



## EFFICACY OF KAPARDA BHASMA, A POPULAR AYURVEDIC DRUG IN THE MANAGEMENT OF AMLAPITTA (ACID PEPTIC SYNDROME)

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### ABSTRACT

Amlapitta is composed of two words i.e. Amla & Pitta. The term Amla is a special type of test similarity with sour test and pitta which is body chemical substance mainly responsible for the maintained of process of digestion, transformation. Amlapitta is a common disorder caused by vidagdha pitta such as avipaka (indigestion), amlotkalesh or tikta amlodgara (sour or bitter belching), hridkantha daha (heart throat burning sensation) and aruchi(anorexia) due to acid peptic digestion affecting more people in India. The disease was selected for clinical study to assess the efficacy of a commonly used Ayurvedic drug i.e. Kaparda bhasma. The criteria of selection were the signs and symptom

of Amlapitta as maintained in Ayurvedic classical texts irrespective of sex, religion, occupation etc. The study material comprised of 10 Amlapitta patients from OPD of National Institute of Ayurveda, Jaipur. Patients were treated with Kaparda bhasma for 21 days and arbitrary scoring pattern was adopted for the assessment of clinical efficacy. The results showed that Kaprda bhasma is potent drug in the treatment of Amlapitta without any ADR. The result of the present study revealed the therapeutic use of natural product according to

Ayurvedic principal and practice of Amlapitta. The effect of Kaparda bhasma on amlotkalesh is 50%, on sirovedna 75%, on antrikujana and angasada 66.66% , on avipaka 60 % , gorava 75%. The overall relief was 47.96%.

**KEYWORDS:** Amlapitta, Kaparda bhasma, Ayurveda.

## INTRODUCTION

Mind and body are inspirable entities influencing each other throughout the life. Now a day increased pace of life, mental stress, change in food and food habit contributed to the increased of amlapitta. It is a caused by aggravation of pitta particularly in its drava and amla properties.<sup>[1]</sup> Acharya Sushrut has described the amla rasa of pitta appearing to be vidagdha in amlapitta.<sup>[2]</sup> The aggravated pitta thus causing amlapitta produced excessive acidity (condition of excretion more than the normal amount of hydrochloric acid) in the stomach, acid eruction, burning sensation and colic pain when associated with vata. Agni refer to fire like activity in digestive system responsible for digestion of food. When a person take food without understanding own digestive capacity will not digested properly. The main causes of amlapitta are improper Ahara (diets), Vihara (Life style), stress, and not following Ahara vihara vishshaayatana etc.<sup>[3]</sup> Annavisha (Toxin) produced due to ajirna (Indigestion) when mixed with pitta dosha enter in amashya (Stomach) then produced amlapitta disease.<sup>[4]</sup> Amlapitta has been mentioned in Kasyapa samhita, Madhava nidana, Bhavaprakash and Chakradatta.<sup>[5, 6,7,8]</sup>

In Ayurveda, the Kapardika has been used as medicine to cure various ailment mainly related with stomach and in the treatment of dyspepsia. Kapardika mainly originated in sea and its external shell of sea animal called as *Cypraea moneta* Linn. They contain carbonate of calcium, magnesium phosphate, manganese, sodium chloride. *Cypraea moneta* shell has been used in Ayurvedic medicine from ancient days. The recent study showed that the drug has antipyretic, wound healing as well as antimicrobial properties in Wister albino rats.<sup>[9, 10]</sup>

Therefore, the present study has been undertaken to evaluate the efficacy of Kapada bhasma in the management of Amlapitta in a scientific methodical manner.

## MATERIAL AND METHODS

The study was conducted under an approval protocol by the competent authority to prevent bias and to reduce the sources of error in the study. Following material and methods were adopted for conducting the present study.

***Criteria for Inclusion***

1. Patients of either sex aged between 15 and 65 years.
2. Patients having clinical symptom of Amlapitta.

***Criteria for Exclusion***

1. Patients suffering from gastric ulcer, duodenal ulcer, gastric cancer.
2. Patients who had past history of heart disease.
3. Patients with uncontrolled diabetes mellitus.
4. Pregnant and lactating women.

Patients with clinical symptom of Amlapitta were selected randomly from OPD of National Institute of Ayurveda, Jaipur, and Rajasthan.

(1) ***Level of study:*** The study had been carried out at OPD level.

***(2) Design of study***

Study type	-	Interventional
Purpose	-	Treatment
Control	-	Not control
No of group	-	One
No of patients	-	10 Patients
Type of study	-	Single blind

(3) ***Drug:*** 10 Amlapitta patients were selected from OPD level.

Kaparda bhasma – 250 mg twice a day for 21 days

Anupana - Water

(4) ***Assessment of the patients:*** Relief of signs and symptom of amlapitta was assessed by the before treatment and after treatment with gradation of clinical features on the basis of scoring pattern.

**RESULTS AND DISCUSSION**

In this study, 10 patients (8 male and 2 Females) were selected from the out patients department of NIA, Jaipur, Rajasthan having common features of Amlapitta. The results showed that 60% of patients were the age group of 21 -30 years which is pitta dosha dominant stage of life. At this particular age, diet incapability vishmashana, ignore dincharya;

take oily substance and smoking hetu (etiological factor) for the pitta dusti (Table 1). Maximum number of patients (30%) were belongs to service class and suffering from mental stress, which is an important causes of Amlapitta (Fig.1).

Amlapitta is pitta dominant disease; results of the shareera prakriti examination showed that maximum 50% patients prone to the Amlapitta disease were of vata pitta (Table 2). The tendency of vata pitta predominance leading to Annavaaha srotodusti and produce Amlapitta symptoms. Results of the present study showed that 60% patients were having mridu kostha, which is responsible for poor digestion. It is observed that the patient's had addiction of tea/coffee (100%), smoking habit (40%), tobacco (30%), and alcohol (10%). The incidence was common in intellectual person in the age of 21-30 years. These factors are mostly irritants to gastric mucosa thus causes drobalya of amashya and vitiation of pita dosha.

Patients response of the treatment was evaluated on all the subjective criteria and significant improvement were found among 50% patients and 40% of the patients showed moderate response and 10% of the patients no response. The data shown in the context to clinical are very original and practical (Table 3).

In Ayurveda, Kaparda bhasma is used in the treatment of Amlapitta with unknown side effect. Therefore the drugs which have katu rasayukta and katuvipaka and ushna virya . In Amlapitta roga, tikta amlodagara, hritkantha daha due to vidagha (formented) pitta is relived by agnidipana pachana karma which is present in kaparda bhasma. Charak also mention that agnimandya is the root cause of Amlapitta.(Table 4). In modern view, calcium carbonate present in kaparda bhasma. Calcium is essential for living organism in cell physiology. Calcium carbonate is widely used as an dietary calcium supplement and an antacid to relived the symptom of indigestion and heart burn.

**Table 1. Age wise distribution of the Amlapitta patients**

Age	No. of Patients
21-30 yrs	06
31-40 yrs	02
41-50 yrs	01
51-60 yrs	00
> 60 yrs	01
Total	10

Table 2. Prakriti wise distribution of the Amlapitta patients

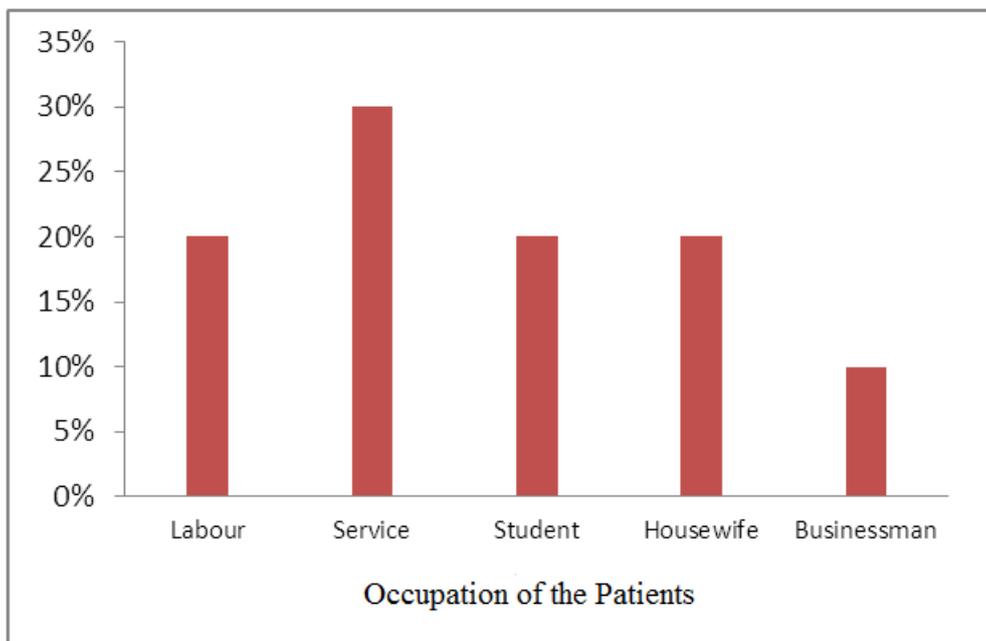
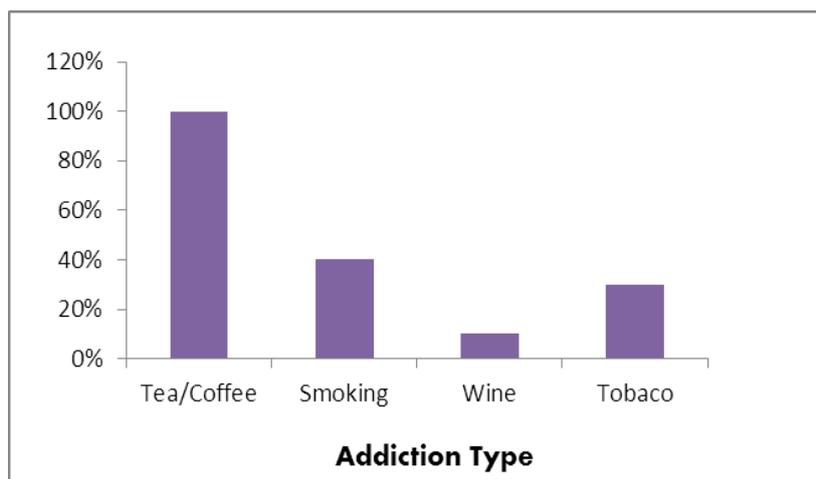
Prakriti	No. of patients
Vatta Pitta	5
Vatta Kapha	3
Pitta Kapha	2
Pitta Vatta	0
Kapha Pitta	0
Kapha Vatta	0

Table 3. Effect of Kaparda bhasma in Amlapitta patients

S. No	Symptoms	Group B			
		BT	AT	Cured	%
1	Amlotkalesh	8	4	4	50
2	Vida Bedha	-	-	-	-
3	Guru Kosthta	11	5	6	54.54
4	Shiro vedna	12	3	9	75.00
5	Hatshula	1	1	-	00
6	Udradhyamana	11	6	5	45.45
7	Angasada	3	1	2	66.66
8	Antrakujana	3	1	2	66.66
9	Ura Pradesh Daha	11	5	6	54.54
10	Romaharsha	2	1	1	50.00
11	Avipaka	15	6	9	60.00
12	Klama	10	4	6	66.00
13	Kanthdaha	11	4	7	63.63
14	Tiktoudgar	3	2	1	33.30
15	Gorava	4	1	3	75.00
16	Aruchi	1	-	1	100.00
17	Amla udger	21	10	11	52.38
18	Vanti	-	-	-	-
19	Tiktashayala	2	1	1	50.00
20	Bhranti	-	-	-	-
21	Dahaukta Atisar	-	-	-	-

**Table 4. Pharmacological properties of Kaparda bhasma.**

S.No	Drugs	Latin name	Rasa	Guna	Veerya	Vipaka	Dosha karma
1	Kaparda	<i>Cyprea moneta</i> Linn	Katu	Ruksha, Tikshna	Ushna	Katu	Kapha vata shamak

**Fig. 1. Occupation wise distribution of the Amlapitta patients****Fig. 2. Addition wise distribution of the Amlapitta patients.****CONCLUSION**

Amlapitta is mostly a psychosomatic disease and the incidence of the disease is gradually predominant may due to changes of life style in modern civilization, changes of food habit and addiction like smoking ,chewing tobacco, consumption of alcohol etc. The results of the Kaprda bhasma are significant in both objective and subjective parameters when compared

with their baseline value of this study. This is increasing faith in the concept given in ancient Ayurvedic literature. Management of Amlapitta by Kaparda bhasma churna of Ayurvedic system of medicine is still superior to that of other system of medicine. As this study was conducted over small group of patients, a similar study performed over a large sample for longer duration could have presented much sharper and more accurate results.

### CONFLICT INTERESTS

The authors declared that they have no competing interests.

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