULTS

Signs and symptoms	B.T.	A.T.	F.U.
Nausea	2	0	0
Flatulence	2	0	0
Loss of appetite	2	0	0
Burning sensation (retrosternal discomfort)	2	0	0

DISCUSSION

1. *Aaragwadh*-*aaragwadh* is best for stransan karma and also for koshta shuddhi by charak su 25.
2. *Trivrutta*-*tivrutta* is best in virechana karma according to vagbhat kalpa adhyay 1 and *trivrutta* is laghu, ruksha, tikshna gunatmak, due to its kshay, tikta madhur, katu gun it is pitta shamak.
3. *Erand tail* with *triphala kwath* is useful in *virechana karma* as explained by *sharangdhar*.
4. *Abhayadi modak*-also used for *virechana* as explained by *sharangdhar*.

Amlapitta is due to mainly aggrevation of pitta. factirs responsible for *amlapitta* are tikta, amla rasatmak aahar, spicy food. In *amlapitta* tridosh prakop occurs and mostly pitta dosha increases, due to this agnimandya occurs and f apathya sevan continues *amlapitta* occurs.

CONCLUSION

Virechana karma is effective in the management of *amlapitta*.

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