



## EFFECT OF *PATHAYDI CHOORNA* IN THE MANAGEMENT OF *URDHWAG AMLAPITTA*: A CASE STUDY

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### ABSTRACT

Ayurveda is one among the oldest health science. Nowadays due to unhealthy life style, diet pattern mental stress and strain healthy status of human being is in declining. There is tremendous increase in disorders related to *Mahaastrotas*. *Amlapitta* is *Pitta* predominance disease which is related to *Annavaha Strotas* occurs due to *Mandagni* and *Ama*. When *Amla Guna* of *Pitta* is increased is called *Amlapitta*. In modern science the disease is caused by irregular food habits, addiction of alcohol and tobacco, micro-organisms like H Pylori and certain idiopathic factors which leads to dyspepsia. Causative factors observed as per current lifestyle are – stressful lifestyle, fermented food, spicy food, working late night. So, ‘Hurry’, ‘Worry’, and ‘Curry’ are the three main reasons for the disease. In present time large number of populations is suffering from *Amlapitta* and it is very critical to treat. The basic principle of treatments is mainly *Nidana Parivarjana*, *Shodhana* and *Shamana Chikitsa*. *Vamana* and *Virechana* are mentioned for *Urdhva Gati* and *Adho Gati* of *Doshas*. Various preparations are mentioned in different Ayurvedic classical texts and they are being practiced in india since ancient time. Here a single case study was done with before treatment and after treatment assessment with drug *Pathyadi Choorna* advised twice daily. Observations and results obtained during this case were encouraging and assessed on different parameters which are presented in full paper.

**KEYWORDS:** *Urdhwag Amlapitta*, *Pathyadi Choorna*, *Viruddha Ahara*, *Gastritis*.

### INTRODUCTION

Ayurveda is science of life. Ayurveda mainly deals with physical, mental, social and spiritual wellbeing by any of adopting preventive and promotive approach as well as to treat the diseases with its various curative approaches. A balanced diet and regular exercise are the keys to good digestive health. But today’s era, faulty dietary habits, sedentary life and stress are main causative factors for diseases. People eat a lot of processed food with preservative and lack of exercise, etc., helps in vitiation of *Annavaha strotas*. *Amlapitta* is one of the *Annavaha strotas* disorder. *Amlapitta* is a classic example of the lifestyle disorders common in the present scenario. Around 25-30% of persons are suffering from gastritis in India. *Amlapitta* is a gastrointestinal disorder. It has majority of causative factors like *Viruddha Ahara*,<sup>[1]</sup> excessive consumption of beverages. In modern science<sup>[2]</sup> the disease is caused by irregular food habits, addiction of alcohol and tobacco, microorganisms like H Pylori and certain idiopathic factors which leads to dyspepsia. Causative factors observed as per current lifestyle are – stressful lifestyle, fermented food, spicy food, working late night. So, ‘Hurry’, ‘Worry’, and ‘Curry’ are the three main reasons for the disease. *Madhukosa* explained *Amlapitta* as “*Amlam Vidagdham*

*Cha Tat Pittam Amlapittam*” *Amlapitta* denotes the vitiated condition of *Pitta* and it imparts *Amlatvam* and *Vidagdathavam* to the ingested food. Kashyapa *Samhita*<sup>[3]</sup> is the first text which explained *Amlapitta* as a separate entity. In *Madhava Nidana*<sup>[4]</sup> *Nidana Panchaka* of *Amlapitta* was described *Amlapitta* also explain in *Bhavprakash*<sup>[5]</sup> and *Chakradatta*<sup>[6]</sup> In modern era, *Amlapitta* is a most remarkable problem in the society. In this disease due to worse prognosis the patients are gradually crippled both physically and mentally.

In present time large number of populations is suffering from *Amlapitta* and it is very critical to treat. There are many aspects of treatment of the disease. In spite of all aspects of treatments, recurrence of *Amlapitta* is very high leading to chronicity and chronicity further develops complications. In *Chakradatta*,<sup>[7]</sup> *Pathyadi Choorna* is mentioned as effective medicine in *Amlapitta*. Which consists of drugs like *Pathya (Haritaki)* having *Kashaya Rasa*, *Pittahara* properties and *Bhrungaraja* having *Katu, Tikta Rasa* & both drugs has *Deepana Pachana* properties which helps in reliving symptoms of *Amlapitta*. Hence here is my sincere effort to find the effect of *Pathyadi Churna* in patient suffering from signs & symptoms of *Amlapitta*.

**CASE REPORT**

A 45-year-old female patient having following complaints was came in OPD of Kayachikitsa Department, Shree Saptashrunji Ayurved College and Hospital, Hirawadi, Nashik.

**Chief Complaints**

*Hrid Kantha Daha*  
*Tikta Amlodgar*  
*Hrullas*  
*Aruchi*  
*Avipaka*  
*Chhardi*

since last 2 years  
Aggravated in last 15 days

**History of Present Illness:** Patient was healthy before 2 years. There was gradual increase in above symptoms, but above symptoms were aggravated in last 15 days. So for treatment, patient came to Kayachikitsa OPD for further treatment and management.

**Past History:** Known case of Hypertension since last 4 years

**Present Medicinal History** Tab. Telmikind 40 (Telmisartan 40mg) 1OD

**Family History:** Matruj Kula: Mrit H/O Madhumeha. Pitruj Kula: Mrit H/O Hypertension.

**Past Surgical History:** H/O: Tubectomy done 20 years ago in Civil Hospital, Nashik

**General examination**

<b>Temperature</b>	98.4 F
<b>RR</b>	20/ Min
<b>Pulse rate</b>	84 /Min
<b>Blood pressure</b>	140/80 mm of Hg
<b>Height</b>	156 cm
<b>Weight</b>	72 Kgs

**Powder of Haritaki and Bhringraj mixed with old Jaggery**

SR. No.	Name of the drug	Latin name	Family	Proportion
1	<i>Haritaki</i>	Terminilia Chebula	Combratacea	1 (Bhaag)
2	<i>Bhrinraj</i>	Eclipta Alba	Compositiae	1 (Bhaag)
3	<i>Guda</i>	Saccharum Offivinarum	Panicoideae	1 (Bhaag)

**Table No. 1: Showing Properties of Drugs Used for Pathyadi Choorna.**

Drugs	Rasa	Guna	Virya	Vipaka	Doshaghnta	Karma
<i>Haritaki</i> <sup>[8]</sup>	<i>Kashay, madhur</i>	<i>Ruksha Laghu,</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Tridosahara</i>	<i>Tridoshghna, Anulomak</i>
<i>Bhringaraj</i> <sup>[9]</sup>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vataghna</i>	<i>Ruchya, Dipan, Netrya Keshya</i>
<i>Guda</i> <sup>[10]</sup> (Jaggery)	<i>Madhura,</i>	<i>Snigdha, Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata-Pittahara</i>	<i>Vrishya, Agnidiapan, vit shodhak, Amashay Shodhak</i>

Patient was subjected for *Shamana Chikitsa* with *Pathyadi Choorna* 1 Karsha (10gm BID) along with *Koshna Jala* as *Anupana* for 30 days. *Pathya Aahara* and *Pathya Vihara* was also advised to patient.

**Systemic Examination**

<b>RS</b>	AEBE
<b>CVS</b>	S1 S2 Normal
<b>CNS</b>	Conscious, oriented
<b>P/A</b>	Soft and Non tender

**Ashtavidha Parikshan**

<b>Nadi</b>	84/Min
<b>Mutra</b>	5-6 times a day
<b>Mala</b>	Asamyak
<b>Jivha</b>	<i>Ishat Sama</i>
<b>Shabda</b>	<i>Spashta</i>
<b>Sparsha</b>	<i>Samshitoshna</i>
<b>Druk</b>	<i>Prakrita</i>
<b>Akruti</b>	<i>Sthoola</i>

**Dashvidh Pariksha**

<b>Prakruti</b>	<i>Pitta-Vata</i>
<b>Dosha</b>	<i>Pitta</i>
<b>Dushya</b>	<i>Rasa, Meda, Mala</i>
<b>Sara</b>	<i>Hina</i>
<b>Samhanana</b>	<i>Madhyam</i>
<b>Pramana</b>	(156 cm)
<b>Dehabhara</b>	72 Kgs
<b>Satmya</b>	<i>Madhyama</i>
<b>Satva</b>	<i>Madhyama</i>
<b>Ahara Shakti</b>	<i>Madhyama</i>
<b>Vyayam Shakti</b>	<i>Hina</i>

**Vikrit Strotas Parikshan:** *Strotas Parikshan* WNL Except

*Udakvaha Strotasa:* *Ati-Pipasa, Kanta Kloma shosha, Annavaha Strotasa:* *Jivha Samata, Anannabhilasha, Avipak*

*Rasavaha Strotasa:* *Tandra, Hrillas.*

*Purishvaha Strotasa:* *Asamyak Mala-Pravritti*

**Management**

1) *Pathyadi Choorna*<sup>[7]</sup>

**Duration:** 14 days - Weekly visit.

## OBSERVATION AND RESULTS

Table 2: Table showing Effect of Therapy on Signs and Symptoms.

Symptoms	Gradation	Grade	BT	AT
<b>Hrit Kantha Daha</b>	No Daha	0	4	1
	Occasionally	1		
	Hrit Kantha Daha that subside after taking milk and food	2		
	Daha involving region like Hrit Kantha and relieve after vomiting or antacids	3		
	Hrit Kantha Daha which is not relieved by any means	4		
<b>Tikta Amlodgar:</b>	No Tikta Amlodgara	0	3	0
	Sometimes during weak	1		
	Sometimes a during day	2		
	Small amount of fluid regurgitate to mouth	3		
	Severe disturbing the patient	4		
<b>Hrullas:</b>	No Nausea at all	0	4	1
	Feel sense of nausea once a month	1		
	Frequency of nausea 1-2 times per week	2		
	Frequency of nausea 1-2 times per day	3		
	Frequency of nausea 3-4 times every day after taking food or even without taking food	4		
<b>Aruchi</b>	No Aruchi	0		
	Sometimes feel Aruchi, but can have food	1		
	Continues feel Aruchi but takes little amount of diet two times a day	2		
	Continuous feel Aruchi but takes little amount of diet one time a day	3		
	Continues feel Aruchi, unable to eat food	4		
<b>Avipak</b>	No Avipak	0	4	0
	Avipak occurs occasionally	1		
	Avipak occurs daily, after meal it takes 8-10 hours for Udgar Shudhi Lakshana	2		
	Avipak occurs daily, eats the food once in a day and does not have hunger by evening	3		
	Never gets hungry always heaviness in abdomen	4		

## DISCUSSION

*Amlapitta* is the commonest disease found in the present days. In today's fast paced world people practicing very unhealthy diet and lifestyle which leads to disturbances in digestive system. Due to this *Pitta* is imbalanced and common consequences are *Amlapitta*. In this case study we preferred *Pathyadi Choorna* for management of *Amlapitta*, Probable mode of action of *Pathyadi Choorna* the chief *Dosha* involved in the *Amlapitta* is *Pitta*. The drugs of *Pathyadi Choorna* (*Haritaki* & *Brungaraja*) have *Kashaya* & *Katu Tikta Rasa*, *Laghu Ruksha* & *Ruksha Tikshna Guna*, *Ushna Virya*, *Madhura* and *Katu Vipaka*, *Tridosahara* & *Kapha Vatahara* properties respectively. These properties pacify the *Pitta Dosha*, which is aggravating factor of *Amlapitta*. As there will be vitiation of *Annavaha Strotas*, the *Kashaya*, *Tikta Rasa* & *Laghu*, *Ruksha*, *Tikshna Guna* of these drugs, through their *Stroto Vishodaka* property purifies *Strotas* which helps in correcting *Annavaha Strotas*. *Agnimandya* is the main cause of *Amlapitta*. Due to *Mandagni*, *Ama* is produced, symptoms like *Avipaka*, *Klama*, *Gauravata*, *Aruchi* are seen. Both these drugs have *Deepana-Pachana* properties so does *Ama Pachana* and reduces these symptoms, and also by increasing the strength of *Jataragni* thus break the pathogenesis of the disease. *Tikta*, *Kashaya Rasa* help in pacifying *Kapha-*

*pitta*. Between these two *Rasa Tikta* is better as it is *Laghu* and it does not stagnate the *Ama*. *Ushna Virya* of both these drugs do not allow *Vata Prakopa*. The *Madhuara Vipaka* of these drugs may counteract the *Tikshna Guna* of vitiated *Pitta* and helps in relieving *Tikta Amlodgara*. Hence overall action of *Pathyadi Choorna* relieves the symptoms of *Amlapitta* in this patient.

## CONCLUSION

In this case study, there is reduction in Subjective parameters (Table No. 2) like *Hrit Kantha Daha*, *Tikta Amlodgar*, *Hrullas*, *Aruchi* and *Avipaka* in *Amlapitta*. The Ayurvedic Concepts in Hyperacidity, having fruitful effect; be planned and evaluated systematically, adopting meticulous methods.

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