



Review Article

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A CONCEPTUAL STUDY ON EFFECT OF GUDUCHYADI KWATHA IN THE MANAGEMENT OF AMLAPITTA

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ABSTRACT

The Amlapitta is one of the most common gastro intestinal problems found in the society. Though it is not a big life threatening issue, however runs long time if treated symptomatically. The allopathic physicians used to treat the disease with antacid medicament, which is only symptomatic, not the curative. So the proper solution is still awaited. Ayurvedic management can answer with its own principals of Dosha, Dushya, Srotas, Agni etc. Here the attempt made to find the safe and curative remedy for Amlapitta, in form of Guduchyadi Kwatha.

Key words: Amlapitta, Acid Reflux Syndrome, Guduchyadi Kwatha, Gastric diseases.

INTRODUCTION

Amlapitta can be correlated with Acid Reflux Syndrome which comprises of various types of Gastro-oesophageal Reflux Diseases like Gastritis, Dyspepsia, Heartburn, Hyperacidity, Hypoacidity etc. described in modern sciences. Sixty percent of the adult population will experience some type of gastroesophageal reflux disease (GERD) within a 12 month period and 20 to 30 % will have weekly symptoms. Fifty percent of all people questioned regarding GERD symptoms report that they have more heartburn at night than in the day. Sixty-three percent reported difficulty sleeping and 40 % reported that daily functioning was compromised the next day.¹

Need of study

Ayurveda is as old as human civilization based on two principles as maintaining Swaasthya of the Swastha Vyakti and curing the Vikara of the Aatura. From stone- age to space age food pattern of people has undergone numerous changes.²

In 21st century, Man is unable to follow Dinacharya and Ritucharya, because of fast life style has made man restless to achieve his unlimited desires in a very short period of time. These desires produce different types of anxiety, worry, anger, fear and depression which directly or indirectly lead to various types of gastrointestinal tract disorders.

Nowadays, he is also attracted towards fast food, junk food, instant and processed food which disturbs the gastro intestinal physiology. Even in Varsha Ritu which aggravates the "Pitta" dosha naturally, he/she consumes aforesaid food which disturbs the balance of Tridosha.

A survey of people suffering from acid peptic diseases in India revealed that it is a very common disease affecting almost all the human being in more or less severity. However the antacids are among the one of the most widely used medicine all over the world.³ By taking antacids may cause dose-dependent rebound

hyperacidity and milk-alkali syndrome. Antacids that contain aluminum hydroxide may cause constipation, aluminum-intoxication, osteomalacia, and hypophosphatemia.⁴

From Ayurvedic point of view, Amlapitta can be treated with Guduchyadi Kwath are commended by Bhaisajya Ratnavali without any harmful effect of drugs.

Aims

To evaluate the efficacy of Guduchyadi Kwathain the management of Amlapitta.

Diseases Review

Amlapitta was not considered as a separate disease entity in any of the three old treatise of Ayurveda but it was mentioned as a symptom in a good number of places by Acharya Charaka. Acharya Charaka says in the Samprapti of Amlapitta described as Aamvisha when get mixed with Pitta, the disease Amlapitta develops. Amlapitta is composed of word Amla and Pitta.⁵

Acharya Kashyapa was the first to give a detailed description of the disease and to analyse it on Doshik basis⁶, whereas Madhavakara goes into the details of the disease including classification of the same according to Gati i.e. Urdhvaga and Adhoga Amlapitta.⁷

Nidana of Amlapitta

Aharja Hetu: Viruddha Bhojana, Sandusta Bhojana, Vidahi Bhojana, Vidagdha Bhojana.⁸

Viharaj Hetu: Divaswapana, Atisnana and Avagahana⁹

Manasika Hetu : Kama, Krudha, Lobha, Moha, Irshya, Shoka, Bhaya¹⁰

Purvarupa of Amlapitta: Acharya Charaka has mentioned some Purvarupa of Grahani like Trishna, Alasya, loss of Bala, Annavidaha, Gauravata etc. These symptoms may be considered as the Purvarupa of Amlapitta.¹¹

Rupas (Symptoms and Signs) of Amlapitta

Avipaka, Klama, Utklesha, Tikta/Amla Udgara, Guarav, Hrid-Kantha Daha, Aruchi.¹²

Samprapti of Amlapitta

According to Acharya Kashaypa, indulgence of Nidana causes, the Dosha prakopa especially of Pitta Dosh. This Dosha Prakopa creates Mandagni, and due to Mandagni ingested food becomes Vidagdha and Shuktibhava. This Vidagdha and Shuktibhava of food create Amlata in Amashaya. This condition is called Amlapitta.¹³

Treatment of Amlapitta

As per Ayurveda line of treatment for Amlapitta is given drugs which are Tikta Rasa dominant and Pachana property.¹⁴

Drug Review

Guduchyadi Kwatha: it is recommended in Bhaisajya Ratnavali for the Amlapitta.¹⁵

Name of Drug	Latin Name	Proportion
Guduchi	<i>Tinospora Cordifolia</i>	1 part
Khadir	<i>Acacia Catechu</i>	1 part
Yastimadhu	<i>Glycyrrhiza Glabra</i>	1 part
Daruharidra	<i>Berberis Aristata</i>	1 part
Sugandhabala	<i>Pavonia Odorata</i>	1 part
Draksha	<i>Vitis Vinifera</i>	1 part
Haritaki	<i>Terminalia Chebula</i>	1 part

The contains like Guduchi¹⁶, Yastimadhu¹⁸, Draksha²¹ and Sugandhabala²⁰ are well known Dahashamaka drugs which helps in controlling Daha (Hriddaha & Kanthadaha) of Amlapitta.

Madhura Vipaka of Guduchi¹⁶, Yastimadhu¹⁸ and Draksha²¹ and Shita Virya of Yastimadhu¹⁸, Draksha²¹, Sugandhabala²⁰, Haritaki²² and Khadir¹⁷ help in relieving Amlodgara and Tiktdogara.

Guduchi¹⁶, Daruharidra¹⁹, Sugandhabala²⁰ and Haritaki²² help in improving Mandagni and Aruchi through their Dipana-Pachana karma. Dipana-Pachana increases Jatharagni due to which there is less chance of Avipaka and so there is reduction in symptoms like Utklesha and Udara Gaurava.

Daruharidra¹⁹, Sugandhabala²⁰ and Haritaki²² are also Amapachaka drugs which help in digesting Aama produced due to Mandagni. Moreover, they have also Yakruduttejaka property which improves the functions of liver (Moola of Raktavaha srotasa). Thus Rasa-Raktavaha srotodusti can be treated very well.

Chhardi Nigrahana and Trushna Nigrahana property of Guduchi¹⁶, Yastimadhu¹⁸, Draksha²¹ and Sugandhabala¹⁷ relieves Chhardi and Trushna in Amlapitta. Guduchi¹⁶, Yastimadhu¹⁸, Sugandhabala²⁰, Draksha²¹ and Haritaki²² help in relieving Adhmana through their Anulomaka property.

Guduchi¹⁶, Daruharidra¹⁹ and Haritaki²² are Ushna Virya drugs which do not allow Vata Prakopa and so there is no Adhmana. Yastimadhu¹⁸ and Haritaki²² are also Mrudu-Rechana drugs which controls Vibandha.

Guduchi¹⁶, Yastimadhu¹⁸ and Haritaki²² are Rasayana drugs through which all Dhatus get adequate nourishment and thus Dhātu-Prasadana is occurred.

Rakta-shodhaka and Vrana-shodhana and Ropana, Varnya, Kandughna, Kusthaghna and Krimighna properties of some

drugs helps in subsiding the Upadravas like Pandu, Vicharchika, Kandu, Kotha, etc.

Thus from the ingredients described above, it can be stated that all the Dravyas used in the combination "Guduchyadi Kwatha" are effective over all the conditions described in Amlapitta.

Pathya- Apathya:

Pathya Ahara: Purana Shali, Mudga, Masura, Harenu, Goghrita, Go-dugdha Jangala mansa, Kalay shaka.²³

Pathya Vihara: Samuchitvyayam, Deshantara gamana.²³

Apathya Ahara: Masha, Kulattha, Dadhi Lavana Rasa Amla Rasa Katu Rasa.²⁴

Apathya Vihara: Vegavidharana²⁴

This way, Guduchyadi Kwatha will help to break the etiopathology of Tamakshwasa.

DISCUSSION

Amlapitta is a very common disease that everyone usually suffers once in the life.

Probable Mode of action of Guduchyadi Kwatha on Amlapitta

Dosha: Majority of the drugs have Tikta-Madhura Rasa, Laghu-Ruksha Guna, Shita Virya, Madhura Vipaka and Pitta-Kaphaghna properties which alleviates the Pitta dosha, the aggravating factor of Amlapitta.²⁵

Dushya: Most of the drugs have Dipana-Pachana property which acts directly on Agni, thus increasing Jatharagni and Dhatvagni. Increased Dhatvagni stop the process of vitiation of Rasa and Raktadhatu which are the main dushyas of Amlapitta. Some of the drugs also possess Rochana, Anulomana, Rakta-shodhana and Krimighna properties which are essential to treat Rasa-Raktadusti.

Agni and Ama: Mandagni is the motive cause for the disease Amlapitta. As a result, Ama is produced. Dipana-Pachana property of most of the drugs corrects the Mandagni¹³ and breaks the pathogenesis of Amlapitta²⁶. It also has Amapachana property. Hence it promotes Dhatvagni and as a result Dhatupusti process is motivated.

Srotasa: Most of the drugs possess Laghu-RukshaGuna and Tikta-Madhura-KashayaRasa which purifies the Srotasa through their srotoshuddhikara properties²⁶.

CONCLUSION

Hence it can be concluded that Guduchyadi Kwatha can be considered as very useful and effective Ayurvedic combination in the management of Amlapitta.

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