



ISSN 2456-3110

Vol 9 · Issue 1

January 2024

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

A Clinical Study of *Yashtimadhu* & *Guduchi* with special reference to *Amlapitta*

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ABSTRACT

Amlapitta is a disease prevalent all over the world. The increasing prevalence rate is a constant challenge to the research workers. *Amlapitta* is very common disease caused due to *Agnimandhya* (digestive impairment) by increased *Drava Guna* of *Vidagdha Pachaka Pitta* (liquid quality of burned digestive *Pitta*) affecting the *Annavaha Strotas* (channels that carry the ingested food) and characterized by primary symptoms such as *Avipaka* (indigestion), *Klama* (exhaustion without any exertion). This is a burning problem in the society because of irregular and improper food habits and stressful lifestyle. The aim of the present study was to find out efficacy of *Yashtimadhu* and *Guduchi* in *Amlapitta*. In present study total 30 patients were taken, divided into 3 equal groups. In Group-I: 10 patients were treated with oral administration of *Yashtimadhu*, in Group-II: 10 patients were treated with *Guduchi* and in Group-III: 10 patients were treated with *Yashtimadhu* and *Guduchi*. After conducting clinical trial on 30 patients, observation and results were obtained. Statistical analysis shows that all three groups were significantly effective to reduce the cardinal symptoms, especially Group-III (*Yashtimadhu* and *Guduchi*).

Key words: *Amlapitta*, *Glycyrrhiza glabra*, *Tinospora cordifolia*, hyper acidity, *Yashtimadhu*, *Guduchi*

INTRODUCTION

In recent years gradual revival of interest in the use of medicinal plants in all over world because herbal medicine are reported to be safe and less side effects during its uses. It's perhaps for this reason, today's over 25% of the prescription issues in the developed countries are reported to contain one or more plant drugs. Ayurvedic material medica mainly depends on

medicinal plants. The material medica and pharmacology are the basis of medicinal science which needs basically the knowledge of drugs comprehensively for the purpose of therapeutics, pharmaceuticals and all objects of preservation of health, prevention of disease and curative measures. Present research work deal with clinical use in the treatment of *Amlapitta*. *Yashtimadhu* is quoted in *Ayurvedic* texts for the treatment of *Amlapitta*. Along with this it is also used as gastric ulcer healing drug due to the healing property of its active principal glycyrrhizin or glycyrrhizic acid.^[1]

As such exact quotation of *Guduchi* is not found but it is taken as a main content in the compounds which are generally used in the treatment of *Amlapitta* in *Ayurvedic* texts. *Guduchi* are *Tikta Rasa* and *Pitta Kapha Nashak*.^[2]

There are sound reason for the selection of this disorder & drug *Yashtimadhu* & *Guduchi*. About 50% individual experience heart burn, one of the symptoms

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Submission Date: 16/11/2023 Accepted Date: 24/12/2023

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.9.1.6

on a daily basis and some of them require to consult the physician while some get relief by taking medicines.

It is estimated that the sufferers of gastrointestinal disease of which *Amlapitta* tops the list constitute more than 30% of the patient population who seeks Ayurvedic treatment. Patient often prefers Ayurveda treatment for gastrointestinal disease. In the management of *Amlapitta* Tikta, Kashya, Madhura Rasa and Madhura Vipaka and Sita Virya have been said to play a key role in reviewing the pharmacological properties. *Yashtimadhu & Guduchi* possess the above qualities hence they may be useful in treating the *Amlapitta*.

AIM AND OBJECTIVES

1. Scientific evaluation of chosen drug through Ayurvedic & Modern aspects.
2. Study of clinical efficacy of chosen drugs on *Amlapitta*.

MATERIAL AND METHODS

Selection of patients: Patients of *Amlapitta* will be diagnosed by clinical features (Sign & Symptoms) described in the Ayurvedic texts.

Drugs used:

1. *Yasthi Madhu* [*Glycirriza glabra* Linn.]
2. *Guduchi* [*Tinospora cordifolia* (Willd.) Miners]

Methodology

1. **Selection of Preparation (Kalpana):** Preparation of both drugs will be made as per requirement. It will be in the form of tablet (*Ghanvati*).
2. **Medication Schedule:** for maximum 2 months
3. **Dose of Drugs:** As per Ayurvedic Pharmaceutical texts directions.
4. **Drug Administration:** Orally
5. **Number of Patients:** Total number of patients 30 which will be divided into three groups having 10 patients each.

- Group A:** Tab. *Yastimadhu* will be given to 10 patients.
 - Group B:** Tab. *Guduchi* will be given to 10 patients.
 - Group C:** Tab. *Yastimadhu* & Tab. *Guduchi* both will be given to 10 patients.
6. **Assessment of Drug Efficacy:** it will be presented through various statistical data

Amlapitta^[3-6] is a combination of two words - *Amla* + *Pitta*, Here *Amla* are- Sour test + excessive salivation and *Pitta* are - Digestive substances of the human body, so literary means of *Amlapitta* a condition in which sourness of *Pitta* gets increased.

A particular disease in which there is *Avipaka*, *Klama*, *Utklesha*, *Tiktaudgar*, *Amla Udgar*, *Gaurava*, *Hriddaha*, *Kanthadaha* and *Aruchi* etc. are seen is supposed to be *Amlapitta*. Different *Acharyas* has described the Symptoms like - *Bhuktevidagdhe Tiktavami*, *Bhuktevidagdhe Amlavami*, *Bhukte Tiktodgar*, *Bhukte Amlodgar*, *Kukshidaha*, *Karpaddaha*, *Kanthvidaha*, *Urovidaha*, *Aruchi*, *Gurukostthttha*, *Vibhandha*, *Romaharshaa*, *Antrakujana*, *Utklesha* and *Jwara*.

RESULT AND DISCUSSION

Amlapitta is present in society now a days on a very large scale. It is estimated that more than 30% of the patient population who seeks Ayurvedic treatment is constituted by sufferers of gastrointestinal disease of which *Amlapitta* tops on the first.

This clinical study consists of two aspects. One aspect deals with aetiopathogenesis and other with the treatment of the patients of *Amlapitta* with *Guduchi Ghanvati* & *Yasthimadhu Ghanvati*. This study has been carried out in a series of 30 cases hyperacidity.

Regarding the age incidence maximum number of patients were found in the age group 21-30 year and 41-50 year.

66.67% of cases in our body were male and 33.33% female. In our society male have to remain more outside of home, they don't have any regular hobbit of eating and more stress and strain as compared to females.

Regarding the socioeconomic status 70% of cases were from middle class and 30 % of case of from poor class. There is no doubt that middle class society is under stress now a days. In the study of occupation it has been observed that 26.67% were businessman, 23.34% were service man, 20% were housewife's, 10% were students and 6.37% were labors. 83.34% patients from married.

In present study drug trial has been conducted on 30 patients which were selected after proper diagnosis on the basis of detailed questionnaire along with the symptoms of hyperacidity. 30 patients were divided into 3 groups having 10 patients each (namely group A, Group B and Group C). Group A was treated with *Yashtimadhu Ghanvati*, Group B was treated with *Guduchi Ghanvati* and group C was treated with both *Yashtimadhu Ghanvati* and *Guduchi Ghanvati*, both pharmaceutical preparations were made of *Yashtimadhu* root and *Guduchi* stem. For the assessment of response, follow up was done in all patients after every 15 days for a total duration of two months.

Percentage relief in patients of Group A was 62.23%, in Group B was 66.20% and Group C was 65.83%.

Maximum relief in the symptoms present in (Group A) patients was found in *Urovidah*, *Karpaddaha* and *Antrakujan*.

Maximum relief in the symptoms present in (Group B) patients was found in *Bhukte Vidagdhe Tiklavani*, *Karpaddaha*, *Kanthavidaha*, *Romharsh* and *Antrakujan*.

Maximum relief in the symptoms present in (Group C) patients was found in *Kukshidaha*, *Urovidaha*, *Gurukoshthta*, *Romharash*.

Thus, it is observe that *Yashtimadhu Ghanvati* and *Guduchi Ghanvati* and commonly both have a significant role in the treatment of hyperacidity / *Amlapitta*. But if compare relief in the severity of symptoms of hyperacidity. The Group B yields better results. It means *Guduchi Ghanvati* is better than *Yashtimadhu Ghanvati*.

Both the drugs are *Pittaghna*, *Rasayan* and *Tridoshar*. Both drug pacifies *Pitta* so proves to be useful for the

patients of hyperacidity (*Pittaj-Vyadhi*) and other disorder related to *Pitta*.

Statistical analysis of result by ANOVA technique

The ANOVA technique is useful for testing homogeneity of various things, we consider the effect on symptoms of both medicine in Group A, Group B and Group C.

Table 1: Statistical analysis of result by ANOVA technique

| S N | Symptoms | Group A | | Group B | | Group C | |
|--------|--|---------------|------------|---------------|------------|---------------|------------|
| | | Mean ±SD | P Value | Mean ±SD | P Value | Mean ±SD | P Value |
| 1 | <i>Bhuktevid agdhe Tiktavami</i> | 0.70 ±0.95 | <0.0 5 | 1.00 ±1.15 | <0.0 5 | 0.50 ±0.71 | <0.0 5 |
| 2 | <i>Bhuktevid agdhe Amlavami</i> | 1.10 ±0.95 | <0.0 01 | 1.10 ±0.94 | <0.0 5 | 0.90 ±0.88 | <0.0 5 |
| 3 | <i>Bhukte Tiktodgar</i> | 0.90 ±0.57 | <0.0 01 | 0.90 ±0.74 | <0.0 01 | 0.90 ±0.74 | <0.0 01 |
| 4 | <i>Bhukte Amlodgar</i> | 1.80 ±0.42 | <0.0 01 | 1.40 ±0.70 | <0.0 01 | 1.00 ±0.67 | <0.0 01 |
| 5 | <i>Kukshidah a</i> | 1.30 ±1.06 | <0.0 01 | 1.10 ±0.74 | <0.0 01 | 0.80 ±1.03 | <0.0 5 |
| 6 | <i>Karpadda ha</i> | 0.60 ±0.84 | <0.0 5 | 0.60 ±0.84 | <0.0 5 | 0.90 ±0.99 | <0.0 5 |
| 7 | <i>Kanthvida ha</i> | 1.60 ±0.52 | <0.0 01 | 1.30 ±0.82 | <0.0 01 | 1.00 ±0.67 | <0.0 01 |
| 8 | <i>Urovidaha</i> | 0.60 ±0.84 | <0.0 5 | 1.00 ±0.94 | <0.0 5 | 1.20 ±0.92 | <0.0 01 |
| 9 | <i>Aruchi</i> | 0.00 ±0.00 | NS | 0.40 ±0.70 | NS | 0.60 ±0.84 | <0.0 5 |
| 10 | <i>Gurukostt hthta</i> | 1.30 ±0.48 | <0.0 01 | 0.50 ±0.71 | <0.0 5 | 0.80 ±1.03 | <0.0 5 |
| 11 | <i>Vibhandha</i> | 0.80 ±0.92 | <0.0 5 | 0.60 ±0.97 | <0.0 5 | 0.80 ±0.92 | <0.0 5 |

| | | | | | | | |
|----|-----------------|---------------|------------|---------------|------------|---------------|------------|
| 12 | Romahars haa | 0.90 ±0.99 | <0.0 5 | 0.70 ±0.97 | <0.0 5 | 0.40 ±0.52 | <0.0 5 |
| 13 | Antrakuja na | 1.00 ±0.67 | <0.0 01 | 1.00 ±0.67 | <0.0 01 | 0.60 ±0.70 | <0.0 5 |
| 14 | Utklesha | 1.00 ±0.82 | <0.0 01 | 1.30 ±0.82 | <0.0 01 | 1.20 ±0.63 | <0.0 01 |
| 15 | Jwara | 0.40 ±0.70 | NS | 0.30 ±0.67 | NS | 0.20 ±0.42 | NS |

<0.001 = highly significant, < 0.05 = significant, N.S. = Not significant

Table 2: Comparative statistical analysis of Group A/B, B/C & A/C by ANOVA technique

| SN | Symptoms | Group A | Group B | Group C |
|-----|----------------------------|---------|---------|---------|
| 1. | Bhuktevidagde Tiktavami | NS | NS | NS |
| 2. | Bhuktevidagde Amlavami | NS | NS | NS |
| 3. | Bhukte Tiktodgar | NS | NS | NS |
| 4. | Bhukte Amlodgar | NS | NS | NS |
| 5. | Kukshidaha | NS | NS | NS |
| 6. | Karpaddaha | NS | NS | NS |
| 7. | Kanthvidaha | NS | NS | NS |
| 8. | Urovidaha | NS | NS | NS |
| 9. | Aruchi | NS | NS | NS |
| 10. | Gurukostththa | NS | NS | NS |
| 11. | Vibhandha | NS | NS | NS |
| 12. | Romaharshaa | NS | NS | NS |
| 13. | Antrakujana | NS | NS | NS |
| 14. | Utklesha | NS | NS | NS |
| 15. | Jwara | NS | NS | NS |

From the above table we can conclude that there is non-significant difference between Group A/B, B/C and A/C.

Table 3: Statistical analysis of Group A, B, & C by ANOVA technique

| SN | Symptoms | F Value | P Value |
|-----|----------------------------|---------|---------|
| 1. | Bhuktevidagde Tiktavami | 0.523 | NS |
| 2. | Bhuktevidagde Amlavami | 0.891 | NS |
| 3. | Bhukte Tiktodgar | 0.743 | NS |
| 4. | Bhukte Amlodgar | 4.32 | <0.001 |
| 5. | Kukshidaha | 0.891 | NS |
| 6. | Karpaddaha | 1.203 | NS |
| 7. | Kanthvidaha | 3.897 | <0.05 |
| 8. | Urovidaha | 5.631 | <0.001 |
| 9. | Aruchi | 0.341 | NS |
| 10. | Gurukostththa | 0.786 | NS |
| 11. | Vibhandha | 0.543 | NS |
| 12. | Romaharshaa | 0.638 | NS |
| 13. | Antrakujana | 3.145 | NS |
| 14. | Utklesha | NS | <0.05 |
| 15. | Jwara | 1.234 | NS |

<0.001 = highly significant, < 0.05 = significant, N.S. = Not significant

From the above table we can conclude the following things:

1. There is highly significant difference on *Kukshidaha*, *Urovidaha* and *Utklesha*.
2. There is highly significant difference on *Kanthvidaha* and *Antrakujana*.
3. There is no significant difference on rest of the symptoms.

Analysis of result by Anova technique

1. *Bhuktevidagde Tiktavami*: There is no significant result in group A,B and C.

2. *Bhuktevidagdhe Amlavami*: There is highly significant result in group A, Significant result in group B and C.
3. *Bhukte Tiktodgar*: There is highly significant result in group A, B and C.
4. *Bhukte Amlodgar*: There is highly significant result in group A, B and C.
5. *Kukshidaha*: There is highly significant result in group A and B, Significant result in group C.
6. *Karpaddaha*: There is significant result in group A, B and C.
7. *Kanthvidaha*: There is highly significant result in group A, B and C.
8. *Urovidaha*: There is significant result in group A and B, highly significant result in group C.
9. *Aruchi*: There is non-significant result in group A and B, significant result in group C.
10. *Gurukostththa*: There is highly significant result in group A, Significant result in group B and C.
11. *Vibhandha*: There is significant result in group A, non-significant result in group B and C.
12. *Romaharshaa*: There is significant result in group A, B and C.
13. *Antrakujana*: There is highly significant result in group A and B, Significant result in group C.
14. *Utklesha*: There is highly significant result in group A, B and C.
15. *Jwara*: There is no significant result in group A, B and C.

DISCUSSION

This study deals with details study of drugs and disease, it also deals with observation and results treatment. 30 patients suffering from *Amlapitta* were selected randomly. 30 patients were divided into 3 groups having 10 patients each (namely group A, Group B and Group C). Group A was treated with *Yashtimadhu Ghanvati*, Group B was treated with *Guduchi Ghanvati* and Group C was treated with both *Yashtimadhu*

Ghanvati and *Guduchi Ghanvati*, both pharmaceutical preparations were made of *Yashtimadhu* root and *Guduchi* stem.

CONCLUSION

Demographic study has been carried out of 30 patients maximum no. of patients 26.67 % were found in the age group of 21-30 & 41-50 years, 66.67 % patients were male, 70% of the patients were from middle class, 83.34% patients from married.

10 patients in each group A, B and group C were treated with *Yashtimadhu Ghanvati*, *Guduchi Ghanvati* and both *Yashtimadhu Ghanvati* and *Guduchi Ghanvati*, the dose of 1 gm in divided doses for a period of 2 months and responses are assessed at interval of 15 days. Clinical checkup was done before and after treatment and result were analyzed statistically. *Guduchi Ghanvati* has significant result on the symptoms of *Amlapitta* condition of patients improved.

Yashtimadhu Ghanvati (Group A) shower better result in in the symptoms of *Karpaddaha*, *Urovidaha* and *Antrakujana*. *Guduchi Ghanvati* (Group B) shower better result in in the symptoms of *Bhuktevidagdhe Tiktavami*, *Karpaddaha*, *Kanthvidaha*, *Romaharshaa* and *Antrakujana*. Both *Ghanvati* (Group C) commonly showed better result in in the symptoms of *Kukshidaha*, *Karpaddaha*, *Urovidaha*, *Gurukostththa* and *Romaharshaa*. *Guduchi Ghanvati* has significant effects on the symptoms of *Amlapitta* condition of patients improved. Ultimately group B patients showed marked relief in comparison to other groups. So, *Guduchi Ghanvati* was more effective as compared to *Yashtimadhu Ghanvati* in the treatment of *Amlapitta*.

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How to cite this article: Sharad Rathi, Manisha Rathi. A Clinical Study of Yashtimadhu & Guduchi with special reference to Amlapitta. J Ayurveda Integr Med Sci 2024;1:54-59.

<http://dx.doi.org/10.21760/jaims.9.1.6>

Source of Support: Nil, **Conflict of Interest:** None declared.
