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Urdhwagata Amlapitta - A Case Study

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ABSTRACT

Amlapitta, a gastrointestinal tract (GIT) disorder, has acquired majority of the causative factors like improper diet and habits, stress, spicy irritant food, oily foods, bakery products, etc., A single clinical trial with pre test, follow up and post test assessment was done with drug, *Triphala Churna* advised twice daily after food for a month and also lifestyle including *Ahara*, *Vihara* and *Achara* was advised. By the present study it can be concluded that *Triphala Churna* and lifestyle modification helps in controlling and is a safe and effective treatment for *Urdhwagata Amlapitta*.

Key words: *Amlapitta*, *Gastritis*, *Triphala Churna*, *Lifestyle Disorders*.

INTRODUCTION

Increasing modern food technology and advancement of civilization are taking people to change lifestyle and causing 50% of the gastrointestinal tract (GIT) disorder. Most of the gastrointestinal disorders are owing to results from abnormal functioning of the *Agni* (~digestive fire), faulty dietary habits like excessive intake of pungent, spicy food, irregular meals pattern and habits like smoking, alcohol and psychological stress. Gastritis is inflammation of the gastric mucosa. Gastritis is not a single disease, rather it is a group of disorders that have inflammatory changes in the gastric mucosa in common but that have different clinical features, histologic characteristics and pathogenesis. *Amlapitta* is one of the major diseases caused by life style changes and its prevalence is increasing day by day. Hence *Triphala Churna* and lifestyle modificatory chart is used.

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CASE STUDY

A 37 year old female patient complaining of sour belching (*Amlodgara*), burning sensation in throat and chest (*Hritkanthadaha*), indigestion (*Avipaka*) and exertion without work (*Klama*) and other associated symptoms like *Ajeerna* was also present. The patient lifestyle history was also taken regarding the food habit, sleep, exercise etc. exhibited altered lifestyle. Patient had visited many modern hospital and took medicine but was not satisfied by the treatment. Hence to get solution for his problem he approached to our hospital.

Diagnostic Criteria

Burning sensation in chest and throat region (*Hritkantha Daha*), sour belching (*Amlodgara*), nausea (*Utklesha*), vomiting (*Chardi*), indigestion (*Avipaka*), tastelessness (*Aruchi*), exertion without work (*Klama*).^[1]

Method of Collection of Data and Analysis

The case sheet proforma was prepared which contains lifestyle of the patient and who comes under diagnostic criteria were collected and pre and post test assessment was done based on the symptoms gradation and analyzed by applying descriptive statistics.

Intervention

Triphala Churna^[2] was advised 3 g. BD after food. Intervention period was 1 month BD.

Lifestyle chart was given containing *Ahara* (food),^[3] *Vihara* (lifestyle) and *Achara* (code and conducts).^[4] After 15th day of intervention. Assessment was done based on the symptoms gradation.

DISCUSSION

In this study, observation was done before and after treatment based on the symptoms gradation and the obtained result are, In *Amlodgara* before treatment it was 2 and after treatment it reduced to 0. *Hritkanthdaha* BT was 2 and AT reduced to 1. *Avipaka* BT it was 2 and AT minimized to 0 and the *Klama* BT was 2 and reduced to 0 AT. Above result shows the significant reduction in the symptoms.

Effect of the *Triphala Churna* and lifestyle chart containing *Ahara*, *Vihara* and *Achara* which was advised during the course of treatment and will be discussed, In this study the effect obtained by the *Triphala Churna* might be due to its effect like *Deepana*, *Pachana*. *Triphala* is said to be *Mrudu Virechaka* or else is possessing *Tridosahara* effect in any of the levels of *Doshadushti* and the effect of *Triphala* and *Amlapitta* can also be attributed to its property. The effect of *Triphala* from the contemporary view it can be understood. The lifestyle chart contains *Ahara*, *Vihara* and *Achara* was prepared and advised based on the *Pathyapathya* mentioned for *Amlapitta* This diet might be benefited due to easily digestible and regularized food habits, *Tikta Shaka* and *Pitta Shamaka Dravya*. *Vihara* like exercise and sleep was advised to regularize daily and this was benefited by avoiding the day sleep and lack of exercise causing *Ajeerna*, *Agnimandya* etc. The *Sadvritta* was advised and it results into decreasing the stress and strain. This multi approach treatment helped in reducing the symptoms and maintaining the healthy life.

Table 1: Showing gradation of symptoms.

SN	Symptoms	BT	AT
1	<i>Amlodgara</i>	3	0
2	<i>Hritkanthdaha</i>	3	1
3	<i>Avipaka</i>	2	0
4	<i>Klama</i>	2	0

BT - Before treatment, AT - After treatment

CONCLUSION

Triphala Churna, as it is a *Virechaka* helps not only to eliminate *Pitta* but also helps in reducing the symptoms but also maintains the health. The specially prepared lifestyle chart containing *Ahara*, *Vihara* and *Achara* helps in reducing the symptoms and maintaining the healthy lifestyle. This multiple approached treatment was benefited due to multiple actions.

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