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Management of Urdhwaga Amlapitta w.s.r. to hyperacidity through Ayurveda. A Case Study

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Abstract :

A prevalent illness that Annavaha Srotasa suffers from is Amlapitta (gastrointestinal system). Amlapitta is brought on by poor eating habits, stress, irritable foods like spicy cuisine, fatty foods, and bakery goods, among other things. This article is a case study of a 42-year-old female patient who had Urdhwaga Amlapitta signs and symptoms. According to her prakruti, dosha, dhatu, and mala, the patient in this case study received shaman aushadhi treatment. There are numerous formulations for amlapitta in contemporary science, but they all have negative side effects and don't offer a full recovery for amlapitta. Recurrence is common because such medications just suppress the disease. Ayurvedic treatment makes it possible to completely eradicate Samprapti Ghatak and receive complete cure from Amlapitta.

Keywords : Urdhwaga Amlapitta, Ayurveda, hyperacidity, Shaman

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Introduction:

Historically rooted in the Indian subcontinent, Ayurveda is a complementary medical practise (1). Accounts of how medical knowledge was passed down from the gods to sages and finally to human doctors open the main traditional Ayurvedic books. The fundamental cause of all ailments, according to Ayurveda, is thought to be agnimandya (indigestion). There are various GI problems today because of the sedentary lifestyle, lack of exercise, and improper eating habits. Amlapitta is a disease that is primarily diagnosed in young individuals these days. According to Ayurveda, Sama Pitta and a rise in the Amla, Drava, and Ushna Pitta Guna are the causes of Amlapitta (2). Additionally, it is claimed that eating while experiencing indigestion causes acidity, heartburn, and gastritis, also known as amlapitta. (3). Ama vitiates Pitta and Kapha, which results in Amlapitta, a lifestyle disorder. One of the most typical issues is hyperacidity, commonly known as Acid Dyspepsia. To aid with digestion, the stomach secretes hydrochloric acid, a digestive liquid that shrinks down food particles to their tiniest size. Hyperacidity is a term used to describe when the stomach contains an excessive amount of hydrochloric acid. Antagonizing side effects as hypersensitivity, alkalosis, calculi, constipation, etc. are brought on by long-term use of antacids and acid-suppressing medications (4). (5).

Case History :**History of present illness :**

A 42-year-old woman who had been suffering from amlapitta for three years went to the Kaychikitsa OPD in the Dr. VJD GAM Patur Dist. in Akola. Despite receiving therapy in numerous locations, she was still in pain. Her ailments included a burning sensation

in her chest and throat (hritkanthadaha), lethargy in Gaurav, constipation in Vibandh, headache in Shiroruja, nausea in Utklesh, and tiktamlodgar (acid eructation).

History of Past illness :

No History of HTN/DM/Thyroid dysfunction/ any other allergic illness.

Medical history : Not significant.

Personal history :

Occupation - Housewife

Food habits - Non vegetarian food, irregular diet.

Addictions - There was no significant past history of any type of addictions.

Family history : Not significant.

Examinations of Patient :

Ashtavidha Parikshan : Nadi - Guru, pitta pradhan, Mala - vibhand, Mutra - samyak, Jivha - saam, shabdha - spashta, Sparsha - samshitokshan, Druka - No pallor, no icterus, Akroti - madhyama.

General Examinations : Pulse - 88/min, BP - 130 /80 mm Hg., RR - 16/min, Temp - 97.5 f., Koshta - krura, Agni - Mand, Prakruti - pittavataj , Udar parikrama - Adhmana.

Nidan Panckak :

Hetu : Adhyashan, atikatu aahar, chinta, upwas, ratri jagaran, diwaswap.

Samprapti Ghatak : Doshas - Pitta pradhan , kapha anubandi. **Dushya -** Rasa dushti. **Strotodushti -** Annavaaha Strotas, Purishvaha Strotas, Rasavaaha Strotas. **Vyadhi Avastha -** Sama Avastha, **Doshagati -** Urdhwagati **Sadhyasadyatva -** Kashta Sadhya.. **Vyadhimarga -**

AbhyantarMarga. **Vyadhi Nidana -** Urdhwaga Amlapitta.

Treatment (chikitsa) :

Shodhan chikitsa : Snehapana with cow ghee was given for 7 days then swedan karma was given to the patient. Vaman karma was done by

madanphalladi kwath. Vaman karma was given at morning hours.

Table no 1 Shaman chikitsa :

Sr.No.	Ayurvedic Medicines	Dose	Anupan	Duration
1.	Sutshekhar Ras	1 tab of 250 mg at morning empty stomach.	Madhu	60 Days
2.	Kamdudha Ras	500 mg bd after meal.	Koshana jal	60 Days
3.	Amlapitta Nashak kadha	15 ml bd after meal.	Koshana jal	60 Days

Observation : The patient received follow-up calls every seven days for up to two weeks. After that, the patient was checked every 15 days until her symptoms subsided.

Table no 2 Symptoms wise relief before and after treatment -

Sr no.	Symptoms	Day 1	Day 7	Day 15	Day 30	Day 45	Day 60
1	Hritkanthadaha	+++	+++	++	+	+	—
2	Gaurav	+++	++	+	+	—	—
3	Vibandh	++	++	+	+	—	—
4	Shiroruja	+++	+++	++	++	+	—
5	Utklesh	++	++	+	+	—	—
6	Tiktamlodgar	+++	+++	++	+	+	—

Additionally, the signs of hritkanthadaha, tiktamlodgar, and shiroruja were eased. It was shown to be very beneficial, particularly in easing Amlapitta symptoms.

Discussion :

One of the most prevalent digestive illnesses in society is the amlapitta. Amlapitta is brought on by aggravated pitta, which is brought on by excessive consumption of sour and acrid foods, spicy meals, irregular eating patterns, and vices like drinking and smoking. Gauravata, tiktamlodgar, shiroruja, and hritkanthadaha are caused by this aggregated pitta. Pitta prakop factors should not be used to calm this pitta (6). Deepana Dravya and Pachana Dravya are present in Sutshekhar Rasa, which results in Pachana of the Vidahi Aahara and Deepana of Agni. Additionally, it has Ruksha Dravya and Laghu Dravya, which bring Amlapitta's Atidravatva or

Atyabhishtandatva into harmony (7). Ruksha, Kashaya, and Laghu are qualities of Kamdudha Ras that have an impact on lowering Pitta's Drava Guna and preserving Agni's optimal performance. Similar to Kamdudha Ras, who had Madhura and Sheeta properties, they reduced Pitta's Usna property to keep Agni functioning properly (8). In Ayurvedic medicine, the symptoms of Amlapitta (hyperacidity and gastritis), Hrullasa (nausea, excessive salivation), Chardi (vomiting), Shirahshoola (headache), Udarshoola (abdominal colic pain), and anorexia are treated with Amla Pitta Nashak Kadha. It enhances the digestive process and restores regular metabolic function (9).

Conclusion :

A illness with a Pitta predominance is amlapitta. There are many new drugs available in modern medicine, but they all only treat symptoms; none of them have the potential to cure disease. Additionally, we now know that all antacids have dangerous side effects. In order to address these problems, the current study was designed to examine Ayurvedic treatment options for Urdhwaga Amlapitta. Therefore, it can be said that Sutshekhar Ras, Kamdhudha Ras, and Amlapitta Nashak Kadhal are all highly efficient in the treatment of Urdhwaga Amlapitta when taken orally (hyperacidity). Shodhan Chikitsa is helpful when the condition is severe. Additionally, there are no adverse effects and long-lasting effects from Ayurvedic treatments. This case study finds that Urdhwaga Amlapitta uses Ayurvedic medications quite successfully.

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