STUDY THE EFFICACY OF TRADITIONAL HOME MADE REMEDIES IN THE MANAGEMENT OF AMALAPITTA

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ABSTRACT

In Amlapitta there is mainly vidagdatwa of pitta dosha. Normally pitta has katu rasa but when katu rasa is converted into amlarasa, it is called vidagdhwastha of pitta dosha. This pitta creates several diseases. Amlapitta is one of them. Bad food habits and stress are the causative factors of Amlapitta Ayurveda has got potential remedy in the management of Amlapitta. A clinical study with Eladi churna was carried out on 15 patients of Amlapitta who were came in OPD and IPD of VPAMC Sangli. Alabu (bottle gourd) swarasa was administrated to 15 patients along with Eladi churna. The Alabu swarasa and Eladi churna proved to possess statistically significant response in the management of Amlapitta.

Keywords: Amlapitta, Eladi churna, Alabu swarasa

INTRODUCTION: Amlapitta is annavaha srotasa vyadhi and amashaya being the site of disease. Acharya charaka said that the Ama which are generated from Ajirna are absorbed and deposited in different organs of the body and thus produces the metabolic disease like Amlapitta. Kashyapa have mentioned bad food habits are the causative factors of Amlapitta. In Kashypa samhita Acharya Kashyapa explains that due to mandagni vidagdha anna rasa turns to shukta form and this retained in amashaya causes Amlapitta. The pathogenesis of amlapitta is mentioned by Acharya Charaka in grahami chikitsa ama guna of pitta increases and causes vidaha (burning sensation). this condition is known as Amlapitta.

Madhavkara defined Amlapitta as in which the lakshna like avipaka, klama, utklesha tiktamlodgara hridkanthadaha, gaurava and aruchi are seen. Amlapitta can be correlated with hyperacidity. The causes of Amlapitta are katu tikta rasatmaka ahara, vidahi ahara, faulty diet habits, alcohol addiction, excessive tea and coffee, atijagarana, psychological factor like stress, strain, anger, anxiety and today’s fast life style. All these factors increase the incidence of Amlapitta. Now a day health conscious people takes green vegetable juice, fruit juice in their daily life and fresh juices are available in market. In my practice bottle gourd juice is one of them is observed very effective in curing Amlapitta. Bottle gourd is easily available for whole year and in very low cost as comparative to other medicine and anybody can make its juice easily. Eladi churna told by Yogrmatnakara in Amlapitta is selected for evaluate its efficacy in Amlapitta.

AIM AND OBJECTIVE

1 To evaluate the efficacy of Eladi churna in Amlapitta.  
2 To evaluate the efficacy of Alabu swarasa and Eladi churna together in Amlapitta.

MATERIAL AND METHODS: This comparative clinical study was carried out at department of Kayachikitsa OPD and IPD of Vasantdada Patil Ayurvedic Medical College Sangli. Total 30 patients of Amlapitta were selected randomly irrespective of their sex, age, occupation, economic status, prakriti, and agni and divided in to two groups. Both acute and chronic phase of Amlapitta patients were taken for this study, following the criteria of the diagnosis of Amlapitta as the clinical features of Amlapitta described in Madhav Nidana. Group A was treated with Eladi churna and Alabu swarasa and Group B was treated with only Eladi churna. The parameters of evaluation of study were based on symptoms of Amlapitta and result had analyzed.
statistically before and after treatment. This study is approved by college committee.

INCLUSIVE CRITERIA
1. Patients with lakshna of Amlapitta i.e. avipaka, klama, utklesha, tiktamlodgara hridkanthadaha, gaurava and aruchi and chardi.
2. Age between 18 to 50 years

EXCLUSIVE CRITERIA
1. Patients of other systemic illness and having complications which will affect the treatment.
2. Age below 18 years and above 50 years.

Trial drugs Dose and duration
For management of Amlapitta Eladi churna and Alabu swarasa were used to assess their efficacy. The ingredient of Eladi churna (ela, vanshalochana, twak, haritaki, amalaky, pippalimula, chandana, talisaparra, dhanyak and sita) were purchased by market and prepared it as per reference. Alabu swarasa was prepared daily. Take alabu about 250 gm wash and cut it into small pieces, (taste a small piece to find out if the alabu taste is bitter)\(^7\). Add a bit of water and put it in to blender. Alabu swarasa was given early in the morning 200 ml in empty stomach. Eladi churna have a dose 5 gm before meal twice a day. Duration of the treatment of both the group was 30 days. Patients were advised to follow madhura tikta rasatmaka simple regular diet, to take sufficient quantity of water, to avoid spicy, oily, fried food.

Criteria for diagnosis of Amlapitta with Grading:( Table No 1)

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Severity</th>
<th>Gr.</th>
<th>Symptom</th>
<th>Severity</th>
<th>Gr.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avipaka</td>
<td>Feels hungry after 4-5 hrs.</td>
<td>0</td>
<td>Klama</td>
<td>No tiredness</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Feels hungry after 6-8 hrs.</td>
<td>1</td>
<td></td>
<td>Feels tiredness some time</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Takes food only 1 time</td>
<td>2</td>
<td></td>
<td>Feels tiredness 1 or 2 times in a week</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Not hungry at all</td>
<td>3</td>
<td></td>
<td>Feels tiredness at all</td>
<td>3</td>
</tr>
<tr>
<td>Utklesha</td>
<td>No nausea</td>
<td>0</td>
<td>Amla/Tikt udgara</td>
<td>No amla/tikta udgara</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Nausea 2-3 times a week</td>
<td>1</td>
<td></td>
<td>Feels amla/tikta udgara some times after having food</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Nausea 2-3 times a day</td>
<td>2</td>
<td></td>
<td>Feels amla/tikta udgara once or twice after having food</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Nausea always after having food</td>
<td>3</td>
<td></td>
<td>Feels amla/tikta udgara after every food</td>
<td>3</td>
</tr>
<tr>
<td>Kantdaha</td>
<td>No kantdaha</td>
<td>0</td>
<td>Hritaha</td>
<td>No hridaha</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Feels burning sensation in a throat relieved by water</td>
<td>1</td>
<td></td>
<td>Feels burning sensation relieved by water</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Feels burning sensation after having food but relieved by antacid</td>
<td>2</td>
<td></td>
<td>Feels burning sensation after having food but relieved by antacid</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Feels burning sensation in a throat not subsided by any food, drink, antacid</td>
<td>3</td>
<td></td>
<td>Feels burning sensation in a epigastric not subsided by any food, drink, antacid</td>
<td>3</td>
</tr>
<tr>
<td>Aruchi</td>
<td>No aruchi</td>
<td>0</td>
<td>Chardi</td>
<td>No vomiting</td>
<td>0</td>
</tr>
</tbody>
</table>
DISCUSSION

Today’s fast life style is the main cause of this disease. Ama guna of pitta increases and causes vidaha (burning sensation). In collected data 68% female and 32% males seen affected by the disease. Amlapitta is seen in both poor 62% and rich 48% people. In case of rich people ati atisnigdha amla rasatmak akal bhojana etc. and mental stress atijagarana are leading causes. While in poor these are inadequate diet viruddha dushta bhojana over work etc. Patients of age gr.26-35 years are more affected 42% pittavata prakriti 64% and mandagni 72% krurkoshi 60% are more affected.

In Eladi churna the contains are madhura tikta kashay rasatmak and madhura vipaka, deepak pachak pittakaphashamak in property which helps to enhance agni to alleviate the ama to reduce the clinical manifestation of Amlapitta and to breakdown the samprapti of Amlapitta.

Alabu is laghu sheet madhur sheetvirya madhura vipak pittakhapa shamak ruchkara anulomak in property. These properties also help to breakdown the samprapti of Amlapitta.

And if we used both Alabuswarasa and Elade churna in Amlapitta patient remedy increases the properties and shows most significant results. It proved statistically.

CONCLUSION:

On the above basis of results it can be concluded that Eladi churna is effective in curing symptoms of Amlapitta up to much level but the Alabuswarasa and Eladi churna together are much greater potential to ameliorate the symptoms of Amlapitta.

REFERENCES:

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Cite this Article as : [Rajguru Milind Gokul et al : Study the Efficacy of Traditional Home Made Remedies in the Management of Amlapitta]