



ISSN 2456-3110

Vol 9 · Issue 3

March 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

Assessment of efficacy of *Amlapittagna Arka* in *Amlapitta* - A Clinical Observational Study

Shubham Rajesh Giram¹, Ashwini Kudarimath²

¹Fourth Year BAMS Student, SNVV'S SGV Ayurvedic Medical College, Hospital and Research Centre, Bailhongal, Karnataka, India.

²HOD & Associate Professor, Dept. of Roganidan and Vikriti Vijnana, SNVVS'S SGV Ayurvedic Medical College, Hospital and Research Center, Bailhongal, Karnataka, India.

ABSTRACT

Amlapitta indicates a disease characterized by pathological changes in *Pitta*, one of the predominant *Doshas*, including *Samana Vayu*, *Pachaka Pitta*, and *Kledaka Kapha*. These changes lead to the aggravation of *Tridosha* and manifest symptoms such as *Avipaka*, *Klama*, *Utklesha*, *Gaurava*, *Hritkantha Daha*, *Tiktamlodgara*, and *Aruchi*, among others. Numerous *Pittakara* and *Amapradoshaja Nidanas* contribute to its onset, exacerbated by sedentary lifestyles and a lack of adherence to *Dinacharya Rutucharya* and proper *Rasayana* practices, ultimately reducing human lifespan. In this clinical research project, subjective parameters were selected to assess the efficacy of *Amla Pittagna Arka*, sourced from *Ravana Samhita Arka Prakashana*. Fifteen patients participated in the study, undergoing *Kosta Shodhana* by *Haritakyadi Yoga* for three days followed by 21 days of *Amla Pittagna Arka* administration. Subjective parameters were evaluated every seventh day, with data collected before and after treatment. Statistical analysis by experts revealed significant improvements, with *Tikta/Amlodgara* reduced by 89.74%, *Hritkanta Daha* by 90%, *Utklesh* by 90.48%, *Aruchi* by 61.54%, *Avipaka* by 80.00%, *Klama* by 48.28%, and *Gaurava* by 48.15%. The trial drug, *Amla Pittagna Arka*, demonstrated effectiveness particularly in *Vata Pittanubandi* type of *Amla Pitta*. Further large-scale research is necessary to validate its efficacy.

Key words: *Amlapitta*, *Amlapittagna Arka*, *Avipaka*, *Klama*, *Utklesha*, *Gaurava*, *Hritkantha Daha*, *Tiktamlodgara*, *Aruchi*.

INTRODUCTION

Amlapitta is being one among the very common disease affecting almost all the human beings in more or less severely due to Increased pace of life, stress as well as changes in foods and food habits have contributed to the increased incidence of *Amlapitta*. *Amlapitta* is a disorder of *Annavaha Srotas* (digestive system) characterized by *Hritkantha Daha* (burning

chest and/or abdomen), *Tikta-Amla Udgara* (sour/bitter rush), *Utklesha-Vami* (vomiting), *Avipaka* (indigestion), *Aruchi* (anorexia), *Gaurava* (heaviness in body), *Shiroruka* (headache), and *Klama* (fatigue) caused by vitiation of *Tridosha*. When any of *Dosha* causes *Mandagni* it leads to *Vidagdhajirna* manifesting as *Amlapitta* due to work load, stress, poor eating habits, not following *Dinacharya*, *Ratricharya*, *Ritucharya* and *Sadvritta* leads to so many diseases and as well *Tridosha Prakopa* (*Samana Vayu*, *Pachaka Pitta*, *Kledaka Kapha*) which are capable to produce *Agnimandya* and manifestation. *Samana Vayu* helps in the proper working of digestive enzymes, assimilation etc. so, when it becomes vitiated causes indigestion and defective assimilation. In *Amlapitta*, *Amla* and *Drava Guna* of the *Pachaka Pitta* become vitiated and in *Amashaya Kledaka Kapha* are present which protects from the destructive action of the *Pachaka Pitta*. Imbalance of *Pitta* and *Kapha* leads to the formation of *Ama*. *Ama* is considered as the main root cause for the formation of all the diseases.

Address for correspondence:

Dr. Shubham Rajesh Giram

Fourth Year BAMS Student, SNVV'S SGV Ayurvedic Medical College, Hospital and Research Centre, Bailhongal, Karnataka, India.

E-mail: shubhamgiram12345@gmail.com

Submission Date: 15/01/2024 Accepted Date: 26/02/2024

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.9.3.5

Amlapitta Nashak Arka is explained in *Ravana Samhita* of *Arka Kalpana* and it contains *Guduchi* (*Tinospora cardifolia*), *Patola* (*Trichosanthes dioica*) and *Nimba* (*Azadirachta indica*). Experimental procedure was done in SDM College of Ayurveda, Hassan during 2019 to assess the gastro protective activity of *Amlapittagna Arka* from *Ravana Samhita* and used Wistar strain albino rats weighing between 160 to 250g of either sex were used for the study and concluded as In *Amlapittagna Arka*, very significant increase in Gastric pH, non-significant increase in gastric volume & total acidity, carbohydrate and non-significant decrease in ulcer index, free acidity, protein content was observed.

In *Amlapittagna Arka* group, absence of ulcer, erosion, inflammation and presence of regeneration was observed.^[1] Considering the biochemical parameters like pH, ulcer index, protein & carbohydrate content *Arka* having anti-ulcer activity. Hence with alternative Hypothesis undertaken with title assessment of efficacy of *Amlapittagna Arka* in *Amlapitta* - A Clinical Observational study.

Amlapittagna Arka is clinically tested with the aim and objectives to review critically on aetiopathogenesis, *Rogarogipareeksha* and diagnosis of *Amlapitta*, to evaluate the efficacy of *Amlapittagna Arka* in the management of *Amlapitta*.

Subjective criteria are fixed and assessed with case proforma of 15 subjects' complete data including detailed clinical history and complete physical examination were done and data was collected.

Treatment for the *Amlapitta* as lifestyle changes, food habits correction and use of H2 receptor blocking agents and Proton Pump Inhibitors (PPI). Long term use of these antacids has shown various side effects. Hence, there is need of a medicine which will have no side effects and need of ease which will relieve the *Vidagdtata* of *Ahara* and *Amlata* of *Pitta* for the same the *Amlapittagna Arka* was chosen and undertaken for the RGUHS Short term research project entitles with Assessment of efficacy of *Amlapittagna Arka* in *Amlapitta* - A clinical Observational study.

MATERIALS AND METHODS

Type of study

Randomized Open Interventional observational study

Subject Area: Gastroenterology

Source of data

- Subjects with *Amlapitta* are selected from the OPD, IPD of SGV Ayurvedic medical college, Hospital and research Centre Bailhongal.
- Subjects are also be selected from Referral sources and special medical camps conducted for the purpose.

Pharmaceutical source

Drugs are collected from authenticated source and identified by the expert from KLE Ayurvedic Pharmacy and Dravyaguna Botanical Garden of SGV Ayurvedic Medical College Hospital and Research Centre, Bailhongal, and prepared in the RSBK department, Under the instructions of the HOD of the RSBK department of SGV Ayurvedic Medical College, Hospital and Research Centre, Bailhongal.

Method of preparation of drugs

1. *Haritakyadi Yoga*^[2]

Table 1: *Haritakyadi Yoga* ingredients with their *Rasa Panchakas*.

S N	Ingredients	Rasa	Guna	Virya	Vipaka	Doshagh nata
1.	<i>Haritaki</i>	<i>Kashya Rasa Pradhana Lavana Varjita Panchara satmaka</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshghna</i>
2.	<i>Saindhava</i>	<i>Lavana</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>		<i>Tridoshghna</i>
3.	<i>Amalki</i>	<i>Amla</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Pittaghna Tridoshghna</i>

4.	Guda	Madhura Kashya	Guru, Kshara	Ushn a	Madhu ra	Vatasham aka, Kapha- Pittakara
5.	Vaca	Katu, Tikta	Laghu, Teeksha na	Ushn a	Katu	Kaphavat ahara
6.	Vidanga	Katu, Kashya	Laghu, Ruksha, Teekshn a	Ushn a	Katu	Kaphavat ahara
7.	Rajani	Tikta, Katu	Ruksha, Laghu	Ushn a	Katu	Tridoshgh na
8.	Pippali	Katu	Laghu, Teeksha na	Ushn a	Madhu ra	Kaphavat ahara
9.	Vishvabhe shaja	Katu	Laghu, Snigdha	Ushn a	Madhu ra	Kaphavat ahara

2. Amlapittagna Arka^[3]

Table 2: Amlapittagna Arka ingredients with their Rasa Panchakas.

Properties	Patola ^[4]	Nimba	Guduchi	Madhu (Anupana)
Rasa	Tikta, Katu	Tikta	Tikta, Kashaya	Madhur
Guna	Laghu, Ruksha	Laghu, Ruksha	Guru, Snigdha	Laghu, Ruksha
Virya	Ushna	Sheeta	Ushna	Sheeta
Vipak	Katu	Katu	Madhur	Kashaya
Doshaghn ata	Tridoshas hamak	Pittakaphash amak	Tridoshash amak	Kaphapittash amak

Method of preparation

Arka of wet Drugs: Wet Drugs gives about 60% drugs and it depends upon quantity of water added to it. 6 times of water is added then, it shows wet and soft drugs. And if 8 times of water are added then, it shows wet and mildly hard drug.

1. All the ingredients are taken in their wet forms, in equal quantity and crushed well.

2. Added with the 8 times of water added i.e., 1.6 kg of each ingredient is taken and reduced to a 60% quantity and starting 20% is not collected and latter collected which we got the quantity around 8 litres of Arka prepared.

Properties of Amlapittagna Arka

1. It looks Slightly brownish in colour.
2. Slight odour of the Patola and Nimba is seen
3. It is tasteless but have gradient of drugs in it.

Method of study

Sample size

A total of 15 patients who fulfilled the inclusion criteria were selected, in a single group and administered a Haritakyadi Yoga for 3 days BD for Koshta Sudhi and later Amlapittagna Arka for 21 days. And they were followed up of 7 days each. After the intervention the Samanya Lakshana of Amlapitta were observed, recorded and assessed.

Diagnostic criteria

Patients presenting with the Lakshanas of Amlapitta^[5] were selected. Associated with one or multiplicity of these.

Table 3: Diagnostic criteria with the Lakshanas of Amlapitta.

Tikta/Amlodgara

- (a) No Tikta/Amlodgara – 0
- (b) Once in 15 to 30 days – 1
- (c) Once in a Week – 2
- (d) Once in 2 to 3 days – 3
- (e) Every day – 4

Hrit-kanthadaha

- (a) No Hrit-kanthadaha – 0
- (b) Once in 15 to 30 days – 1
- (c) Once in a Week – 2
- (d) Once in 2 to 3 days – 3

(e) Every day – 4

Utklesh

- (a) No Utklesh – 0
 (b) Once in 15 to 30 days – 1
 (c) Once in a Week – 2
 (d) Once in 2 to 3 days – 3
 (e) Every day – 4

Aruchi

- (a) No Aruchi – 0
 (b) Occasionally – 1
 (c) Mild – 2
 (d) Moderate – 3
 (e) Severe – 4

Avipaka

- (a) No Avipaka – 0
 (b) Occasionally – 1
 (c) Mild – 2
 (d) Moderate – 3
 (e) Severe – 4

Klama

- (a) No Klama – 0
 (b) Occasionally – 1
 (c) Mild – 2
 (d) Moderate – 3
 (e) Severe – 4

Gaurav

- (a) No Gaurav – 0
 (b) Once in 15 to 30 days – 1
 (c) Once in a Week – 2
 (d) Once in 2 to 3 day – 3
 (e) Every day – 4

Inclusion criteria

1. Patient between the age group of 18-60 years.
2. Patient having the chief complaint of *Amlapitta*.
3. Patient is willing to participate in the study.
4. Patient is fit for *Shamanaoushadi*.
5. Diagnosed case of *Amlapitta*.
6. Patient is agreed to give informed consent.

Exclusion Criteria

1. Patients having gastric ulcers and duodenal ulcers.
2. Patients having *Amlapitta* due to drug induced or by any complications
3. Subjects with other systemic diseases like tuberculosis, uncontrolled type 1 diabetes and which interfere with the course of treatment.

Withdrawal criteria

1. Patient can get withdraw from the trial anytime with following reasons
2. Case may be having any health and safety issues,
3. Personal reasons
4. Non-compliance,
5. Lost to follow up
6. Randomization error

Plan of the treatment

Table 4: Amlapitagna Arka plan of treatment

Sample size	15 Patients
Drug	<i>Amlapiitagna Arka</i>
Dose	<i>Madhyabhukta</i> i.e., in middle of food in morning 12ml and in night 12ml followed by 5 ml of honey.

Duration of Study

The total duration of the study was 21 days of active intervention and periodic observation done once in a week during the intervention of drug.

Assessment criteria

All patients were assessed once a week during the 21 days medication period. All the observations were recorded in the standard proforma and assessment was done.

Assessment of Results

Assessment of the total effect of therapy was made by analysing the data with suitable statistical tests of significance.

Statistical Analysis

1. Since all subjective variables are qualitative data, assessment was done by Wilcoxon sign test
2. All the qualitative variables are summarized using frequency and percentage.
3. The quantitative variables are summarized using suitable statistical parameters.

OBSERVATIONS AND RESULTS

In this study clinical trial was conducted on 15 patients of *Amlapitta* fulfilling the inclusive and exclusive criteria. The patients were randomly selected. Through subjective and objective parameters of patients were noted before the treatment and after treatment, for statistical analysis Wilcoxon matched pairs test was applied to all the parameters. The results of assessment of efficacy of *Amlapitta Nashak Arka* in *Amlapitta* are presented here.

Table 5: Demographic profile of patients

Demographic profile	No of patients	% of patients
Age groups		
<=20yrs	5	33.33
21-30yrs	8	53.33
>=31yrs	2	13.33
Mean	24.07	
SD	7.55	

Gender		
Male	2	13.33
Female	13	86.67
Diet		
Mixed	10	66.67
Vegetarian	5	33.33
Duration in years		
Mean	2.41	
SD	4.40	
Total	15	100.00

Sex:

Out of 15 patients, 2 patients i.e., 13.33% were males, 13 patients i.e., 86.67% were females.

Religion:

In this study, majority of the patients were Hindus 15 i.e., 100%. It is due to geographical area is with more Hindu population

Occupation:

Majority of the patients 12 i.e., 80% were Students. 1 patient i.e., 6.67% of patient is Housewife. 2 patients i.e., 13.33% incidence was found in employed in service sectors.

Socio-economic status:

Out of 15 patients, 15 patients i.e. 100% were belonging to middle class.

Dietary Habits:

Out of 15 patients, 7 patients i.e., 46.67% were having *Adhyashan*, 5 patients i.e., 33.33% were having *Vishamashan* and 3 patients i.e., 20% were having *Samashan*.

Diet wise:

Out of 15 patients, 5 patients i.e., 33.33% were having vegetarian diet and 10 patients i.e., 66.67% were having mixed diet.

Lakshana wise:

Out of 15 patients, 13 patients i.e., 86.67% were complaining about *Tikta/Amlodgar*. 15 patients i.e., 100% complaining about *Hrit-Kantha Daha*. 8 patients i.e., 53.34% were complaining about *Utklesh*. 5 patients i.e., 33.34% were having *Aruchi*. 10 i.e., 66.67% patients were having *Avipaka*. 11 patients i.e., 73.34% were having *Klama*. 12 patients i.e., 80% were having *Gaurav*.

RESULTS

Table 6: Comparison of before and after treatment time points by status of *Tikta/Amlodgara* by Wilcoxon matched pairs test.

Times	Min	Max	Media n	IQR	% of change	Z-value	p-value
Before	1.0	4.0	3.0	2.0			
After	0.0	1.0	0.0	1.0	89.74	3.1798	0.0015*

*p<0.05

Among 15 patients, on the 1st day, 6 patients had severe *Tikta / Amlodgar*, 3 patients had Moderate *Tikta / Amlodgar*, and remaining 2 patients Mild *Tikta / Amlodgar*, 2 patients had Occasionally *Tikta / Amlodgar*, 2 patients had Absence of *Tikta / Amlodgar*

It's reduced after 21 days treatment i.e., 4 patients were at Occasionally *Tikta/Amlodgar*, and 9 patients got relief, 2 patients had Absence of *Tikta/Amlodgar*.

Table 7: Comparison of before and after treatment time points by status of *Hritkantha* by Wilcoxon matched pairs test.

Times	Min	Max	Medi an	IQR	% of change	Z-value	p-value
Before	2.0	4.0	4.0	1.0			
After	0.0	1.0	0.0	1.0	90.00	3.4078	0.0007*

*p<0.05

Among 15 patients, on the 1st day, 8 patients had severe *Hrit-Kantha Daha*, 4 patients had Moderate *Hrit-Kantha Daha*, and 3 patients Mild *Hrit-Kantha Daha*.

It's reduced after 21 days treatment i.e., 5 patients were at occasionally *Hrit-Kantha Daha*, and 10 patients got relief.

Table 8: Comparison of before and after treatment time points by status of *Utklesh* by Wilcoxon matched pairs test.

Times	Min	Max	Median	IQR	% of change	Z-value	p-value
Before	2.0	4.0	2.5	1.0			
After	0.0	1.0	0.0	0.3	90.48	2.5205	0.0117*

*p<0.05

Among 15 patients, on the 1st day, 1 patient had severe *Utklesh*, 3 patients had Moderate *Utklesh*, 4 patients Mild *Utklesh*, 7 patients had Absence of *Utklesh*.

It's reduced after 21 days treatment i.e., 2 patients were having occasionally *Hrit-Kantha Daha*, and 6 patients got relief, 7 patients had Absence of *Utklesh*.

Table 9: Comparison of before and after treatment time points by status of *Aruchi* by Wilcoxon matched pairs test.

Times	Min	Max	Media n	IQR	% of change	Z-value	p-value
Before	2.0	3.0	3.0	1.0			
After	0.0	2.0	1.0	2.0	61.54	2.022	0.043*

*p<0.05

Among 15 patients, on the 1st day, 3 patients had Moderate *Aruchi*, 2 patients Mild *Aruchi*, 10 patients had Absence of *Utklesh*.

It's reduced after 21 days treatment i.e., 2 patients were at Mild *Aruchi*, and 1 patient Occasional *Aruchi*, 2 patients got relief, 10 patients had Absence of *Utklesh*.

Table 10: Comparison of before and after treatment time points by status of Avipaka by Wilcoxon matched pairs test.

Times	Min	Max	Median	IQR	% of change	Z-value	p-value
Before	2.0	4.0	2.0	1.0			
After	0.0	2.0	0.0	1.0	80.00	2.8031	0.0051*

*p<0.05

Among 15 patients, on the 1st day, 1 patient had severe Avipaka, 3 patients had Moderate Avipaka, and remaining 6 patients Mild Avipaka, 5 patients had Absence of Avipaka.

It's reduced after 21 days treatment i.e., 1 patient were at Mild Avipaka, and 3 patients Occasional Avipaka, 6 patients got relief, 5 patients had Absence of Avipaka.

Table 11: Comparison of before and after treatment time points by status of Klama by Wilcoxon matched pairs test

Times	Min	Max	Median	IQR	% of change	Z-value	p-value
Before	2.0	4.0	2.0	1.0			
After	1.0	3.0	1.0	0.5	48.28	2.9341	0.0033*

*p<0.05

Among 15 patients, on the 1st day, 2 patients had severe Klama, 3 patients had Moderate Klama, and 6 patients Mild Avipaka, 4 patients had Absence of Klama.

It's reduced after 21 days treatment i.e., 1 patient were at Moderate Klama, and 2 patients Mild Klama, 8 patients Occasional Klama, 4 patients had Absence of Klama.

Table 12: Comparison of before and after treatment time points by status of Gaurav by Wilcoxon matched pairs test.

Times	Min	Max	Median	IQR	% of change	Z-value	p-value
Before	1.0	4.0	2.0	0.3			
After	0.0	2.0	1.0	0.3	48.15	2.8031	0.0051*

*p<0.05

Among 15 patients, on the 1st day, 1 patient had severe Gaurav, 2 patients had Moderate Gaurav, and 8 patients Mild Gaurav, 1 patient Occasional Gaurav, 3 patients had Absence of Gaurav.

It's reduced after 21 days treatment i.e., and 3 patients Mild Gaurav, 8 patients having Occasional Gaurav, 1 patient got relief, 3 patients had Absence of Gaurav.

Figure 1: Comparison of before and after treatment time points by status of all parameters.

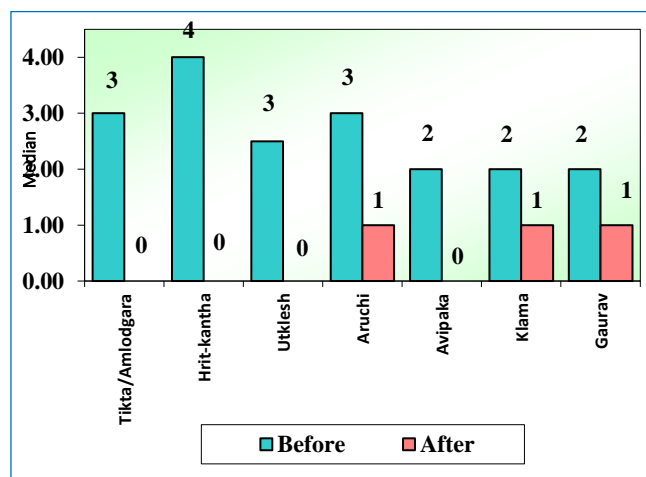


Table 13: Overall effect in each parameter.

Parameters	% of changes from before to after treatment
Tikta/Amlodgara	89.74
Hrit-kanthadaha	90.00
Utklesh	90.48

Aruchi	61.54
Avipaka	80.00
Klama	48.28
Gaurav	48.15

DISCUSSION

Amlapitta is a prevalent condition mostly brought on by dietary habits, psychological stress and tension connected to digestion, Charaka, and Kashyapa have unambiguously said that those who are unable to resist the need to eat, experience Grahani Dosha and Amlapitta. The Nidana Sevana gives rise to Mandagni, who in turn leads to the development of Ajirna and the production of Amavisha. The Amlapitta ailments are the result of this Amavisha mixing with Pittadi Doshas and lodes in Amashaya. These Vyadhis are not included in the Bruhatrayis. Numerous Ayurvedic academics have connected Amlapitta Acid peptic disorders, Numerous single and combination medications have been tested for this condition. The medications used to treat these illnesses include Tikta Rasa, Madhuravipaka, Sheetaviry, and Laghu Ruksha, which have Kapha-Pittahara actions.

The management of Amlapitta by Shamana Aushadhis employing Amlapittagna Arka was the focus of this study. The characteristics of the Medication used for Ama-pachana and Agnideepana includes Tikta Rasa, Deepana, and Pachana, which improve patient compliance. Guduchi serves as Dhatvagnivardhaka and Rasayana. Rasayana Karma causes Aashaya to receive Bala, preventing Punurudhbhava from occurring in any illness. Owing to its "Vichitrapratyarabdha" attribute, Guduchi function as Pitta, Vishashamaka, and Tridoshagna. It demonstrates Pittasaraka Karma, Deepana, and Pachana, which are beneficial for Prakruta Pitta Nirmana and enhance Pachanakriya. Haritaki diminishes Aamashayagataamlata, Amlapitta's primary Sampraptighataka. Nimba performs the roles of Chardighna, Krimighna, Trishnahara, and Rucikara. It was categorized as Kandughnavarga by Acharya Charaka. Nimba was categorized under Aragvadhadi, Guduchyadu, and

Lakshadigana by Acharya Susrutha. Because of its Sheetaviry and Tiktakashaya Rasa, it functions as Pitta Kaphashamaka and Pitta Shamaka. Because of Tiktakashaya Rasa and Katuvipaka, there is Kaphashamaka. Patola helps to improve Pachanakriya and lessen Angimandya because of its Deepana, Pachana, and Balya qualities. The primary indications for Patolapathra are Agnimandhya and Amlapitta. In Kapha-Pittajavikaras, Patola is Sukhavirechaka and demonstrates Samshodhana Karma. Patola is Tridoshashamaka; Ushnaviry is Vatahara; Tikta Rasa is Pitta Shamaka; and Ushnaviry, Katuvipaka, and Tikta Rasa are the reasons for Kaphahara. The Arka Kalpana's generally have absence of taste odour & colour but they may have shades of own Dravyas, In case of Amlapittagna Arka there is brownish gradient present in it.

Discussion on results

In this work out of 15 patients, suffering with Tikta/Amlodgara got 89.74% Changes. An assessment of Hrit-kanthadaha got 90.00% Changes, an assessment of Utklesh got 90.48% Changes, an assessment of Aruchi got 61.54% Changes, an assessment of Avipaka got 80.00% Changes, an assessment of Klama got 48.28% Changes, an assessment of Gaurav got 48.15% Changes. A significant Change in the symptoms is achieved, and received a significant result.

Probable mode of action

As we concerned about Rasa Virya Vipka of Dravyas it can be understood that, Arka is not giving taste, colour etc. but by its Prabhava and phytoconstituents volatile oils, which are available in the Arka shown their actions on particular Laxana and Samprapti Vighatana is achieved easily with absence of taste and smell etc.

Tikta Amla Udgara Tikta Rasa, Ruksha Guna of the all three ingredients directly act on the Vidagdha Pitta and convert it into Nirama Pitta. Tikta Rasa decreases the Pitta Dravatavridhi thereby pacifying Tikta, Amlodgara. Hrut Kantha Daha mainly due to Pitta Vriddhi and Urdwha Gati of Vata Dosha. The properties of Arka controls Daha due to its Sheetaviry and as Nimba is reported with anti-peptic, analgesic because

of the chemical formed in the *Arka* that is pentobarbitone and anti-inflammatory properties which are very much beneficial in this condition. **Utklesha** is a specific *Avastha* of *Doshas*. In this *Avastha* *Dosha* get aggravated in its own *Sthana* and they can mobilize. In *Utklesha*, *Pachaka Pitta* and *Kledaka Kapha Doshas*, *Drava* and *Sandra Guna* increase and also the *Chalaguna* of *Vata Doshas*. Due to the *Rukshaguna* and *Kashaya Rasa* it reduces *Dravata* of *Pitta* and *Sandra Guna* of *Kapha*. Thus reduces *Utklesha*. *Amlapittanashaka Arka* showed improvement. *Ama* and *Kledaka Kapha* aggravation lead to **Aruchi**, *Ushna Veerya* of *Patola* and *Guduchi* and *Katu Vipaka* of *Patola* and *Nimba* does *Deepana*, *Pachan* of *Ama* and *Kledaka Kapha*. *Vidagdha Pitta* and *Ama* formation leads to **Avipaka**, *Amlapittanashaka Arka* have *Deepana*, *Pachana* properties due to *Ushna Veerya* of *Patola* *Guduchi* and *Katu Vipaka* of *Nimba* and *Patola* the *Prabhav* of *Tiktarasa* of the drugs are useful to reduce *Agnimandyatwa*, and helps in *Prakruta Pitta Nirmana* and it improves *Pachanakriya*. Thus improves the digestion. Formation of *Ama* and *Kledaka Kapha Dushti* leads to **Gourava**, the *Ushna Veerya* of *Patola* and *Guduchi* and *Katu Vipaka* of *Patola* and *Nimba* does *Deepana* and *Pachana* and leads to *Ama Pachan*, the *Laghu-Ruksha Guna* of *Patola* and *Nimba* reduces the *Gouravata*. **Klama** is due to *Amadosha* and *Rasa Dhatu Dusti*. *Pitta Doshas* responsible for *Mandagni* in *Amlapitta*, thus the *Ushna Veerya* of *Patola* and *Guduchi*, *Katu Vipaka* of *Patola* and *Nimba* does the *Deepana* and *Pachana* hence reducing the *Ama Doshas*, also the *Ruksha* and *Laghu Guna* decreases the *Klama*

CONCLUSION

The *Amlapitta* is a psychosomatic disorder caused due to bad food habits and sedentary lifestyle, low socioeconomic status etc. plays an important role in causation of disease. *Agnimandya* and *Ama* are the two main pathological factors for the pathogenesis of *Amlapitta*. *Amlapittagna Arka* were administered after the *Kosta Shodhana* by *Haritakyadi Yoga* for three days. Trial medicine was given with *Madhu* as *Sahapana* 5ml and *Amlapittagna Arka* was given 12ml for three times per day in middle of the food

(*Madhyabukta*) and assessed the gradings on every 7th day and data was collected before treatment and after treatment. Statistical analysis observed that subjective criteria are well managed by the trial drug like *Tikta/Amlodgara* has reduced 89.74%, *Hritkanta Daha* 90%, *Utklesh* 90.48%, *Aruchi* 61.54%, *Avipaka* 80.00%, *Klama* 48.28% and *Gaurava* 48.15%. It is observed that the trial drug *Amlapittagna Arka* is very effective in *Vatapittanubandi* type of *Amlapitta* and it is necessary to observe the action of *Amlapittagna Arka* in large scale research work.

ACKNOWLEDGEMENT

This study was carried out with the Financial Support and sponsorship from Advanced Research and Development Department of Rajiv Gandhi University of Health Sciences, Karnataka, Bengaluru. The authors would like to thank for their support.

REFERENCES

1. <https://www.thepharmajournal.com/archives/2019/vol8issue6/PartL/8-5-218-458.pdf>
2. Agnivesha, Charaka Samhita, Ayurveda Deepika Commentary of Chakrapimi, Edited by: Vaidya Yadavji Trikrampi Acharya, Choukambha Surabharati Prakashan, Varanasi, reprint 2009.
3. Tripathi I. Arka Prakash of LankapatiRavan with Hindi Commentary, Pratham Shatak, Verse 46. Varanasi: Chaukhamba Sanskrit Series 1995;9.
4. A textbook of dravyaguna By Hegde.
5. Kashyapa, Kashyapa Samhita with English Translation and Commentary, Edited by PV Tewari, Chaukhamba Visvabharati, Varanasi 2008, Pp:792, Pg:630-635
6. Ajaykumar Sharma, Kayachikitsa (part2), Chaukhamba Publishers Varanasi 2013, Adhyaya No:25 *Amlapitta*
7. <https://ijapr.in/index.php/ijapr/article/view/1635/1213>
8. <https://www.thepharmajournal.com/archives/2019/vol8issue6/PartL/8-5-218-458.pdf>
9. [https://www.ijrmst.com/admin1/upload/19%20Annapoorna%20Rao%20\(1\).pdf](https://www.ijrmst.com/admin1/upload/19%20Annapoorna%20Rao%20(1).pdf)
10. (PDF) A comparative pharmacognostical & physicochemical study of Patola (*Tricosanthes dioica*)

Roxb.) leaves collected from field & market.
(researchgate.net)

11. https://www.researchgate.net/publication/369356544_A_Review_on_Arka_Kalpana

How to cite this article: Shubham Rajesh Giram, Ashwini Kudarimath. Assessment of efficacy of Amlapittagna Arka in Amlapitta - A Clinical Observational Study. J Ayurveda Integr Med Sci 2024;3:30-39.
<http://dx.doi.org/10.21760/jaims.9.3.5>

Source of Support: Financial Support by Advance Research Wing, Rajiv Gandhi University of Health Sciences, Karnataka, Bengaluru.

Conflict of Interest: None declared.

Copyright © 2024 The Author(s); Published by Maharshi Charaka Ayurveda Organization, Vijayapur (Regd). This is an open-access article distributed under the terms of the Creative Commons Attribution License (<https://creativecommons.org/licenses/by-nc-sa/4.0>), which permits unrestricted use, distribution, and perform the work and make derivative works based on it only for non-commercial purposes, provided the original work is properly cited.