

To study the therapeutic effect of oral administration of *Samsaptaka Choorna* in the management of *Urdhwaga Amlapitta* - A case study

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ABSTRACT:

Amlapitta is a disease of *annavaha srotas* and is more commonly affecting the younger or middle aged people due to the present scenario of unhealthy diets and regimen.

In this disease there is a increase in *Amla Guna* of *pachaka pitta*. According to *Acharya Madhavakar* symptoms of *Urdhwaga amlapitta* are *avipaka*, *aruchi*, *Utklesha*, *chardi*, *shirshool*, *klama*, *hrud kanth daha*, *tiktamla udgar*, *gaurav*. *Rasratnakar* has mentioned oral administration of *Samsaptak Choorna* in management of *Urdhwaga Amlapitta*.

aim and objective – to evaluate the efficacy of *samsaptak choorna* in the management of *urdhwaga Amlapitt*.
material and methods– A 35 years male patient came to opd of *kayachikitsa* department of *laxmanrao kalasapurakar ayurvedarugnalaya yavatmal* with chief complaints of *Avipaka*, *Utklesha*, *Tikta amla udgar*, *Hrud Kanth daha*, *Chardi*, *Shirshool*, *Aruchi* since 1 months. in this case *ayurvedic Samsaptak choorna* orally

twice a day with *Ghrutawas* given. **result**–the improvement provided by the therapy was assessed on the basis of sign and symptoms. The *Avipaka*, *Utklesha*, *Tikta amla udgar*, *Hrud Kanth daha*, *Chardi*, *Shirshool*, *Aruchi* decreased by 60-70%. **conclusion**–*Samsaptak choorna* found safe and effective in controlling sign and symptoms of *Urdhwaga Amlapitta*.

Keywords– *Urdhwaga amlapitta*, *samsaptak choorna*, *pachaka pitta*, GERD

INTRODUCTION:

In this 21st century due to urbanization and industrilization, there is drastic change in the life style of human being. He need a face off with improper food habits, consuming fast food, eating packed food, ignoring ritucharya and dincharya, smoking, alcohol intake, improper sleep which leads to various disease like GERD, PUD etc. and *Amlapitta* is one of them.

According to *acharya Sushrut* original *rasa of pitta* is *kattu* and when it

becomes *vidagdha* then it changes to *amla* (sour) and Acharya Charak said that *amla* and *kattu ras* is natural property of *pitta*. [2] *Amlapitta* is made of two words i.e. *amla* and *pitta* (responsible for process of digestion).

According to Vagbhata all diseases are due to hypofunction of *agni*. *Amlapitta* is considered to be gastrointestinal disorder caused due to suppression of *jatharagni* (gastric fire) by increased *amla guna* and *dravya guna* (liquidity) of *vidagdha pachak pitta* leading to symptoms like *Avipaka*, *klama*, *Aruchi*, *Tikta amlaudgar*, *gaurav*, *Utklesha*, *hrudkanthdah*, *aruchi*, *chardi*, *Udarashoola*, *shirshool*.

हेतुः [७ 1,2,3]

विरुद्धदृष्टाम्नीदाहहवितप्रकोविनिान्नभु
जोविद्धधम।

वित्तसुंहेतिचितमंि्रायत्तम्लवितंिद्विद्वत्तस
न्तः ॥७

(
मा. नन. ५१/१) (भा. प्र. १०/१). (यो. र./अम्ल/१).

सामान्यलक्षणैः

अविाकक्लमोत्कक्लेशनतत्ताम्लोद्धगारगौ
रिः।

हृत्क्ठदाहरुचिभभस्िाम्लवितंिदेद्धचध
ष्क॥

मा. नन. ५१/२

Amalapitta is described in scattered form in *Brihatrayi*. Acharya Kashyapa has described *Amlapitta* as a separate disease with causative factor and treatment in detail. [4] While describing common symptoms of *Ajerna* in *Grahani roga*, *Amlapitta* has been described by Charak. [5] *Amilika* has been listed as the disease caused by excessive use of *lavana* but exact *Amlapitta* as a word is not found in (6).

It is reported that around 7.6% Indian people have significant GERD symptoms. (7) Madhavkar has described *Amlapitta* in details and given its

classification on the basis of *dosha pravah* (dominance). (8) Acharya Sharangadhara has given types of *Amlapitta* as *vataja*, *kaphaja*, *kaphavataja*. [9] These symptoms are similar to that of hyperacidity where there is excess of hydrochloric acid in the gastric juice.

The first line of treatment is *Nidhanparivarjan* (avoiding the cause), *Shodhan* and *Shaman* treatment is given in the *ayurvedic grantha*.

METHODS : A case report

A 35 years old male patient came to OPD of *kaychikitsa* department of L.K. AYURVED HOSPITAL *yavtmal* with chief C/O since 1 month

1. *Avipaka* (indigestion)
2. *Klama* (fatigue)
3. *Utklesha* (nausea)
4. *Chardi* (vomiting)
5. *Tiktaamla Udgar* (Bitter & Sour Belching)
6. *Aruchi* (anorexia)
7. *Hrud-Kanthdah* (burning sensation in heart and throat)
8. *Shirshool* (headache)

PAST HISTORY:

No H/O DM/HTN/ Any major illness.

HISTORY OF PRESENT ILLNESS :

Patient was normal before 1 month ago then patient has been suffered from above symptoms. Patient was treated by local doctors by use of antacids but after stopping medication patient symptoms were aggravated then patient came to L.K. Ayurved hospital *yavtmal* for Ayurvedic treatment and management.

RUGNA PARIKSHAN :

- *Nadi* -72/ min
- *Mala* – constipation
- *Mutra-samyak*
- *Jivha- sama*
- *Shabdha -spashta*
- *Sparsha- anushnshit*

- *Druk – prakrut*
- *Akruti-madhyam*
- *Nidra- prakrut*
- B.P.-120/70 mm of hg
- Temp.- afebrile

MATERIAL AND METHOD :

Method :-

1) A case study.

2) Centre : PG department of *kaychikitsa*,
L.K. Ayurved hospital yavtmal.
Affiliated to DMM Ayurved college,yavtmal.

3) **duration** –One month drug intervention

Material :-

TABLE NO.1

Showing material of case study

Sr. no.	<i>Dravya</i>	<i>Dose</i>	<i>Anupan</i>	Duration	Route
1	<i>Samsaptak Choorna</i>	5gm	<i>Ghruta</i>	2 time	Oral

TABLE NO.2

<i>Drug</i>	Latin name	<i>Ras</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Doshaghnat</i>
<i>Junga</i>	<i>Argyrei aspeciosa</i>	<i>Katu Tikta Kashay</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Kaphavat shamak</i>
<i>Giloy</i>	<i>Tinospora cordifolia</i>	<i>Tikta kashay</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Tridosh shamak</i>
<i>Shweta purnava</i>	<i>Boerha via diffusa</i>	<i>Madhur tikta kashay</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Tridosh shamak</i>
<i>Shakras hana</i>	<i>Holarrhena pubescens</i>	<i>Tikta Kashay</i>	<i>Sheet</i>	<i>Katu</i>	<i>Kaphapitta shamak</i>
<i>Markav</i>	<i>Ecliptaalba</i>	<i>Katu Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatsh amak</i>
<i>Seeta</i>		<i>Madhur</i>			<i>Pitta shamak</i>
<i>Shodra</i>		<i>Madhur Kashay</i>			<i>Tridoshsha mak</i>
<i>Ghruta</i>		<i>Madhur</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Tridoshsha mak</i>

DISCUSSION:**HETU :**

Ahar – Aniyamit samay ahara, Lavan , katu, amla padarth Sevan, vidahi annapan, virudha Ahar

Vihar – Ratri jagaran, atapsevan, madhyapan

SAMPRAPTI GHATAK :

1)Dosha – Pachaka pitta, samana vata, kledaka kapha

2)Dushya – Rasa dhatu

3)Agni – Jatharaagni

4)Srotas – Rasavaha, Annavaha, Purishvaha

5)Udbhava sthan – Aamasaya

6)Adhisthana – Aamasaya

7)Sanchara sthana – Mahasrotas

8)Vyakta sthana – Aamasaya

9)Roga marga – Abhyantara

10)Sadhyasadyata – Sadhya vyadhi

DRUG ACTION:

In Samsaptak Choorna, the contents like junga, giloy, Shweta purnava, shakrashana, markav have madhur, tikta, kshaya rasatmak properties which helps in decreasing the vitated pitta dosha. This drugs are also of madhur vipaka properties and also has sugar in it which helps in reducing the symptoms of Urdhwaga amlapitta like hrud kanth daha, tiktamla udgar, Utklesha, shirshool, klama. Some of the drugs are ushna viryatmak thus increases the function of jatharaagni and hence decreasing the symptoms like avipaka, aruchi, constipation. It was also observed that the patient haemoglobin level increased due to the use of drugs like giloy, shewta purnava, shrodra, ghruta which are tridoshshamak in property.

CONCLUSION :

The incidence of Urdhwaga Amlapitta is increasing day by day due to inappropriate lifestyle. Considering all the properties of individual drugs of

Samsaptak Choorna from the observation and results it can be said that Samsaptak Choorna is useful in reducing symptoms of Urdhwaga Amlapitta like tiktamla udgar, hrud kanth daha, shirshool, avipaka, aruchi, Utklesha, constipation, klama and also helps in increasing haemoglobin. There was no any side effects or complications seen. This Choorna showed magical results and it is a very cost effective and this case study is one of the best example of it.

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