



Research Article

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THE EFFECTIVENESS OF NISTHUSHAYAVAADI KASHAYA IN THE MANAGEMENT OF AMLAPITTA (NON-ULCER DYSPEPSIA): A CASE STUDY

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ABSTRACT

Dyspepsia is a common complaint among individuals seeking medical care as well as in general population. Non-Ulcer Dyspepsia (NUD) also known as Functional Dyspepsia (FD) occupies a larger space. Prevalence of NUD is about 20-30% worldwide. In India, about 76% to 49% of Indian population report NUD symptoms annually. Ayurveda vividly describes Gastro-Intestinal (GI) diseases in the context of Amlapitta (NUD). The aim of this study is to evaluate the effectiveness of Nisthusa (dehusked) Yavaadi Kashaya (Medicated decoction) in the management of Amlapitta (NUD). A 21 - years old male patient, visited the Kayachikitsa OPD, Pankajakasthuri Ayurveda Hospital, Kattakada, Thiruvananthapuram on 28-05-2018, with the complaints of Post-Prandial Fullness, Early satiety and Epi-gastric pain with general weakness of the body for 4 months. Irregular dietary habits, untimely food intake, outside food-stuffs of him lead to this condition. The patient was advised to take 48ml of Nisthusa(dehusked) yavaadi Kashaya (Medicated decoction) in BD dose before food, with Trijataka (Twak, Ela, Patra) Choorna (Powder) 1g as prakshepaka dravya (adjuvant sprinkled over the medicated decoction which is to be consumed) followed by Mudga (Green Gram) Yusha (Soup preparation) 48ml dose as BD as Anupana (Adjuvant) for 15 days. Assessments were done on the 0th, 15th, & 30th day where, marked changes were noted subjectively through the grading scale. This effective treatment proved to be a non-invasive safe therapy in the management of Amlapitta (NUD).

Key words: Non-Ulcer Dyspepsia, NUD, Nisthushayavaadi Kashaya, Mudga Yusha

INTRODUCTION

The term “dyspepsia” is derived from the Greek language and it literally means “bad digestion.”¹ Dyspepsia is a common complaint among individuals seeking medical care as well as in general population.² Dyspepsia is a common term used to characterize abdominal pain centered in the epigastrium, sometimes combined with other Gastro-Intestinal (GI) complaints.³ Non-Ulcer Dyspepsia (NUD) is the focus of this review, and usually indicates abdominal discomfort or pain with no obvious organic cause that could be identified by endoscopy, even upper GI endoscopy, were found to be normal.⁴ Multiple mechanisms are likely involved. Statistical data analyses that, about one in eleven are prone to NUD due to food habits. Rome III criteria⁵ is required for the diagnosis of NUD. Prevalence of dyspepsia is about 20-30% worldwide. Although most prevalence studies in community report prevalence of NUD, it is still reasonable to accept that majority of dyspeptic patients have Functional Dyspepsia (FD), as organic causes are quite uncommon. In India, out of 2048 individuals, 155 (7.5%) had dyspepsia. Therefore, it's evident that 7.6 to 49% of Indian population report dyspeptic symptoms.⁶

Our Ancient medical wisdom – Ayurveda vividly describes GI diseases in the context of Amlapitta (NUD) in different classical texts. These concepts can be applied to understand NUD also. It can be interpreted as Urdhwagatha (Upward movement)

Amlapitta with Kapha (One among the three humors of life) predominance⁷ and it occurs due to Anna-vaha Srotodushti⁸ (Vitiated channels of food transportation). The causative factors can be understood as Agnimandhya (poor digestive fire) leading to Ama (Bio-toxins) predominantly Saama (bio-toxins) Pitta (Bile) which is reflected in Vigunita of Samana Vayu (Vitiating of vata dosha which supports expelling the waste products, etc.) which takes ama yukta samsarga (in combination with two or more) doshas (humors vitiated by bio-toxins) to Hrudaya (Heart), which in turn leads to Vyaana Kopa (Vitiating of Vata dosha situated at the Heart), Rasavaha Srotodushti (Vitiating of channels of Chyle circulation) and Rakta kopa (Vitiating of blood) as Aashrayaashrayi bhava with pitta (mutual relation with bile). Thereby, Vigunita (vitiating) Vyaana (vata situated in the heart) takes all dushyas (vitiating tissues, sub-tissues & waste products) to urdhwa amashaya (Oesophagus), leading to the manifestation of the symptoms of Amlapitta.

Nisthusa (de-husked) yavaadi Kashaya (medicated decoction) is mentioned in Chakradutta⁹, Amlapitta Prakaranam. It consists of Nisthusa Yava (*Hordeum vulgare*), Vasa (*Adathoda vasica*), Amalaki *Emblica officinalis*, Twak (*Cinnamomum zeylanicum*), Ela (*Elettaria cardamomum*) & Patra (*Cinnamomum tamala*) in which most of the drugs are Tikta (Bitter), Kashaya (Pungent) & Madhura (sweet) rasa (taste), Sheetha (Cold) Veerya (potency) and Madhura (sweet) Vipaka (State of food or drug after digestion), (Table 3) with Mudga (Vigna radiata) yusha as

Anupana (adjuvant), which in turn helps forming a layer (upalepatva) of the mucosal layers

MATERIALS AND METHODS

Place of Study - Pankajakasthuri Ayurveda Medical College & Post Graduate Centre Hospital, Killy, Kattakkada, Thiruvananthapuram, India.

Ethical clearance - The study has been cleared by IEC vide approval reference number (PKAMC/ADM/01/ 2017) . The study is carried out as per International Conference of Harmonization – Good Clinical Practices Guidelines. (ICH – GCP).

CASE PRESENTATION

A 21-years-old male patient, a degree pursuing student by profession, reported to OPD of Kayachikitsa, Pankajakasthuri Medical College & Post Graduate Centre, Kattakkada on 28/05/2018 with OP No. 57514 with complaints of, Post-prandial Fullness, Early satiety, Epigastric Pain, since 4 months. Based on Rome III Criteria, he was diagnosed with NUD (Amlapitta).

HISTORY OF PRESENTING COMPLAINT

The patient was apparently normal before 1 ½ yrs. After completion of his schoolings, he went for entrance coaching. He became stressed due to the daily routine schedule. Added to this, he was staying at the hostel and doesn't takes timely food. He developed epigastric pain and acidic regurgitation. He went for treatment in a modern hospital and he was prescribed tablets for the same. He heaved a sigh of relief on taking the medication. Later, after the completion of the course of medicine, the same symptoms recurred. He thus came to Pankajakasthuri Ayurveda Medical College Hospital for better management through Ayurveda.

HISTORY OF PAST ILLNESS

Not a known case of Diabetes Mellitus, Hypertension and Dyslipidemia.

TREATMENT HISTORY

T. Pantop 20 mg 1 – 0 – 1 (B / F)

Table 1: Personal History

Appetite : Good	Bladder : Normal
Allergy : Not Detected	Diet : Taking mixed diet and took fish fry daily , Katu - Amla- Lavana Ahara Priyatva
Addiction: Nil	Sleep : Sound
Bowel : Regular	Exercise : No Physical Activity

INVESTIGATIONS

C.B.C- Results were within normal limits.

COURSE OF TREATMENT

The patient was advised to take 48ml¹⁰ Nisthusa (dehusked) yavaadi Kashayam (Medicated Decoction) with Trijathaka

(Twak, Ela, Patra) Choorna (Powder) (1g)¹¹ (Table 3) as Prakshepa Dravya (Anupana sprinkled over the medicated decoction which is to be consumed) twice daily before food followed by 48ml¹² of Mudga Yusha (soup of green gram) as Anupana (Adjuvant) for a period of 15 days.

Assessments were done on the 0th day 15th day & 30th day of the study period using the grading scale (Table 2).

Table 2: Grading scale

Subjective Parameters	Features	Score (Grade)
Avipaka (Indigestion)	No Indigestion	G 0
	Digests normal Usual Diet in 9 hrs	G 1
	Digests normal Usual Diet in 12 hrs	G 2
	Digests normal Usual Diet in 24 hrs	G 3
Klama (Tiredness)	No tiredness	G 0
	Feeling tired after exertion work	G 1
	Feeling tired after normal work	G 2
	Feeling tired after taking rest	G 3
Utklesha (Nausea)	No Nausea	G 0
	Feeling Nausea after taking some peculiar food	G 1
	Feeling Nausea after taking any food	G 2
	Feeling Nausea even without taking any food	G 3
Tikta-Amlodgaara (Sour & Bitter Belching)	No Sour & Bitter Belching	G 0
	Sour & Bitter Belching after taking spicy food	G 1
	Sour & Bitter Belching after taking any food	G 2
	Sour & Bitter Belching having no relationship with food intake	G 3
Hrid-Kanta Daha (Heart-Burn)	No Burning Sensation	G 0
	Burning Sensation after intake of Spicy Food	G 1
	Burning Sensation after intake of Normal Food	G 2
	Burning Sensation even on Empty Stomach	G 3
Gurutva (Heaviness)	No Feeling Of Heaviness in the Body	G 0
	Heaviness after taking Large quantity of food	G 1
	Heaviness even after taking Light food	G 2
	Heaviness even on Empty Stomach	G 3

Table 3: Properties of Ingredients

Sl. No.	Ingredients	Botanical Name	Rasa	Guna	Virya	Vipaka	Karma
1.	Nisthusha Yava	<i>Hordeum vulgare</i>	Madhura, Tikta, Kashaya	Mrudu, Anabishyandhi, Sara	Sheeta	Katu	Agni deepana, Vraneepathyam
2.	Vasa	<i>Adathoda vasica</i>	Tikta, Kashaya	Laghu, Ruksha`	Sheeta	Katu	Kapha-pitta hara
3.	Amalaki	<i>Emblica officinalis</i>	Lavana varjita shad rasa	Guru, Sheeta	Sheeta	Madhura	Tridosha hara, Rasayana
4.	Twak	<i>Cinnamomum zeylanicum</i>	Madhura, Tikta	Laghu, Ruksha`	Ushna	Madhura	Kaphavata hara, Aruchi hara, Amahara
5.	Ela	<i>Elettaria cardamomum</i>	Madhura, Katu	Laghu, Ruksha`	Sheeta	Madhura	Deepana, Vatahara, Rochana
6.	Patra	<i>Cinnamomum tamala</i>	Madhura, Tikta, Katu	Laghu, Ruksha`	Ushna	Katu	Kaphavata hara,
7.	Mudga	<i>Vigna radiata</i>	Madhura, Kashaya	Laghu, Ruksha`	Sheeta	Madhura	Kapha hara, Pitta hara

TABLE 4 : Results

CHARACTERISTICS	BEFORE REATMENT 28-05-2018				AFTER TREATMENT 11-06-2018				FOLLOW - UP 26-06-2018			
	G 0	G 1	G 2	G 3	G 0	G 1	G 2	G 3	G 0	G 1	G 2	G 3
AVIPAKA				✓		✓			✓			
KLAMA	✓				✓				✓			
UTKLESHA	✓				✓				✓			
TIKTA - AMLA UDGARA			✓			✓				✓		
HRID - KANTA DAHA			✓			✓			✓			
GURUTHA			✓		✓				✓			
TOTAL SCORE	09 / 18				03 / 18				01 / 18			

OBSERVATION

When the patient came for the follow up after 15 days of drug intake, found drastic change in the score. Moreover, he didn't felt any discomforts. Medication was stopped by the 16th day and the patient was followed up after 15 days i.e. on the 30th day.

RESULTS & DISCUSSION

There was a remarkable improvement in the results observed in the symptoms. In particular, the certain which were normal before treatment were still the same till the end of the course of treatment. Markedly, the symptoms like Tikta-Amla udgara (bitter & sour eructations), Hrid-Kanta daha (Heart-Burn) & Gurutha (Heaviness) responded well to the formulation. The total score was 09/18 before treatment, which reduced to 03/18 (Table 4) after 15 days of medication and on follow-up the score further reduced to 01/18, which was a good response for the formulation.

Gastro-Intestinal diseases are the leading cause of disease burden and hinder the daily routine of the individuals in a large scale globally. A quarter of all gastrointestinal diseases are attributable to NUD. NUD is the predominant cause and is responsible for more 49% of gastrointestinal complications. Ayurveda describes gastrointestinal diseases in the context of Amlapitta, which can be applied to understand NUD. It can be interpreted as Urdhwagatha (Upward movement) Amlapitta (NUD) with Kapha (One among the three humors of life) predominance and it occurs due to Anna-vaha Srotodushti (Vitiated channels of food transportation). The causative factor can be understood as Agnimandhya (poor digestive fire) leading to Āma (Bio-toxins) predominantly Sāma ((Bio-toxins) Pitta (Bile) which is reflected

in Vigunita of Samāna Vayu (Vitiating of vata dosha which supports expelling the waste products, etc.) which takes the Āmayukta samsarga (in combination with two or more) doshas (humors vitiating by bio-toxins) along with Rakta (blood) to hrudaya (Heart) which in turn leads to Vyānakopa (Vitiating of Vata dosha situated at the Heart), Rasavaha Sroto Dushti (Vitiating of channels of Chyle circulation), Rakta Kopa (Vitiating of blood) as Aashrayaashrayi bhava with pitta (mutual relation with bile). Thereby, the Vigunita (vitiating) Vyaanavata (vata situated in the heart) takes all the Dushtas (vitiating tissues, sub-tissues & waste products) to Urdhwa Amashaya (Oesophagus), leading to the manifestation of the symptoms of Amlapitta (NUD). In Ayurveda, Samprapti Vighatana, (break in the chain of pathology) is known as Chikitsa (Treatment). For the breaking of Samprapti of NUD (Kapha pradhana Urdhwaga Amlapitta), drugs which are Tikta (Bitter), Kashaya (Astringent), Madhura (sweet) in Rasa (taste), Sheetana Veerya (cold potency) & Madhura (sweet) in Vipaka (State of food or drug after digestion) dravyas are essential. Nisthushayavadi Kashaya (medicated decoction) consists of six ingredients (Table 3), among which most of the ingredients are Kaphapittahara (pacifies Kapha & Pitta dosha), Srotoshodhaka (removes the obstruction in the channels), Deepana (Appetizer) and Pachana (Carminative). Soup of Mudga (*Vigna radiata*) promotes upalepatva (a coating) to the gastric mucosa, was also given as Anupana (adjuvant). The Deepana-Pachana (Appetizer & Carminative) property of the drugs present in the Kashaya (medicated decoction), improves the agni (digestive fire). Mudga yusha (Soup prepared with green gram), creates a healing effect thereby preventing the erosion of the mucosal layer¹³. Thereby, Srotoshodhaka (removes the obstruction in the channels) property of the Kashaya (medicated decoction) & healing property of these drugs helps preventing further erosion of the gastric mucosa¹³.

CONCLUSION

Amlapitta, which is primarily an Annavaaha Srotodushti vikara (disease caused due to the vitiation of channels of food circulation), where indigestion is a primary problem with or without the involvement of the other symptoms should be treated based on ayurvedic principles. Subsequently, the pathophysiology, clinical features and management are more resembling with the features of Non-Ulcer Dyspepsia (NUD) mentioned in modern science. It is obvious that, NUD shall be the nearest correlation for Amlapitta. Hence, Nisthushayavaadi Kashaya (medicated decoction) is having a significant role in the management of Amlapitta (NUD). This formulation also plays a major role in reducing the associated symptoms of Amlapitta (NUD). Outcomes of this study suggest improvement in the symptoms of the patient and marked improvement in the quality of life.

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