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Systemic review and analysis of research on *Amlapitta*

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ABSTRACT

The disease *Amlapitta* is a common functional disease of *Annavaha Srotas*. Materialistic life style provoke people to run behind a busy, stressful life which is least concern towards proper food habits. "Hurry", "Worry" & "Curry" are the main causes for disease *Amlapitta*. *Amlapitta* is a disease prevalent all over the world. The increasing prevalence rate is a constant challenge to the research workers. So here an attempt has been made to analyze the research work about to manage *Amlapitta*. In this article, systemic review of 4 research (held at Government Ayurved College & Hospital, Nanded) had been carried out.

Key words: *Amlapitta*, GERD, Research.

INTRODUCTION

As the new era is progressing, human needs are rising proportionally in a higher ratio, due to introduction of newer technology through research.^[1] But in this Fast food era, human being forgets everything to achieve their goal. No gain without pain, for that he need a faceoff with hurry, worry, stress, anxiety, improper food habits.^[2] All of them accelerate the vitiation of *Dosha* by disturbing *Agni*.^[3] Irregular and improper food habits, busy stressful lifestyle and westernization are the main culprits of an obstinate disorder escalating in its prevalence i. e. *Amlapitta*.^[4]

Acharya Charaka and *Kashyap* have clearly indicated that, the *Grahani Dosha* and *Amlapitta* occur in the

person who could check the temptation of food. *Ajirna* after encountering the specific *Doshas* and affinity with specific site may cause various diseases. *Annavisha* produced due to *Ajirna* when mixes with *Pittadi Dosha* and lodges in *Amashaya* produces *Amlapitta*.^[5] In *Madhava Nidana* commentary, stated that when *Pitta* gets vitiated and become *Vidagdha* and *Amla*, this condition is *Amlapitta*.^[4]

Signs and symptoms of *Amlapitta* can be correlated with GERD,^[6] which has prevalence of about 7.6% in India.^[6] As per modern science, GERD can be treated by H₂ Blockers and Proton Pump Inhibitors, which shows remarkable relief in symptoms, but long term use of H₂ Blockers and Proton pump inhibitors causes side effects like dizziness, headache, gynecomastia, loss of libido, temporary oligospermia, atrophicgastritis, etc.^[7]

Madhavakara stated that, *Amlapitta* can be easily managed in early stage. In chronic conditions of *Amlapitta*, treatment should be given for very long time.^[4] And for this long term treatment, there is need for herbal, eco friendly, toxicity free medicine to use.

At Government Ayurved Collage and Hospital, Nanded, different studies were carried out to rule out their significance in management of *Amlapitta*. In this

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article systemic review of 4 research work (held at Government Ayurved Collage and Hospital, Nanded in between 1990-2020) had been carried out. All of these works were conducted with use of *Shamana Chikitsa* with *Pathya-Apathya*.

MATERIALS AND METHODS

Post Graduate Thesis Work done in Post Graduate Department at Government Ayurved Collage and Hospital, Nanded.

Study no. 1: Vd. Shivaji Marotrao Panzade (1992)^[8]

In this study, There was only trial group

No. of patients: 30

Drug given: *Agnitundi Vati* for 30 days

Dose: 500 mg TDS after meals with *Koshnajala*.

The study reveals that *Agnitundivati* shows statistically significant relief in symptoms. (Table no. 1)

Table 1: Effect of *Agnitundi Vati* on *Amlapitta*

Symptoms	Before Treatment Average value	After Treatment Average value	Difference in Average value
<i>Amlodgaara</i>	1.70	0.58	1.21
<i>Urovidaha</i>	2.20	0.80	1.40
<i>Amlachhardivega</i>	0.85	0.61	0.24
<i>Mahasrotas Samavastha</i>	2.93	0.90	2.03

Study no. 2: Vd. Valvi Nitin Pratap (2011)^[9]

In this study, There are total 60 no. of patients which were randomly divided into 2 groups.

Group A: Trial group

No. of patients: 30

Drug given: *Haritaki Bhringaraj Guda Yoga* for 15 days.

Dose: *Haritaki* 3gms + *Bhringaraj* 3 gms + *Purana Guda* 10 gms given BD after meals with *Koshnajala*

Group B: Control group

No. of patients: 30

Drug given: *Tab. Laghusutshekhara Rasa* and *Avipattikar Churna* for 15 days.

Dose: *Tab. Laghusutshekhara Rasa* 500 mg BD after meals with *Koshnajala*.

Avipattikar Churna 5 gms HS with *Koshnajala*.

Study results shows that both treatments are effective in management of *Amlapitta*. (Table no. 2)

Table 2: Effect of *Haritaki Bhringaraj Guda Yoga* in *Amlapitta*.

Symptoms	Trial Group	Control Group
<i>Avipaka</i>	60.40%	76.31%
<i>Utklesha</i>	72.72%	82.33%
<i>Tikta-Amlodgara</i>	66.07%	57.41%
<i>Gaurav</i>	58.60%	75.00%
<i>Aruchi</i>	62.16%	53.57%
<i>Klama</i>	61.53%	50.00%
Total	64.40%	66.50%

Study no. 3: Dr. Suhas Sakhare (2018)^[10]

Total 60 no. of patients were divided in two equal groups.

Group A: Trial Group

No. of patients: 30

Drug given: *Patola Churna* for 60 days.

Sheetali Pranayam for 60 days

Dose: *Patola Churna* 2 gms BD with *Koshnajala*

Sheetali Pranayama 10 mins daily

By study results, it is suggested that Group A shows better results in reducing symptoms of *Amlapitta*. (Table no. 3)

Table 3: Effect of Sheetal Pranayam with Patola Churna in Amlapitta.

Symptoms	Trial Group	Control Group
Utklesha	63.15%	68.00%
Tiktamlodgar	69.04%	48.75%
Daha	79.62%	82.69%
Average	70.60%	66.50%

Study no. 4: Vd. Supriya Dombale (2019)^[11]

There were 60 patients which were divided into 2 groups.

Group A: Trial Group

No. of patients: 30

Drug given: *Nagarmotha Vati* for 30 days.

Dose: 3 Tabs. (500 mg each) BD after meals with *Koshnajala*.

Group B: Control Group

No. of patients: 30

Drug given: Tb. Ranitidine for 30 days.

Dose: 150 mg OD

Study results shows that trial drug is more effective than control drug. (Table no. 4)

Table 4: Effect of Nagarmotha Vati in Amlapitta.

Symptoms	Trial Group	Control Group
Tiktamlodgara	50.00%	38.10%
Utklesha	66.67%	57.89%
Hrutkanthakukshidaha	57.78%	53.19%
Shirashool	38.46%	33.33%

DISCUSSION

Amlapitta is one of the major diseases caused by life style changes and its prevalence is increasing day by day. These life style related diseases can be managed with following *Pathya-Apathya*; But in some conditions, there is need of medicine for the

management of symptoms which affects daily routine of a person.

For preservation of health of vital organs, the use of medicinal herbs is the need of hour. There are number of herbs which are used as home remedies for common ailments. Such herbs are easily available, eco-friendly, cost effective and toxicity free due to holistic approach.^[12]

In the 1st study, there was of use of *Pachankalpa* like *Agnitundi Vati*. This *Kalpa* is *Rasakalpa* which is *Deepana-Pachankalpa* and mainly acts on *Annavaha Srotas*. *Agnitundi Vati* breaks the *Samprapti* of disease like *Paachana* of *Aama* and *Agnideepan*. By the statistical study, there is relief in symptoms like *Amlodgar*, *Uroidaha*, *Amlachhardivega*. But remarkable relief is seen in *Samavasthik* symptoms like *Aruchi*, *Malavibandha*, *Udargaurav*, *Adhovayugaman*.

In the 2nd study, *Haritaki Bhrunjaraj Guda Yoga* was used as trial drug and *Laghusutshekhar Rasa* with *Avipattikarchurna* were used as control drug. Statistical study shows symptoms were reduced significantly in both trial group and control group. There was no significant difference in both groups in effect of therapy. Trial drug is cost effective. *Purana Guda* given with *Haritaki* causes *Nirharana* of *Pittadosha*.^[13] *Nitya Anuloman* causes *Nirharana* of vitiated *Doshas* in *Amlapitta* disease.

In the 3rd study, there was use of *Patola Churna* with and without *Sheetali Pranayam*. In this study, Trial group shows statistically significant relief in symptoms. The practice of *Sheetali Pranayam* calms the mind, reduces the stress and anxiety. It cools the body and mind, this *Pranayama* is very beneficial in *Amlapitta* (Hyperacidity). *Chinta* (Worry) is the main cause of *Rasavaha Srotas Dushti*^[14] which causes *Aamotpatti* which is one of the main component of *Amlapitta Samprapti*. Hence *Pranayam* like *Sheetali* is effective in the management of *Amlapitta*.

In the 4th study, *Nagarmotha Vati* is used as trial drug and Tab. Ranitidine as control drug. Statistically, *Nagarmotha Vati* has an *Upashayatmak* effect on *Urdhwaga Amlapitta*. It is also as efficient as Tab.

Ranitidine for managing *Urdhwaga Amlapitta*. But considering the side effects of Tab. Rantidine in the future, the use of *Nagarmotha Vati* to treat *Urdhwaga Amlapitta* is only ethical and correct treatment.

CONCLUSION

In this article, Four research studies on the management of *Amlapitta*, All these works had been carried out on *Shamana Chikitsa*. Review shows better result along *Shamana Chikitsa* with following *Pathya-Apathya* in such lifestyle dependant diseases like *Amlapitta*.

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