



**International Journal of Biology, Pharmacy  
and Allied Sciences (IJBPAS)**  
*'A Bridge Between Laboratory and Reader'*

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**MANAGEMENT OF URDHVAGA AMLAPITTA (HYPERACIDITY) BY  
PANCHAKARMA MODALITY WITH SPECIAL REFERENCE TO  
SHODHANAGA SNEHPANA AND VAMANA KARMA**

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Received 12<sup>th</sup> Dec. 2021; Revised 14<sup>th</sup> Jan. 2022; Accepted 7<sup>th</sup> Feb. 2022; Available online 5<sup>th</sup> March. 2022

<https://doi.org/10.31032/IJBPAS/2022/11.3.1013>

**ABSTRACT**

*Amlapitta* is more common in the present scenario. The main reason for the *Amalapitta* is *viruddha ahara*, spicy food and other environmental factor are also responsible. According to *yogratnakar* the *Vamana karma* is indicated in *Urdhwaga Amalpitita*. Even *Vamana* is part of *Panchakarma* treatment. In this study we have attempted to show an importance of *Sodhanaga Snehapana* prior to *Vamana karma*. A case of 46 yr old female patient presented with classical symptoms of *Urdhvaga Amlapitta* like *amlodgara* (acid eructation), *urodaha* (burning in chest), *shirashoola* (headache), *amala-tikta vanti* (acidic vomitus), *kukshi daha* (burning in stomach) since 1 month visited to Parul Ayurveda Hospital, Parul University, waghodia Gujarat, referred to *Panchakarma* OPD. Patient was Managed As per the classical reference, protocol started with *Deepana -Pachana & shodhananga snehapana* with *Murchitta Go-Ghrita* in increasing dose till *samayak snigdha lakshana*. As *Vamaka yoga* the *madanphala pippali churna* 6 gm, *saindhva* 2 gm, honey

sufficient quantity and *yashtimadhu phanta* as *vamananopaga dravya* were used. It was observed that *Amlodgar*, *Shirashoola*, *Tikta Amla Vanti*, *Urodaha* symptoms of *Amlapitta* have been reduced and patient felt complete relief; there was no recurrence of *Amalopitta* even after 2 months. Thus, *Murchitta Go Ghrita* as *Shodhnaga Snehapana* and *Vamana karma* in patient of *Urdhwanga Amalopitta* is effective.

**Key words:** *Urdhwanga Amlapitta, Vamana, Shodhnaga Snehapana.*

## INTRODUCTION

*Aacharya Madhava* has first described *Amlapitta* as disease. *Amlapitta* is disease of *annavaha strotas*. *Amlapitta* disease has two types according to *gati* 1) *urdhvaga amlapitta* 2) *Adhoga Amlapitta*. *Vidagdhpitta* is increased in *Urdhvaga Amlapitta* which is main reason for that.

Analysis of *Amlapitta* on the basis of *dosha* also been done by *Aacharya Madhava*. *Lakshana* of *Urdhvaga Amlapitta* is *Amlodgar, Kantadaha, Shirashoola, Hasta Pada Daha, Tikta Amla Vanti* (1)

*Amlapitta* is mention in *Madhvanidana, Yogratnakar, Bhavprakash. Acharya Charaka, Susruta, Vagbhata* has not mentioned *Amalopitta* as separate chapter whereas *Acharya Charaka* has describe *Amlapita* as *Lakshana* of *Ajeerna* in *Grahni Adhyaya* (2). *Acharya Yogratnakar* has mentioned *Vamana karma as treatment in Amlapitta*. (3)

A modern point of view *Amlapitta* is correlated with hyperacidity. People eats junk

food, spicy food, salty food also having disturbed life style like night duty, stress full work, these all are main reason to lead hyperacidity. Symptoms of hyper acidity is heart burn, nausea, anorexia, vomiting. (4)

➤ Case report: A 46 year old female patient c/o *Amlodgar*(Acid eructation) ,*urodaha* (burning in chest), *tikta amla vanti*( acidic vomitus) , *shirashoola* ( headache), *kukshi daha* (burning in stomach), since 1 month present to the *Panchkarma* opd in (march2021) after taking thorough history the patient was diagnosed as a case of *Urdhvaga Amlapitta*. According to *yogratnakar* the first line of treatment for *Urdhwaga Amalopitta* is *Vamana*. Thus, the patient was advised for *vamana karma*.

➤ *Vamana karma*: *Vamana* is part of *Panchakarma* treatment and its means induces emesis for treatment.

Every procedure is divided in 3 parts *Poorvakarma*, *Pradhanakarma* and *Paschatkarma*. In *Poorvakarma* the *deepana*, *pachana* and *snehpana* is included. *Snehpana* is done for 4 days and 1 day is for *vishrama kala* in which external olation (oil massage) and sudation done. It helps to bringing the vitiated dosha into *koshta*. For *Pradhana Karma Vamana* is administered, in *Paschata Karma* there is special diet regimen is following by patient for 3 to 7 days. (5)

- Management: take consent of patient.

Explained whole procedure to the patient.

- Pre- operative preparation – (*Poorvakarma*)

Oral medication for proper *deepana-pachana*.

*Mustadi churna* 3gm tds with hot water before food for 3 days. (6)

- Internal oleations: *Shodhnanga Snehpana* with *Murchita Go Ghrita* in increasing order starting with 30 ml and increased based on *agnidipti* time. The *shodhnanga snehpana* is stopped on the 4<sup>th</sup> day as symptoms of *samyaka snigdha lakshana* were achieved. Daily assement of *samyaka snigdha lakshana* was done. Proper passing of flatus and stool, *agnidipti*, *snigdha varchs*, *asahat varch*, *mruvvangata*, *snigdhaangata*, *snehodvega lakshana* which all are assessed daily(7-8). *Snehapana* was stop as soon as *adhahsneha darshana* are observed in patient.

Chart of *Samyaka Snigdha Lakshana*

Lakshan	Day 1	Day 2	Day 3	Day 4
<i>Vatanulomana</i>	✓	✓	✓	✓
<i>Twaksnigdhta and gatra snigdha</i>			✓	✓
<i>Purisha snigdhta</i>			✓	✓
<i>Snehodvega</i>		✓	✓	✓
<i>Kalama\ glani</i>			✓	✓
<i>Angalaghavata</i>		✓	✓	✓

- During this time period patient was instruct to follow particular *ahara* and *vihara*.

Diet: *ushna ahara*, *ushna jala*, *drava ahara*. (9) *Vihar*: avoid day sleep, speaking

loudly, too much cold, direct exposure to air, natural urges.(10)

External oleation and sudation: (*abhyanga* and *swedana*) external *abhyanga* and *swedana* on next day after completion of *samyaka snigdha lakshana of shodhnaga snehpana* (during *vishrama kala*) and on the day *vamana* with *tila tail* (23- 3-21) and (24-3-21) (11).

*Pradhana karma*: Induction of *vamana*

On the day of *vamana*, initially measure bp, pluse, spo<sub>2</sub> of patient, also mentally counseling of patient is necessary and other procedure related instruction is given to the patient.

Pluse – 88/min, b.p 120 | 80 mmHg, Rs: both AEBE clear, CVS: s<sub>1</sub> & s<sub>2</sub> normal, Urine-normal, Tongue-uncoated, Stool - normal, Sleep - normal.

*Vamana drug*: *Madanphala pippali* 6gm, *Saindhava* 2 gm, sufficient quantity honey mixed together.

*Akanta paan*: *Godugdha & Yavagu*.

*Vamanopag dravya*: *Yashtimadhu phanta*.

*Vamanopag dravya*: the patient was advised to vomit without much exerting too much pressure. The urges may be aroused by opening wide the lips, the palate, the throat and by slightly bowing the upper part of body the dormant urges may be induced by tickling the throat with two fingers.

During the procedure, *vamanopaga Kashaya* (supportive decoction to continues vomiting) *yashtimadhu* (liquorice) after each *vega* was administered repeatedly to support the act of vomiting till the appearance of *pitta* (bile) in vomitus. *Vamana vegas* (projectile vomiting boats) were assessed subjectively.

No	Suddhi type	Suddhi obtained
1	<i>Vaigiki</i>	5 <i>vegas</i>
2	<i>Maniki</i>	<i>Vamit dravya maan</i> (9 lit) – <i>sevit dravya</i> (8 ,750lit) = <i>dosga pravartan</i> (250 ml)
3	<i>Aantiki</i>	<i>Pittanta</i>
4	<i>Laingiki</i>	<i>Hridayasuddhi, parsvasuddhi, murdhasuddhi, indriyasuddhi, srotosuddhi, laghuta, kale pravrthi ,yahakrama kapha, pitta, vata doshaharan, kantasuddhi</i> (12)

**Clearness type: (Suddhi Prakar):**

**Madhyam**

The vitals like b.p, pulse, spo<sub>2</sub> that all are recorded during *Vamana* and it should be normal throughout the procedure.

Post-operative care (*Paschat Karma*)

After well administered *Vamana*

the patient was asked to wash his Hand, face, feet with warm water then give *dhumapana* to the patient (13) (*haridrdivarti*). Asked to the patient to rest in room and also advice avoid direct

exposure to wind. *Samsarjana karma* (special Diet regimen) should be advised for 5days. (14)

## RESULT

This present case was managed with *shodhnang snehpana* and *vamana* therapy after that patient was asked for followup after 15days.

Sr .no	Sign symptoms	Before treatment	After <i>Vaman</i>	After follow up
1	<i>Amlodgara</i>	+++	---	---
2	<i>Hritkanta daha</i>	+++	---	---
3	<i>Aruchi</i>	---	---	---
4	<i>Kukshi daha</i>	+++	---	---
5	<i>Shiroshoola</i>	+++	---	---
6	<i>Hast- pada daha</i>	---	---	---
7	<i>Tikta amla vanti</i>	+++	---	---

## DISCUSSION:

In this case observed good result by *Panchakarma* therapy. *Deepana* and *Pachana* medicine is help to digest the *Amadosha* and increase *Agni* and *dosha* are turn into *Nirama Avastha*, that condition is essential for *Samyak Snehana*. Instead of *siddha ghrita* in this case used *Murchitta Ghrita* for internal oleation.

After drink of *Murchita Go Ghrita* it was observed that *Samyaka Snehana lakshana* attained on 4th day of *Snehapana*. The *Shodhnanga Snehpana* which help to dissolve the dosha and increasing dosha volume after *abhyanga and swedana*, which helps the dosha to liquify and move doshas towards *strotas* to *kostha*. (15)

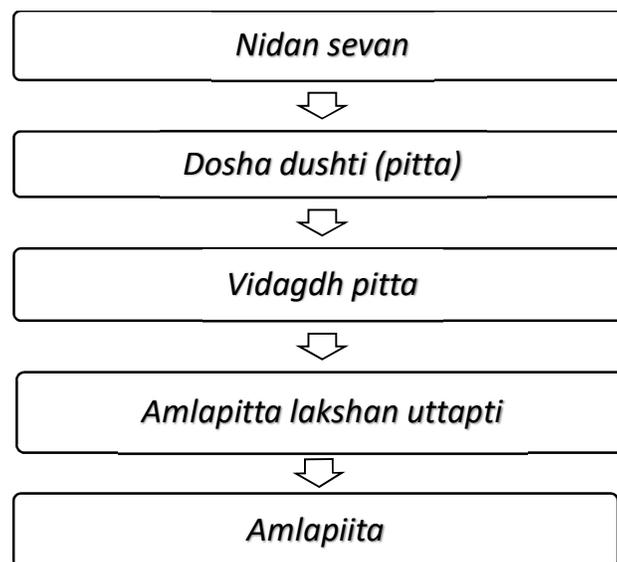


Figure 1 showing the samprapti of amlapitta. (16)

Although *murchita gohruta* is not described in the scripture as treatment of *Amlapita*. It is beneficial in the treatment of *Amlapita*, if it used as *Sodhnaga Snehapana* prior to *Vamana Karma*.

*Murchita ghrita* is cost effective, effective and beneficial for *shodhnaga snehapana* instead of *sidhha ghrita*. After the usage *murchita ghrita* classical symptoms of *Amlapitta* were reduced.

*Vamana Dravya* having *Vyavayi, vikashi, sukshma, ushna and tikshna* properties. Due to these properties it circulate quickly into minute channels, micro channels. *Dosha vilayanam* is done by *ushna* property which helps in separation of *dosha*. We can observe on patient forehead & whole-body perspiration. *Sukshma* property *vamaka dravya* reach to minute channels & removes morbid matter from them and reach to *amashaya* in process of *vamana*. *Vayavayi & vikashi* properties help to reach *vamana dravya* into cellular level. (17)

*Vamana karma* clear pathology by removed disease or influential factor *dosha*. *Vamana* cleanses the conflicting type of toxic material from the body. At first the patient was having *Amlodgara, Hridakantadaha, Shirashoola* as presenting complains. After

*vamana* therapy, the patient follow *samsarjana karma* is advised to enhance the *agni* systematically. after 15 days follow up all the symptoms were subsided completely without reoccurrence. *Shodhana chikitsa* (biopurification therapy) this removes the vitiated *dosha* from the body. *Shodhan chikitsa* can prevent the reappearance in future. (18)

#### CONCLUSION:

This case study concluded that use of *Murchita Go Ghrita* instead of *Sidhha Ghrita* as *sodhananga snehapana* also give significant result in management of *Urdhvaga Amlapitta*. *Samayka Snigdha Lakshna* as well as *Samayak Vamana Lakshana* were achieved properly. It can be say that *Murchita Go Ghrita* is alternative option for *sidhha ghrita*. More number of case study needs for more accurate result to evaluate effect of *murchita go ghrita* is alternative option for *sidha ghrita*.

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