



EFFICACY OF TRAYMANADI KWATH IN URDHVGA-AMLAPITTA-A CASE STUDY

Vd. Preeti D. Bairagi^{1*} and Vd. Vivek S. Chandurkar²

¹MD(Kayachikitsa) Scholar, SGR Ayurved Mahavidyalaya, Solapur.

²MD(Kayachikitsa), Professor & HOD, Dept. of Kayachikitsa.

***Corresponding Author: Vd. Preeti D. Bairagi**

MD(Kayachikitsa) Scholar, SGR Ayurved Mahavidyalaya, Solapur.

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ABSTRACT

Amlapitta(Hyperacidity) is one of the commonest *vyadhi* of *annavaha srotas*(Gastrointestinal track disorder), caused by vitiated *agni*(appetite). *Amlapitta(Hyperacidity)* is a condition where *amla guna*(Sour taste) of *pachak pitta* (gastric juice) increases due to *samata*. *Amlapitta* considered as *Pitta Kaphapradhana Tridoshaja Vyadhi*. According to *Ayurveda* many disorders are due to vitiated *Agni*(appetite). Due to various factors in the progressive changes in lifestyle, adaptation of newer & newer food materials, junk foods, fast foods, changes in method of cooking, occupational hazards etc. have precipitated the increasing trend of the diseases. Along with those stimulating factors tremendous stress, anxiety have significantly aggravated the disease including *Amlapitta(Hyperacidity)* this is a life style problem & those who are addicted with tobacco, alcohol as well as excess of packaged food with rich in salt content can easily caught by this disease. The present case study is successful *Ayurvedic* management of a case of *Urdhvag-Amlapitta*. A 38 year old female patient came to OPD with us a chief complaint of- *Chhardi* (Vomiting), *Amlodgar* (Regurgitation), *Urodha*(Burning sensation), *Udarshool*(Pain in abdomen), *Shirshool*(Headache), *Prasek*(Excessive salivation) since 15days. The recurrence of symptoms are occur thus the Patient want to take *Ayurved* Medicine for above complaints. The Trayamanadi Kwath is given for 28 days. Follow up done after each 7 days & Patient got a relief after 28 days with no recurrence of symptoms.

INTRODUCTION

The word "*Amlapitta*" (*Hyperacidity*) is comprised of two words- '*Amla*'(Sour) and '*Pitta*'^[1] (Gastric juice). In *Amlapitta(Hyperacidity)* the quantity of *Pachaka Pitta*(Gastric juice) is increased, its quality of normal bitter taste (alkaline) is changed to more sour taste (acidic) as a result of fermentation. Because of this increased sour quality of *Pitta*(Gastric juice) it is called *Amlapitta*^[2](*Hyperacidity*). It is a disease of gastrointestinal track, due to abnormal secretion of gastric and pancreatic enzymes. In medical science it is described as Acid Peptic Disorder (APD). In *Ayurveda* it is described as *Amlapitta(Hyperacidity)*. It is quite common disease prevailing all over the world.

Amlapitta (Hyperacidity) is one of the commonest *vyadhi* of *annavaha srotas* (Gastrointestinal track disorder),^[3] caused by vitiated *agni*(Appetite) *Amlapitta (Hyperacidity)* is a condition where *amla guna*(Sour) of *pachak pitta*(Gastric juice) increases due to *samata* causing *vyadhi*(Disease) condition. *Aacharya Kashyap* has accepted the involvement of three *Doshas* in *Amlapitta(Hyperacidity)*^[4] while *Madhvakara* has accepted the dominance of *Pitta* in this disease^[5] *Aacharya Charak* has not mentioned *Amlapitta* (*Hyperacidity*) as separate disease while describe in

Grahani as one of its *Lakshana*^[6] According to *Ayurveda* many disorders are due to vitiated *Agni*(Appetite). Due to various factors in the progressive civilization of the present day like speedy environmental changes, adaptation of newer & newer food materials, change in method of cooking, atmospheric pollution, encroachment of various chemical agents in newer life style, occupational hazards etc. have precipitated the increasing trend of the diseases. Along with those stimulating factors tremendous stress, & anxiety have significantly aggravated the disease including *Amlapitta(Hyperacidity)*. this is a life style problem & those who are addicted with tobacco, alcohol as well as excess of packaged food with rich in salt content can easily caught by this disease.

Amlapitta(Hyperacidity) is Gastrointestinal disorder describe in *Ayurveda*. It can be correlate with *Hyperacidity* in modern medical science. In process of digestion HCL plays important role. Hcl Converts inactive enzyme pepsinogen into active enzyme Pepsin which then helps digestion by breaking the bonds linking amino acids, a process proteolysis.^[7]

Hyperacidity simply means an increased level of acid in the stomach. The stomach secretes hydrochloric acid, a

digestive juice that breaks down food particles into their smallest form to aid digestion. When there is an excessive amount of hydrochloric acid in the stomach, the condition is known as hyperacidity.^[6] Hyperacidity also called as Acid dyspepsia. Acid Dyspepsia manifest burning pain or discomfort in upper abdomen, usually epigastrium, postprandial abdominal discomfort characterized by fullness & nausea.^[9]

According to Aacharya Vagabhat Pachak Pitta(Gastricjuice) is act as Agni(Appetite) when its liquid form is lost, this Agni is important in Annapachan Prakriya(Digestion).^[10] So this Pachak pitta(Gastricjuice) is correlated to HCL & Amalapitta is condition where Pachak Pitta(Gastricjuice) is increased by quantity hence Ayurvedic Amlapitta(Hyperacidity) disease entity can be correlate with Hyperacidity. To treat such patients with the simplest methods is our aim. Thus it was decided to study the efficacy of Triamanadi Kwath in Urdhwaga Amlapitta.^[11]

A CASE REPORT AS FOLLOW: - The present case study is successful Ayurvedic management of a case of Urdhvag-Amlapitta.

A 38 year old female patient came to OPD with us a chief complaint of

- 1) Chhardi (Vomiting)
- 2) Amlodgar (Regurgitation)
- 3) Urodha(Burning sensation)
- 4) Udarshool(Pain in abdomen)
- 5) Shirshool(Headache)
- 6) Prasek(Excessive salivation)

Patient had above complaint since last 15 days.

MATERIAL AND METHOD

Trayamanadi Kwath - Aushadi Yoga.

Sr No.	Drug	Latin Name	Usefull Parts	Form	Quantity
1]	Trayaman	Gentiana kurroo	Mul	Bharad Churna	4 gms.
2]	Patol	Trichosanthes	Patra	Bharad Churna	4 gms.
3]	Katukrohini	Picrorrhiza kurroo	Mul	Bharad Churna	4 gms.

Kwatha Nirman Vidhi

The drugs were taken in an equal amount. Physio-chemical analysis of TRAYAMANDI KWATHA will be done before its use. The raw materials which are to be used are collected from ISO certified company S.S.N.J Ayurved Rasashala Dr Vaidya help me a lot in this aspect. Kwath nirman will be done as per procedure described in Sharangdhara samhita. Kwath^[12] is to be prepared freshly and given to the patient. All details about kwath nirman vidhi will be described in dissertation work.

- * Dose : 12 ml × Twice in a day.
- * Aushadhi Sevan Kala : Bhojan-purva.
- * Route of Administration : Oral.
- * Duration : 28 days.
- * Follow up : After every 7 day

History of personal illness:- The patient was normal since 15 days back, then he was suffering from Chhardi (Vomiting), Amlodgar (Regurgitation), Urodha(Burning sensation), Udarshool(Pain in abdomen), Shirshool(Headache), Prasek(Excessive salivation). Then he had come to our hospital-Seth Sakham Nemchand jain ayurvedic Rugnalya in Kayachikitsa department OPD for Ayurvedic treatment.

General Examination

Nadi(Pulse):-Pittapradhan, vatanuubandhi

Mala (stool): Samyaka malapravartana

Mutra(Urine): Samaka Mutrapravartana

Shabda(Speech): Prakrut

Bala: Madhyam

Sparsh(Skin): Snigdha, Mrudu

Druk(Eyes): Prakruta

Akruti: Madhyama

Jiva(Tounge): Sama(coated)

Agani: Mandya

RS: normal

B.P:124/80 mm of Hg.

AIM AND OBJECTIVE

To study of Trayamanadi Kwath in the management of Urdhwaga amlapitta.

TYPES OF STUDY

A single randomize Prospective case study.

STUDY CENTER

Seth Sakham Nemchand Jain Ayurvedic Hospital, Solapur.

Symptoms Before Treatment	Day 1	Day 28
Chhardi (Vomiting)	2-3 vegas/day	Absent
Amlodgar (Regurgitation)	3-4 times /day	Absent
Urodha(Burning sensation)	Present	Absent
Udarshool (Pain in abdomen)	Present	Absent
Shirshool(Headache)	Present	Absent

DISSCUTION

In this case, patient came with symptotms of Chhardi (Vomiting), Amlodgar (Regurgitation), Urodha(Burning sensation), Udarshool(Pain in abdomen), Shirshool(Headache), Prasek(Excessive salivation), since15 days. This symptoms are purely Urdhwaga

amlapitta. Ideal treatment in this condition is *Aam-pachan, Dipan & Mruvirechana*. The properties of “*Trayamanadi Kwath*” is *Dipan, Pachan* and *Rechan*. Therefore This *Kwath* is very effective in treatment of *Urdhwaga amlapitta*.

REASULT

The *Urdhwaga amlapitta* shows complete resolution at the end of 28 days. Only oral remedy of “*Trayamanadi Kwath*” is very effective for above symptoms. Though on the basis of single casa study. we can't say that this hypothesis to be true but it could guide us for further clinical trials.

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