

CONTROLLING OF AMLAPITTA BY SHODHANANG SNEHAPANA AND VAMANA
KARMA- A CLASSICAL CASE STUDYDr. Suchitra P. Bhat*¹, Dr. R.V. Yadavannavar² and Dr. Venkatesh P.³¹Final Year Post Graduate Scholar, Department of Post Graduate Studies in Kayachikitsa, SVM Ayurvedic Medical College, Ilkal, Dist. Bagalkot-587125, Karnataka, India.²Professor, Department of Post Graduate Studies in Kayachikitsa, SVM Ayurvedic Medical College, Ilkal, Dist. Bagalkot-587125, Karnataka, India.³Assistant Professor, Department of Post Graduate Studies in Kayachikitsa, SVM Ayurvedic Medical College, Ilkal, Dist. Bagalkot-587125, Karnataka, India.***Corresponding Author: Dr. Suchitra P. Bhat**

Final Year Post Graduate Scholar, Department of Post Graduate Studies in Kayachikitsa, SVM Ayurvedic Medical College, Ilkal, Dist. Bagalkot-587125, Karnataka, India.

Article Received on 21/06/2022

Article Revised on 11/07/2022

Article Accepted on 01/08/2022

ABSTRACT

Amlapitta is more normal in the current situation. The fundamental justification behind the Amalapitta is viruddha ahara, hot food and other natural variable are likewise mindful. As per Yogaratnakarathe Vamana karma is demonstrated in Urdhwaga Amalpitita. Indeed, even Vamana is important for Panchakarma treatment. In this study we have endeavored to show a significance of Sodhanaga Snehapana preceding Vamana karma. An instance of 37 yr old female patient gave traditional side effects of Urdhwaga Amlapitta like amlodgara (corrosive eructation), urodaha (consuming in chest), shirashoola (migraine), amala-tikta vanti (acidic vomitus), kukshi daha (consuming in stomach) since multi month visited to Ayurveda Hospital, alluded to Panchakarma OPD. Patient was Managed according to the old style reference, convention began with Deepana - Pachana and shodhananga snehapana with Murchitta Go-Ghrita in expanding portion till samayak snigdha lakshana. As Vamaka yoga the madanphala pippali churna 6 gm, saindhva 2 gm, honey adequate amount and yashtimadhu phanta as vamananopaga dravya were utilized. It was seen that Amlodgar, Shirashoola, Tikta Amla Vanti, Urodaha side effects of Amlapitta have been decreased and patient felt total alleviation; there was no repeat of Amalapitta even following 2 months. Consequently, Murchitta Go Ghrita as Shodhanang Snehapana and Vamana karma in persistent of Urdhwaga Amalapitta is powerful.

KEYWORDS: Urdhwanga Amlapitta, Vamana, Shodhanang Snehpana.**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*. *Vidagdh pitta* 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, Yogratakara, Bhavaprakasha. Acharya Charaka, Susruta, Vagbhata* has not mentioned *Amalapitta* as separate chapter whereas *Acharya Charaka* has describe *Amlapita* as *Lakshana* of *Ajeerna* in *Grahni Adhyaya*.^[2] *Acharya Yogaratnakara* has mentioned *Vamana karma as treatment in Amlapitta*.^[3]

A modern point of view *Amlapitta* is co-related 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 37 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 *Yogaratnakarathe* first line of treatment for *Urdhwaga Amalpitita 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 oleation (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]

Chart of *Samyaka Snigdha Lakshana*

Lakshan	Day 1	Day 2	Day 3	Day 4
<i>Vatanulomana</i>	✓	✓	✓	✓
<i>Twaksnigdha</i> and <i>gatra snigdha</i>			✓	✓
<i>Purisha snigdha</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 *shodhanang 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, spo₂ of patient, also mentally counselling of patient is necessary and other procedure related instruction is given to the patient.

Pluse – 88/min, BP 120 | 80 mmHg, Rs: both AEBE clear, CVS: s₁ & s₂ normal, Urine-normal, Tongue-uncoated, Stool -normal, Sleep - normal.

No	Suddhi type	Suddhi obtained
1	<i>Vaigiki</i>	5 vegas
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</i> , <i>parsvasuddhi</i> , <i>murdhasuddhi</i> , <i>indriyasuddhi</i> , <i>srotosuddhi</i> , <i>laghuta</i> , <i>kale pravrthi</i> , <i>yahakrama kapha</i> , <i>pitta</i> , <i>vata doshaharan</i> , <i>kantasuddhi</i> ^[12]

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

The vitals like BP, pulse, spo₂ that all are recorded during *Vamana* and it should be normal throughout the procedure.

- 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 4th 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*, *mrudvangata*, *snigdhaangata*, *snehodvega lakshana* which all are assessed daily.^[7-8] *Snehapana* was stop as soon as *adhahsneha darshana* are observed in patient.

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.

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] (*haridradivarti*). 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 *shodhmanj snehpana* and *vamana* therapy after that patient was asked for follow up after 15days.

DISCUSSION

For this situation noticed great outcome by Panchakarma treatment. Deepana and Pachana medication is help to process the 'Amadosha and increment Agni and dosha are transform into Nirama Avastha, that condition is fundamental for Samyak Snehana. Rather than siddha ghrita for this situation involved Murchita Ghrita for inward oleation. After drink of Murchita Go Ghrita it was seen that Samyaka Snehana lakshana achieved on fourth day of Snehapana. The Shodhnanga Snehpana which help to break down the dosha and expanding dosha volume after abhyanga and swedana, which helps the dosha to liquify and move doshas towards strotas to kostha.^[15]

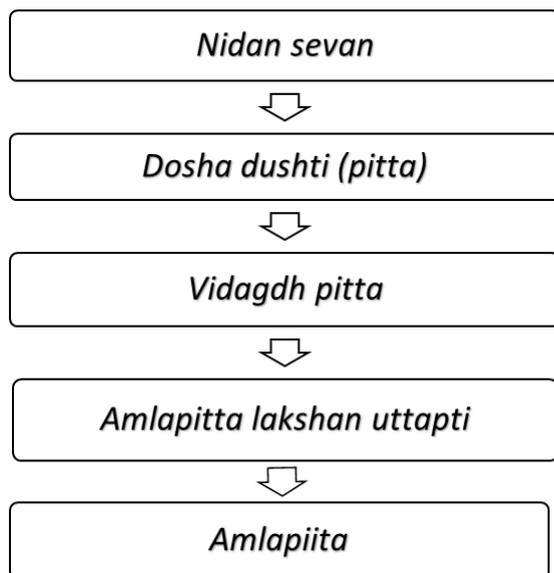


Figure 1: Showing the samprapti of amlapitta.^[16]

Despite the fact that murchita goghrita isn't depicted in that frame of mind as treatment of Amlapitta. It is helpful in the treatment of Amlapitta, in the event that it utilized as Sodhnaga Snehpana preceding Vamana Karma.

Murchita ghrita is savvy, powerful and beneficial for shodhanang snehpana rather than sidhha ghrita. After the utilization murchita ghrita old style side effects of Amlapitta were diminished.

Vamana Dravya having Vyavayi, vikashi, sukshma, ushna and tikshna properties. Because of these properties it circle rapidly into minute channels, miniature channels. Dosh vilayanam is finished by ushna property which

helps in partition of dosha. We can see on quiet temple and entire body sweat. Sukshma property vamaka dravya reach to minute channels and eliminates bleak matter from them and reach to amashaya in course of vama. Vyavayi and vikashi properties help to venture vama dravya into cell 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 contextual analysis presumed that utilization of Murchita Go Ghrita rather than Sidhha Ghrita as sodhananga snehpana additionally give critical outcome in administration of Urdhvaga Amlapitta. Samayka Snigdha Lakshna as well as Samayak Vamana Lakshana were accomplished appropriately. It very well may be say that Murchita Go Ghrita is elective choice for sidhha ghrita. More number of contextual analysis needs for more exact outcome to assess impact of murchita go ghrita is elective choice for sidhha ghrita.

REFERENCES

1. Sri sudarasana sastri, Madhava nidanam with madhukosa sanskrita commentary, edited by sri vijayrakshita and srikantathadatta, reprinted ed. varanasi, Chaukhamba Prakashan. 2nd part, chapter 51, verse 4; 2014; 204.
2. Pro ravidatta tripathi: charaka Samhita, edited by chakra Acharya, reprint ed. Varanasi; haukhamba Sanskrita Prakashan. Chikitsa sthana, Chapter 15 verse 47; 2006; 368.
3. Indradev tripathi: yogartankar with vedaya prabha Hindi commentary. Varanasi; Chaukhamba krushndasi, amlapitta nidana -chikitsa prakrana Chapter, verse – 16; 2013; 666.
4. Pro Ajay kumar sharma: kaychikitsa, reprint edition Varanasi; chaukhambha publisher, Chapter 25, 2019; 335.
5. Dr. Ambika datta sastri: susruta Samhita, reprint ed. Varanasi; Chaukhambha Sanskrita Prakashana. Sutra sthana, chapter 5 verse 3; 2015; 22.
6. Acharya priyavat sharma: kaidev Nighantu, reprint edition varansi; chaukhambha oriyantaliya prakashan, verse 1357-1358, 2006; 252.
7. dr Ambika datta sastri: susruta Samhita, chikitsa sthana, Chaukhamba Sanskrita Prakashan. Chapter 31 verse 53, 2015; 172.
8. Pro ravidatta tripathi: charaka samhita. Edited by chakra acharya, reprint edition. Varanasi;

- chauhamba sanskrita prakashan.sutra sthana, Chapter13, Verse58; 2011; 206.
9. Pro ravidatta Tripathi: charaka samhita. Edited by chraka acharya, reprint edition. Varanasi; chaukhamba sanskrita prakashan. sutra sthana, Chapter13, Verse60; 2011; 206.
 10. Pro ravidatta tripathi: charaka samhita. Edited by chraka acharya, reprint edition. Varanasi; chaukhamba sanskrita prakashan, sutra sthana, chapter 13, verse 62- 63, 2011; 206.
 11. Vaidya dayal Parmar: charaka Samhita.edited by charaka acharya, reprint edition. Sarsavati Pustaka bhandar, Ahmedabad, sutra sthana, chapter 15, verse 9, 2003-2004; 238.
 12. Dr. Ambika datta sastr: susruta Samhita, reprint edition. Varanasi; Chaukhamba Sanskrita prakashan. Chapter 33, verse 9; 2015; 177.
 13. Pro ravidatta tripathi:charaka samhita. Edited by chraka acharya, reprint edition. Varanasi; chaukhamba sanskrita prakashan, sutra sthana, chapter 15, verse 14; 2011; 244.
 14. Vaidya dayal Parmar: charaka saamhita. Edited by charaka acharya, reprint edition Sarsavati Pustaka bhandar, Ahmedabad, sidhhi sthana, chapter 1, verse 11; 2016-2017; 751.
 15. Pro ravidatta tripathi:charaka Samhita, Edited by charaka acharya, reprint edition. Varanasi; chaukhamba sanskrita prakashan, part 2, siddhi sthana, chapter 1 verse 7; 2006; 876.
 16. Ajaykumar sharma: kayachikitsa, reprint edition. varanasi;chaukhambha sanskrita prakashan, part 2,chapter25,327.
 17. Pro ravidatta tripathi: charaka samhita. Edited by chraka acharya, reprint edition. Varanasi; chaukhamba sanskrita prakashan, part 2, kalpa sthana, chapter 1 verse 5; 2006, 806.
 18. Pro ravidatta tripathi :charaka Samhita, Edited by chraka acharya, reprint edition. Varanasi; chaukhamba sanskrita prakashan, part1, sutra sthana, chapter 16 verse 20; 11,252.