

# A Critical Review of *Dashanga Kwatha* and *Phalatrikadi Kwatha* in the Management of *Amlapitta* with Special Reference to Gastroesophageal Reflux Disease

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**Abstract-** *Amlapitta* is a common gastrointestinal disorder described in Ayurveda, primarily resulting from *Pitta Dosha* vitiation and impaired Agni. Its clinical presentation shows close resemblance to Gastroesophageal Reflux Disease (GERD), which is characterized by acid reflux, heartburn, regurgitation, and epigastric discomfort. The recurrent and chronic nature of GERD necessitates safer and more holistic therapeutic approaches. *Dashanga Kwatha* and *Phalatrikadi Kwatha* are classical Ayurvedic formulations commonly indicated in the management of *Amlapitta*. These formulations possess *Pitta-shamana*, *Deepana*, *Pachana*, and *Anulomana* properties, which help in correcting the underlying pathophysiology of the disease. *Dashanga Kwatha* mainly acts by pacifying aggravated *Pitta* and improving digestive function, while *Phalatrikadi Kwatha* supports digestion and detoxification and aids in maintaining gastrointestinal balance. The present article critically reviews the role of *Dashanga Kwatha* and *Phalatrikadi Kwatha* in the management of *Amlapitta* with special reference to GERD based on classical Ayurvedic literature and available textual evidence. The review suggests that both formulations have significant potential in providing symptomatic relief and may serve as effective options for the holistic management of *Amlapitta* and GERD.

**Keywords-***Amlapitta*; Gastroesophageal Reflux Disease; *Dashanga Kwatha*; *Phalatrikadi Kwatha*; *Pitta Dosha*; Ayurvedic management

## I. INTRODUCTION

*Amlapitta* is a disorder of *Annavaha Srotasa* described in *Ayurveda*, primarily resulting from vitiation of *Pitta Dosha* and derangement of *Agni*. Faulty dietary habits such as *Amla*, *Katu* and *Lavana Ahara*, irregular

meals, and psychological stress are described as major causative factors. Impairment of *Jatharagni* leads to improper digestion and accumulation of *Ama*, which further aggravates *Pitta* and initiates the disease process of *Amlapitta* [1]. Classical features of *Amlapitta* include *Amlodgara*, *Urodaha*, *Hritkanthadaha*, *Chhardi*, *Avipaka*, and *Aruchi*. These manifestations closely resemble the symptom complex of Gastroesophageal Reflux Disease (GERD), a chronic gastrointestinal disorder characterized by retrosternal burning, acid regurgitation, and nausea. On the basis of this symptomatic similarity, *Amlapitta* is often correlated with GERD in integrative clinical understanding [2]. The treatment approach of *Amlapitta* in *Ayurveda* emphasizes *Nidana Parivarjana*, normalization of *Agni*, and pacification of aggravated *Pitta Dosha*. *Kwatha Kalpana* is considered particularly effective due to its rapid absorption and targeted action on the gastrointestinal tract. Classical formulations such as *Dashanga Kwatha* are indicated for *Pittaja Amlapitta*, while *Phalatrikadi Kwatha* is described for disorders involving impaired digestion and metabolic imbalance, making them therapeutically relevant in this condition [3]. In the present era, the increasing prevalence of GERD and adverse effects associated with prolonged use of conventional antacids and proton pump inhibitors have necessitated exploration of safer therapeutic alternatives. Therefore, a critical review of *Dashanga Kwatha* and *Phalatrikadi Kwatha* has been undertaken to evaluate their role in the management of *Amlapitta* with special reference to GERD [4].

## II. CONCEPTUAL REVIEW OF AMLAPITTA

According to *Ayurveda*, *Amlapitta* is a disease arising due to the vitiation of *Pitta Dosha* with predominance of *Amla Guna*, associated with derangement of *Agni*. Excessive intake of *Amla*, *Katu*, *Lavana Ahara*, *Viruddha Ahara*, irregular food habits, suppression of natural urges, and psychological factors such as *Chinta* and *Krodha* are described as important etiological factors. These factors lead to impairment of *Jatharagni*, resulting in incomplete digestion and formation of *Ama*, which subsequently aggravates *Pitta* and affects the *Annavaha Srotasa* [5]. The pathogenesis of *Amlapitta* involves *Pitta Prakopa* at the level of *Amashaya*, leading to upward or downward movement of vitiated *Dosha*. Based on the direction of manifestation, *Amlapitta* is broadly classified into *Urdhvaga* and *Adhoga Amlapitta*. *Urdhvaga Amlapitta* is characterized by symptoms such as *Amlodgara*, *Hritkanthadaha*, *Chhardi*, and *Urodaha*, whereas *Adhoga Amlapitta* presents with *Atisara*, *Daha*, and *Adhoga Pravritti* of vitiated *Dosha* [6]. From a clinical standpoint, these manifestations show significant similarity with Gastroesophageal Reflux Disease, wherein reflux of acidic gastric contents results in mucosal irritation and characteristic symptoms. Thus, understanding the classical concept of *Amlapitta* provides a strong foundation for its correlation with GERD and for evaluating Ayurvedic formulations aimed at *Pitta-shamana* and *Agni Deepana* [7].

Table 1: Conceptual Description of *Amlapitta*

Aspect	Description
<i>Dosha</i>	<i>Pitta</i> (associated with <i>Kapha</i> )
<i>Agni</i>	<i>Jatharagni Mandya</i>
<i>Srotasa</i>	<i>Annavaha Srotasa</i>
<i>Adhithana</i>	<i>Amashaya</i>
Types	<i>Urdhvaga</i> and <i>Adhoga Amlapitta</i>
Major Symptoms	<i>Amlodgara</i> , <i>Urodaha</i> , <i>Hritkanthadaha</i> , <i>Chhardi</i> , <i>Avipaka</i>

## III. REVIEW OF DASHANGA KWATHA

*Dashanga Kwatha* is a classical *Kwatha Kalpana* described in *Ayurvedic* texts for the management of

*Pittaja* and *Kaphapittaja* disorders. It is specifically indicated in conditions characterized by vitiation of *Pitta Dosha*, impairment of *Agni*, and involvement of *Annavaha Srotasa*. The formulation comprises ten herbal ingredients possessing predominant *Tikta* and *Kashaya Rasa*, along with *Laghu* and *Ruksha Guna*, which contribute to *Pitta-shamana* and *Ama Pachana* actions [8]. From a pharmacodynamic perspective, *Dashanga Kwatha* acts by normalizing deranged *Jatharagni* and reducing excessive *Amla Guna* of aggravated *Pitta*. The formulation aids in alleviating classical symptoms of *Amlapitta* such as *Amlodgara*, *Urodaha*, *Hritkanthadaha*, and *Avipaka*. Its *Deepana* and *Pachana* properties help in correcting digestive dysfunction, while *Anulomana* action facilitates proper movement of *Vata*, thereby preventing upward displacement of vitiated *Pitta* [9]. In the context of Gastroesophageal Reflux Disease, the therapeutic action of *Dashanga Kwatha* may be understood through its ability to reduce gastric hyperacidity, improve digestion, and protect gastrointestinal mucosa. The formulation offers a holistic approach by addressing both the root cause (*Agni Dushti*) and symptom manifestation, making it a suitable option for long-term management of *Amlapitta* correlated with GERD [10].

Table 2: Pharmacological Attributes of *Dashanga Kwatha*

Parameter	Description
<i>Rasa</i>	<i>Tikta</i> , <i>Kashaya</i>
<i>Guna</i>	<i>Laghu</i> , <i>Ruksha</i>
<i>Virya</i>	<i>Sheeta</i> (predominant)
<i>Vipaka</i>	<i>Katu</i>
<i>Dosha Karma</i>	<i>Pitta-Kapha Shamana</i>
Therapeutic Action	<i>Deepana</i> , <i>Pachana</i> , <i>Anulomana</i> , <i>Amlapitta Shamana</i>

## IV. REVIEW OF PHALATRIKADI KWATHA

*Phalatrikadi Kwatha* is a classical *Ayurvedic* formulation widely indicated in disorders of *Agni Dushti*, *Pitta Pradhana Vyadhi*, and diseases originating from *Amashaya*. The formulation is primarily composed of *Triphala* along with other *Pitta-shamaka* and *Deepana-Pachana* drugs. Due to its predominance of *Tikta* and *Kashaya Rasa* and

*Laghu-Ruksha Guna*, *Phalatrikadi Kwatha* plays a significant role in pacifying aggravated *Pitta Dosha* and correcting impaired *Jatharagni* [11]. The pharmacological action of *Phalatrikadi Kwatha* is mainly attributed to its *Deepana*, *Pachana*, *Mridu Rechana*, and *Anulomana* properties. By facilitating controlled elimination of vitiated *Pitta* and *Ama*, the formulation helps in reducing classical symptoms of *Amlapitta* such as *Amlodgara*, *Hritkanthadaha*, *Avipaka*, and *Chhardi*. The presence of *Triphala* further contributes to mucosal protection and regulation of gastrointestinal motility, thereby restoring digestive balance [12]. From the modern perspective, the action of *Phalatrikadi Kwatha* may be correlated with its antioxidant, anti-inflammatory, and mild laxative effects, which help in reducing gastric irritation and preventing reflux-related mucosal damage. Thus, *Phalatrikadi Kwatha* offers a dual benefit by correcting the root cause (*Agni Vaishamy*) as well as providing symptomatic relief in conditions comparable to Gastroesophageal Reflux Disease [13].

Table 3: Pharmacological Attributes of *Phalatrikadi Kwatha*

Parameter	Description
<i>Rasa</i>	<i>Tikta, Kashaya</i>
<i>Guna</i>	<i>Laghu, Ruksha</i>
<i>Virya</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Madhura</i>
<i>Dosha Karma</i>	<i>Pitta-Kapha Shamana</i>
Therapeutic Actions	<i>Deepana, Pachana, Mridu Rechana, Amlapitta Shamana</i>

#### V.COMPARATIVE EVALUATION OF DASHANGA KWATHA AND PHALATRIKADI KWATHA

Both *Dashanga Kwatha* and *Phalatrikadi Kwatha* are classical formulations indicated in the management of *Amlapitta*, yet they differ in their therapeutic emphasis and mechanism of action. *Dashanga Kwatha* primarily acts through *Pitta-shamana* and *Agni Deepana*, whereas *Phalatrikadi Kwatha* exhibits additional *Mridu Rechana* and *Anulomana* effects, aiding in controlled elimination of vitiated *Dosha*. This comparative understanding is crucial in selecting

formulation based on disease presentation and chronicity [14].

Table 4: Comparative Evaluation of *Dashanga Kwatha* and *Phalatrikadi Kwatha*

Parameter	<i>Dashanga Kwatha</i>	<i>Phalatrikadi Kwatha</i>
Predominant <i>Dosha</i>	<i>Pitta-Kapha</i>	<i>Pitta-Kapha</i>
Main Action	<i>Pitta-shamana, Agni Deepana</i>	<i>Pitta-shamana, Mridu Rechana</i>
Effect on <i>Agni</i>	Normalizes <i>Jatharagni</i>	Regulates <i>Agni</i> and bowel movement
Role in <i>Ama</i>	<i>Ama Pachana</i>	<i>Ama Nirharana</i>
Clinical Utility	Acute and chronic <i>Amlapitta</i>	Chronic and recurrent <i>Amlapitta</i>
Relevance to GERD	Reduces hyperacidity and reflux	Protects mucosa and prevents recurrence

#### VI.DISCUSSION

*Amlapitta* is a multifactorial disorder involving disturbance of *Agni*, vitiation of *Pitta Dosha*, and dysfunction of *Annavaha Srotasa*. The symptom complex closely resembles Gastroesophageal Reflux Disease, particularly in terms of acid regurgitation, burning sensation, and impaired digestion. Unlike conventional management, which primarily focuses on acid suppression, *Ayurveda* addresses the root cause by correcting *Agni Vaishamy* and restoring *Dosha Samya*. *Dashanga Kwatha* contributes to symptom relief by reducing excessive *Amla Guna* and improving digestive capacity, making it suitable in *Pittaja Amlapitta* with predominant burning and sour eructation. In contrast, *Phalatrikadi Kwatha* is more effective in chronic cases where *Ama* accumulation and bowel irregularity persist. The integrative action of these formulations offers a holistic therapeutic approach that aligns well with long-term management

of GERD and minimizes dependency on acid-suppressing drugs

#### VII.CONCLUSION

The present critical review highlights the therapeutic relevance of *Dashanga Kwatha* and *Phalatrikadi Kwatha* in the management of *Amlapitta* with special reference to Gastroesophageal Reflux Disease. Both formulations effectively address the underlying *Agni Dushti* and *Pitta Prakopa*, while also providing symptomatic relief. *Dashanga Kwatha* is beneficial in acute and *Pittaja* presentations, whereas *Phalatrikadi Kwatha* is more suitable for chronic and recurrent conditions. Thus, these classical formulations may serve as safe and effective alternatives for long-term management of GERD. Further clinical studies are recommended to substantiate these findings.

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