



RESEARCH ARTICLE

EFFICACY OF VIRECHANA IN AMLAPITTA (GASTRO ESOPHAGEAL REFLUX DISEASE): A SINGLE CASE STUDY

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Abstract

Amlapitta is very common disease encountered in present population. Due to lifestyle changes and changes in food habits people are mainly suffering from GIT disorders. *Agni* which is considered as root cause of all diseases is vitiated in *Amlapitta* leading to *Mandagni* (mildness of gastric fire) and food remains in *Amashaya* (abdomen) in *Shukta Avastha* due to improper digestion. Its symptoms include heart burn, acid eructation, sour taste in the mouth, nausea, vomiting and loss of appetite. Conventional medical knowledge states that *H. pylori* infections, prolonged use of non-steroidal anti-inflammatory drug therapy, and infections are the most common causes of GERD. In Ayurved *Shodhan Chikita* is the best way to treat the root cause of disease by eliminating toxic substances from body. *Amlapitta* is *Pitta Dosha Pradhan* disease and *Virechana Karma* is best for *Pitta* vitiated disorder. This article is case study of 32 Yr. male patient with sign and symptoms of *Amlapitta* registered from the O.P.D, P.G. Department of Kayachikitsa, Gurukul Campus, Haridwar.

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Introduction:-

Changing in eating habits and lifestyle of the modern period leads to GIT disorders. *Amlapitta* is one of them, now it is most common disease affecting all age group if not treated timely can give rise to many serious problems. The sign and symptoms of *Amlapitta* is similar to Hyperacidity and GERD. Hurry, worry, curry are the main reasons of this disease. According to Ayurveda *Mandagni* is the root cause of all diseases.¹ This leads to *Ama* (undigested food) formation. *Amlapitta* occurs due to *Sama Pitta* and increase in *Amla*, *Dravya* and *Ushna Guna* of *Pitta*.² The earliest literature that mentions *Amlapitta* as a distinct entity in *Khilasthana* is the *Kashyapa Samhita*.³ He has considered *Manasika Bhava* as a main contributor to this disease. *Madhava Nidana*, the second text after *Kashyapa*, emphasizes *Amlapitta* and provides a detailed description of its etiopathogenesis, symptomatology, and two clinical subtypes: i.e. *Adhoga Amlapitta* and *Urdhvaga Amlapitta*.⁴ According to *Dosha Amlapitta* is classified as *Vatanubandhi* and *Kaphanubandhi Amlapitta*.⁵

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Prevalence rate of *Amlapitta* in India is 38.1%⁶. When the esophageal mucosa is exposed to gastro duodenal contents for a prolonged period of time, gastro esophageal reflux disease occurs along with symptoms like regurgitation and heartburn⁷.

Case Study

A 32 years male patient from Saraye Haridwar was asymptomatic before 4 yrs. He complains of *Hritkanthadaha* (burning sensation in throat and chest), *Utkalesha* (nausea), *Amlodgara* (sour belching), *Avipaka* (indigestion), *Shira Shool* (headache). He took allopathic treatment for past few years but only get symptomatic relief. Now he visited to OPD on 31/10/23, OPD NO. 26626/5784 of P.G Dept. Kayachikitsa, Gurukul campus, UAU, Haridwar. No history of any major medical or surgical illness.

Personal History:-

Appetite - Reduce	Sleep – Sound sleep	Addiction - Tea (5cup/day)
Bowel - Incomplete evacuation	Diet – Mixed	Thirst - Normal (1.5lit/day)
Occupation – Shopkeeper	Marital status - Married	

On Examination:-

B.P – 124/80 mm of Hg
Pulse Rate – 82/min
RS- B/L clear
SpO2 – 98%
CVS- S1S2 normal
CNS- Conscious and well oriented with respect to time, place and person
P/A -Soft and non-tender

AshtavidhaPariksha:-

Nadi- 82/min, Regular, *Pitt- kaphaj*
Mutra- *Samyaka* 5-6 times/day, 1-2 times/night
Mala- Regular, *Niraam* (one time a day)
Jiwha- *Nirama*
Shabda- *Spastha*
Sparsha- *Anushnasheeta*
Druka- *Prakrut*
Akruti- *Madhyam*

Treatment:-

ShodhanKarmabyVirechan therapy, in this procedure patient is subjected to a time limited controlled purgation. Before this procedure, internal medicine is given for 3-5 days for proper digestion. After that the main procedure is done by internal oleation for 3-7 days followed by external oleation and sudation. The oleation was discontinued as soon as skin become soft, flatus pass, increase of appetite and oily stools⁸ are observed in patient, which aims at bringing the vitiated *Doshas* from body to alimentary canal and finally wash out through anal rout. During this period patient was instructed to follow special diet regimen (*Drava, Anabhisvandi, Ushna, NatishnigdhaBhojanaand Ushna Jala*) for 3-7 days.

Table no. 1:-ShodhanaTreatment.

1.	<i>Deepana Pachana</i>	<i>TrikatuChurna</i> 3gm BD	3 days
2.	<i>Snehapana</i>	<i>PanchatiktaGhrita</i>	1 st day = 30 ml 2 nd day = 60 ml 3 rd day = 90 ml 4 th day = 120 ml 5 th day = 150 ml 6 th day = 180 ml
3.	<i>Sarwanga Abhyanga</i> <i>Sarwanga Sweda</i>	<i>Til Taila</i> <i>Dashmoolakwatha</i>	For 1 day (8 th day)
4.	<i>Virechana</i> ⁹	<i>TrivitaAvleha</i> – 30 gm with <i>Ushna Jal</i>	<i>Vega</i> – 15 (<i>Madhyam Shudhi</i>) (9 th day)

5.	Sansarjana Karma		5 days (10 th – 14 th day)
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Table no.2:-Shamana Aushadha.

1.Avipattikara Churna3gm Amlaki Churna3gm Shanka Bhasma250mg Muktashukti Bhasma 125mg	BD (after food)
2. KaamdudhaRas	1 BD (after food)

Grading parameters**Table no. 3:-Hritkanthadaha** (Burning sensation in throat and chest).

0	Nil
1	Burning sensation in throat and chest
2	Associate with pain
3	Associate with nausea
4	Associate with gastric regurgitation

Table no. 4:-Amlodgara (Sour belching).

0	Nil
1	In relation with specific food
2	In relation with normal food
3	Constant, irrespective of food
4	Associate with pain and burning sensation

Table no. 5:-Avipaka (Indigestion).

0	Nil
1	Occasional indigestion
2	Regular indigestion
3	Indigestion associated with nausea
4	Indigestion associated with vomiting

Table no. 6:-Shira Shool (Headache).

0	Nil
1	Occasional (1-2days/week) mild headache
2	Frequent (3-4days/week) moderate headache
3	Severe headache (>4 days/week)
4	Headache associated with giddiness or nausea

Table no. 7:-Utkalesha (Nausea).

0	Nil
1	In relation with specific food
2	In relation with normal food
3	Associated with pain
4	Associated with pain and vomiting

Result and Discussion:-**Table no. 8:-**

Associate Symptoms	Before Treatment	After Treatment
Hritkanthadaha(Burning sensation in throat and chest)	4	0
Amlodgara (Sour belching)	3	0
Avipaka(Indigestion)	3	0

Shira Shool (Headache)	4	1
Utkalesha (Nausea)	3	0

There was found significant relief in sign and symptoms of *Amlapitta*. After *Sansarajana Karma*, *Shamana Aushada* was given for 15 days. At 15th day 1st follow up was done and 2nd follow up was done at 30th day.

On the bases of *Nidana* and *Lakshana*, this case was diagnosed as *Amlapitta*. In *Amlapitta* there is vitiation of *Annavaha*, *Rasavaha*, *Purishvaha*, *Raktavaha* *Shrotas* occurs. Since *Pitta Dosha* primarily affected, along with *Kapha*, *Vata* in *Amlapitta* and *Virechana* is regarded as best of the five *Sanshodhana* (purificatory) methods and is recommended in cases of *Sannipataja* because it suppresses the excess *Pitta Dosha* throughout the body and balances the *Vata* and *Kapha Doshas*. It removes *Avarana* of *Vayu* in *Kostha* and correct *Agni* *Vaigunya*. *Virechana* drugs have these properties such as *Ushna* (hot), *Teekshna* (sharp), *Sookshma* (subtle), *Vyavayi*, *Vikashi Guna*, *Prithvi Mahabhoota* (earth element), *Jala Mahabhoota* (water element) and *Adhobhagaharana Prabhava* (potency of downward movement)¹⁰. *Panchatikta Ghritas* *pittaghana* property. *Trikatu Churna* has *Depana* property which increase the digestive power and digest the *Aama*. *Trivrit* is *Vatahar* because of its *Usna Virya*, *Pittahar* because of its *Virechana Karma* and *Kapha Shamaka* due to *Ushna Virya*, *Katu Vipaka* and *Katu Tikta Rasa*. It is use here mainly due to its purgative nature. After *Virechana* patient was given with combination of *Anulomaka*, *Deepana*, *Pachana* drugs which help in proper digestion. *Avipattikara Churna* (*Pittashamaka* and *Anulomaka*), *Amlaki Churna* (*Sheet Virya*, *Sheet Guna*, *Madhura Vipaka*), *Shanka Bhasma* (*Deepana*, *Pachana*, *Grahi* and *Pittahara*), *Muktashukti Bhasma* (*Sheet Virya*, *Pitta Shamaka*), *Kamadudha Ras* works on *Pitta Dosha* and reduce the burning sensation.

Conclusion:-

Shodhana Chikitsa helps eliminate vitiated *Dosha* from body and treats the illness from its root. *Virechan* therapy helps in expulsion of vitiated *Pitta Dosha* from body and correct the disturbance of *Agni*, which create *Agni mandhya* and produce *Ajirna* leads to *Aamvisha*.

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