

Ayurvedic Management of Amlapitta through Vamana Dhauti and Shivapalapindi – A case study

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Abstract:

Amlapitta is very common disease of digestive system (Annavaahava Srotas) caused by vidahi, Atimatra, Dusta Ahara. Digestive system disturbance is one of the most important and challenging area of general practice. After taking throw history and examination the patient was diagnosed as a case of Amlapitta. As the patient had mandagni, Sodhana along with Shamana Line of Treatment was adopted. Assessment was done by Subjective grading criteria for before and after treatment. Here, Vamana Dhauti and Shivapalapindi were selected as an intervention which subside the Pitta Dosh along with Vata and Kapha because of their Rasa, Guna, Prabhava and Karma. Hence this could be a better line of treatment in Amlapitta.

Key words: amlapitta; vamana dhauti; shivapalapindi; gastritis

Introduction

Case Presentation: A 32-year-old female patient, Attended Swasthavritta OPD in 19-10-2021 with c/o Amlodgara (Soul balching), Hrud daha (burning in Chest region), Kantha Daha (burring in throat region), Avipaka (Indigestion), Gaurava (heaviness in all over body) and Utklesha (Nausea) since 1 year and 4 month. Patient was taking Allopathic medicine since 9 month but has not got complete relief. The natures of treatment were on and off because the patient was not able to maintain long term follow up.

Medication History: Not specific

On examination:

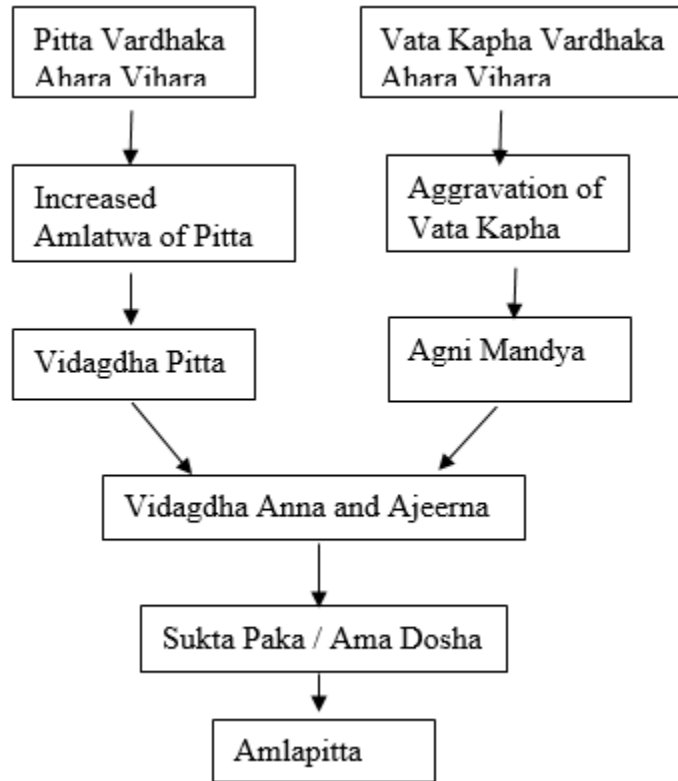
- PR – 80/min
- Bp – 130/80mm of Hg
- RS – B/L NVBS clear
- SPO₂- 98% on room air
- CVS – S₁S₂ Heard
- CNS – Conscious and well oriented to time, place and person

- P/A – Soft and Non tender
- Nadi – Pitta Kaphaja

Nidana Panchaka: (Five diagnostic tools)

- **Nidana (Cause):**
 - Food: Adhyashana (Consumption of food when previous meal not digested), Akala Bhojana (not specific time for consumption of food) Viruddhahara (incompatible food), Vidahi (food which produce burning sensation to the body), Ati Amla Katu Ahara (excess intake of sour and pungent food), Junk food
 - Activity: Ratri jagarana (Night awkening), Vega dharana (Suppression of natural urges), Diwa Swapna (Day Sleep), Sahasa Janya Karma or Ati Vyayama (labours work)
 - Mental factor: Krodha (Anger), Soka (Grief), Chinta (Worry)

Samprapti:



Flow Chart 1: Schematic presentation of samprathi

Samprapti Ghataka

Dosha: Pitta pradhana Tridosha	Strotas: Annavaha, Purishvaha, Rasavaha
Dushya: Rasa dushti	Sadhyasadhyatva: Sadhya
Strotodushti: sanga, vimarga gamana	Vyadhi marga: Abhyantara

Table 1: Samprapti Ghataka of Amlapitta

Chikitsa (Treatment):

After taking throw history and examination the patient was diagnosed as a case of Amlapitta. As the patient had mandagni

3 days - Dipana Pachana with Chitrakadi Vati and AgniTundi Vati 2 – 0- 2 Bf

On 4th day - Sodhana i.e Vamanadhauti for 1 day early in the Morning and on Empty Stomach [4].

From 5th Day Shivapalappindi (Shamana Chikitsa) 6gm – 0- 6gm⁵ Bf for 30 days

Samhita also agree with the fact that sodhana therapy followed by Shamanaaushadi renders good result. Hence in present study also Vamanadhauti as a sodhana followed by Shivapalappindi is administered.

Assessment was done before and after treatment.

Assessment Chart [6]:

Symptoms	Grading	Before Treatment	After Treatment
<i>Amloudagara</i>	0 - No belching	-	-
	1 - Feeling of belching with no sound	-	+
	2 - Feeling of belching with mild sound	-	-
	3 - Feeling of belching with severe sound	+	-
<i>Hrit-Kanta Daha</i>	0 -No burning sensation	-	+
	1 - Sensation of warmth on throat occasionally	-	-
	2 - Burning sensation on throat and chest after mild oily/spicy food	+	-
	3 - Feeling of burning sensation always	-	-
	0 – Normal	-	+
	1 - Feeling of heaviness in morning	-	-

<i>Gaurava</i>	2 - Feeling of heaviness in morning and evening after food	-	-
	3 - Feeling of heaviness always	+	-
<i>Utklesha</i>	0- No nausea	-	-
	1- Mild nausea	-	+
	2 - Severe nausea	+	-
<i>Avipaka</i>	3 - Severe nausea with vomiting	-	-
	0 - No indigestion	-	+
	1 - Unable to digest mild fatty food	-	-
	2 - Unable to digest 3- course meal	-	-
	3 - Unable to digest any kind of food	+	-

Table 2: Shows the Assessment Criteria and result before and after treatment

Imaging Findings:

		
Luke warm water and Saindhava Lavana	Vamana Dhauti	Vomitus

Table 3: Shows Photograph of Vamana Dhauti

Discussion: “Sarve Roga api Mandagni” Mandaagni is the root cause for all disease and Amlapitta is a Lifestyle disease which is caused by Mandagni itself. So, Pachana and Dipana helps to Digest Ama, Makes the Doshha Niramana and Increased Digestive Fire. *Madhava Samhita*

suggests that the main aim of treatment of *Amlapitta* is to balance the aggravated *Kapha* and *Pitta*, this can better achieve through *Vamandhauti*.

Mode of Action of Saindhava Lavana:	Mode of Action of Vamana Dhauti
Saindhava lavana added to the water increases Osmotic pressure in stomach	Amlapitta is mainly caused by Ama Dusti.
↓	↓
Causes cellular water to flow from Gastric cells (chief cell, parietal cell, and mucus Cell) into the body of stomach	Acts on Amashaya and Annavaha Srotasa
↓	↓
Cellular water carries along with it, toxins and other harmful substances accumulated over years in the gastric cell	Luke warm water pacifies Vata and Saindhava inhibits the secretion of acid in the stomach, help in liquefaction of Achadita and Avalipta Dhatugata Ama
↓	↓
Reverse Osmosis which helps removing toxins and stimulates digestive enzymes in saliva and stomach	Dhatugata Ama is expelled and Dhatavagnimandya homeostasis rectified
	↓
	Neutralizes the acid balance in stomach thus helpful in counteracting Tivra Jatharagni resulting in proper metabolism process

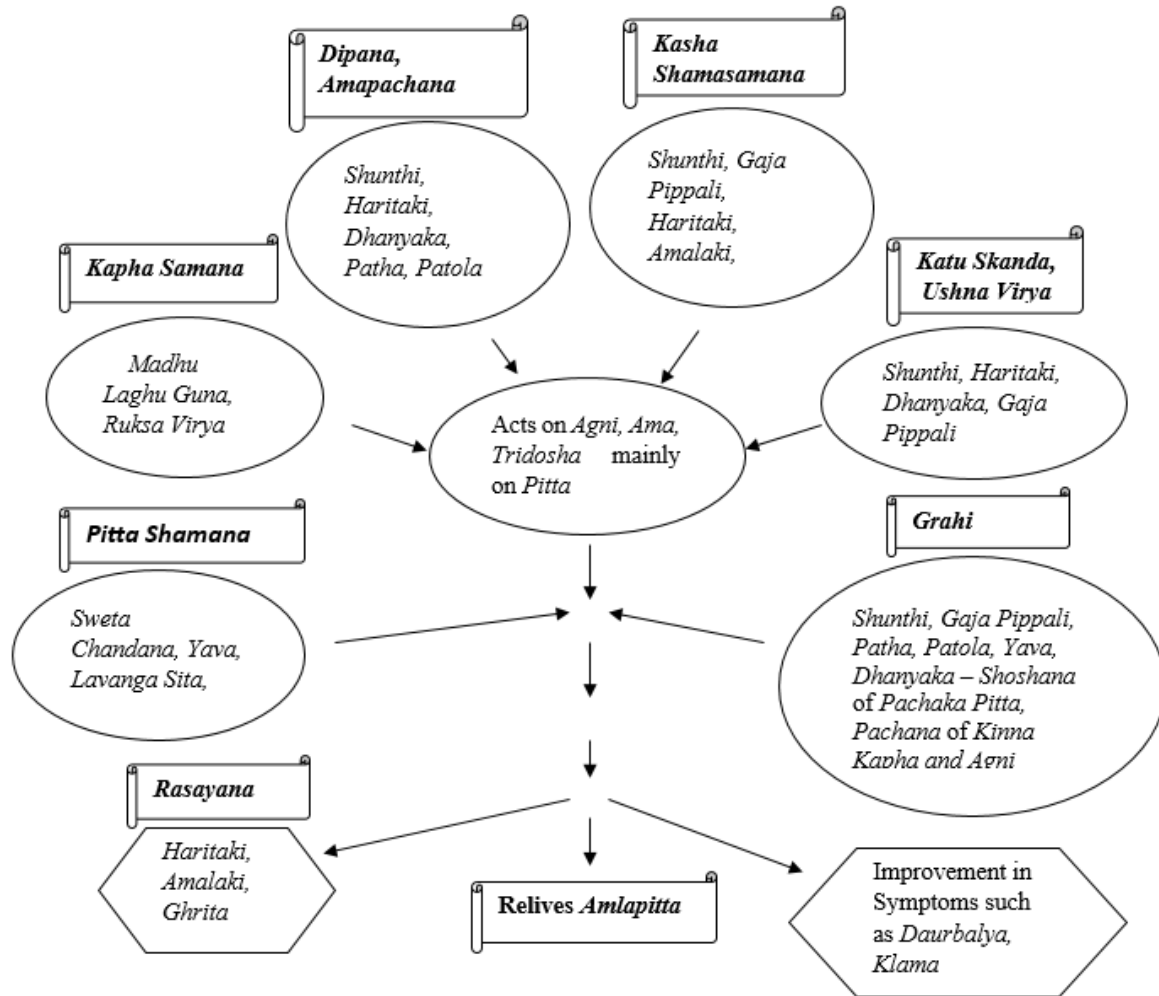
Table 4: Schematic presentations of Mode of Action of Saindhava Lavana and Vamana Dhauti

The drug selected is *Shivapalapindi* which is explained in *Bhavaprakasa Samhita*. The Fundamental Constitutes are enriched with *Ahara Upayogi Dravya* that helps to stimulate digestion and metabolism which are *Patha,*

Putola, Yava, Sweta Chandana, Dhanyaka, Amalaki, Vasa, Lavanga, Tvaka, Gajapipali, Haritaki, Sita, Madhu, and Grita. *Shivapalapindi* is herbal mix that soothes the stomach tissues and promotes normal,

comfortable levels of digestive secretion during the digestive process. This cooling blend may help balance the digestive fire and eliminate toxins from the system. It may help control the formation of gas and the

discomfort associated with it. Which helps reducing the inflammation and rebuilding mucus lined barrier.



Flow chart 2: Shows Mode of action of Shivapalapindi

Conclusion:

The adopted treatment that is vamanadhauti cleanses the stomach, thereby successfully subside the Pitta Dosha along with Vata and Kapha. Then administered shivapalapindi because of its Rasa, Guna, Prabhava and Karma rendering the patient long term benefits. Hence it can be concluded that vama dhauti along with shivapalapindi is better line of treatment in managing Amlapitta.

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