

ROLE OF VAMAN IN URDHVAG AMLAPITTA – A CASE STUDY

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ABSTRACT

Amlapitta, often correlated with modern-day acid peptic disorders, is an *Ayurvedic* condition characterized by an imbalance of *Pitta dosha*, primarily manifesting as increased acidity in the gastrointestinal tract. Its symptoms include heartburn, acid regurgitation, nausea, and a bitter taste in the mouth. *Vamana*, or therapeutic emesis, is a *Panchakarma* procedure aimed at purifying the body by inducing vomiting. In the context of *Amlapitta*, it's specifically indicated for the *Urdhwag Amlapitta* subtype, where the vitiated *Pitta dosha* is primarily located in the upper gastrointestinal tract.

KEYWORDS: *Amlapitta*, gastrointestinal tract, *Vaman*, *Pitta dosha*.

INTRODUCTION

According to Ayurveda, all diseases are due to hypo functioning of *agni*.^[1] As per *Acharya sushruta*, *pitta* dominant diseases are caused due to improper digested food which forms toxic juice and combine with *pachaka pitta*.^[2] *Amlapitta* is composed of two words *amla* + *pitta*. *Amlapitta* is a disease of *annavaha srotas*. In *Ayurveda*, *amlapitta* is mentioned in *kashyap Samhita*, *madhava nidana*, *bhavaprakasha*, *yogaratanakar*. This disease has not been described in *brihat samhitas*. *Acharya charak* was not explained as a separate disease but *samprapti* of *amlapitta* is clearly mentioned in *grahani chikitsadhyaya* while describing *samprapti* of *grahani dosha*.^[3] *Acharya sushruta* has enlisted *katu* as its original *ras* and mentioned that when *pitta* becomes *vidagdha* changes into *amla*.^[4] In *madhavanidana* also said *pitta* which attains *amla guna* and *vidagdhata* is called as *amlapitta*.^[5]

Yogaratanakar has given two types of *amlapitta* i.e. *urdhvaga amlapitta* and *adhoga amlapitta*.^[6] *Avipaka*, *aruchi*, *tikta*- *amla udgar*, *hruda-kantha daha* these are common symptoms of *amlapitta*.^[7]

Amlapitta is co-related with hyperacidity, acidic indigestion is indeed more prevalent in today's era of unhealthy diets and irregular lifestyle. *Amlapitta* aggravates due to excessive consumption of processed food, junk food, spicy or oily meals, irregular meal timing or skipping meals, overeating or consumption of heavy meals late at night. It is also caused due to sedentary

lifestyle and stress, anxiety. The basic principle of treatment are mainly *shodhana*, *shaman*, and *nidan privarjan*. *Vaman* and *virechana* are mentioned for *urdhva gati* and *adho gati* of *doshas*.

In this case study, patient having symptoms *Shirashool*, *avipaka*, *aruchi*, *tikta* – *amla aasyata*, *chardi*, relief in all symptoms after *chardi*, etc. All these symptoms of *urdhvag amlapitta*. The treatment was given *vaman chikitsa* and seen good result in all symptoms.

CASE REPORT

Basic information of patient

A 26 years old male patient visited outpatient department having complaints

- 1) Uroshoola
- 2) Urodaaha
- 3) Avipaka
- 4) Tikta – *amla asyata*
- 5) Chhardi paschat upasham
- 6) Shirashoola

All these symptoms since 3-4 months on and off

- 7) udar gouravata
- 8) kanthe kapha liptata
- 9) shwasakashtata
- 10) Hrudaspandana

All these symptoms since 2 weeks

History of past illness

No any history of past illness

Age – 26 years

Marital status – Unmarried

Allergy – No any

Sex – Male

Occupation – Student

O/E

Blood pressure – 110/90 mm of hg

Pulse – 72/ min

Temperature – 97.5 f

Respiration rate – 20 /min

S/E

CNS - – Consious & Oriented

CVS – S1S2 normal

RS – AEBE clear

Investigation

- Hemogram
- Chest X ray - Normal
- ECG – Normal
- ESR - 5 mm/hr
- BSL – R - 104 mg
- Urine examination – Normal

Table no. 1: Ashtavidha Pariksha.

Sr.no.	Ashtavidha pariksha	
1	Nadi	Vaata pitta (70/min)
2	Mala	Asamadhankarak
3	Mutra	Samyak
4	Jivha	eshat saam
5	Shabda	spashta
6	Sparsha	Shitoshna
7	Druk	Prakruta
8	Akruti	Madhyam

Table no. 2: Dashavidha parikshana.

Sr no.	Dashavidha parikshana	
1	Prakruti	Vata – pitta
2	Vikruti	Pitta
3	Satwa	Madhyam
4	Satmya	Shadarasa
5	Samhanan	Madhyam
6	Praman	Madhyam
7	Aharashakti	Mandya
8	Vyayamshakti	Uttama
9	Sara	Mansasara
10	Vaya	Madhyam

Samprapti Ghatak

Dosha - Pachaka pitta, Kledaka kapha, Samana vayu

Dushya – Rasa, Purisha

Agni – Sama

Srotas – Rasavaha, Annavaha, Purishvaha

MATERIAL AND METHODS

Subjective criteria

Table no. 3: Clinical Symptom Assessment Scoring for the patient of *Urdhwaga amlapitta*.^[8]

Grading score	0	1	2	3
Avipaka (indigestion)	No indigestion	Indigestion only by heavy food	Delayed digestion of lighter food	Impaired indigestion of even lighter food
Gaurav (lethargy)	No lethargy	Occasional but can do daily work	Continuous tiredness that hampers daily work	Due to tiredness avoid any routine work
Utklesha (nausea)	No salivation	Occasional but not daily	Daily and after taking solid food for sometimes	Frequently and feel amlata
Tikta Amla Udgara (acid eruption belching)	No Tikta	Appears 1 – 5 times/day only on consumption of sour and spicy food	Appears 6 – 10 times/day on consumption of any type of food	Appears 10 times/day on the consumption of any type of food
Gurukoshthatwa (Heaviness in abdomen)	No Gurukoshthatwa	Occasional with a normal quantity of food	Continuous while taking normal food with an average quantity	Continuous while taking less food
Aruchi (anorexia)	No Aruchi	Patient feels aruchi but takes food time to time	Patient sometimes takes food and sometimes avoid it	Patient avoids the food many times
Vibandha (Constipation)	No Vibandha	Intermittent relieved by pathya ahar vihar	Continues relieved by mild laxative (mrudu virechan)	Continuous only relieved by strong medication (teekshna virechan)
Shiroruja (Headache)	No Shiroruja	Intermittent relieved by pathya	Continuous not relieved by medicine	Continuous only relieved by medicine

Treatment plan

- *Deepan & Pachana*
- *Snehapaan*
- *Vamana*
- *Sansarjan karma*

Pre – operative procedure (*Poorva karma*)

Deepana & Pachana – Internal medicine was given to facilitate proper digestion

Drug name	Time of drug administration	Duration
<i>Musta churna</i> ^[9] (2gm) with <i>koshna jala</i>	Morning and evening after meal	3 days

Snehapaana (oleation)

Internal oleation with *Goghrita* in increasing order for 5 days.

Daily assessment for symptoms of oleation was done. *Twaka snigha* (oily skin), *snigdha varcha* (oily stools), *asnhat varcha* (unformed stools), *Vatanulomana*

(evacuation of flatus and stool), *deeptagni* (enhanced digestive function), *Glaani* (exhausted), *Snehodvega* (reversion of sneha), *Vimlendraiya* (enthusiasm) which are assessed daily. Oleation was stopped as oily stools were observed in patient.^[10]

Snehan and swedana (External oleation and sudation)
Snehan and swedana was done for 2 days. One on next
 day after completion of oleation and next on the day of

vamana with tila taila. (Sesame oil). Details explained in
 table

Procedure	Procedure details		Duration
<i>Snehapana</i> by <i>Goghrita</i>	<i>Goghrita</i> in increasing dose per day <i>Anupana</i> - luke warm water		5 days
	1 st day - 40 ml		
	2 nd	- 80 ml	
	3 rd	-120 ml	
	4 th	- 150 ml	
	5 th	-170 ml	
<i>Sneha vishrama dina</i>	1.Sarvang snehan – tila taila 2.Sarvang swedana – Bashpa sweda Ahara – Abhishyandi, kapha utkleshak ahara		1 day

Pradhan Karma

On the day of *vamana*

O/E

Blood pressure – 110/90 mm of hg

Pulse – 72/ min

Temperature – 97.5 f

Respiration rate – 20 /min

S/E

CNS – – Consious & Oriented

CVS – S1S2 normal

RS – AEBE clear

Details about drugs explained in table

<i>Vaman</i>	<i>Sarvang snehana – tila taila Sarvang swedana – Bashpa sweda</i> <i>Akanthpaana – Godugdha (1 liter)</i> <i>Vamak yog – Madanphala pippali phanta</i> <i>Vamanopaga – Yashtimadhu kwatha</i>	1 day
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Preparation of drug

- *Madanphala pippali phant*^[11]

Madanphala pippali bharad (3gm) soaked in *koshna jala*
 (100 ml) day before *vaman*. On next day, mixture will be
 strained and given to the patient.

- *Yashtimadhu k3watha*^[12]

Yashtimadhu bharad (750 gm) soaked in water (5
 litre) one day before → add water (5 ltr) on next day
 morning → boiled it → *yashtimadhu kwatha* (5 litre).

Vaman vegas were observed /assessed subjectively.

Sr. no.	Pariksha	Observation
1	Vegiki –	8
2	Maniki –	<i>Vomit dravya – Sevit dravya = Dosha pravartana</i> 6350 ml – 6600 ml = -250 ml
3	Antiki –	<i>Pittant</i>
4	<i>Laingiki -</i>	<i>Samyak lakshnas –</i> <i>Udar laghvata, Prassanna</i> <i>atmendriya</i>
5	<i>Shudhi prakar -</i>	<i>uttam</i>

Paschat karma

<i>Dhoomapana</i>	After 45 min. of completion of <i>vaman</i>	
<i>Sansarjan krama</i>	Dietry regimen was adviced as per <i>shudhhi</i> observed in <i>vamana karma</i>	5 days

OBSERVATION AND RESULT

Patient was give follow up on last day of *sansarjan krama*.

Sr. no.		Before Treatment	After Treatment
1	<i>Avipaka</i> (indigestion)	3	0
2	<i>Gaurav</i> (lethargy)	3	0
3	<i>Utklesha</i> (nausea)	2	0

4	Tikta Amla Udgara (acid eruption belching)	2	0
5	Gurukoshthatwa (Heaviness in abdomen)	3	1
6	Aruchi (anorexia)	3	0
7	Vibandha (Constipation)	2	0
8	Shiroruja (Headache)	3	1

DISCUSSION

Musta churna^[10] has *katu*, *tikta*, and *Kashaya rasa*, *virya* is *sheeta*, *vipaka* is *katu* with *laghu* and *ruksha guna*. It is indicated in *agnimandya*. *Deepana* and *pachana* are helps to digest the *ama* and makes *doshas niram*. It increases *agni*.

Snehapana helps to increase volume of *doshas*. *Abhyanga* and *swedana* helps to liquefy *dosh* and mobilize the *dosha* from *shakha* to *koshtha*.^[13]

Vamak dravya having *tikshna*, *sukshma*, *vyavayi*, *vikashi*, *sara* and *urdhwa bhagahara pravbhava* by which the drugs act upon body to produce vomiting. *Tikshna guna* produces *vichhindana karma*. Means to break down of complex morbid matters to smaller molecules.

Sukshma guna is responsible for drugs to reach minute channels. Due to *Vyavayi guna* drugs spread in body first and then gets digested. *Vikashi* drugs are those, which produce *dhatu bandh vimokshan*. *Sara guna* which helps the detached *doshas* to reach the *koshtha* from where these are to be expelled out. *Ushna guna* digested the *doshas*. By *prabhava*, drug eliminate the *doshas* out by the respective routes.^[14]

Vamanopaga drugs acts as supporting agents, enhancing the efficacy of *vakam* drug.^[15] *Vamanopaga* drugs is given in large quantity and so it stimulates the stretch receptors present in stomach. The drugs generally have unfamiliar taste and smell, so they may produce some sort of psychic stimulation.

Drug name	Rasa, virya, vipaka, guna	karma
<i>Madanphala</i> ^[16]	Rasa – Madhura, Tikta, Kashaya, Vipaka – katu Virya – ushna Guna – lagu, ruksha	Vamak, kaphapitta shodhaka, kaphavaatashamak
<i>Yashtimadhu</i> ^[17]	Rasa – madhura Vipaka – madhura Virya – sheeta Guna – guru, snigdha	Pitta shaamak, vata shamak

Vamana is indicated therapy for *kapha dosha* and *amashaystha dosha sanchiti avastha*. *Vamankarma* is the main line of treatment for *kapha dosha* which breaks pathogenesis of disease by eliminating *kapha dosha* i.e. cleansing toxic substances. This purification therapy helps to restore the function of *agni*. by *vamana*, the vitiated *kapha* and *pitta* eliminate from body, *agni* gains its normalcy.

CONCLUSION

Vaman therapy effectively expels the vitiated *kapha* and *pitta doshas* and cures *Urdhvag Amlapitta*. It reduce symptoms and maintain health.

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