

Management of Amlapitta with Vasadi Dashanga Vati - A Case Study

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Amlapitta is a common gastrointestinal disorder described in Ayurveda, characterized by an imbalance in the Pitta dosha, primarily due to improper diet, stress, and lifestyle habits. It correlates with conditions like hyperacidity or acid peptic disorders in modern medicine. The disease manifests through symptoms such as sour belching, heartburn, nausea, indigestion, and a burning sensation in the stomach and chest. Ayurveda attributes its pathogenesis to aggravated Pitta affecting the digestive fire (Agni) and the gastric secretions. Management involves dietary modifications, lifestyle changes, and the use of herbal formulations like Vasadi-Dashanga Vati. The contents of Vasadi-Dashanga Vati are Vasa, Amrita, Parpata, Nimba, Bhunimba, Markava, Haritaki, Bibhitaki, Amalaki, Kulaka. All drugs have a property of Pitta-shamaka, reduces burning, improves digestion, supports liver function and regulate Pachaka Pitta, also controls acid secretion in the stomach. Improves digestive fire (Agni) in a balanced way, without aggravating Pitta, thus aiding in proper digestion and reducing Ama (toxins).

Keywords: Amlapitta, Vasadi Dashanga Vati, Case Study, Hyperacidity, Gastritis, Gastroesophageal Reflux Disease (GERD), Peptic Ulcer Disease (PUD)

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Introduction

Ayurveda is known to be oldest form of health care in the world. The basic principles of provide ways for management of diseases related to disturbed pattern of lifestyle with the help of various *Shodhana*, *Shamana* treatment along with *Pathya*. Due to altered life style activities, faulty dietary habits, craze of fast food and stress there is tremendous increase in disorder related to *Mahasrotas*, *Amlapitta* is one of major disease which occur in *Mahasrotas*. In pathogenesis of *Amlapitta* includes three important factor like *Agnimandya*, *Ama*, and *Annvahasrotodusti* along with vitiation of *Pitta* & *Kapha* which leads to qualitative and quantitative changes in *Pachaka Pitta* gives rise to *Amlapitta*. Increase in *Amla* and *Drava Guna* of *Pachaka Pitta* leads to *Amlapitta*. "*Vidaahyamla Gunodriktam Pittam*"[1] when *Pitta* gets *Vidagdha* there is sour taste leading to *Amlapitta*. According to *Vagbhata Agnimandya* is the root cause of all the disease.[2] *Acharya Kashyapa* has first mentioned the diseases *Amlapitta* in a separate chapter and also give suggestion to change the place for the peace of mind in case where the medicine does not work out, has also been narrated.[3] Excess intake of salty food, suppression of natural urges and fluently use of NSAID and antibiotics, steroids, aspirin like medicine are huge role in developing disease *Amlapitta*. Ayurveda medicine has the potential of *Kostha Shudhi* so that newly formed acid would be normal in both quality and quantity. Prevalence rate of peptic ulcer which is around 5%-10%. Gastric and duodenal ulcers coexist in 10% of patients and more than one peptic ulcer is found in 10%-15% of patients. The drug *Vasadi-Dashanga Vati* selected for present thesis work are purely ayurvedic in origin, easily available, and economic.

Case Report

A 27year old man Adhil patient came to OPD with complaints of intermittent bouts of *Avipaka*, *Klama*, *Utkelesh*, *Tikt-Amla-Udagara*, *Gaurav*, *Hrit-Kantha-Daha*, *Aruchi*[4] since 3 years. Patient was also having complaints of generalised weakness with mood irritability in doing day to day work. There were no associated complaints like constipation or diarrhoea.

Past history: No major illness

Family history: Not any History

Examination of the patient

Ashtavidha Pareeksha

Nadi: Pitta-Kafaj

Mala: Samyak

Mutra: Daha-Yukta

Jihwa: Saama

Sabda: Prakrita

Sparsa: Anushna

Drik: Prakrta

Akriti: Madhyama

Clinical findings

General condition - Fair

Pallor - Absent

Oedema - Absent

Cyanosis - Absent

Icterus - Absent

Clubbing - Absent.

Lymphadenopathy - Absent

Pulse Rate - 71 bpm

Height - 156cm

Blood pressure - 130/90 mm/Hg

Respiratory Rate - 16bpm

Weight - 60 Kg

Systemic Examination

Central Nervous System: Conscious and well oriented.

Cardiovascular System: S1 and S2 heard and no murmurs.

Respiratory system: Air entry bilaterally equal, no added sounds.

Dashavidha Pariksha

Prakruti: Kapha-Pittaja

Vikruti: Pachaka Pitta, Kledaka Kapha, Saman Vayu

Sara: Madhyam

Samhanan: Madhyam

Vaya: Madhyam

Satmya: Vyamishra

Satva: Madhyam

Abhyavaran Shakti: Madhyam

Jarana Shakti: Madhyam

Vyayama Shakti: Avara

Samprapti

Nidana Sevana

↓

Severe aggravation of *Pitta* along with *Vata* and *Kapha*

↓

Agnimandya

↓

Vidagdha Ajeerna leads to *Shuktatva* of *Anna*

↓

Turning more sour due to increasing *Amla* and *Drava Guna* of *Pitta* in *Amashaya*

↓

Suktatam Yaati Samsrajyamanena Pittena Janayati Amlapittam (Amlapitta)[5]

Table 1: Treatment given

SN	Medicine	Dose	Time of administration	Anupana	Duration
1.	Vasadi-Dashanga Vati	2 tab TDS	Before meal	With lukewarm water	30 days

Table 2: Assessment of symptoms before and after treatment

SN	Lakshana	Before treatment	After treatment
1.	Avipaka	+++	Cured
2.	Klama	++	Cured
3.	Utkelesh	++	Cured
4.	Tikt-Amla-Udagara	+++	+
5.	Gaurava	++	+
6.	Hrit-Kantha-Daha	+++	+
7.	Aruchi	+++	Cured

Along with taking medicine, the patient was also told to follow a special diet and make some lifestyle changes. They were told to eat meals on time and choose light, easy-to-digest foods. These include coconut water, cooling foods, vegetables like white pumpkin, bitter gourd, and cucumber, and fruits like gooseberry, black grapes, figs, and dry grapes. They should also drink plenty of fluids like amla juice, pomegranate juice, and warm water, and get enough sleep and rest.

The patient was also told not to eat certain things like amla, salty, very spicy, or sour foods, as well as foods that are oily, hard to digest, or junk food. They should also avoid eating foods that don't go well together.

In this study, observations were made before and after the treatment based on the symptoms. The results, shown in Table 2, show that all symptoms improved, and some were completely cured.

The patient had follow-up checkups starting on the 10th day and continuing up to 30 days.

- **First follow-up:** There was a little relief in symptoms like bitter-sour burping (*Tikta-Amlodgar*), *Hrit-Kantha-daha*, nausea (*Utkl-asha*), and *Gaurava*. The patient was told to keep taking the same medicine.
- **Second follow-up:** All those symptoms were slightly gone. There was still a little loss *Hrit-Kantha-daha*, nausea *Gaurava* and but it was improving.
- **Third follow-up:** Some symptoms have no more complaints. But some mildly present.

Patient was told to keep follo. same diet & lifestyle rules. They were also advised not to lie down right after eating or sleep flat on their back, & to avoid smoking, drinking alcohol, tea, coffee, & stress.

Discussion

In this study, observations were made before and after the treatment based on the symptoms. The results, shown in Table 2, show that all symptoms improved, and some were completely cured.

Mode of action of *Vasadi-Dashanga Vati*[6]

1. *Vasa (Adhathoda vasica)*

Drug '*Vasaka*' is considered for its indigenous system of medicine. It contains various therapeutical properties including cardiovascular protection, ant tubercular, antiulcer, antiasthmatic, hepatoprotective, antibacterial, antitussive, ant mutagenic, antibacterial, abortifacient.[7] *Adhatoda vasica* has been used to control both internal and external bleeding such as peptic ulcers, piles and bleeding gums.

2. *Amrita (Tinospora cordifolia)*

Useful in thirst, vomiting, loss of appetite, abdominal pain, liver disorders. jaundice, acid-peptic disorder. It increases appetite.

Major properties seen in this herb are: *Rasa* (Taste) is having *tikta* (bitter); *Guna* (Characteristics) is having *Guru* (heavy) and *Veerya* (Potency) is having *Ushna* (warm).[8]

3. *Parpata (Fumaria parviflora)*

Parpata's properties include antisecretory, gastro-protective, and in-vitro antacid activities, making it a potential remedy for conditions involving excessive acid secretion & gastrointestinal inflammation.

4. Nimba (*Azadirachta indica*)

Properties of Nimba, Rasa - Tikta, Kashaya , Guna - Laghu Ruksha, Virya- Sheetha, Vipaka - Katu , Doshaghna - Kapha-Pittahara, Karma - Deepana, Grahi, Krimighna, Netrya, Madhumehaghna.[9]

5. Bhunimba (*Andrographis paniculata*)

The findings indicated that whereas andrographolide was only effective against *Bacillus subtilis* (B. subtilis), *Escherichia coli* (E. coli), and *Pseudomonas aeruginosa*, the aqueous extract and arabinogalactan proteins both possess antibacterial activity. Additionally, it was noted that each of the three had anti-candida albicans fungus action.[10]

6. Markava (*Eclipta alba*)

It significantly works on *Pitta Dosha* (Fire and water component of the body) and *Vatta Dosha* (air and space components of the body). It acts as a *Rasayana*. The extract obtained from the leaves is used as liver tonic. The extract obtained from the leaves is used as liver tonic, rejuvenative and beneficial for hair, eyes, edema, and phlegm.[11]

7. Haritaki (*Terminalia chebula*)

Pharmacological action[12]

- Gallic acid in its fruits is found Antispasmodic activity
- Flanol aglycones in its fruits are found Antiulcer activity and improving Gastrointestinal motility
- Chebulagic acid bioactive compound shown Anti-inflammatory activity

8. Bibhitaki (*Terminalia bellerica*)

Pharmacological action - Antioxidant activity, Anti-spasmodic, Immunological, Antimicrobial, Wound healing activity.

9. Amalaki (*Emblica officinalis*)

Amalaki fruit is a rich source of vitamin C and low molecular weight hydrolysable tannins. Because of these content *Amalaki* becomes a good source of antioxidant.[13]

10. Kulaka (*Tricosanthes dioica*)

Pharmacological action - Antiulcer, Laxative, Gastroprotective, Antioxidant. The aqueous extract of leaves shown anti-ulcer activity.[14]

Conclusion

Amlapitta, also known as gastroesophageal reflux disease (GERD), is a common digestive problem that affects people all over the world. Its symptoms can vary from mild discomfort to serious issues. To treat it effectively, it's important to understand its causes, affected body elements (*Dosha* and *Dushya*), the presence of toxins (*Ama*), and the overall condition of the patient. So, the treatment includes both cleansing (*Sodhana*) and soothing (*Shamana*) therapies. Also, patients are advised to eat and drink things that are bitter in taste (*Tikta Rasa*), which helps in managing the condition. *Vasadi-Dashanga Vati* with *Pittashamak*, *Tikta* (bitter), *Kashaya* (astringent), *Deepana* (appetizer), *Pachana* (digestive), and *Ropan* (healing) properties. It's mainly used in *Pitta*-related disorders, especially involving the respiratory and digestive systems.

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