

**A REVIEW ARTICLE ON THE ROLE OF *DHANYAK HIMA* IN *AMALPITTA* W.S.R. TO  
HYPERACIDITY**<sup>1</sup>\*Dr. Manisha, <sup>2</sup>Dr. Sourabh, <sup>3</sup>Dr. (Prof.) Seema Rani, <sup>4</sup>Dr. Rachna<sup>1</sup>M.D. Scholar, Department of Swasthavritta and Yoga, Institute for Ayurved Studies and Research, Faculty of Ayurved, SKAU, Kurukshetra, Haryana, India.<sup>2</sup>Medical Officer at Cygnus Hospital Kurukshetra, Haryana, India.<sup>3</sup>Prof., Department of Swasthavritta and Yoga, Institute for Ayurved Studies and Research, Faculty of Ayurved, SKAU, Kurukshetra, Haryana, India.<sup>4</sup>M.D. Scholar, Department of Agada Tantra, Institute for Ayurved Studies and Research, Faculty of Ayurved, SKAU, Kurukshetra, Haryana, India.**\*Corresponding Author: Dr. Manisha**M.D. Scholar, Department of Swasthavritta and Yoga, Institute for Ayurved Studies and Research, Faculty of Ayurved, SKAU, Kurukshetra, Haryana, India. DOI: <https://doi.org/10.5281/zenodo.19327130>**How to cite this Article:** <sup>1</sup>\*Dr. Manisha, <sup>2</sup>Dr. Sourabh, <sup>3</sup>Dr. (Prof.) Seema Rani, <sup>4</sup>Dr. Rachna (2026). A Review Article on The Role of Dhanyak Hima In Amalpitta W.S.R. To Hyperacidity. World Journal of Pharmaceutical and Medical Research, 12(4), 09–12.

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**ABSTRACT**

*Amlapitta* is one of the most frequently encountered disorders of the gastrointestinal system described in Ayurveda, presenting with manifestations such as *Amla udgara*, *Hrit-kantha daha*, *Utklesha*, *Avipaka* and *Gaurava*. These symptoms closely resemble the clinical picture of hyperacidity and acid dyspepsia in modern medicine, conditions that are increasingly common due to erratic dietary habits, psychological stress, and lifestyle disturbances. Ayurveda proposes a holistic approach for the prevention and management of *Amlapitta* through suitable dietary regulations, lifestyle modifications, and therapeutic formulations. Among these, *Dhanyaka Hima*, a cold infusion prepared from the seeds of *Coriandrum sativum*, is classically indicated for *Pitta-shamana* and *Daha-shamana*, making it particularly beneficial in *Amlapitta*. This review aims to comprehensively analyze the classical references, Ayurvedic pharmacodynamics, and modern scientific evidence related to *Dhanyaka Hima* and correlate its therapeutic relevance with hyperacidity. Coriander seeds possess *Sheeta Veerya*, *Madhura Vipaka*, and *Tikta-Kashaya Rasa*, enabling them to pacify aggravated *Pitta* while improving digestion through mild *Deepana-Pachana* effects. Modern studies further demonstrate its anti-ulcer, anti-inflammatory, antioxidant, digestive, and gastroprotective actions, attributed to phytoconstituents such as linalool, flavonoids, and volatile oils. These actions help reduce gastric acid secretion, enhance mucosal protection, relieve burning sensations, and improve overall digestive function. Overall, in this review article present the potential of *Dhanyaka Hima* emerges as a safe, easily accessible, and effective Ayurvedic intervention for *Amlapitta*, with significant therapeutic relevance to hyperacidity.

**KEYWORDS:** *Amalpitta*, Hyperacidity, *Dhanyak*, *Hima*.**INTRODUCTION**

Ayurveda is an eternal science of life. It is an ancient science known for several decades ago. Its prime importance is maintenance and promotion of health. A proper diet and life style is necessary to fulfil this primitive objective of Ayurveda i.e., maintenance and promotion of health. In present scenario, due to faulty diet and life style pattern, many non-communicable diseases are emerging; *Amlapitta* (hyperacidity) is one of them. *Amlapitta* is such type of gastrointestinal disorder

which is the outcome of urbanization, changed lifestyle and dietary incompatibility. It has become a common disease in the society affecting to adults mostly. Incidence of GERD is found to be at least 20% in many Indian cities. This means that 250 million people in India are suffering from this disease. *Amlapitta* is one of the most prevalent *Annavaha Srotas* disorders described in Ayurveda and continues to represent a significant clinical burden in modern society. The condition arises primarily due to *Agni-dushti* leading to improper digestion and

subsequent formation of *Vidagdha ahara rasa*, manifesting as symptoms such as *Amla udgara*, *Hritkantha daha*, *Avipaka*, *Utklesha*, and *Gaurava*. Classical texts identify faulty dietary habits, irregular meal patterns, excessive intake of spicy, oily, fermented foods, psychological stress, and diurnal sleep as major etiological factors. These causative factors and clinical features parallel those of hyperacidity and functional dyspepsia described in modern medicine, wherein excessive gastric acid secretion, reduced mucosal protection, and altered gastric motility contribute to the clinical presentation.<sup>[1]</sup>

With the growing prevalence of lifestyle-related digestive disorders, there is a renewed interest in safe and holistic therapeutic approaches. Ayurveda provides a comprehensive framework for understanding and managing *Amlapitta*, emphasizing correction of Agni, balancing of aggravated Pitta, and restoration of gut physiology through *Ahara*, *Vihara*, and *Aushadha*. Among the various formulations described, *Dhanyaka Hima*, a cold infusion prepared from the seeds of *Coriandrum sativum*, holds special therapeutic significance. Its *Sheeta Veerya*, *Pitta-shamana*, *Daha-shamana*, and *Deepana-Pachana* actions make it particularly suitable for conditions associated with burning, indigestion, and acid regurgitation.<sup>[2]</sup>

In recent years, scientific investigations have highlighted the pharmacological potential of coriander seeds, including anti-ulcer, anti-inflammatory, digestive, and antioxidant properties, further supporting their classical use. This review aims to explore the role of *Dhanyaka Hima* in *Amlapitta* with special reference to hyperacidity by integrating Ayurvedic principles with modern scientific evidence.<sup>[3]</sup>

### ***Dhanyaka (Coriandrum sativum Linn.) in Ayurveda***

*Dhanyaka* is described as:

- *Rasa: Madhura, Tikta, Kashaya*
- *Guna: Laghu, Snigdha*
- *Virya: Sheeta*
- *Vipaka: Madhura*
- *Prabhava: Dahahara, Pitta-shamana*
- These attributes collectively support *dhanyaka*'s effectiveness in pacifying aggravated pitta and reducing gastric irritation.

### **Preparation of *Dhanyaka Hima***

**Ingredients:** *Dhanyaka* (Coriander seeds) coarse powder – 1 part

Potable cold water – 6 parts

### **Method of Preparation**

1. Take coarsely powdered coriander seeds (not fine powder to avoid turbidity and loss of volatile components).
2. Add 6 times the quantity of clean, cold water.
3. Soak the mixture for 6 to 8 hours or overnight in an earthen, glass, or stainless-steel vessel.

4. After the soaking period, stir the mixture gently.
5. Filter the infusion through a clean cloth or fine sieve to obtain a clear liquid.
6. Use the preparation fresh, preferably early morning on an empty stomach.

**Dose:** 50–100 ml, once or twice daily, or as directed by physician

### **Pharmacological Properties of *Dhanyaka (Coriandrum sativum)***

Coriander seeds contain a range of bioactive compounds that justify their use in gastrointestinal disorders, particularly hyperacidity and *Amlapitta*.

### **Ayurvedic Pharmacodynamics (*Dravyaguna*)**

- *Rasa: Madhura, Tikta, Kashaya*
- *Guna: Laghu, Ruksha*
- *Veerya: Sheeta*
- *Vipaka: Madhura*
- *Doshagnata: PittaKapha Shamaka*
- *Karma: Deepana, Pachana, Daha-shamana, Chardi-nashaka, Grahi*

These properties directly counter the pathophysiology of *Vidagdha Pitta* and support digestive functions.

### **MODERN PHARMACOLOGICAL PROPERTIES**

#### **Anti-ulcer Activity**

Coriander seeds protect the gastric mucosa, reduce acid secretion, and increase mucin production, helping prevent gastritis and ulceration.

#### **Anti-inflammatory Action**

Flavonoids, terpenoids, and linalool reduce gastric inflammation and soothe irritated mucosa.

#### **Antioxidant Properties**

Coriander seeds contain phenolic compounds that neutralize free radicals and prevent oxidative stress-related gastric damage.

#### **Digestive & Carminative Effect**

Improves digestion, relieves gas, bloating, nausea, and supports healthy gut motility.

#### **Antispasmodic Activity**

Reduces gastric spasms and abdominal discomfort often associated with hyperacidity.

#### **Cooling (Sheeta) Effect**

Naturally reduces burning sensation in the epigastrium, throat, and chest hallmark symptoms of *Amlapitta*.

#### **Mild Antimicrobial Activity**

Helps maintain gut microbial balance, preventing fermentation and sour regurgitation.

#### **Acid-Regulating Action**

Phytoconstituents help modulate gastric acid secretion, supporting its role in hyperacidity.

## MATERIALS AND METHODS

This narrative review examined classical Ayurvedic sources including *Charaka Samhita*, *Ashtanga Hridaya*, *Sharmgadharma Samhita*, *Madhava Nidana*, *Kashyap Samhita*, and *Bhavaprakasha Nighantu*. Commentaries and explanatory texts were assessed for descriptions of *Amlapitta* and *Dhanyaka's* therapeutic relevance. A complementary review of modern literature was conducted using PubMed, Google Scholar, and Scopus databases.

## DISCUSSION

The present review systematically compiled and analyzed data from classical Ayurvedic texts, contemporary pharmacological studies, and published research articles focusing on *Coriandrum sativum* and its therapeutic relevance in gastrointestinal disorders. The major findings are summarized under classical, modern scientific, and correlation-based observations. Classical Ayurvedic literature consistently describes *Dhanyaka* (coriander seed) as a *Pitta-shamana*, *Daha-shamana*, *Deepana-Pachana*, and *Chardi-nashaka dravya*.<sup>[4]</sup> The use of *Hima Kalpana* (cold infusion) is specifically advocated in conditions associated with aggravated *Pitta Dosha* and *Vidagdha Avastha* of the gastrointestinal tract. *Amlapitta* is delineated as a disorder arising from *Agni-dushti* with *Pitta-Kapha* vitiation, manifesting clinically as *Amla Udgara*, *Hrit-Kantha Daha*, *Avipaka*, *Utklesha*, and *Gaurava*. Several classical references highlight the efficacy of coriander-based formulations in alleviating burning sensation, acidity, nausea, indigestion, and post-prandial heaviness.<sup>[5]</sup>

As phytochemical properties analyses of coriander seeds reveal the presence of bioactive constituents such as linalool, geraniol, flavonoids, tannins, terpenoids, coumarins, and essential oils. Experimental studies demonstrate significant anti-ulcer activity, attributed to increased gastric mucin secretion and reduced acid output, along with anti-inflammatory effects mediated by suppression of inflammatory markers. Additionally, antioxidant properties contribute to the protection of gastric mucosa against oxidative stress. Digestive and carminative actions of coriander further support improved gastric motility and reduction of gas and bloating. Animal studies have also shown a protective effect of coriander extracts against chemically induced gastric ulcers and hyperacidity.<sup>[6]</sup>

Correlation of classical Ayurvedic principles with modern scientific evidence strongly supports the therapeutic role of *Dhanyaka Hima* in managing gastrointestinal symptoms such as burning sensation, acid regurgitation, nausea, abdominal discomfort, and indigestion. These findings substantiate the relevance of *Dhanyaka Hima* in the management of *Amlapitta* and hyperacidity, providing a rational integrative basis for its clinical application.<sup>[7]</sup>

Gastroesophageal reflux disease (GERD) is a condition in which acid and other contents of the stomach flow backward into the food pipe (esophagus). Sometimes, this acid can reach the mouth, throat, voice box, or even the lungs. This backward flow mainly causes inflammation and irritation of the lining of the esophagus.

GERD is one of the most common conditions seen by GIT specialists and physicians. According to the American College of Gastroenterology, GERD is a long-term condition in which abnormal reflux of stomach contents causes symptoms or damage to the esophagus. Reflux disease is mainly of two types. In Western countries, about 10–20% of people suffer from GERD, and around 6% have severe disease. In Asian countries, GERD affects about 5% of the population. This disease includes inflammation of the esophagus, bleeding, anemia, narrowing of the esophagus, difficulty in swallowing, and a condition called Barrett's esophagus. Barrett's esophagus increases the risk of cancer of the lower esophagus. GERD can also cause problems outside the digestive system, such as tooth damage, throat irritation, chronic cough, asthma-like symptoms, sinus problems, and lung diseases. The most common symptoms of GERD are heartburn, acid coming back into the mouth (regurgitation), and chest pain not related to the heart. Doctors usually diagnose GERD based on symptoms and how well the patient responds to medicines called proton pump inhibitors (PPIs), which reduce stomach acid. In most patients with typical symptoms like heartburn and regurgitation, GERD can be diagnosed without special tests. Certain risk factors increase the chance of developing GERD, and identifying these people early helps in preventing complications. If a patient does not have warning signs such as difficulty in swallowing, painful swallowing, anemia, weight loss, vomiting blood, or black stools, treatment with PPIs can be started without further testing. However, if these warning symptoms are present or if symptoms do not improve with treatment, further tests such as endoscopy or acid monitoring of the esophagus are needed. International guidelines recommend confirming the diagnosis of GERD before starting long-term treatment.

However, the integrated evidence from classical Ayurvedic texts and modern scientific studies strongly supports the therapeutic relevance of *Dhanyaka Hima* in the management of *Amlapitta*. According to Ayurveda, *Dhanyaka*, due to its *Sheeta Veerya* and *Madhura Vipaka*, effectively pacifies aggravated *Pitta Dosha*, there by relieving classical symptoms such as burning sensation, sour regurgitation, and gastric irritation. As *Amlapitta* originates from *Agni-dushti*, the *Deepana-Pachana* properties of *Dhanyaka* help restore normal digestive fire, prevent the formation of *vidagdha ahara rasa*, and reduce abnormal fermentation and acid production. Its *Laghu* and *Ruksha guna* further assist in

alleviating *Kapha* mediated symptoms like nausea, heaviness, and mucus-laden digestion.<sup>[8]</sup>

The *Hima* preparation, by virtue of its cooling nature, preserves volatile oils and minimizes heat generation, thus exerting a protective and soothing effect on the gastric mucosa. From a modern perspective, coriander seeds exhibit anti-ulcer and gastroprotective properties by increasing gastric mucin secretion, protecting epithelial cells, and reducing acid output, functioning as a mild natural antacid. Additionally, their anti-inflammatory and antioxidant constituents, particularly flavonoids and essential oils, help reduce gastric mucosal inflammation and oxidative stress, preventing the progression of functional dyspepsia to gastritis or ulcerative conditions.<sup>[9]</sup>

The carminative and digestive actions of *Dhanyaka* also improve gastric motility, reduce bloating, enhance gastric emptying, and lower the risk of acid reflux. Constituents such as linalool contribute to the regulation of gastric pH, closely correlating with the classical concept of *Pitta-shamana*. Collectively, these actions highlight the clinical usefulness of *Dhanyaka Hima* in conditions such as *Amlapitta*, hyperacidity, functional dyspepsia, gastritis, post-meal burning, nausea, and sour belching. Its safety, cost-effectiveness, easy availability, and non-irritating nature make it suitable for long-term use, especially in patients intolerant to strong antacid medications, thereby effectively bridging classical Ayurvedic principles with modern gastrointestinal physiology.<sup>[10]</sup>

## CONCLUSION

The present review underscores the therapeutic relevance of *Dhanyaka Hima* (cold infusion of *Coriandrum sativum* Linn.) in the management of *Amlapitta*, based on evidence from classical Ayurvedic texts and modern pharmacological studies. Classical literature describes *Dhanyaka* as a *Pitta-shamana* and *Deepana-Pachana* drug, particularly indicated in *Agni-dushti* and *Vidagdha Avastha*. Experimental studies support these claims by demonstrating gastroprotective, anti-ulcer, anti-inflammatory, antioxidant, and digestive properties of coriander seed constituents. The integrative analysis suggests that *Dhanyaka Hima* may be a safe, cost-effective supportive therapy for acid-peptic disorders. However, well-designed clinical trials are required to confirm its clinical efficacy, dosage standardization, and long-term safety.

## CONFLCIT OF INTEREST -NIL.

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