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BALA BILWA: MAJIC REMEDY FOR AMLAPITTA: A CASE STUDY

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ABSTRACT

Background: The modern man is more susceptible to a variety of lifestyle disorders than infectious diseases, which are much more distressing. The main risk factors for Amlapitta (hyperacidity or gastritis) are altered lifestyle activities such as eating fried food, working nights, being stressed out, having addictions, etc. A 27-year-old male patient who was complaining of -Uro daha (burning sensation in chest), Amlodgara (sour belching), Klama (general weakness), and other associated symptoms such as Ajeerna (indigestion) and Chardi (episodes of vomiting occasionally) were also present. On the basis of history, clinical symptoms, and examination, the patient was diagnosed with Amlapitta. In Vedic literature, bilwa is widely discussed and used. The apakva phala of bilwa is used as a stomachic, strengthening and imparting tone to the stomach, preventing scurvy, aiding in digestion, and also relieving irritation of the alimentary system. In this case, an effort was made to assess the impact and effect of Aegle marmelos unripe fruit extract (AMFE) as pathya on a person with hyper acidity condition.

Materials and Methods: The assessment of subjective features was done on the basis Amlapitta Rating Scale. 30 ml of Bilwa rasa was given twice daily for 7 days.

Discussion: The unripe fruit of bilwa is sangrahi, snighda, agnidipaka, katu, tikta, kashaya, usna veerya and tikshna. Marmeline, Aegeline, Imperatorin, Alloim-peratorin, and Xanthotoxol are a few of the major chemical components found in unripe fruit. Alkaloids, carbohydrates, glycosides, tannins, phenolics, gums, mucilage, saponins, flavins, flavinoids, steroids, sterols, and terpenoids were all found in the preliminary phytochemical screening of the aqueous extract of the unripe fruit of *A. marmelos*. *Aegle marmelos* unripe fruit extract produced anti-inflammatory, antioxidant, and mast cell-stabilising effects, demonstrating a protective effect in amlapitta condition.

Conclusion: The results showed a decrease in the severity of hyper acidity following treatment with *Aegle marmelos* unripe fruit extract.

Keywords: Amlapitta, Bilwa, Balabilwa, *Aegle marmelos*, Bilwa swarasa, Hyperacidity

INTRODUCTION

Ayurveda provides an in-depth assessment of a person's lifestyle, from personality traits to daily eating habits. The science emphasizes the significance of both the curative and preventive aspects of medicine and teaches us how to live a balanced life. The 21st century is known for its quick technological advancements and intense competition. The modern man is more susceptible to a variety of lifestyle disorders than infectious diseases, which are much more distressing. The main risk factors for Amlapitta (hyperacidity or gastritis) are altered lifestyle activities such as eating fried food, working nights, being stressed out, having addictions, etc. The known causes include a sedentary lifestyle with minimal to no activity and an excessive intake of acidic, sour foods.

Disease can be cured without any medicines by just following a wholesome regimen, whereas even hundreds of medicines can't cure a disease in the absence of a wholesome regimen. A pathya is something that a person enjoys that will not hurt their body's systems while also promoting health [1].

In Vedic literature, bilwa is widely discussed and used. Hindus worship this tree, also known as the "Shiva Druma" (Lord Shiva's favourite tree), and they offer its leaves in prayers to Siva and Parvati. The root, stem, leaves, apakva phala (unripe fruit), and pakva phala (ripe fruit) are among the several tree parts used in traditional medicine. The apakva phala of bilwa is used as a stomachic, strengthening and imparting tone to the stomach, preventing scurvy, aiding in digestion, and also relieving irritation of the

alimentary system [2, 3]. Apakwa phala is typically produced in rasa form and given to patients with amlapitta disease.

In order to change the severity of the sickness, pathya and apathy have a significant impact. Now more than ever, we need to figure out how to treat hyperacidity without using drugs, instead changing our food and way of life. In this case, an effort was made to assess the impact of Bilwa Swarasa as pathya on a person with amlapitta. In gastrointestinal (GI) conditions like diarrhoea, dysentery, and constipation, its fruits are helpful. Because of its anti-inflammatory, immunomodulatory, antimicrobial, and antioxidant characteristics, it is also used as medicine. Hence, the present study was undertaken to evaluate the effect of *Aegle marmelos* unripe fruit extract (AMFE) on amlapitta conditions.

Case:

A 27-year-old male patient who was complaining of -

Uro daha (burning sensation in chest), Amlodgara (sour belching), Klama (general weakness), and other associated symptoms such as Ajeerna (indigestion) and Chardi (episodes of vomiting occasionally) were also present. The lifestyle history of the patient was also taken regarding food, sleep, and exercise, which showed an altered lifestyle.

The patient has been suffering with the above symptoms for the last 9–10 months. He used to skip breakfast and lunch, and whenever he got the time, he took tea and snacks instead of heavy food. The patient was construction labour by occupation and had the habit of alcohol consumption (1-2 times a week).

No H/O of any other major illness

Examination

On examination, the vitals of the patients were within the normal limits. No abnormal findings were noted in the systemic examination.

General Examination

- Nadi - 78/min
- Mala - Abadha, Asamyak pravritti
- Mutra - Anavilam, 4-5 times/day
- Jihwa -Liptha
- Agni -Mandha
- Shabda - Prakritha
- Sparsha - Anushna sheetha
- Druk - Prakritha
- Akrithi - madyama
- Bala - Madhyama
- Raktachapa- 130/90mmhg

Subjective Criteria

The assessment of subjective features was done on the basis of gradation of symptoms given in **Table 1**.

Table 1: Amlapitta Rating Scale [4]

S. No.	Features	Gradation	Parameter
1	DAHA	0 1 2 3 4 5	-No Daha -Daha of mild degree in any area of kantha, udara, uras, kukshi -Daha of moderate degree relieves by antacid, milk, cool drink, ice-cream -Daha of severe degree and relived after digestion of food, or vomiting -Severe degree of Daha but relives by any measure mentioned above -Severe degree of Daha and does not get relief by any measure
2	CHARDI	0 1 2 3 4	-No vomiting -Nausea and vomits occasionally -Frequency is not more than 2 to 3 per week -Frequency of vomiting is between 4 to 6 per week -Frequency of vomiting is daily
3	SHULA	0 1 2 3 4	-No pain -Slight pain which need not any medicine -Pain of some degree which subsides after taking cold, sweet, food, antacid, milk etc -Severe colicky unbearable pain but relieves after vomiting or relieves after digestion of food -Severe unbearable pain which does not subsides by either vomiting or antacids.
4	AVIPAKA	0 1 2 3 4	-No avipaka -Avipaka occurs occasionally 2 - 3 times per week -Avipaka occurs daily but not severe -More than 2-3 ajirna ahara lakshanas like ashuddha udgara/anutsaha/glani present -Severe type of avipaka which does not subside without medicine
5	AMLODGARA	0 1 2 3 4	-No Amlodgara -Sometimes during day -Amlodgara of moderate severity -Severe Amlodgara disturbing the patients -Small amount of fluid regurgitate to patients mouth
6	KLAMA	0 1 2 3 4	-No klama at all -Occasionally feels lassitude without Shrama which remains for sometimes and then vanish -Feeling of Lassitude without Shrama daily for sometimes -Feeling of Lassitude without Shrama daily for long duration -Always feels tired and have no enthusiasms
7	BRAMA	0 1 2 3 4	-No Reeling of head/ Bhrama at all -Occasionally feeling of reeling head/ Bhrama -Frequency of Feeling of reeling head/ Bhrama < 3 times a day -Frequency of Feeling of reeling head/ Bhrama > 3 times a day -Frequently feeling of reeling head change of posture causes the severe problem

Diagnosis

On the basis of history, clinical symptoms, and examination, the patient was diagnosed with Amlapitta.

Treatment given

- 30 ml of Bilwa rasa was given twice daily for 7 days.

During these 7 days, the internal medicines are completely stopped.

Bilwa rasa preparation:

- One medium-sized apakwa bilwa is collected freshly and washed well. Cut it into two pieces, and the fleshed part (majja) of the fruit is taken out. With this collected majja, add 4 tsp of

sarkara (sugar) and 30 ml of plain water.

- Grind this mixture very well.
- Finally, juice is filtered well and kept for serving.

OBSERVATION AND RESULT

The assessment of the patient was done before and after treatment on the basis of the relief of symptoms given in **Table 2**.



Figure (1)

Figure (2)

Figure (3)

Table 2: Changes in the Amlapitta Rating

Symptoms	Before Treatment (1 st Day)	After Treatment (8 th Day)
Daha	4	1
Chardi	2	0
Shula	0	0
Avipaka	3	1
amlodgara	3	0
Klama	1	0
Brama	0	0

DISCUSSION

No medicine is equivalent to food; it is possible to make a person disease-free with just a proper diet [5]. Pathyaapathya attains more significance in the disease of the

annavaha srotas, as this is among the first to be affected by the aharaja nidana.

Bilwa is considered one of the most sacred trees in India and is home to an abundance of egle marmelos (Bael), one of the world's

oldest and most well-known species of the Rutaceae family. In this present study, the unripe fruit of Bilwa was taken, and its rasapancha are:

Rasa-Kashaya Tikta

Guna-Laghu Ruksha

Virya-Ushna

Vipaka-Katu

Karma: Grahi, Dipana: Pachana

As mentioned in Dhanvantri nigantu in the 10th century, the unripe fruit is sangrahi, snighda, agnidipaka, katu, tikta, kashaya, usna veerya and Tikshna [6].

The use of bala bilwa (the tender fruit of bilwa) in different forms is explained in our various samhithas. To get rid of abdominal pain and Pravahika condition Acharya Charaka explained bala bilwa and madhuka with sugar and honey [7]. For raktha athisara, tender bilwa with guda, honey, and taila is advised in Susrutha Samhita [8]. Vrinda Madhava advised bala bilwa with guda, pippali, shunti, and taila for Pravahika and Shola Avastha [9]. Coming to the samprapti of Amlapitta, we can see the pitta pradhana tridosha involvement [10] and from this we can understand that the tender fruit of bilwa is a magical remedy for diseases related to alimentary tract.

Unripe Bilwa fruit has astringent, digestive, stomachic, and antidiarrheal properties, along

with being antipyretic, antiscorbutic, bitter, and pungent. Marmeline, Aegeline, Imperatorin, Alloim-peratorin, and Xanthotoxol are a few of the major chemical components found in unripe fruit. Alkaloids, carbohydrates, glycosides, tannins, phenolics, gums, mucilage, saponins, flavins, flavinoids, steroids, sterols, and terpenoids were all found in the preliminary phytochemical screening of the aqueous extract of the unripe fruit of *A. marmelos*.

A study was conducted in 2012 on the effect of *Aegle marmelos* unripe fruit extract (AMFE) on inflammatory bowel disease (IBD) in Wistar albino rats. It showed a decrease in intestinal inflammation following treatment with AMFE. Acetic acid and indomethacin-induced IBD models showed significant protection against mast cell degranulation. Treatment with AMFE significantly decreased MDA (malonaldehyde) levels and increased SOD (superoxide dismutase) activity. The main components of the therapeutic value of *A. marmelos* are a number of polar and nonpolar phytoconstituents. This study clearly shows that AMFE produced anti-inflammatory, antioxidant, and mast cell-stabilising effects, demonstrating a protective effect in inflammatory bowel disease. In light of this, we can say that an aqueous extract of the

unripe fruit of *A. marmelos* possesses anti-inflammatory properties, which is beneficial for patients with the amlapitta condition [11].

CONCLUSION

Bilwa is utilised in both medical and sacrifice rites and rituals that deal with cultural heritage, festivals, and religious ceremonies lasting from birth to death. Apakwa bilwa rasa is a stronger medicine used for treating amlapitta that has no side effects. The manifestation of the amlapitta condition is mostly caused by agnimandya and ama production. The drug has Kashaya tikta rasa and deepana-pachana properties. The results showed a decrease in the severity of hyper acidity following treatment with *Aegle marmelos* unripe fruit extract.

It is a very simple and cost-effective formulation that is easily available in our country. To prove the effectiveness of apakwa bilwa rasa in the Amlapitta condition, however, further study with a large sample size can be conducted.

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