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Management of AdhogAmlapitta with Ayurveda: A Case study

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Abstract--Introduction: *Amlapitta* mentioned in Ayurveda is one of the common clinical condition of the gastrointestinal system in which

Pitta get Vidhagdhm or "Amlam Paka. Causes of *Amlapitta* especially compromise *Ahara Janya Hetu*, such as excessive intake of *Abhishyandi* and *Pishtanna*, Acidic, Hot substances, Alcohol, *Adhyashan*, *Viruddhashan*, *Vidahiannapana* and intake of food in *Ajirna* condition. In modern science, *Amlapita* can be correlated with Gastroesophageal reflux disease (GERD), in which hyperacidity occurs due to excess acid production in the stomach. Aim and objectives: The prime aim of this paper is to study the efficacy of *Shamana* and *Shodhana Chikitsa* in *Ayurveda* in the management of *Adhog Amlapitta*. Material and method: It is a single case study of 64 years-old male patients who had complaints, e.g., constant Pain in the Epigastric region, Abdominal distension, burning sensation in the throat, chest, and abdomen restlessness. Observations and Results: All clinical features in this patient had reduced significantly by using *Shodhana* and *Shaman Aushadhi* recommended by ancient *Acharyas* in the management of *Amlapitta*.

Keywords---*Amlapitta*, *Ayurveda*, Gastroesophageal reflux disease (GERD), *Shamana Chikitsa*, *Shodhana Chikitsa*.

Introduction

Amlapitta has been explained in *Ayurveda* by *Acharya Madhava*, *Madhukosh*, and *CharakAmlam Cha PittamAmlapittam*". This is the clinical condition in which *Pitta Dosha* becomes *Amlam* or *Vidhagdha*. "*AmlamVidhagdhmCha TatPittamAmlapittam*" [1]. There is a constant or intermittent feeling of *Amliyata* and *Vidhahata* from *Mukhmarga*. *Brihatrayi* does not especially mention *Amlapitta*; however, in *Charaka Samhita GrahiniChikitsaAdhyaya*, *CharakAcharya* has explained that specific symptoms occurring from *Ama* which can be correlated with *AmlapittaMadhava Nidana* have separate chapter About *Amlapitta* [2]. In *Kashyapa Samhita*, he described *Amlapitta* as *Suktaka* [3]. *Acharya Madhava* has exclusively explained the causes of *Amlapitta*, especially *AharaJanyaHetu*, such as excessive intake of *Abhishyandi* and *Pishtanna*, Acidic, Hot substances, Alcohol, *Adhyasan*, *Viruddhashan*, *Vidahiannapana*, and intake of food in *Ajirna* condition etc [4]. Certain *Vihara Hetu* such as *Vega Dharana*, *AnupadeshaNivasa* including seasonal variations in *Varsha* and *Sharad Ritu*, lead to aggravation of *Pitta Dosha* that causes *Amlapitta* [5].

In modern science, *Amlapita* can be correlated with Gastroesophageal reflux disease (GERD), in which hyperacidity occurs due to excess production of acid in the stomach. Such a condition may occur due to improper closure of the lower esophageal sphincter that repels back the stomach's content into the esophagus. The process of reverting the stomach content may be triggered or induced by the excessive intake of oily, junk foods and spicy foodstuffs, excessive intake of addiction, e.g., alcohol, smoking, caffeine and nicotine products, fasting for a prolonged time, skipping breakfast, overuse of Analgesics especially, NSAIDs, etc., mental disturbances such as stress, depression, anxiety, and anger, intake of food at an irregular time and interval, excessive intake of Maida & fat-rich products, carbonated drinks, excess use of leafy vegetables, taking sleep after

intake of the meal, consumption of water in extra quantity, chronic but constant constipation. Moreover, pregnancy, aging, and obesity are also some contributing factors to heartburn [6].

Aim & Objectives

The main aim of this paper is to demonstrate the efficacy of Ayurvedic management in the AdhogAmlapitta based on Ayurvedic fundamentals.

Material & Methods:

A Single Case Study

Details of Case:

A single case study of 64 years-old male patients who had complaints of constant pain in the Epigastric region, Abdominal distension, burning sensation in throat, chest, and abdomen. The rest of the chief complaints & associated complaints are given in Tables 1 and 2, respectively.

Progression of disease

The patient was normal 12 years ago; then he gradually started Pain in the Epigastric region & Abdomen, anxiety, gastric reflux, Constipation. He was diagnosed with GERD by a Gastroenterologist, who suggested allopathic treatment. But he didn't get relief, and the severity of all complaints was increasing day by day, that's why he approached the Ayurvedic consultant at Nagpur and underwent *Vamankarma* as per prescription. After that, he was symptom-free for approximately eight months. However, he suffered from similar complaints for two months, so he visited *Panchakarma* OPD, MGACH&RC for further *Panchakarma* Treatment.

Patient's history

Details of the patient's history are given in table no.3.

Clinical examination

- General examination
- Pulse:- 74/min
- B.P. :- 130/80 mmHg
- RR:- 18/min
- Temperature:- 98 F
- Weight:- 60Kg
- Height :- 158cm
- BMI:- 24.2 Kg/M

Systemic examination with Modern's perspective

- CNS:- Anxiety, Insomnia
- CVS:- S1 & S2 heard
- Respiratory:- Dyspnea

P/A

- Inspection :- Normal
- Palpation:- Distended
- Percussion:- Tympanic sound
- Auscultation :- Gurgle sound present

Asthavidha Pariksha

The findings of *Asthavidha Pariksha* are provided in table no.4.

Systemic examination with *Ayurveda's* perspective

Important findings of Systemic examination with *Ayurveda's* perspective are provided in table no.5.

Diagnosis

- *Adhog Amlapitta* (GERD with Anxiety)

Therapeutic intervention

The line of treatment prescribed for this patient is given in table no. 6 and 7, respectively, along with suggested *Pathya –Apathya* (Lifestyle modifications) depicted in table no. 8.

Observation and result

Observations and results obtained after treatment, i.e., at the end of the 20th day, were assessed using subjective & objective criteria, as shown in Tables 9 & 10. All clinical features in this patient had reduced significantly by using the above-said *Shodhana* and *Shaman Aushadhi* recommended by ancient *Acharyas* in the management of *Amlapitta*.

Discussion

Amlapita is the condition in which mainly *Pitta Dosha* gets vitiated along with *Vata* and *Kapha*. As per *Ayurveda's* perspective. *Amlapitta* is classified as *Adhoga Amlapitta* and *Urdhvaga Amlapitta* based on their *Gati*, i.e., way of presentation of clinical features [7]. Moreover, it can be categorized into three types, i.e., based on *Dosha* Vitiating, e.g., *Vataadhika*, *Vatakaphadhika*, and *Kaphadhika* [8]. This patient is diagnosed with *Adhoga Amlapitta* due to symptoms related to the lower gastrointestinal tract. Generally, *PittaShamaka Aushadhis* are mentioned in such

conditions by *Acharyas*. *Basti* and *Vatanulomaka Chikitsa* is also recommended by *Acharyasa Vata Shamaka*, and *Aampachak Chikitsa* corrects the Vitiated *Jatharagni* & *Rasa Dhatvagni* hampered in such type of *Adhoga Amlapitta* [9]. *Acharya Yogratanakara* advises *Basti Karma* in the management of the chronic condition of *Amlapitta* as it corrects vitiated *Vata Dosha* in the chronic illness of this disease [10]. *Vatanulomana*, *Pittashamaka* effects are induced by *Basti Karma* as it clears the *Strotodudhtiby* clearing the channels due to *Strotoshodhak* effect [11]. *Dashamoola* balances the Vitiated *VataDosha* (*Sharangadhara*). *Musta* and *Gomutra* possess *Agnidipana* and *Ama-Pachana* [12].

Nasya Karma and *Shirodhara* induce a tranquilizer effect to correct the anxiety state of this patient. Both these procedures subside the Vitiated *Manasika Dosha*. It relieves stress and induces sound sleep [13]. As *Chimta* or stress is the important causative factor to vitiate the *Rasavaha* and *Annavaaha Strotas* occurring in *Amlpitta*, both these procedures help correct the pathology of such type of *Amlapitta* up to some extent by updating the secretion of various digestive enzymes and juices required for the proper digestion. *Sarvang Snehana* counters the *Ruksha*, *Laghu*, *VishadaGuna* of *Vatadue* to *Snigdha*, *Guru*, *PicchillaGuna* of *Sneha*. It subsides the *Ushna*, *Tikshna*, *LaghuGuna* of *Pitta* with *Sheeta*, *Manda*, *Guru Guna*[14]. *PatraPottaliSweda* pacifies vitiated *Vata-Kapha* in chronic *Amlapittadue* to *Vata* and *Kaphaghna Dravya*, e.g., *Nirgundi*, *Vasa*, *Eranda*, *Arka*, etc. It is a *Snigdha*, *RukshaSweda*, and relieves pain in the upper back region and general weakness [15].

Aampachaka Vati is *Aampachak*, *Agnideepak*, and *Vatakaphahara* due to its *Tikshna*, *Sukshama*, *Laghu Guna*, and *Ushna Virya*. *Gandharva Haritaki* powder induces *Vatanulomana*, *Mridu Virechana*, *Ajirnahara*, *Vatavyadihara*, and *Rasayana* effects due to its *Ushna*, *Sukshma*, *Tridoshashamak* properties. *Maharasnadi Qwath* has *Shoolhara*, *Vatakapha Shamak*, *Brimhana* effects due to its *Guru*, *Snigdha* and *Sheeta Virya* properties [16,17]. *Brahmi Vati* is helpful in the management of *Anidra* due to *Medhya*, *Buddhi Vardhak*, *Pitta Shamak* effects, due to *Tikta*, *Kashaya*, and *SheetaVirya* properties. It is the best medicine for many psychiatric or psycho-somatic disorders [18,19]. *Punarnavadi Guggulu* and *Shallaki-XT* has action of *Shothahara*, *Vedanasthapana* due to its *Ushna*, *Snigdha*, *Guru Guna* and *Ushna Virya*[20]. *Ashwagandha* balances *Tridosha*, especially *Kapha* and *Vata*, induces sleep & anxiolytic effect due to the nerve-calming impacts[21]. *Hingwashtaka Choorna* balances *Vata* and *Kapha Dosha*, causes *Deepan Pachan*, *Mandagninasha*, *Shoolnasha*, due to its *Madhur*, *Tikta*, *KatuRasa*, *Ruksha Ushna Guna* & *Madhur Vipaka*[22]. The combination of *Laghusutasekhar Rasa*(40tabs)+ *Tab KamdudhaRasa* (40tabs) +*Tab GuduchiSatwa* (20 gms) helps to balance *Pitta*, by its *MadhurVipaka*, *Katu&TiktaRasa*, *Snigdha*, *Ushna Guna* & *Vatahara*, *Shoolhara* effects[23]. Related studies were reviewed [24-33].

Table 1
Chief complaints with duration

S. N.	Chief complaints	Duration
1	Pain in epi-gastric region	
2	Abdominal distension	

3	Dyspnea on exertion	
4	Severe Restlessness	Since two months
5	Anxiety	
6	Insomnia	
7	Constipation (hard, sticky, irregular, unsatisfactory)	
8	Loss of appetite	

Table 2
Associated complaints with duration

S. N.	Associated complaints	Duration
1	Pain in Upper back	1month
2	General weakness	3months
3	Burning sensation & Hesitancy while micturition	15days
4	Excessive Salivation	1month

Table 3
Detailed history of patient

S. N.	Head	Details of patient
1	Past history	No History of HTN/DM/Thyroid dysfunction/ any other allergic illness
2	Family history	Disturbed and Stressful
3	Medical history	<ul style="list-style-type: none"> • Anti-anxiety drugs (not specific evidence received) • No any Surgical history
4	Personal history	Diet- Recurrent intake of spicy food Sleep- Disturbed sleep due to daily night shift Habit- Addicted to tobacco chewing

Table 4
Findings of Asthavidha Pariksha

S. N.	Head	Findings
1	<i>Nadi</i>	<i>Vata-Pitta</i> Predominant
2	<i>Mala</i>	<i>Asamyak</i> (Constipation i. e. hard, sticky, irregular, unsatisfactory bowel evacuation)
3	<i>Mutra</i>	<i>Asamyak</i> (Burning sensation & Hesitancy during micturition)
4	<i>Jihva</i>	<i>Alpa Sama</i>
5	<i>Shabda</i>	<i>Ashpashta</i> (sound irritated)
6	<i>Sparsha</i>	<i>Anushnasheeta</i>
7	<i>Drik</i>	<i>Samyak</i>
8	<i>Akruti</i>	<i>Madhyama</i>

Table 5
Systemic examination with *Ayurveda's* perspective

S. N	Strotas	Stroto Dushti Lakshana
1	<i>Pranavaha</i>	Dyspnea on exertion only
2	<i>Annavaha</i> & <i>Purishavaha</i>	Abdominal pain & distension, Loss of appetite, Constipation.
3	<i>Rasavaha</i>	Excessive salivation, lack of taste, lack of interest
4	<i>Mutravaha</i>	Burning sensation & Hesitancy while micturition
5	<i>Manovaha</i>	Mental stress, Severe restlessness, Anxiety, Insomnia
6	<i>Mamsavaha--</i> <i>Asthivaha</i>	Musculoskeletal Pain
7	<i>Majjavaha</i>	Bhrama (Vertigo)
No found deformity in Rest of <i>Strotas</i> i.e. <i>Raktavaha, Medavaha, Shukravaha</i>		

Table 6
Shodhana Chikitsa given for the patient

S. N.	Procedure	Drug used	Duration
1	<i>Sarvanga</i> <i>Bahya Snehana</i>	<i>Dashmoola</i> oil	20 days
2	<i>Patra Pinda</i> <i>Sweda</i>	<i>Eranda Patra, Bela Patra, Nirgundi Patra</i> + <i>Dashmoola</i> oil	8 days
3	<i>Marsha</i> <i>NasyaKarma</i>	<i>Anu Taila</i> 8-8 drops in each nostril	20 days
4	<i>Shirodhara</i>	<i>Bramhi Oil</i> (500ml) + <i>Tilataila</i> (1Ltr)	16 days
5	<i>Anuvasana</i> <i>Vasti</i>	<i>Sahachar Oil</i> (60ml)	6 days
6	<i>Sasneha Niruha</i> <i>Vasti</i>	<i>Qwath: 800ml (Dashmoola, Musta) +Honey-</i> <i>15gm+Saindhav- 10gm+Sahachar Oil- 30ml+</i> <i>Gomutra- 20-30ml</i>	14 days

Table 7
Shamana Chikitsa

S. N.	Medicine	Dose and frequency	Time of administration	Anupana	Duration
1	<i>Aampachak Vati</i>	250mg 3tab twice a day	1hr before meal	Lukewar m water	20days
2	<i>Gandharva</i> <i>Choorna</i>	<i>Haritki</i> 10gm HS	At bed time	Lukewar m water	20days
3	<i>Maharasnadi Qwath</i>	15ml twice a day	1hr before meal	Lukewar m water	20days
4	<i>Bramhi Vati</i>	250mg 2tab twice a day	After meal	Lukewar m water	20days
5	<i>Punarnavadi Gugglu</i>	250mg 3tab twice	After meal	Lukewar m water	20days

6	Tab. <i>Shallaki</i> XT	a day 1tab twice	After meal	Lukewar m water	20days
1	On discharge medications for <i>Gandharva Haritki Choorna</i>	15days 10gm HS	At bedtime	Lukewar m water	One month
2	<i>Maharasnadi Qwath</i>	15ml twice a day	1hr before meal	Lukewar m water	One month
3	Tab. <i>Shallaki</i> XT	1tab twice a day	After meal	Lukewar m water	One month
4	<i>Hingwastaka Choorna</i>	5mg twice a day	Before meal	Lukewar m water	One month
5	Cap <i>Ashwagandha</i>	2cap twice a day	After meal	Lukewar m water	One month
6	<i>Laghusutasekhar</i> Rasa(40tabs)+ Tab <i>Kamdudha</i> rasa (40tab) + <i>SuvarnaSutashekhara</i> (10tab) +Tab <i>Guduchi Satwa</i> (20 gms)	40 dose twice a day	After meal	Lukewar m water	20 days

Table 8
Details of advised *Pathya- Apathya*

S.N.	<i>Pathya</i>	<i>Apathya</i>
1	<i>Ahara</i> :- <i>Khichadi</i> , milk	<i>LaghuAhar</i> , <i>Ahar</i> :- <i>Guru</i> , <i>RukshaAhar</i> (rice, <i>Udad</i>)
2	<i>Vihar</i> :- <i>Vyayam</i> , <i>Pranayam</i>	<i>Sadharana</i> , <i>Vihar</i> :- <i>Ativiyayam</i> , <i>UshnaAtapaSevana</i>
3	<i>Aushadha</i> :- & <i>Shodhan</i>	<i>Shaman</i> <i>Aushadha</i> : <i>PittaVardhak</i> , <i>UshnaViryatmakaAushadha</i>

Table 9
Observation & results before & after RX

S. N.	Symptoms	Gradation	Observed score	
1	<i>Urshaoola</i> & <i>Udarasholla</i> (Pain over the epi-gastric region)	No pain-0 Mild pain which need not any medicine-1 Abdominal pain for less than 30min & relived after intake of cold drinks etc.-2 Pain not relieved by cold milk, antacids, Analgesics food, and vomiting-3 Severe unbearable pain which does not subside by any measure, and the patient awake in night-4 Unbearable pain associated with frequent vomiting & hematemesis-5	Before RX 4	After RX 0

2	<i>Anidra</i> (Insomnia)	No <i>Anidra</i> (Sound sleep for sufficient duration)-0 The patient can sleep up to 6hrs without any irritation-1 A patient can sleep up to 3-6hrs with mild irritation in abdomen-2 A patient can sleep <3hrs with moderate irritation in abdomen-3 A patient can sleep <3hrs with severe irritation in abdomen-4 Even the patient may not sleep at night due to abdominal irritation-5	5	0
3	<i>Shrama Shwasa</i> (Dyspnoea On exertion)	No Dyspnoea-0 Dyspnoea after heavy work & walking-1 Dyspnoea after moderate work & walking-2 Dyspnoea after mild work-3 Dyspnoea even at resting condition-4	1	0
4	Abdominal Distension (<i>Adhmana</i>)	Absent-0 The occasional feeling of distension without pain passes as flatus per anus-1 Frequent feeling of distension with offensive flatus-2 Continuous distended abdomen-3	2	0
5	Loss of appetite (<i>Aruchi</i>)	The normal desire for food-0 Eating timely without much desire-1 The desire for food only after long time-2 No desire for food, sometimes feeling of absence of taste after meal-3	2	0
6	Constipation (Bristol Scale)	Watery, no solid pieces-1 Fluffy pieces with ragged edges, a mushy stool-2 Soft blobs with clear cut edges-3 Like a sausage or snakes, smooth and soft-4 Like a sausage but cracks on its surface-5 Sausage shaped but lumpy-6 Separate hard lumps, like nuts-7	4	1

Table 10
Improvement in anxiety by using hamilton anxiety scale

S. N.	Parameters for Assessment	Symptoms	Before Rx	After Rx
1	Anxious mood	Worries, the anticipation of the worst, fearful eagerness, irritability.	Grade 4	Grade 1
2	Tension	Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax	Grade 3	Grade 1
3	Fears	Of dark, of strangers, of being left alone,	Grade 1	Grade 1

4	Insomnia	of animals, of traffic, of crowds Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors	Grade 4	Grade 0
5	Intellectual	Difficulty in concentration, poor memory	Grade 1	Grade 0
6	Depressed mood	Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing	Grade 2	Grade 1
7	Somatic (muscular)	Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.	Grade 3	Grade 0
8	Somatic (sensory)	Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation.	Grade 1	Grade 0
9	Cardiovascular symptoms	Tachycardia, palpitations, pain in the chest, the throbbing of vessels, fainting feelings, missing beat.	Grade 1	Grade 0
10	Respiratory symptoms	Pressure or constriction in the chest, choking feelings, sighing, dyspnea	Grade 2	Grade 0
11	Gastrointestinal symptoms	Difficulty in swallowing, wind, abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, Constipation.	Grade 3	Grade 0
12	Genitourinary symptoms	Frequency of micturition, the urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence	Grade 1	Grade 0
13	Autonomic symptoms	Dry mouth, flushing, pallor, the tendency to sweat, giddiness, tension headache, raising of hair.	Grade 1	Grade 0
14	Behavior at interview	Fidgeting, restlessness or pacing, tremor of hands, a furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc.	Grade 1	Grade 0

*N.B.: [Grade: - 0 = Not present, 1 = Mild, 2 = Moderate, 3 = Severe 4 = Very severe]

Conclusion

This case study reveals that Shodhana and ShamanaChikitsa's combination specifically induces *PittaShamana* and *Vatanulomana* effects. The chronic condition of *Amlapitta* can be cured up to a maximum extent as *Basti Chikitsa* given in this Condition as per *Acharya Yogaratnakara* and *Sarvang Snehana*, *Swedana*, *Nasyakarma*, and *Shirodharas* has been given which helps to subside associated complaints of disturbed sleep, pain in the upper back region. The overall planned treatment is cost-effective, safe, and easy to implement at the

OPD level in Hyperacidity and Anxious patients. Further studies with a large sample size are expected in the future.

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