

**EFFECT OF BRUHATNARIKELA KHANDA IN URDHWAG AMLAPITTA WITH SPECIAL REFERENCE TO HYPERACIDITY**¹*Vd Rinku R. Dahiphale and ²Vd. Kavita S. Patil¹P.G Scholar and ²Associate Professor

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ABSTRACT

Nowadays due to unawareness about *Prakriti* people are practising inappropriate diet and lifestyle which leads to disturbances in the digestive system. The core principles in *Ayurveda* give prime importance to *Agni*, *Prakriti*, *Ahara* (food) and *Vihara* (lifestyle) in maintaining health. In the present era, people are scheduled to one or the other works due to which they are following unwholesome food and habits which may lead to the manifestation of many diseases. One of the common disorders which troubles a person a lot is *Amlapitta*. Vitiating of *Agni* in *Amashaya* (stomach) region due to various reasons causes *Amlapitta*. Some of the common *Pitta* vitiating factors are fasting, eating between meals, worry, hurry, spicy foods etc. These factors derange the *Pachaka Pitta* (digestive enzymes etc.) and as a result *Pachaka pitta* vitiates. Thus, developed condition is called *Amlapitta*. *Amlapitta* is a very common disease caused by *Vidagdha Pitta* with features like *Amlaudgara*, *Tiktaudgara*, *Hrud Kantha Daha* etc. It is the GI disorder described in Ayurvedic texts that closely resembles Hyperacidity in modern science. In the chronic stage, it may lead to ulcerative colitis. In modern medical science, they give some anta-acids, H2 blockers, Proton pump inhibitors, some steroids which have high prevalence costs and side effects. Today there is a need for a potent herbal formulation that can cure hyperacidity and ulcers. This article is a case study of a 35 years female patient with signs & symptoms of *Urdhwaga Amlapitta*. This case study shows potential of Ayurveda and it proves Ayurveda has evidence-based treatment. In this case study patient of *Urdhwaga Amlapitta* was treated with the formulation of *Brihat Narikela Khanda*.

KEYWORDS: *Urdhwag Amlapitta*, *Vidagdha Pitta*, *Bhrihat Narikel Khanda*, Hyperacidity.**INTRODUCTION**

Amlapitta is the disease caused by unhealthy food habits and lifestyle. Indulgence in food which is of incompatible combination, spoiled, very sour, food and drinks which cause increase of *Pitta*, eating food before the previous food is digested, untimely food, eating too much of acidic food, eating when not hungry, drinking too much water during food and at a time unless required, very hot high fatty-fried food, stale food, heavy diet, excess consumption of horse gram vitiate all the three *Dosha* and produces *Amlapitta*.^[1,2] *Amlapitta* is mentioned in *Kashyapa Samhita*,^[3] *Madhava Nidana*,^[4] *Bhavaprakasha*,^[5] and *Chakradatta*.^[6] There is no description of *Amlapitta* as a separate disease in the text of *Charak*, *Sushruta* and *Vagbhata*.

Charak Samhita clearly indicates that the *Grahani Dosha* and *Amlapitta* occur in the persons who do not check the temptation of food. It has predominance of vitiating *Pachaka Pitta* and involves vitiating of *Annavaha* and *Purishavaha Strotas*. The pathology includes *Mandagni* & *Ama*. Excessive consumption of *Amla*, *Katu*, *Teekshna Ahara* that is faulty dietary habits, addictions like

alcohol, smoking, tobacco chewing and other psychological factors like stress, strain also contributes in causing the *Amlapitta* disease. The clinical features of *Amlapitta*, opined in our classics as *Avipaka*, *Klama*, *Utklesha*, *Tikta Amlodgara*, *Gourava*, *Hrit Kantha Daha*, *Aruchi* and *Chardi*, can be co-related to the Hyperacidity of the modern science. The treatment principles namely *Nidana Parivarjana* and *Samprapti Vighatana* are also applicable in the treatment of *Amlapitta*. The use of *Shamana Aushadhis* can provide great relief to the patients. *Acharya* have told to use the drugs which are having *Tikta-Madhura Rasa*, *Madhura Vipaka*, *Sheeta Virya* and *Laghu*, *Ruksha Guna* with *Kapha-Pittahara* action. The present study is being undertaken to approach the disease *Amlapitta* through the formulation of *Bruhat Narikela Khanda*,^[8] on 35-year Female patient.

AIM

To study Effect of *Bruhat Narikel Khanda* in The Management of *Urdhwag Amlapitta*.

OBJECTIVE

To study role of *Bruhat Narikel Khanda* to reduce sign and symptoms of *Urdhwag Amlapitta* with special reference to Hyperacidity.

CASE REPORT

A 35-year-old female patient having following complaints was came in OPD of Kayachikitsa Department, Shree Saptashrunji Ayurved College and Hospital, Hirawadi, Nashik.

Chief Complaints

Avipaka,
Utklesha,
Gaurav
Tikta Amlodgar
Hrud Kantha Daha

since last 1 year

History of Present Illness

35 years female patient came to OPD with Above complaints since last one year. she was taking Allopathy medicines for same complaints in the last one year but she did not get relief completely. So for treatment, patient came to Kayachikitsa OPD for further treatment and management.

Past History: No any History

Present Medicinal History: Not Specific (Antacids occasionally).

Family History: *Matruj Kula: Jivit Pitruj Kula: Jivit.*

Past Surgical History: No any Surgical history.

General examination

Temperature	98.4 F
RR	18/ Min
Pulse rate	72 /Min
Blood pressure	110/80 mm of Hg

Systemic Examination

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

Ashtavidha Parikshan

Nadi	72/Min
Mutra	4-5 times a day
Mala	Samyak
Jivha	Sama
Shabda	Spashta
Sparsha	Samshitoshna
Druk	Prakrit
Akruti	Madhyam

Nidan Panchak

Hetu: Ahara: Atikatu Aahar (Spicy), Ati Amla Aahara, Akal Bhojan, Adhyashan.

Vihara: Ratraujagran, Diwaswap.

Samprapti^[8]

Hetu sevan → Tridosha Prakopa (Pitta Pradhana) → Agnimandya → Anna Vidagdhatta → Pittataprakop (vitiation) → Amla and Drava Guna dominance → **Amlapitta.**

Samprapti Ghatak

- Dosha: Pitta Pradhana, Kapha anubandhi.
- Dushya: Rasa Dushti.
- Strotodushiti: Annavaha Strotas, Purishvaha Strotas, Rasavaha Strotas.
- Vyadhi Avastha: Sama Avastha, Dosha Urdhwagati
- Sadhyasadhyatva: Kashta Sadhya
- Vyadhimarga: AbhyantarMarga

Vyadhi Nidana: Urdhwaga Amlapitta, Samawastha Dosha Urdhwagati.

Management: Bruhat Nirikel Khanda.^[7]

- Drug: Bruhatnarikela khanda
- Matra: 1 karsha (10gm)
- Anupana: Goghrita
- Aushadhasevan Kala: Morning
- Duration: 15 days

Table 1: Rasa, Virya, Vipaka & Doshagnata of Dravyas in Brihat Narikel Khanda.

S.N.	Dravya name	Rasa	Vipak	Veerya	Doshagnata	Guna
1.	Shweta Kushmanda	Madhura	Madhura	Sheeta	Tridoshaghna	Laghu, Snigdha
2.	Narikel	Madhur	Madhur	Sheeta	Pittashamak	Guru Snigdha
3.	Ela	Katu, Madhur	Madhur	Sheeta	Tridoshaghna	Laghu, Snigdha
4.	Dhanyaka	Tikta, Kashay Madhur	Madhura	Sheeta	Tridoshaghna	Laghu, Snigdha
5.	Parpataka	Tikta	Katu	Sheeta	Kaphapittashamak	Laghu
6.	Amalaki	LavanVarjita Pancharasa	Madhura	Sheeta	Tridoshaghna	Guru, Shita Ruksha
7.	Musta	Tikta, Katu Kashay	Katu	Sheeta	Kaphapittashamak	Laghu Ruksha
8.	Balaka	Tikta	Katu	Sheeta	Pittakaphashamaka	Laghu Ruksha
9.	Ushira	Tikta Madhura	Katu	Sheeta	Kaphapittaghna	Laghu Ruksha
10.	Chandan	Tikta Madhura	Katu	Sheeta	Kaphapittashamak	Laghu Ruksha
11.	Draksha	Madhura	Madhura	Sheeta	Vatapittaghna	Guru Mrudu
12.	Shringataka	Madhura Kashaya	Madhura	Sheeta	Pittashamaka	Guru Ruksha
13.	Kasheruka	Madhura Kashaya	Madhura	Sheeta	Pittashamak	Guru Ruksha

14	Twaka	Katu Tikta Madhura	Katu	Ushna	Kaphavataghna	Ruksha Tikshna
15	Patra	Madhura	Katu	Ushna	Kaphavataghna	Laghu Tikshna
16	Karpura	Tikta Katu Madhura	Katu	Sheeta	Tridoshghna	Laghu Tikshna
17	Goghrita					
18	Godugdha					
19	Sharkara					

Table No. 2: Showing Observation and results.

Symptoms	Gradation	Grade	BT	AT
Avipaka	No Indigestion	0	3	1
	Unable to digest mild fatty food	1		
	Unable to digest 3 course meal	2		
	Unable to digest any kind of food	3		
Utklesha	No nausea	0	2	0
	Mild Nausea	1		
	Severe Nausea	2		
	Severe Nausea with Vomiting	3		
Tikta Amlodgar	No belching	0	3	0
	Feeling of belching with no sound	1		
	Feeling of belching with mild sound	2		
	Feeling of belching with severe sound	3		
Gaurav	Normal	0	2	0
	Feeling heaviness in morning	1		
	Feeling heaviness in morning and evening after food	2		
	Feeling heaviness always	3		
Hrid-Kantha-Daha	No Burning Sensation	0	3	1
	Sensation of Warmth on throat and chest occasionally	1		
	Burning sensation on throat and chest after mild oily/spicy food	2		
	Burning sensation on throat and chest always irrespective of diet	3		

DISCUSSION

It contains *Narikela*, *Goghrita*, *Godugdha*, *Dhanyaka*, *Musta*, *Twak*, *Ela*, *Talishpatra*, *Ushira*, *Draksha* etc. As mentioned in table no. 1, Maximum *Dravyas Rasa* are *Madhura*, *Tikta* and *Kashaya* which are *Pittashamaka* and *Kaphanashaka*. In pathogenesis of *Amlapitta*, *Mandagni* leads to *Ama* formation and *Musta* is the best medicine for *Amapachana* and alleviates the *Strotorodha* by *Ushna Tikshana Guna*. Most of the drugs have *Deepana Pachana* property, which improves the status of *Agni*. *Laghu Ruksha Guna* and *Katu Vipaka* are *Kapha Shamaka*. There is increase of *Drava Guna* in *Amlapitta*. *Kledaka Kapha* and *Pachaka Pitta* are *Drava* in dominancy. So *Laghu-Ruksha Guna* may perform the function of *Dravansha - Shoshana*. Other functions of *Laghu - Ruksha Guna* are *Lekhana*, *Stambhana* and *Ropana*. *Madhura Vipaka* and *Sheeta Veerya* drugs may counteract the *Tikshana Guna* of *Vitiated Pitta*, which showed the expulsion of *Mutra* and *purisha*, i.e., *Vatanulomana* and helps in expulsion of the *Vidagdha Pitta*. The *Madhura Rasa*, *Sheeta Veerya*, *Mrudu* and *Snigdha Guna* with *Dahahara* and *Hridaya* property refers to the soothing action of *Narikela* on *Annavaha Strotas* thus reducing the irritation. *Narikela* along with *Dhanyaka*, *Ela* and *Talishpatra*, have the *Hridya* property, thus help in controlling *Chardi*. The *Tridoshahara*, *Deepana*, *Pachana*, and *Ruchya* property

with *Anulomana* action of the drugs help to tackle with the pathogenesis of illness. Summing up the individual drugs of the formulation based upon its *Guna* and *Karma* and also the formulation as a whole, work against *Amlapitta*. *Goghrita*, *Godugdha* and *Amalaki* also possess the *Rasayana* properties, thus helping in *Dhatu Poshana*. *Ghrita*, the *Uttama Sneha*, which has been used in the *Avaleha* is considered best for stimulation of digestion, promotion of longevity, promotion of memory and intellect, and is further described as *Yogavahi Rasayana*, means that any drug processed with *Ghrita* will possess the quality of the added drug.

CONCLUSION

From the above perspective, it can be concluded that *Bruhat Narikela Khanda* has anti-acidic and anti-ulcer activity. As most of the drugs having *Madhura*, *Tikta*, *Kashaya Rasa*, *Madhura Vipaka* and *Shita Veerya* that helps in *Shamana* of aggravated *Pitta Dosha*. *Bruhat Narikela Khand* is *Madhura* in taste so people of all age groups can easily consume this medicine. It is cost-effective and can be easily prepared at home, so it is very helpful in the GI tract disorders like *Amlapitta*, *Grahani*.

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