



## An Ayurvedic Management Of 'Urdhwaga Amlapitta' W.S.R. To Dyspepsia – A Single Case Study

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### Abstract

Amlapitta is among the most prevalent illnesses in the community. Every age group, every class, and every community experience it. The term "amlapitta correlated with hyperacidity" describes a group of symptoms brought on by an imbalance between the proximal intestine's and stomach's acid-secreting processes and the defences that keep them safe. Acid secreted by the stomach is typically necessary for digestion. Acidity is the term for the condition that arises when the stomach produces too much acid. Because amlapitta develops from the vitiation of Kapha Pitta Doshas, according to our Acharyas, it is treated by Pitta Shaman along with Vamana and Virechana. For the treatment of Amlapitta, Swamarg Chikitsa is described. In Ayurveda, Urdhwag Amlapitta, Vidagdhajeerna, Samapitta Lakshanas, and Pittaja Grahani Lakshana can all be used to explain hyperacidity. This indicates a reduction in symptoms including flatulence, nausea, indigestion, burning in the retrosternum, and acid reflux eructation. With particular reference to Dyspepsia or gastroesophageal reflux disease (GERD), Laghu Sutshekhar Rasa, Avipattikar Churna, and Patoladi kwatha, in conjunction with lifestyle and food change, offered significant improvement in Amlapitta symptoms.

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**Keywords: Urdhwaga Amlapitta, Dyspepsia, Shaman Chikitsa, Pathyapathya, GERD (Gastro Esophageal Reflux Disease)**

### INTRODUCTION:

Many people engage in unhealthy eating habits and routines as a result of their ignorance about food and modern lifestyles. This unhealthy diet and way of living will cause metabolic impairment, which will result in Amlata and Vidagdhata of the food ingested. In Ayurveda this is known as Amlapitta. Madhavakara<sup>1</sup> has stated that Pitta is predominant in Amlapitta, however Acharya Kashyapa<sup>2</sup> has indicated the involvement of three Doshas in this ailment. Acharya Charaka<sup>3</sup> listed Amlapitta in Grahaniroga as one of its Lakshanas, but

he did not name it as a separate illness. According to Ayurveda, vitiated Agni is the cause of most illnesses<sup>4</sup>. Amlapitta is a situation in which Drava such as Phanita, Kulattha, Ikshu Vikara, Bhrishta Dhanya, Pulaka, etc., and Pitta that has previously been accumulated by self-causing causes, get Vidagdha due to Virudha, Dustha, Amla, Vidahi, Pittakar Ahara, and so on. As a result of continuous Nidanans, Shuktatva eventually settles in Aamashaya. Avipaka, Klama, Utklesh, Tiktaamlodgara, Gouravata, Hritkantha Daha, Aruchi, and other symptoms are indicative of Amlapitta. Urdhwaga Amlapitta and Adhoga Amlapitta are the two varieties of Amlapitta that are referenced in classics.<sup>5</sup> According to contemporary research, dyspepsia and urdhwaga amlapitta are connected.

#### Urdhwaga Amlapitta<sup>6</sup>

Aruchi (anorexia), Tiktamlodgar (acid eructation), Shiroruja (headache), Gaurav (lethargy), Gurukoshthatva (heaviness in the abdomen), and Vibandha (constipation). The primary cause of Urdhwaga Amlapitta is consuming Aharas that are not appropriate for one's Prakritii, or improper diet, such as Amla (sour), Katu (pungent), Lavana (salty), Guru (heavy meal), Snigdha (oily/excessive fluids), and Abhishandhi (difficult-to-digest food). In addition, Urdhwaga Amlapitta is also caused by addictions to alcohol, tobacco chewing, smoking, extreme stress, and condiments. Drugs such as corticosteroids and NSAIDs can also induce dyspepsia. Ayurvedic doctors have been treating dyspepsia for a long time using information from traditional Ayurvedic texts (pathogenesis, causal factors, treatment plan, and preventive tool), but there isn't nearly as much evidence as there is by current standards. burning, sensation, heaviness, sour or bitter belching, thirst, sweating, nausea, poor digestion, fevers from vitiated pitta and kapha, and burning. The most common symptoms in people with acidity are Chhardi (vomiting), Pittaja Gulma (hard mass in the belly caused owing to vitiated Pitta), Parinamashoola (duodenal ulcer), Pittashmari (stones formed due to vitiated Pitta), and Annadravashoola (gastritis/peptic ulcer).<sup>7</sup>

The illness known as gastroesophageal reflux is brought on by the esophageal sphincter's dysfunction. This is a highly prevalent ailment that can even affect children. The indications and symptoms of gastroesophageal reflux disease (GERD) include heartburn, chest pain, stomach discomfort, distension in the abdomen, sour belching, regurgitation of food, nausea, and decreased appetite.

A group of symptoms affecting the stomach, duodenum, or oesophagus (gullet) are together referred to as dyspepsia (the first part of the small intestine). It's also known as indigestion at times. Its symptoms include heartburn, nausea, indigestion, bitter and sour belching, and postprandial fulness, among others.<sup>8</sup> In India, the prevalence of dyspepsia is 30.4%<sup>9, 10</sup>. Pharmacological therapies such as the administration of proton-pump inhibitors, H2-blockers, and antacids are part of the medical care of dyspepsia. Long-term usage of these medications may have negative side effects, such as nausea, constipation, and appetite loss<sup>11</sup>, etc.

#### Case History:

A 22 years old female patient approached to Kayachikitsa OPD of Parul Ayurved Hospital, Vadodar with chief complaints of burning sensation over epigastric region (Hrith-Kantha Daha), Nausea (Utklesh), Sour belching (Tiktaamlodgara), Indigestion (Avipaka), Headache (Shirahshoola) since 3 months.

#### Past history:

There was no any past history of Diabetes mellitus, Hypertension and other diseases. Same complaints were present to the mother.

#### History of present history:

Patient was apparently alright before 3 months then she repeatedly started complaining of burning sensation over epigastric region, nausea, sour belching, indigestion, and headache. For that she has consulted allopathic physician but didn't get relief as she used to take daily antacids. Since 1 month the symptoms have aggravated, she came to Parul Ayurved Hospital for better management.

#### Personal History:

**Prakriti:** Pitta Vataja

**Ahara:** Veg

**Vyavasaya:** Student

**Vyasana:** Tea- 4 times a day

**Nidra:** Sound

**Vihara:** *Diwaswapna* for 1 hr after taking meals. *Ratri Jagarana*

**Mala:** Once/day

**Mutra:** 4-5 times/ day, 1-2 times/night

**Examination** (*Asta-Sthana Pareeksha*):

**Nadi:** 76 bpm

**Mala:** *Sama*, Non Satisfactory

**Mutra:** 4-5 times/ day, 1-2 times/night

**Jihwa:** Lipta

**Shabda:** Prakruta

**Sparsha:** Anushna-Sheeta

**Drik:** Prakruta

**Akriti:** Madhyama

**PHYSICAL EXAMINATION-** Blood pressure - 120/80mmHg., Pulse rate – 76/min., Respiratory rate – 18/min. Temperature – 98.7 F, Oedema – No, Pallor – No, Icterus – No, Clubbing – No, Systemic Examination – NAD, P/A - Soft & Non tender ,

### 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

### Diagnosis:

Diagnosis was made depending upon symptoms found in Patients which are explained in classics

1. Tiktaamlodgara (bitter and sour belching)
2. Hrith-Kanth Daha (heart burn)
3. Utklesh (Nausea)
4. Avipaka (Indigestion)
5. Shirhshoola (Headache)

### Samprapti Ghatak (Etiopathogenesis)

Dosha: Pitta Pradhana, Samana Vayu & Kledaka Kapha

Dushya: Rasa

Agni: Jataragni

Srotas: Annavaaha, Pureeshavaha, rasavaha

Srotodusti Prakara: Vimargagamana, Atipravrutti

Rogamarga: Abhyantara.

Sancharasthana: Annavaaha Srotas

Udhbhavasthana: Amashaya

Vyaktasthana: Sarvasharira

Adhistana: Amashaya

### Assessment Criteria before Treatment:

Grading of Subjective Parameters for Assessment of Urdwaga Amlapitta<sup>12</sup>

Symptoms	Grade
Hrith-Kanth Daha (heart burn)	4
Utklesh (Nausea)	2
Tiktaamlodgara (bitter and sour belching)	4
Avipaka (Indigestion)	4
Shirhshoola (Headache)	3

(Grade 0- Absent, Grade 1- Occasional, Grade 2- Once in a week, Grade 3- Once in 2-3 days, Grade 4 Everyday) (Kolar, 2023)

### AYURVEDIC MANAGEMENT –

According to Acharya Charak Chikitsa of all disease can be divided in 3 part<sup>13</sup>

1. Nidanparivarjan
2. Samshodhana
3. Shamana.

#### 1. Nidana Parivarjana

The aim of Nidana Parivarjana therapy is to prevent illness from occurring. For many illnesses, it is advised to be the first line of treatment. Nidana Parivarjana prevents relapse and slows the course of a disease. Nidana Parivarjana, or the removal of the disease's causative factors, is the initial line of treatment for all illnesses. Excessive Nidana Sevana in Amlapitta causes Mandagniand Pitta Vriddhi. Thus, Amlapitta's Nidan ought to be eliminated during the initial course of therapy. Some of the reasons of acidity that should be avoided are Ruksha Annapana (eating dry foods), Vatika Annapana (eating a diet that aggravates Vata in the body), and Langhana (fasting). The Nidanas (causes) of Amlapitta include poor eating habits, overindulgence in sexual activities, intense mental and physical labour, drinking alcohol, and ingesting large quantities of rice and beans. In addition, avoiding adhyasana—eating too quickly after a meal—will help prevent acidity.

Dietary and lifestyle changes for acidity patient as per ayurveda

#### PATHYA

- Consume foods like barley, Patola, green gram, Amalaki, bitter gourd, green veggies, Kapittha (wood apple), wheat, pomegranate, honey, cane root, meat broth, cold water, banana, raw sugar and white gourd melon.
- Drink cold water.
- Perform therapeutic purgation, therapeutic enema, and therapeutic emesis under the guidance of an Ayurvedic physician.
- Follow a healthy routine including a balanced diet and timely meals.
- Perform Yogasanas.

#### APATHYA

- Don't eat chickpea flour, rice, brinjals, black gram, potato, spicy and salty food, ast food, sour vinegar and rocksalt.
- Do not drink coffee, alcohol or tea.
- Do not sleep during the day.
- Do not suppress natural urges like urinating or bowel movement.
- Do not eat incompatible food combinations.
- Do not eat sesame seeds, Kulattha (horsegram), black beans, wine, goat's milk, curd, and oily foods.

#### 2. SHODHANA CHIKITSA

The following shodhana treatments are used by Ayurveda to treat acidity. By eradicating the vitiated Doshas from their source, Samshoshana karma completely cures the illness and reduces the likelihood that it will return. According to Acharya Kashyap, Kapha and Pitta Dosha have Ashrayas, and Amlapitta develops from Amashaya (the stomach). The best remedy for Amlapitta is Vamana and Virechana karma; for instance, if we cut off a tree's root, the tree will naturally die at the stem.

#### 3. SHAMANA CHIKITSA

Medicine	Frequency	Duration
<i>Avipattikar Churna</i>	<i>1tsp. before food</i>	5 days
<i>Laghusutshekhara Rasa</i>	1 BD after food	5 days
<i>Patoladi Kwatha</i>	25 ml before food	15 days
<i>Ushirasava</i>	4 tsp. before food	10 days

## OBSERVATION & RESULT – Assessment Criteria After Treatment

Symptoms	Grade
Hrith-Kanth Daha (heart burn)	0
Utklesh (Nausea)	0
Tiktaamlodgara (bitter and sour belching)	0
Avipaka (Indigestion)	1
Shirhshoola (Headache)	0

(Grade 0- Absent, Grade 1- Occasional, Grade 2- Once in a week, Grade 3- Once in 2-3 days, Grade 4 Everyday)

On 7<sup>th</sup> day after treatment started patient had 50% relief of symptoms of Amlapitta. On regular follow up gradually decrease in symptoms.

## DISCUSSION :

Amlapitta is Pittapradhan and Saamavyadhi. Pachaka Pitta and Kledaka Kapha are the dominant Dravas. In addition to vitiating Kledaka Kapha, which causes Agnimandya and renders one unable of digesting even small amounts of food, the Dravatah Vriddhi of Pitta lowers the Tikshanata of Pachaka Pitta. According to Kashyapa, if the Doshas still exist after Vamana, the doctor should consult Shaman Chikitsa, who can help with Laghu Bhojana, Shaman, and Pachana. All Acharyas recommend Tikta Rasa, Laghu, Snigdha Guna, Katu or Madhura Vipaka, and Seeta Veerya medicines mostly for Amlapitta. Amlapitta benefits from the use of Shaman medications that are in opposition to Pitta and, to a lesser extent, Kapha qualities.

## Mode of action of Oral medications:

- Avipattikar Churna<sup>14</sup>  
Avipattikar Churna is an Ayurvedic preparation made of Musta (nutgrass), Vidanga (false black pepper), Ela, Lavanga (clove), Trikatu (a combination of Pippali, Shunthi, and Maricha), among other ingredients. In Ayurvedic medicine, it is mainly suggested for treating acidity.
- Laghusutashekhara Rasa<sup>15</sup>  
In Ayurveda, sutashekhara rasa is frequently used to cure acidity due to its antacid and anticholinergic effects on the body. It relieves a variety of symptoms, such as heartburn, fevers, headaches, vomiting, nausea, epigastric soreness, and breathing difficulties. It mostly affects the Pitta Dosha.
- Patoladi Kwatha<sup>16</sup>  
This drug contains nimba, triphala, and patola. Triphala is a mild purgative, whereas Patola and Nimba are mostly tikta rasa pradhana. As a result, it balances the pitta dosha. While Urdhvaga Amlapitta is a psychosomatic condition, Haritaki and Vibhitaki have anti-ulcer and even anti-stress properties. In addition to its anti-ulcer properties, the drug Nimba relieves anorexia and burning sensations. Another attribute of this formulation is deepana pachana. All of these medication characteristics aid in lessening Urdhvaga Amlapitta symptoms.
- Ushirasava is a medication that is cooling, hemostatic, and pacifies Pitta. It is a blood purifier, diuretic, coolant, and tranquillizer. (Deva, Nov 2017)  
Amlapitta is associated with both the Kapha and Vata Doshas and is a Pitta dominating condition. The primary pathogenic process responsible for the presentation of this disease is excess production of vitiated Pitta. Unhealthy eating and lifestyle choices vitiate the Pitta. The management of Amlapitta benefits from the use of medications with features such as Tikta-Madhura Rasa (bitter-sweet taste), Madhura Vipaka (sweet taste with post-digestion impact), SheetaVirya (cooling energy of substance), Laghu (light), Ruksha Guna (dry), and pacifies Pitta-Kapha. Ayurvedic classics mention a plethora of herbal and herbomineral compositions for the treatment of amlapitta.

The observation showed that there are no side effects from the particular treatment, which includes Laghusutshekhara Rasa, Patoladi Kwatha, and Avipattikar Churna, and which significantly relieves Amlapitta symptoms. This combination Ayurvedic treatment performed well as an alternative treatment for Amlapitta.

Amlapitta is a psychosomatic illness in which nutritional indiscretion is not the only significant contributing factor—psychological aspects are also significant. The most crucial elements for both preventive and curative aspects of health are the Ashta Ahar Vidhi Visheshayatana and Dashvidh Ahar Vidhi Vidhan principles, which are mentioned in the Charak Samhita. Both before and after consuming meals, they must be looked at and followed. Pitta Dosa is primarily responsible for the Samprapti of Amlapitta and the regular operation of Amla Rasa. AmlaVipaka and AmlaRasa are crucial to the pathophysiology of amlapitta. The fundamental elements of every illness process are Dosha, Dushya, Strotas, Adhistan, Agni, Ama, and Amlapitta. Adhogati symptoms of Amlapitta are associated to Purishvaha Strotodushti, while Urdhvagati symptoms of Amlapitta are related to Annavaha Strotodushti.

## CONCLUSION –

Ayurvedic principles state that treating a patient's illness according to their Dosha, Dhātu, Mala Avastha, and Ashtavidha Pariksha will undoubtedly result in Upashaya. In this case study, it was found that combining Shamana Chikitsa with Pathyapathya decreased Urdhwaga Amlapitta symptoms and signs.

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