# A Case Study: Ayurvedic Management of Urdhvaga Amlapitta W.S.R. to Hyperacidity

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***Abstract*—Aamlapitta is among the most prevalent illnesses in the community. Every age group, every class, and every community experience it. The term "amlapitta corelated with hyperacidity" describes a group of symptoms brought on by an imbalance between the proximal intestine's and stomach's acid-secreting processes and the defenses that keep them safe. Acid secreted by the stomach is typically necessary for digestion. Acidity is the term for the condition that arises when the stomach produces too much acid. Because amlapitta arises from the vitiation of Kapha Pitta Doshas, according to our Acharyas, it is handled by Pitta Shaman in conjunction with Vamana and Virechana. Amlapitta therapy is explained by Swamarg Chikitsta. According to current research, amlapita and gastroesophageal reflux disease (GERD), which is characterized by hyperacidity brought on by the stomach's overproduction of acid, are connected. Goals and objectives: This paper's main goal is to investigate how well Shamana Chikitsa work in Ayurveda to treat Urdhvaga Amlapitta. Material and methodology: This is a single case study of a male patient, 50 years of age, with complaints including persistent pain in the epigastric area, sour belching, distension in the abdomen, burning in the chest and throat, and restlessness in the belly. Observations and Results: By employing Shaman Aushadhi, as advised by traditional Acharyas, in the treatment of Amlapitta, all clinical characteristics in this patient had considerably decreased.**

***Index Terms*—Uradhvaga Amlapitta, GERD, Hyperacidity, Shamana Chikitsa**

## I. INTRODUCTION

"Bala Arogya Ayuscha Pranascha Agnou Pratistitha"[1] according to Acharya Charaka, the power of Agni, or normal condition of Agni, is responsible for proper health, longevity, and vital breath. Acharya Vagbata says that Roga Sarveapi Mandagnou.[2] Mandagni is the primary cause of all diseases. Vitiation of Agni in Amashaya (stomach) region due to various reasons causes Amlapitta. In the modern era, Amlapitta (hyperacidity) is the one of the most prevalent disease conditions of Annavaha Strotas. Some of the common Pitta vitiating factors are fasting, eating between meals, worry, hurry, spicy foods etc. These factors derange the Pachaka Pitta (digestive enzymes etc.) and as a result Pachaka pitta vitiates. Thus developed condition is called Amlapitta. Ayurveda says that Pitta is of 2 types Prakrita and Vaikrita. In this condition, Pitta becomes Vaikrita or Vidagda because the Amlaguna of Pachaka Pitta increases due to their similarity. Ayurveda states that Amlapitta is due to Sama Pitta and increase in Amla, Drava and Ushna Guna of Pitta[3]. It is also said that eating and fasting during indigestion leads to Acidity, heart burn, gastritis which is referred as Amlapitta[4]

According to Gati, Amlapitta is classified into Urdhwaga and Adhoga Amlapitta[5]. According to Dosha it is classified as Vatanubandhi, Kaphanubandhi and Vatkaphanubandhi. References to Amlapitta and its management are scattered in Brihathrayees of Ayurveda. Amlapitta was first made explicit in the Kashyapa Samhita. Later on, Bhavaprakasha, Madhava Nidana, and Yogaratnakara also described it clearly. Acharya Kashyapa was the first who mentioned the disease Amlapitta in a separate chapter and he has also mentioned Manasika Bhava as a chief cause of this disease. He also mentioned the analysis of Amlapitta on the basis of Dosha. Acharya Kashyapa believed that the disease is caused by vitiation of Tridoshas causing MandAgni leading to Vidagdhajeerna ultimately manifesting as Amlapitta[6] . Aacharya Sushruta has enlisted *Katu* as original *Rasa*

of Pitta and mentioned that when Pitta becomes vidagdha then its Rasa changes to Amla Rasa[7]. Acharya Charaka has not mentioned Amlapitta as separate disease but described it in Grahani (digestive disorder) as one of its lakshana[8] . Madhava Acharya has mentioned excess consumption of non-vegetarian food and Vidahi Annapana (foods which cause burning sensation inside) as cause of Amlapitta[9] The general term *"Amlapitta*" covers a number of common GIT disorders, including hyperacidity, dyspepsia, gastritis, peptic ulcers, etc.

Hyperacidity, or acid reflux, is the term for the condition that arises from an excess of hydrochloric acid in the stomach. It is usually caused by bacterial infection, lifestyle choices such as drinking alcohol, unhealthy eating habits, mental stress as well as the prolonged use of NSAIDs like aspirin, ibuprofen, muscle relaxants etc. leads to gastric related complaints like nausea, vomiting, heart burn, acidic regurgitation etc. Long term use of proton pump inhibitors causes risk of decreased magnesium levels, increased risk of bone fractures, and potential interference with nutrient absorption. While these medications give mainly symptomatic relief, they often do not address any underlying causes of GERD such as hiatal hernia, obesity, or poor dietary habits etc. Simply taking the drugs without proper investigations has the potential to mask other conditions which mimics similar symptoms of GERD such as gastric ulcer or esophageal ulcer.

Objectives

- To study *Amlapitta Vyadhi* in detail with the help of case.
- To study treatment principles/ *Siddhanta* / Protocol of Ayurveda.

## 2. CASE HISTORY

2.1. H/O Present illness;

50 years, Male, C/O Avipaka, Urokanthdaha, Tiktamlodgar, Kshudhamandya, Adhmana, Daurbalya since 3 years. The Patient was apparently asymptomatic three years ago. He had gradually developed above symptoms. He was diagnosed with GERD by doing endoscopy and was prescribed modern medical treatment. But he didn't get any relief. Since last year, his symptoms have been occurring intermittently and worsening when he skips food.

Past illness: No history of any major medical or surgical illness.

Family history: Father has similar complaints since many years

Medication history: Not Specific.

Examination of the patient:

- On examination PR- 80/min
- BP- 130/80 mm of Hg
- RS- B/L clear
- SPO2- 98% on Room air
- CVS- S1S2 Normal
- CNS- Conscious and Oriented
- P/A- Soft and nontender

2.2. Ashtavidha Pareeksha:

- Nadi**:** VataPittaja
- Mala**:** Asamyak (Constipation i.e., hard, sticky, unsatisfactory bowel evacuation most of the time)
- Mutra: Anavilam,SamyakMutrapravartana
- Jihwa: Saama
- Sabda: Prakrita
- Sparsa: AnushnaAseeta
- Drik: Prakrta
- Akriti: Madhyamam

Agni: Vishamagni, Abhyavaharana Shakti is reduced Jarana Shakti is normal
Koshta: KruraKoshta

Prakruti: Vatapradhana Kaphaja

Nidana Aharaja Nidana: Virudhasana, Anasana (Occasionally), Ati Katu Amla Lavana, Vidahi Aharas, GuruBhojana,Alpasana
Viharaja Nidana: Rathri Jagarana, Atapa Sevana

- Samprapti [10]:

Hetu sevan →Tridosha Prakopa (Pitta Pradhana) → Agnimandya → Anna Vidagdhata → Pittataprakop (vitiation) → Amla and Drava Guna dominance → Amlapitta

2.3. Samprapti Ghatak

i. Dosha -Pitta Pradhana, Kapha anubandhi.
ii. Dushya -Rasa Dushti.

iii. Strotodushti- Annavaha Strotas, Purishvaha Strotas, Rasavaha Strotas.
iv. Vyadhi Avastha- Sama Avastha, Dosha Urdhwagati
v. Sadhyasadhyatva- Kashta Sadhya
vi. Vyadhimarga- AbhyantarMarga
vii. Vyadhi Nidana- Urdhwaga Amlapitta, Samawastha Dosha Urdhwagati.

2.4. Treatment (Chikitsa)

While treating Amlapitta we must think about Doshadhikya, Sthanvaigunya and Hetu of the patient then plan treatment accordingly like Pachan and anuloman.

Drugs included in treatment i.e Pravalpanchamrut Vati. Avipattikar Choorna reduce dosha samata and leads to anulomana and shamana of dosha. Shankha Bhasma, Kaparda Bhasma helps Deepana,Pachan,Pittahara, Dravata.

2.5. Pathyapathya

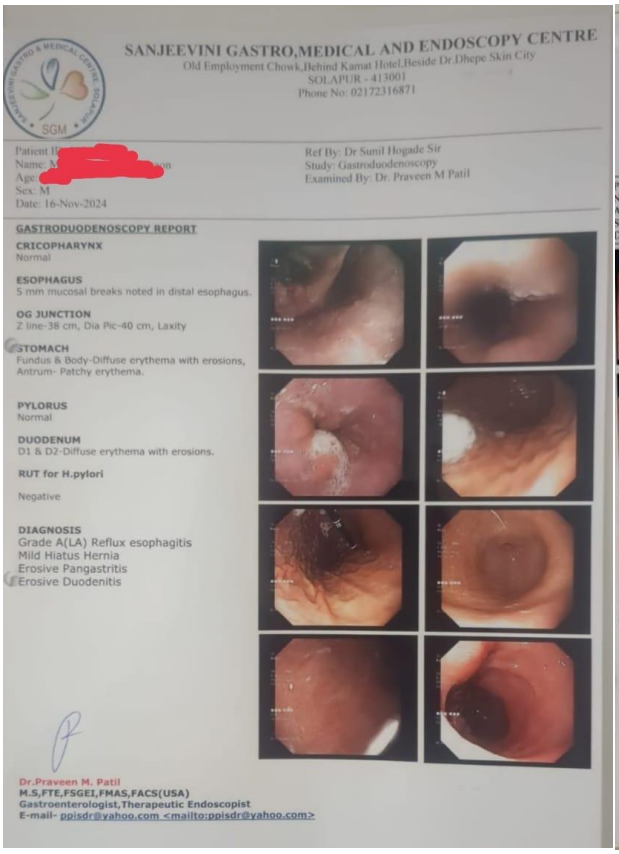
i. Pathya: Yava, Godhuma, Mudga, old rice, boiled and cooled water, Sharkara, Madhu, Sattu, all bitter and light vegetables, Vruddha Kushmanda, Dadima, Patol [11] .
ii. Apathya: Seasame, blackgram, garlic, curd, amla and Katu padarth, Guru Anna, oily and spicy food, fermented foods[12].

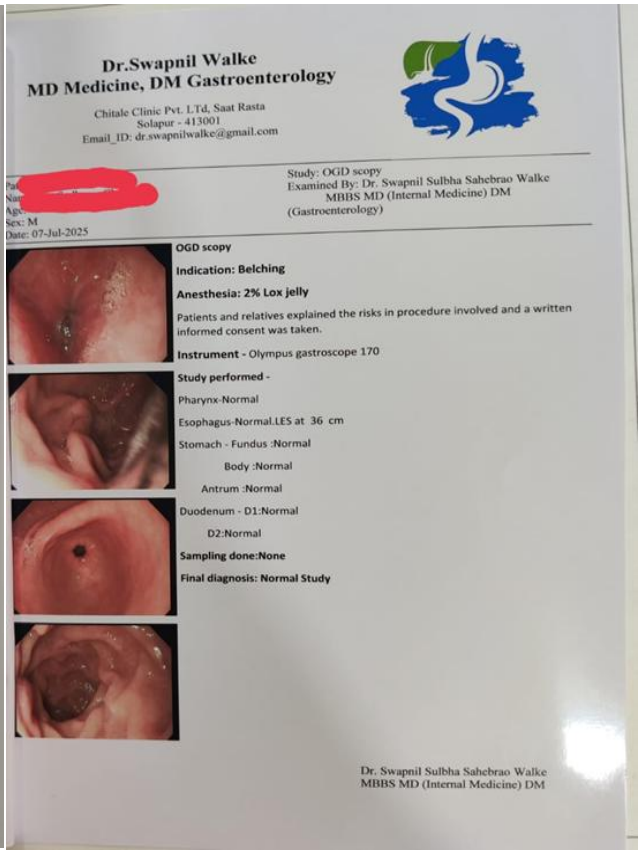
Table no.1; treatment given

| Sr | Medicine | Dose | Time of Administration | Anupan | Duration |
|---|---|---|---|---|---|
| 1 | Avipattikar churna | 3gm | Before meal | Luke warm water | 30 days |
| | Shankha Bhasma | 250mg | | | |
| | Kaparda bhasma | 250mg | | | |
| 2 | Mahashankha vati | 2 tab | After meal | Luke warm water | 30 days |
| 3 | Yastimadhu churna + Mishri | 5gm | After meal | Milk | 30 days |
| 4 | Praval panchamrita vati | 2 tab | After meal | Luke warm water | 30 days |

Table 2: Assessment of symptoms before and after treatment.

| SN | Lakshana | Before Treatment | After Treatment |
|---|---|---|---|
| 1 | Avipaka | +++ | + |
| 2 | Tikta-amlodgara | +++ | Cured |
| 3 | Urokantha daha Ruja | +++ | + |
| 4 | Dourbalya | +++ | Cured |
| 5 | Adhmana | +++ | Cured |
| 6 | Endoscopy findings | #Grade A Reflux esophagitis<br>#Erosive Pangastritis<br>#Erosive Duodenitis | Normal |




Before Treatment

After Treatment

## 3.DISCUSSION

In this study observations were done before and after the intervention based on the symptoms and the results are mentioned in the table 2. The result shows reduction in all the symptoms, some being completely cured.

Mode of action of **Avipattikara Churna:** Churna contains the drugs like Amalaki, Vidanga, Musta, Vibhitaki, Shunti, Maricha, Pippali, Haritaki, Twak etc. These drugs are mainly Madhura, Katu, Tikta, Kashya and possess Madhura Vipaka and Sheeta Virya. The symptoms like Tikta Amlaudgara, Urokanta Daha, Ruja can be relieved by this Kapha Pitta Samaka Rasa Virya Vipaka drugs. Pippali, Shunti, Maricha, Haritaki etc. are Deepana Pachana and Vatanulomana which helps in relieving the symptoms like Adhmana, Avipaka and Gourava. Ingredients like Shunti, Pippali, and Twak have natural anti-inflammatory properties, which help in reducing inflammation in the gut mucosa. It is thus aptly said in the Phalasruthi that "Amlapittam Nihantyashu Vibandham Malamutrayo" [13]

Shankha Bhasma**:** Shankha Bhasma (also known as Conch Shell Calx) is a unique Ayurvedic preparation made from conch shells. It has Kshariya and Sheeta nature neutralizing excessive acid production in the stomach. Due to its Sheeta property which is beneficial in pacifying Pitta Dosha. It is Deepana Pachana and also anti-inflammatory in nature. In Ayurvedic classics it is indicated in Amlapitta, Grahani, Udarashoola, Parinamashoola etc.

Kaparda Bhasma**:** Prepared from Cowrie shell (Cypraea moneta). Calcium carbonate which is present in this will act as an antacid to alleviate Urokantaruja Daha, Tiktamla Udgara and helps in curing Agnimandhya.

Mahashankha Vati**:** As per A.F.I, Maha Shankha Vati are specified by Bhaishjya Ratnavali, but the most commonly practiced reference is from Rasendra Chintamani. It contains several potent ingredients known for their Dipana and Pachana properties. The

composition of Mahashankha Vati can vary slightly based on the specific manufacturer or traditional formulation, but generally it contains the ingredients like Shankh Bhasma, Trikatu, Chincha Kshara, Pancha Lavana, Vatsanabha, Hingu etc.

Mishri and Yashtimadhu Churna with milk**:** Glycyrrhiza glabra is a Seeta Virya drug which pacifies Pitta Vataja, Rakta Rogas and its active compounds, such as glycyrrhizin, glycyrrhetinic acid, and flavonoids, which have antacid, anti-inflammatory, analgesics, anti-oxidants and anti-stress properties. It mainly helps to heal gastric ulcers and GERD disorder. It is Vatahara due to Madhura Vipaka Madhura Rasa. Pittahara due to its Seeta Virya, Madhura Vipaka and Madhura Rasa. Yashtimadhu is indicated in Dourbalya, Aruchighna and it is Dahaghna.

When Yashtimadhu is consumed with mishri and milk, these compounds may work synergistically to promote overall health because of Madhura Rasa, Snigdha Guna, Ojasya, Dhathuvardhana, Vatapittahara and Seetala property of milk, which helps in curing Amlapitta.

Praval Panchamrut Vati-Pittaghna, swadurasatmak, Shamak, Pachak, Agnipradipak

## 4. CONCLUSION

Shamana Upakram as above with Pathyahara for long period of time are beneficial for any GI related disease. According to Ayurveda principles patient of any disease treated with their Dosha, Dhatu, Mala Avastha and Ashtavidha Pariksha definitely leads to Upashaya. In this casestudy, Shamana Chikitsa with Pathyapathya proven to be beneficial in reducing the signs and symptoms of Urdhwaga Amlapitta.

Compliance with ethical standards Acknowledgments
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Disclosure of conflict of interest

The authors declare that there was no conflict of interest regarding the publication of this manuscript.

Statement of informed consent

Written informed consent was taken from patient.

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