



Research Article

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AYURVEDIC MANAGEMENT OF UBHYAGA AMLAPITTA: A CASE STUDY

Hussain Tahir ^{*1} and Kumar Pankaj ²

¹ Final Year Student, Ayuujyoti Ayurvedic College and Hospital, Sirsa, Haryana, India

² Assistant Professor, Department of Panchakarma, Ayuujyoti Ayurvedic College and Hospital, Sirsa, Haryana, India

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***Corresponding author**

E-mail: tahirsukhpuri502@gmail.com

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ABSTRACT

Amlapitta is a disease caused due to increase in the amla guna of pitta dosha. Amlapitta is divided on the basis of gati i.e. Urdhwaga Amlapitta and Adhoga Amlapitta. Adhoga amlapitta shows symptoms like trisha, daha, murcha, bharna, moha, mandagni etc. and Urdhwaga Amlapitta shows symptoms like tikta-amaludgara, kanthhridyakukshidaha, tikta-amalchardi etc. Due to resemblance of sign and symptom it is correlated with Gastritis. Gastritis is a disease that has symptoms like epigastric pain, nausea, vomiting, bloating, heart burn etc. Gastritis occurs due to inflammation of the gastric mucosa. Prevalence of Gastritis all over the world population is 50% and it increases with age. It affects about 8-20% of population in India. A 22 years old female patient from Sirsa, Haryana was having complaint of burning sensation in stomach and oesophagus after intake of food, sour belching, dry and burnt tongue since four months. She was also having history of loss of consciousness 2 month back. Her aggravating factor is mainly intake of lunch meal wherever relieving factors consist of milk and amalaki juice consumption. On the basis of all sign and symptoms she was diagnosed with Ubhyaga Amlapitta. In this case the treatment planned was Sadhyo Vamana followed by classical Virechana. In this case the given treatment pacifies mainly pitta dosha along with kapha and vata dosha due to their guna and karma.

Keywords: Ubhyaga Amlapitta, Gastritis, Vamana-Virechana Karma.

INTRODUCTION

Amlapitta is called so because of increase in amla guna of pitta dosha. Amlapitta is divided on the basis of gati i.e. Urdhwaga and Adhoga. Also on the basis of dosha predominance it is further divided into like kaphapittaja, vatapittaja, vata-kaphaja¹ etc. As per tara-tama bhava of vatadidosha; Adhoga amlapitta shows symptoms like trisha, daha, murcha, bharna, moha, mandagni² etc. And Urdhwaga Amlapitta shows symptoms like tikta-amaludgara, kanthhridyakukshidaha, tikta-amalchardi³ etc. Due to resemblance of sign and symptoms of Amlapitta it is correlated with Gastritis in modern era. Gastritis is an inflammation of gastric mucosa which shows symptoms like epigastric pain, nausea, vomiting, bloating and heart burn.

Prevalence of Gastritis all over the world population is 50% and it increases with age. It affects about 8-20% of population in India⁴.

For Urdhwaga Amlapitta treatment mentioned is Vamana and for Adhoga Amlapitta Virechana⁵ is indicated.

MATERIAL AND METHODS

A 22 years old female patient from Sirsa, Haryana attended our OPD on 06/02/2020 with complaint of burning sensation in

stomach and oesophagus after intake of food, sour belching, dry and burnt tongue since four months. She was also complaining of pain in abdomen since one day. Her aggravating factor is mainly intake of lunch meal wherever relieving factors consist of milk and amalaki juice consumption. She was also having history of loss of consciousness 2 month back. When she was stressed due to exams all her sign and symptoms got aggravated. So she came to our hospital and got admitted for treatment.

Study is carried out as per International conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP) or as per Declaration of Helsinki guidelines.

Investigations

During investigations it was found that her pitta pradhana tridosha were vitiated which were further vitiating Rasa Dhatu and the strotas involved was Rasavaha Strotas with Sanga and Vimargagamana type of strotodusti. She was Kapha Prakrati and her BMI was overweight. In some cases if we get mixed lakshana of both Urdhwaga and Adhoga Amlapitta then we can call it as Ubhyaga Amlapitta which we got in our present case study.

Treatment

Table 1: Shodhana Chikitsa

1.	Sadhyo Vaman	Saindhava Jala and Madhu udaka	Vega -5
2.	Deepana Pachana	Drakshaasava -25 ml BD with equal amount of water	3 Days
3.	Snehapana	Shatawari Ghrita	1 st day - 30 ml 2 nd day - 45 ml 3 rd day - 65 ml 4 th day - 150 ml
4.	Sarwanga Abhyanga Followed by Bashpa Sweda (Dashmoolakwatha)	Trifala taila	For 2 Days in Visrama kala
5.	Virechana⁶	Trivrita Avleha-70 gm Trifala Kashaya -50 ml	Vega -28

Table 2: Shamana Aushadha

1.	Churna 1-Avipattikara churna -50 gms 2-Kamdudha Rasa churna – 50 gm 3-Amlaki churna – 50 gm	5 gm BD (After food)
2.	Amlaki juice	15 ml early morning empty stomach.
3.	Kamdudha Rasa	1 BD (before food)

This treatment was given for 15 days. After 15 days of treatment patient was complaining of slight irritation in abdomen, sour belching once in a day and loss of concentration while studying. Then haritaki churana in a dose of 5 gm with honey was advised early morning empty stomach for anulomana of vata.

Patient was feeling much better after the treatment. So discharged with Shaman Aushadha for 15 days.

After 15 days – 1st follow up - 95% relief
After 30 days - 2nd follow up - 100 % relief

Grading parameters

Burning Sensation

Table 3: Burning Sensation

0	No burning sensation after food intake
1	Mild burning sensation after food intake
2	Moderate burning sensation after food intake
3	Severe burning sensation after food intake

Pain in Abdomen

Table 4: Pain in Abdomen

0	No Pain
1	Mild Pain
2	Moderate Pain
3	Severe Pain

Sour Belching

Table 5: Sour Belching

0	No sour belching
1	Rarely 1-2 times a day
2	4-5 times a day
3	5-10 times a day ⁷⁻⁹

RESULT AND DISCUSSION

Table 6: Result and Discussion

	Before Treatment	After Treatment
Pain in Abdomen	3	0
Sour Belching	2	0
Burning sensation	3	0

Sadhyovamana is done to remove the vitiated kapha dosha along with pitta which also help in opening of strotas. Classical Virechan karma is the main modality because pitta dosha is mainly affected along with kapha and vata. Here Trivrita is purgative in nature and balances mainly the pitta dosha along with kapha and vata. Whereas Triphala is tridosahara in nature because of the combination of haritaki, vibhitaki and amlaki and this combination is madhura,tikta, katu, kashaya, amla in rasa and sheetavirya. So it pacify all the three dosha, so we use Triphala taila for Abhyang purpose and Triphala kashaya for anupana of main virechana drug. On the other hand Shatawari; due to its guna karma pacify vata and pitta dosha, so we use Shatawari ghrita in Snehapana. Shadhharan churana is very widely used in deepana-pachana as it is Strotorodhahara and also does vata anulomana. Kamdudha rasa balances pitta dosha in body and mostly used in conditions like gastritis and burning sensation. Haritaki due to its laghu, ruksha and saraguna is mostly known to increase the bowel movements and do vata anulomana whereas Amalaki due to its guru, sheeta guna, sheeta virya and Madhura vipaka pacify the pitta dosha.

CONCLUSION

All the above adapted treatment pacifies pitta dosha along with vata and kapha because of their guna and karma. Hence this could be a good line of treatment with other suitable procedures in treating Ubhyaga amlapitta.

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