

AYURVEDA MANAGEMENT OF AMLAPITTHA W.S.R. TO ROLE OF BHRUNGRAJ
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ABSTRACT

Amlapitta is common health issue related to the Annavaha Srotasa characterized with symptoms of Hritshula, Vidbheda, Antra Kujana, Avipaka, Hritkantha Daha, Amlodgara, Aruchi, Utklesha. The disease possesses symptomatic similarity with gastroesophageal reflux disease or hyperacidity as per modern science. As per classical literatures of Ayurveda it is considered as Pitta Pradhana Vyadhi which occurs due to the indulgence in etiological factors that can vitiate Pitta Dosha. Avoidance of causative factors, uses of Pitta pacifying drugs which can boost digestion, suppression of excessive acid secretion, Panchakarma therapy and conduction of concept of Ahara-Vihara can provides relief from Amlapitta. Ayurveda drugs Bhrungraj Churna and Haritaki Churna possess specific properties require pacifying hyperacidity or Amlapitta. Present article summarizing therapeutic importance of Ayurveda in Amlapitta W.S.R. to beneficial effects of Bhrungraj Churna and Haritaki Churna.

KEYWORDS: Ayurveda, Amlapitta, Bhrungraj Churna, Haritaki Churna.**INTRODUCTION**

Amlapitta is *Vyadhi* of gastrointestinal track mainly associated with vitiation of *Agni* and *Pitta*. The disease involves excessive production of *Amlaguna* of *Pachak Pitta* which results condition of hyperacidity. The symptoms mainly arise due to the indulgence in *Viruddhashana*, *Pittaprapakopaka bhojana* and *Pana*. *Agnimandya*, formation of *Ama* and *Annavaaha Strotodushiti*, etc. are the major pathological events involved in disease pathogenesis. As per modern concept the disease occurs due to the excess production of acids in stomach which causes symptoms of hyperacidity.

Causes of Amlapitta

- ✚ Consumption of spicy and sour foods
- ✚ Excessive intake of fermented foods
- ✚ Excessive intake of oily and hot foods
- ✚ Fasting and eating too late at night just before sleep
- ✚ Lack of physical activities
- ✚ Insomnia or excessive sleeping habits in day time
- ✚ Stress & anger

Samprapti (Pathogenesis)*Dosha: Pitta**Rasa Adisthana: Amashaya**Srotas: Annavaaha*

As mentioned above the major pathological component of disease is vitiated *Pitta* which causes disease symptoms in *Amashaya* through *Annavaaha Srota*. The diminish state of *Agni* initiates disease pathogenesis as depicted in **Figure 1**.



Figure 1: Pathogenesis of Amlapitta.

Rupa of Amlapitta

Avipaka, Utklesha, Tikta Amla Udgara, Klama, Gaurava and Hrit-Kanth daha.

Vidbhedha, Udara adhmaana and Hrid shula.

Management of Amlapitta

Avoidance of causative factors

Panchakarma therapies like; Vamana and Virechana

Ayurveda herbs like; Shatavari, Yashtimadhu, Amalaki and Sunthi

Good practices of concept of Ahara-Vihara

Bhringaraj Churna in Amlapitta

Bhringaraj possess offer many health benefits including Ruchuvardakam, Keshranjaka, Netrahitkara Kusthahara, Shothahara, Raktapitta, Kasahara and Rasayana effect thus offers therapeutic benefits in many health problems. Jathraagni Deepaka and Pachana effects of Bhringaraj helps to stimulates digestive power therefore offers therapeutic benefits in Amlapitta.

Properties of Bhringaraj

Katu and Tikta Rasa

Laghu and Rukshna Gunas

Ushna Virya

Katu Vipaka

The above mentioned properties of Bhringaraj help to balances Doshas like Pitta and provides relief in Amlapitta. Bhringaraja posses Ruksha-Ushna property thus reduces Drava Guna of Grahanistha Sama Pitta. Bhringaraja is predominant to Agnimahabhuta thus suppress excessive secretion of liquids from stomach. Katu and Tikta Rasa of Bhringaraj correct digestive fire and pacify harmful effect of Mandagni. The Laghu Gunas facilitate reaches of drugs through minute channels thus cure obstruction of Annavaaha Srotas. The Ushna Virya disintegrates accumulated Ama and facilitates its elimination from body. Diminish state of Jathraagni is one of the cause of Amlapitta, the

Deepaka and Pachana effects of Bhringaraj boost Jathraagni therefore prevent pathological spread of Amlapitta.

It enhances functionality of the digestive tract and improves absorption of nutrients thus regulates functioning of digestive system. It clears toxins from body, prevents constipation, reduce acidity and chances of gastric ulcers. It gives antioxidant effect thus reduces risk of stomach ulcers and support absorption of vitamins and minerals.

Haritaki Churna in Amlapitta

The Haritaki Churna is Madhur, Tikta and Kashay in nature thus gives Pitta-shamak effects and helps to improves digestive fire therefore suggested for the management of gastrointestinal disorders like Amlapitta.

Properties of Haritaki

Laghu ruksh Guna

Ushna Veerya

Madhura Vipaka

The above mentioned properties of Haritaki give Tridosha samak action and correct vitiated Pitta in Amlapitta. Madhura vipaka of Haritaki Churna antagonize Laghu guna of vitiated Pitta. Amlodgar as a symptom arises in Amlapitta due to the high level of Drava guna of aggravated Pitta. The Ruksha guna of Haritaki correct Drava guna of aggravated Pitta. Anulomana property of Haritaki gives beneficial effects in Urdhvag Amlapitta. Madhur Vipaka helps to pacifies vitiated Pitta Dosh. It acts as Deepniye, Pachniye & Ykrituttejaka thus restore digestive fire and correct diminish state of Agni. The Anulomaka, Mridurechaka and Krimighna properties helps in symptoms of Amlapitta like; Aruchi, Udara Shoola, Anaha and Vibandha. Srotoshodhaka effect of drug clears obstruction of Annavaaha Srotas.

Haritaki is treats gastrointestinal disorders like esophagitis, heartburn, flatulence, gastroesophageal reflux disease, peptic ulcer, and indigestion and stomach pain thus helps to combat against all symptoms of hyperacidity and its consequences. The carminative effect of *Haritaki* helps to break down food particles thereby increases absorption of nutrients through the intestines. It also eliminates abdominal gas and reduces bloating.

PATHYA

Ahara: *Goduma, Yava, Mudgayusha, Puranshali, Dadima, Goghrita, Narikelodaka and Sarkara.*

Vihara: *Sheetopachara.*

APATHYA

Ahara: *Amla, Katu, Lavana, Guru, Vishamashana and Adhyashana.*

Vihara: *Atapasevana, Vegasandharana, Chinta, Krodha and Shoka.*

CONCLUSION

Amlapitta is symptom of faulty dietary and living regimen which resulted formation of *Ama Visha*. It is *Pitta Pradhana Vyadhi* mainly involves *Annavaha Srotas* along with other symptoms like; *Amlodgara, Avipaka, Utklesha* and *Hritkanta Daha*. The pathologically disease involves *Vikriti* of *Pachakapitta* and *Samana Vayu*. The disease resembles symptoms of gastric acid reflux syndrome. *Samshamana* and *Samsodhana Chikitsa* suggested for the management of disease along with consideration of concept of *Pathya Apathya*. Ayurveda drugs *Bhrungraj Churna* and *Haritaki Churna* possess properties which pacifies symptoms of *Amlapitta*. The *Deepaka* and *Pachana* effects of *Bhringaraj* help to stimulate *Jathraagni* and prevent pathological triggering of *Amlapitta*. Similarly *Haritaki Churna* gives *Pittashamak* effects and also correct disturbance of *Agni* therefore gives therapeutic benefits in the management of *Amlapitta*.

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