

## AYURVEDIC MANAGEMENT IN AMLAPITTA (GASTRO ESOPHAGEAL REFLUX DISEASE): A SINGLE CASE STUDY

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## ABSTRACT

The disease *Amlapitta* is quite prevalent in today's population. People are primarily experiencing GIT problems as a result of changes in their eating habits and lifestyle. Food lingers in *Amashaya* (abdomen) in *Shukta Avastha* due to incorrect digestion, and Agni, which is thought to be the root cause of all ailments, is vitiated in *Amlapitta*, resulting in *Mandagni* (mildness of gastric fire). Heartburn, acid reflux, a sour taste in the mouth, nausea, vomiting, and appetite loss are some of its symptoms. According to conventional medical understanding, the most prevalent causes of GERD include infections, chronic use of non-steroidal anti-inflammatory drug therapy, and *H. pylori* infections. By removing harmful chemicals from the body, *Shodhan Chikitsa* is the most effective method of treating the underlying cause of illness in Ayurveda. *Virechana Karma* is the finest treatment for *Pitta* vitiate condition, while *Amlapitta* is *Pitta Dosha Pradhan* disease. This article is case study of 28 yr old female patient with sign and symptoms of *Amlapitta* registered from the O.P.D, P.G. Department of Panchkarma, LRP Ayurvedic College, Islampur, Sangli.

**KEYWORDS:** *Amlapitta*, GERD, *Virechan Karma*.

## INTRODUCTION

GIT disorders are caused by changes in modern lifestyles and eating habits. Among these is *Amlapitta*, which is currently the most prevalent illness that affects people of all ages and can lead to numerous significant issues if left untreated. *Amlapitta* shares signs and symptoms with GERD and hyperacidity. The primary causes of this illness are hurry, worry and curry. Ayurveda holds that the underlying cause of all illnesses is *Mandagni*.<sup>[1]</sup> *Ama* (undigested food) is the result of this. *Sama Pitta* and an increase in *Amla*, *Dravya*, and *Ushna Guna* of *Pitta* are the causes of *Amlapitta*.<sup>[2]</sup> The *Kashyapa Samhita*<sup>[3]</sup> is the first work of literature to refer to *Amlapitta* as a separate entity in *Khilasthana*. He believes that *Manasika Bhava* is a major cause of this illness. *Adhoga Amlapitta* and *Urdhvaga Amlapitta*<sup>[4]</sup> are two clinical subtypes of *Amlapitta* that are described in detail in *Madhava Nidana*, the second text after *Kashyapa* that highlights *Amlapitta*. *Dosha Amlapitta* is categorised as both *Vatanubandhian* and *Kaphanubandhi Amlapitta*.<sup>[5]</sup>

In India, the prevalence of *Amlapitta* is 38.1%.<sup>[6]</sup> Heartburn and regurgitation are signs of gastro-oesophageal reflux disease, which develops when the esophageal mucosa is exposed to gastroduodenal contents for an extended length of time.<sup>[7]</sup>

## CASE STUDY

A 28 years old female patient approached to Panchakarma OPD of LRP Ayurvedic Medical College and Hospital, Islampur, Sangli with complaints of *Hritkanthadaha* (burning sensation in throat and chest), *Utkalesha* (nausea), *Amlodgara* (sourbelching), *Avipaka*(indigestion), *Shira Shool*(headache) repeatedly 4 yrs. She took allopathic treatment for past few years but didn't get permanent relief she used to take daily antacids. Since 1 month the symptoms have aggravated, she came to Panchkarma Dept. LRP AMC, Islampur, Sangli. No history of any major medical or surgical illness.

## Personal History

Appetite - Reduce	Sleep – Sound sleep	Addiction - Tea (5cup/day)
Bowel - Incomplete evacuation	Diet – Mixed	Thirst - Normal (1.5lit/day)
Occupation –Job	Marital status - Married	Menstrual History- Regular

**On Examination**

B.P – 110/80 mm of Hg  
 Pulse Rate – 82/min  
 RS- B/L clear  
 SpO<sub>2</sub> – 98%  
 CVS- S1S2 normal  
 CNS- Conscious and well oriented with respect to time, place and person  
 P/A -Soft and non-tender.

**Ashtavidha Pariksha**

Nadi- 82/min, Regular, Pitt- kaphaj  
 Mutra- Samyaka 5-6 times/day, 1-2 times/night  
 Mala- Regular, Niraam (one time a day)  
 Jiwha- Nirama  
 Shabda- Spastha  
 Sparsha- Anushnasheta  
 Druka- Prakrut

Akruti- Madhyam.

**Management**

In Shodhan Karma by Virechan therapy, the patient undergoes a regulated purgation that has a time limit. *Shudha go ghrita* (Internal medication) is administered for 4 days before to this treatment to ensure good digestion. The primary process is then carried out by external oleation and sudation after internal oleation for 3 days. The oleation, which tries to transfer the vitiated Doshas from the body to the alimentary canal and then wash out by the anal route, was stopped as soon as the patient's skin became soft, flatus passed, hunger increased, and oily stools were noticed. The patient was advised to adhere to a particular meal plan (Drava, Anabhishvandi, Ushna, Na-atisnigdha Bhojana, and Ushna Jala) for 3 days at this time.

**Table no. 1: Shodhana Treatment.**

1.	<b>Purva Karma</b>	<i>Snehpan</i>	<i>Shudha go ghrita</i>	1 <sup>st</sup> day = 30 ml 2 <sup>nd</sup> day= 60 ml 3 <sup>rd</sup> day= 90 ml 4 <sup>th</sup> day=120 ml
		<i>Sarvang Abhyanga</i> <i>Sarvanga Sweda</i>	<i>Til taila</i> <i>Dashmoolakwath</i>	For 3 day (5 <sup>th</sup> -7 <sup>th</sup> day)
2.	<b>Pradhan Karma</b>	<i>Virechan</i> <sup>(9)</sup>	<i>Trivitadi Avleha</i> – 30 gm with <i>Ushna Jal</i>	<i>Vega</i> – 15 ( <i>Madhyam Shudhi</i> ) (8 <sup>th</sup> day)

**Table no. 2: Sansarjan kram.**

	<b>Morning</b>	<b>Evening</b>
Day 8 <sup>th</sup>	---	Rice water
Day 9 <sup>th</sup>	Moong dal Khichdi (semisolid)	Moong dal Khichdi (semisolid)
Day 10 <sup>th</sup>	Dal + Rice (semisolid)	Dal + Rice (semisolid)
Day 11 <sup>th</sup>	Moong kadhan+ chapati	Moong kadhan+ Chapati
Day 12 <sup>th</sup>	Normal diet	Normal diet

**Table no. 3: Shamana Aushadha.**

1.	<i>Dhatri Loha Kamdudha Rasa</i>	1 BD (after food)
2.	<i>Manjisthadi kadha</i>	20ml BD (after food)

**Grading parameters****Table no. 4: Hritkanthadaha (Burning sensation in throat and chest).**

0	Nil
1	Burning sensation in throat and chest
2	Associate with pain
3	Associate with nausea
4	Associate with gastric regurgitation

**Table no. 5: Amlodgara (Sour belching).**

0	Nil
1	In relation with specific food
2	In relation with normal food
3	Constant, irrespective of food
4	Associate with pain and burning sensation

**Table no. 6: Avipaka (Indigestion).**

0	Nil
1	Occasional indigestion
2	Regular indigestion
3	Indigestion associated with nausea
4	Indigestion associated with vomiting

**Table no. 7: Shira Shool (Headache).**

0	Nil
1	Occasional (1-2days/week) mild headache
2	Frequent (3-4days/week) moderate headache
3	Severe headache (>4 days/week)
4	Headache associated with giddiness or nausea

**Table no. 8: Utkalesha (Nausea).**

0	Nil
1	In relation with specific food
2	In relation with normal food
3	Associated with pain
4	Associated with pain and vomiting

**RESULT AND DISCUSSION****Table no. 9.**

Associate Symptoms	Before Treatment	After Treatment
<i>Hritkanthadaha</i> (Burning sensation in throat and chest)	4	0
<i>Amlodgara</i> (Sour belching)	3	0
<i>Avipaka</i> (Indigestion)	3	0
<i>Shira Shool</i> (Headache)	4	1
<i>Utkalesha</i> (Nausea)	3	0

Significant improvement in *Amlapitta* signs and symptoms was seen. *Shamana Aushada* was administered for 15 days following *Sansarajana Karma*. The first follow-up was completed on day 15, and the second follow-up was completed on day 30.

This case was diagnosed as *Amlapitta* based on *Nidana* and *Lakshana*. *Annavaaha*, *Rasavaha*, *Purishvaha*, and *Raktavaha Strotas* are vitiated in *Amlapitta*. *Pitta* in *Amlapitta* and *Virechana* is considered the finest of the five *Sanshodhana* (purificatory) procedures because it suppresses the excess *Pitta Dosh*a throughout the body and balances the *Vata* and *Kapha Dosh*as. This is because *Pitta Dosh*a and *Kapha* are the primary afflicted *dosh*as. It corrects *Agni Vaigunyata* and eliminates *Avarana* of *Vayu* in *Kostha*. *Ushna* (hot), *Teekshna* (sharp), *Sookshma* (subtle), *Vyavayi*, *Vikashi Guna*, *Prithvi Mahabhoota* (earth element), *Jala Mahabhoota* (water element), and *Adhobhagaharana Prabhava* (potency of downward movement) are some of the qualities of *Virechana* medications.<sup>[10]</sup> *Goghrta* has *pittaghna* property. *Usna Virya* makes *Trivrit Vatahara*, *Virechana Karma* makes it *Pittahara*, and *Ushna Virya*, *Katu Vipaka*, and *Katu Tikta Rasa* make it *Kapha Shamaka*. Its purgative properties are the primary reason it is used here. Following *Virechana*, the patient received a mix of medications that aid in healthy digestion: *Anulomaka*, *Deepana*, and *Pachana*. *Dhatri loha* has *Amalaki* (*Sheet Virya*, *Sheet Guna*, *Madhura Vipaka*), *Yashtimadhu*, *Guduchi* (*Tikta rasa*), *loha bhasma* (*deepan-pachana*), *Kamdudha ras* works on *Pitta Dosh*a and reduce the burning sensation, *Manjisthadi kadha* was given for 1 month.

**CONCLUSION**

*Shodhana Chikitsa* cures the disease at its source and aids

in the body's removal of vitiated *Dosha*. *Virechana* therapy aids in the removal of the body's vitiated *Pitta Dosh*a and corrects the *Agni* disturbance that causes *Agnimandhya*, *Ajirna*, and *Aamvisha*.

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