

डॉ. सुनंदा व डॉ. सुभाष रानडे फाउंडेशनतर्फे पारितोषिक प्राप्त लेख

Management of Urdhvaga Amlapitta by PittaghnaBasti, Shirodhara and Shamana Chikitsa – A Case Study



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ABSTRACT

Introduction: *Amlapitta* is the commonest illness found in the present time. Nowadays due to unawareness about *Prakruti*, individuals are practicing inappropriate diet and lifestyle which leads to disturbances in digestive system. Due to this, *Pitta Dosha* is imbalanced and common results are *Amlapitta*. A patient of 28 years old was diagnosed as *Urdhvaga Amlapitta*. Classical treatment according to *Ayurved* text i.e. *Pittaghna Basti, Shirodhara and Shamana Chikitsa* were given to patient. **Material and Methods:** This is a case study of *Urdhvaga Amlapitta*, where 28 years old male patient having symptoms of *Shirashoola, Hrullas, Kshudhamandya, Sarvangkandu, Krodhadhikya and Malavashtambha*

symptoms were indicating confirmed diagnosis of *Urdhvaga Amlapitta*. Patient was planned for *Pittaghna Basti and Shirodhara Chikitsa*. VAS Scale and gradations was applied for the assessment of all symptoms. **Observation and Result:** Significant results were observed and symptoms of *Urdhvaga Amlapitta* were reduced. It also shows significant changes in VAS Scale and gradations. **Conclusion:** It can be concluded that *Pittaghna Basti, Shirodhara and Shamana Chikitsa* is very effective in *Urdhvaga Amlapitta*.

Keywords : *Urdhvaga Amlapitta, Pittaghna Basti, Shirodhara*

Aim: To study the effect of *Pittaghna Basti, Shirodhara and Shamana Chikitsa* in *Urdhvaga*



GLOW AND GROW WITH MATRUJ JEEVAN SHATAVARIN NO. 5

4) Can Ayurveda Prevent infections

Herbs like Bruhati, Kantakari, Gambhari, Shatavari Matruj Jeevan Shatavarin no. 5. Prevent respiratory infections in pregnancy, increase immune power in pregnancy, also show anti tussive action thus these plants help in respiratory disorders.

Research data available proves the Anti fungal Anti viral Anti bacterial Anti inflammatory, Anti allergic behavior of the herbs mentioned.

6) Can Ayurveda help reduce mental stress?

Yes Shatavari the best female tonic help reduce anxiety, mood swings, depression thereby reducing mental fatigue of would be mother. Jeevan Shatavarin no. 5 act as Balya, Bruhan, Rasayan, Jeevaneeya.

so that the would be mother can really glow and her foetus grow making it happy pregnancy for fifth month of pregnancy !!!

5) Can Ayurveda help Reduce chances of PIH- pregnancy induced hypertension

Gambhari important herb from Matruj Jeevan Shatavarin No.5 help reduce swelling or puffiness of limbs, shows Anti inflammatory action too. As per Ayurveda IT Acts As Shothahar, Mutrakruchhhar Hence Reduce chances of PIH right before beginning of third trimester as gambhari acts as diuretic, cleanses urinary tract, maintains blood pressure.

By
Ayurvedacharya
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(Chief Research Officer)
(Matruj Ayurveda Pharmacy Pvt Ltd)

Amlapittain a case study.

Objective:

- 1) To study *Samprapti* of *Urdhvaga Amlapitta* in this case study.
- 2) To study the effect of *Pittaghna Basti*, *Shirodhara* and *Shamana Chikitsa* in *Urdhvaga Amlapitta* in this case study.

MATERIAL AND METHOD - Patient name -
A.B.C. **Age/Gender -** 28 Yrs. / Male

Complaints of - 1) *Shirashoola* 2) *Hrullas* 3) *Agnimandya* for 10 years 5) *Sarvangkandu* 6) *Krodhadhikya* 7) *Malavashtambha* for 10 years.

Table No. 1. Examination

On examination	Ashtavidha Parikshana	Dashavidha Parikshana
P- 84/min	Nadi- Pittapradhan	Dushya- Annavaha, Rasavaha, Raktavaha, Pureeshavaha strotasa
BP- 110/70 mm of Hg	Jivha- Alpasama	Desha- Sadharana
RS- AEBE Clear	Mala- Baddhata	Bala- Madhyama
CVS- S1 S2 Normal	Mutra- Samyaka	Kala- Visarga
CNS- Conscious, Oriented	Shabda- Prakruta	Anal- Agnimandya
P/A- Soft, No tenderness	Sparsha- Anushnasheeta	Prakruti- Pittakaphaja
	Druka- Prakruta	Vaya- Madhyama
	Akruti- Madhyam	Satva- Madhyama
		Satmya-Shadrasa
		Ahara- Mishra Ahara

Table No. 2. Strotasa Parikshana-

Strotasa	Dushti lakshane
Annavaha	Agnimandya
Rasavaha	Hrullas, Agnimandya, Shirashoola
Raktavaha	Sarvangkandu, Krodhadhikya, Shirashoola
Pureeshavaha	Malavashtambha

Hetusevana in patient- *Excessive use of leafy vegetables, Mansahara (nonveg), Spicy foods, Atichintana (overthinking), repeatedly day sleeping after eating, excessive stress*

Patient received allopathic treatment, but had no relief. Thus symptoms gradually increased since 10 years and patient was irritating due to above symptoms. Therefore he opted for *Ayurvedic* treatment. After taking complete history following treatment was given.

Treatment Plan: Table No. 3. *Shamana Chikitsa- 1month*

Sr. no.	Kalpa	Dosage	Kala	Anupana
1.	<i>Aarogya vardhini vati</i>	250 mg	2 times a day after food	Lukewarm water
2.	<i>Pathyadi kwath</i>	20 ml	2 times a day after food	Lukewarm water
3.	<i>Swadishta Virechana Churna</i>	5gm	1 time at bed time	Lukewarm water

Firstly this treatment was given for 7 days as *Aamapachaka*, and then *Panchakarma* treatment was started after getting *Niramavastha* with above oral medicine. Same medicine was continued for 1 month.

Table No. 4. Panchakarma Chikitsa- 8 days

Sr. no.	Therapy	Dravya	Duration	Period of therapy
1.	<i>Matrabasti</i>	<i>Narayana taila</i> (30ml) + <i>Panchatikta ghrita</i> (30ml)	5 min	2 days after breakfast at morning
2.	<i>Niruha Basti</i>	<i>Pittaghna Basti</i> (230 ml)	10 min	6 days empty stomach at morning
3.	<i>Shirodhara</i>	<i>Tilataila</i> + <i>Bramhitaila</i>	20 min	8 days at morning

Table No. 5. Bastikrama

Basti Day	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Basti type	M	N	N	N	N	N	N	M

M- *Matrabasti*, N- *Niruhabasti* i.e. *Pittaghna Basti*

Preparation of *Pittaghna Basti* - *Bharada Dravya* (30gm)+Milk (150ml)+Water (300ml) *Ksheerapaka* (150ml)

Table no. 6. Content and preparation of Pittaghna Basti

Sr. no.	Medicine	Quantity
1	<i>Sariva, Manjishtha, Ananta, Vidarikanda, Yashtimadhu Ksheerapaka</i>	150 ml
2	<i>Madhu (Honey)</i>	40 gm
3	<i>Saindhava (Rock salt)</i>	2.5 gm
4	<i>Narayana taila (as a Sneha)</i>	20 ml
5	<i>Panchatikta Ghrita (as a Sneha)</i>	20 ml
	Total	230 ml

Pittaghna basti was prepared as per *Niruha Sammelana vidhi*.

Table No. 7. Oral Medicine and its Guna

Sr. no.	Medicine	Content	Guna of Medicine
1.	<i>Arogya vardhini vati</i> ^[9]	<i>Kajjali, Lauha-Tamra-Abhrak Bhasma, Shuddha Shilajita, Shuddha Guggulu, Triphala, Chitrakmoola, Kutaki</i>	<i>Pachani, Deepani, Pathya, Hridya, Medovinashini, Malashuddhikari, Kshutpravartini, anulomani, Mrudurechak, Sarvaroga prashamani</i>
2.	<i>Pathyadi kwath</i> ^[10]	<i>Triphala, Kiratatikta, Haridra, Guduchi</i>	<i>Shirshoolahruta</i>

3.	<i>Swadishta Virechana Churna</i> ^[11]	<i>Yashtimadhu, Shatapushpa, Sonamukhi, Shuddha Gandhak, Mishri</i>	<i>Malavarodha, Aamavruddhi, Shirashoola, Arsha, Raktavikara, Twakavikara, Pama, Kandu - Nashak</i>
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Table no. 8. Content of Medicine used for Panchakarma

Sr. no.	Medicine	Content	Guna of Medicine
1.	<i>Narayana taila</i> ^[12]	<i>Ashvagandha, Baladvaya, Bilva, Patla, Bruhatidvaya, Gokshura, Nimba, Shyonak, Punarnava, Prasarini, Agnimantha, Shatavari (Main content)</i>	<i>Sarvang sanshrayi vatapittaroga nashak</i> <i>Main content, Shatavari which is Vata-pitta-astrajita, Agnivaradhini</i>
2.	<i>Panchatikta Ghrita</i> ^[13]	<i>Vasa, Guduchi, Nimba, Kantakari, Patola</i>	<i>Kushtha, Visarpa, Krumi Nashak</i>
3.	<i>Bramhi taila</i> ^[14]	<i>Bramhi</i>	<i>Sheeta Viryatmaka, Madhura, Tridoshanashak, Smrutiprada, Kushthanashak</i>

Table no. 9. Pittaghna Basti Content and its guna

Sr. no.	Dravya	Rasa	Veerya	Vipaka	Doshagnata	Guna
1	<i>Sariva</i> ^[15]	<i>Madhura Tikta</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridoshaghna</i>	<i>Kandukushthahara, Raktapitta prashamanam Shreshtha</i>
2	<i>Manjishtha</i> ^[16]	<i>Kasha-ya Tikta Madhura</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha- Pittaghna</i>	<i>Kushthastravisarpa nashak</i>
3	<i>Ananta</i> ^[17]	<i>Kasha-ya Tikta Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridoshaghna</i> <i>Specially Kapha- Pittaghna</i>	<i>Raktapittaghna, Trushna Arochak Chhardi nashak</i>
4	<i>Vidarikanda</i> ^[18]	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata- Pittaghna</i>	<i>Pittastrapavanadaha nashak</i>
5	<i>Yashtimadhu</i> ^[19]	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Pitta- vataghna</i>	<i>Chhardi Trushna nashak</i>

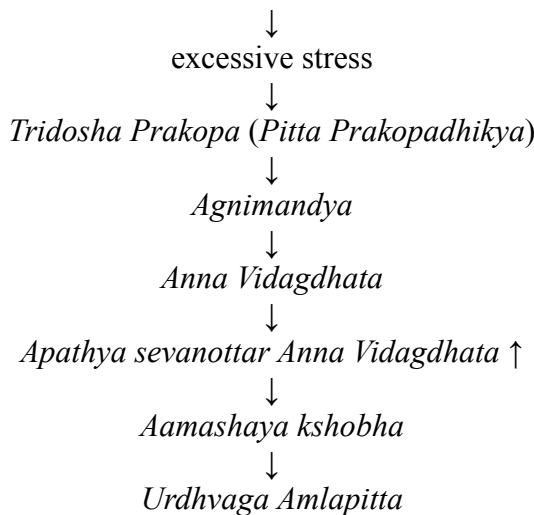
OBSERVATION AND RESULT:

Table No. 10. Effect of treatment on Symptoms

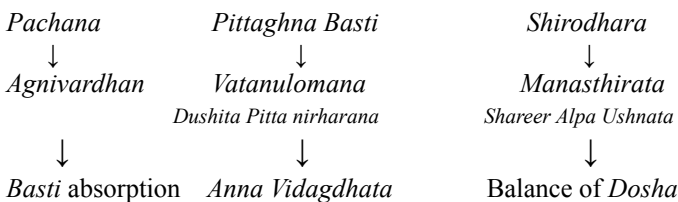
	Symptoms	Before Treatment	After Treatment
VAS Scale	<i>Shirashoola</i>	10	1
	<i>Sarvangkandu</i>	8	1
Gradations	<i>Malavashtambha</i>	+++	-
	<i>Hrullas</i>	+++	-
	<i>Krodhadhikya</i>	+++	+
	<i>Agnimandya</i>	<i>Mandagni</i>	<i>Agnivruddhi</i>

VAS Scale applied to *Shirashoola* and *Sarvagkandu*. VAS Scale for *Shirashoola* (Pain) and *Sarvagkandu* (Itching) as follows, 0- No pain / Itching, 1-3- Mild pain / Itching, 4-6- Moderate pain / Itching, 7-9- Severe pain / Itching, 10- Worst pain / Itching, Gradations for *Malavashtambha*, *Hrullas* and *Krodhadhikya* as, Mild - + Moderate - ++ Severe - +++

Discussion - Patients *Samprapti* - *Hetusevana*
Excessive use of leafy vegetables, Mansahara (nonveg), Spicy foods, Atichintana (overthinking), repeatedly day sleeping after eating,



***Samprapti Bhanga* by Treatment -**



Relief in Symptoms of *Urdhvaga Amlapitta*.

- In our science, considering *Urdhvaga Amlapitta* as *Tridoshajanya vyadhi*, *Basti* treatment is advisable to cure the disease as *Basti* is the treatment of all *doshas* i.e. *Vata*, *pitta* and *kapha dosha* including the *Rakta dosha*.^[20]
- The every drug present in *Pittaghna Basti* i.e. *Sariva*, *Manjishtha*, *Ananta*, *Vidarikanda* and *Yashtimadhu* has *Pittashamak* quality which alleviates the symptoms of *Urdhvaga Amlapitta*.^[15,16,17,18,19]
- *Pittaghna Basti dravya* also have properties like *Kandu Kushtha Visarpahara*, *Raktapittaghna*, *Trushna Arochak Chhardi nashak*, *Pittavatadahanashak*. These symptoms are also present in *Urdhvaga Amlapitta*. Therefore due to these properties there is pacification of symptoms of *Urdhvaga Amlapitta*.^[15,16,17,18,19]
- In *Urdhvaga Amlapitta*, especially *Pitta dosha* gets vitiated and causes *Anna vidagdhata*. Due to this *Basti* treatment, elimination of *Dushita Pittadosha* takes place and thus cures the symptoms of *Urdhvaga Amlapitta*.^[21]
- *Arogyavardhini* is *Pachani*, *Deepani*, *Pathya*, *Hridya*, *Malashuddhikari*, *Kshutpravartini*, *Anulomani*, *Mrudurechak*, *Sarvaroga prashamani* therefore there is alleviation of symptoms of *Urdhvaga Amlapitta*.^[9]
- *Pathyadi kwath* is very effective in the *Shirashoola*, which is one of symptom of *Urdhvaga Amlapitta*.^[10]
- *Swadishta Virechana Churna* is having the characteristics of *Malavarodha Aamavruddhi Shirashoola Arsha Raktavikara Twakavikara Pama Kandu – Nashak*; out of which maximum symptoms are present in *Urdhvaga Amlapitta* hence alleviates the symptoms of *Urdhvaga Amlapitta*.^[11]
- *Narayana taila* is beneficial in *Sarvang sanshrayi vatapittaroga*. The main content of *Narayana taila* is *Shatavari* which is *Vata-pitta-astrajita*, *Agnivardhini*. Due to these properties there is relief in symptoms of *Urdhvaga Amlapitta*.^[12]
- *Panchatikta Ghrita* is having the property of *Kushtha*, *Visarpa*, *Krumi Nashak* hence pacification of symptoms occurs in patient.^[13]
- Main content of *Bramhi taila* is *Bramhi*. The property of *Bramhi* is *Sheeta Viryatmaka*, *Madhura*, *Tridoshanashak*, *Smrutiprada*, *Kushthanashak* which is useful in pacification of symptoms of *Urdhvaga Amlapitta*.^[14]
- Vitamin B1 is essential for the proper digestion of food (*annapachana*). When pyruvic acid is increased in blood then simultaneously Vitamin B1 will decrease as they are inversely proportional to each other. Due to administration of *Basti*, the products of fatty acid, pyruvic

acid will be reduced and Vitamin B1 will be increased. Therefore this *Basti* treatment reduces the symptoms in *Urdhvaga Amlapitta* like *Hrullas*, *Agnimandya*, *Malavashtambha*, etc.^[22]

- *Basti* contains so many drugs and inserted in fairly good amount in warm condition. These factors are quite enough to influence the primary afferent neurons and here by ENS. *Basti* fluid by its direct action on nerve endings can control the whole body by influencing hormonal secretion and CNS. Moreover *Abhyanga* and *swedana* prior to *Basti* therapy may have some role in influencing the ENS. The drugs may also be transported to the circulation by local veins and lymphatics and thus mitigates the disease elsewhere in the body.^[23]
- *Shirodhara* procedure causes *Manasthirata*, *Shareer alpa ushnata* which is very beneficial in alleviation of *Krodhadhikya* and *Sarvangkandu* symptoms of *Urdhvaga Amlapitta*.^[24]
- *Shirodhara* procedure also causes *Aaharakanksha* which is very beneficial in alleviation of *Agnimandya* symptoms of *Urdhvaga Amlapitta*.^[24]

Statistical Analysis

Shirashoola and Sarvangkandu was calculated according to following formula, Where, BT= Before treatment, AT= After treatment BT- AT/BT - 100.

Table No. 11. Percentage of Relief

Symptoms	% of relief
<i>Shirashoola</i>	90%
<i>Sarvangkandu</i>	87.5%
<i>Malavashtambha</i>	99%
<i>Hrullas</i>	99%
<i>Krodhadhikya</i>	80%
<i>Agnimandya</i>	90%

Conclusion - *Pittaghna Basti* and *Shirodhara* therapies are significantly effective in *Urdhvaga Amlapitta*. *Shamanachikitsa* i.e. *Arogyavardhini vati*, *Pathyadi kwath* and *Swadishta virechana churna* are helpful in *Urdhvaga Amlapitta*.

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