

“Randomised open controlled clinical study of therapeutic effect of oral administration of *Samsaptak Choorna* with comparison to *Avipattikar Choorna* in the management of the *Urdhwaga Amlapitta* in an age group of 18-70 years”.

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ABSTRACT:

Urdhwaga Amlapitta is the commonest ailment found in the present time. Nowadays due to unawareness about *Prakruti* (psychosomatic constitution) people are practicing inappropriate diet and lifestyle which leads to disturbances in digestive system. Due to this *pitta* is imbalanced and common consequence are *Amlapitta*. If this *pitta* takes an upward course then it is called *Urdhwaga Amlapitta*.

“*Amlagaunanodriktam pittam amlapiltam*”

Aim and objective - To study the therapeutic effect of oral administration of *Samsaptak Choorna* with compare to *Avipattikar Choorna* in the management of *Urdhwaga Amlapitta* in an age group of 18-70 years.

Material and method –

Method- 60 clinically dignosed patient of *Urdhwaga Amlapitta* selected from opd / ipd unit of pg department of Kayachikitsa, L.K. Ayurvedic hospital, yavatmal, M. S., India

Material – *Samsaptak choorna* and *Avipattikar Choorna*

Result and conclusion- *Samsaptak choorna* and *Avipattikar Choorna* both are effective in the management of *Urdhwaga Amlapitta* to reduce the sign and symptoms.

On the basis of overall percent relief, *Samsaptak choorna* orally is more effective than *Avipattikar Choorna* in the management of symptoms of *Urdhwaga Amlapitta* like *Tiktamlodgara*, *hrit kantha daha* and *Shirshool*.

Keywords: *Urdhwaga Amlapitta, Samsaptak choorna, Avipattikar Choorna, GERD*

INTRODUCTION:

“Health is wealth” Ayurveda plays an important role in accomplishing the above phrase. Acharya Charak mentioned the objective of Ayurveda is to provide physical, mental, social and spiritual well being of mankind as well as treat the disease with its various approaches. Ayurveda describes ‘Trya Upastambh’ i.e. Ahar, Vihar and Bramhacharya as the basic pillars of healthy life.

But today’s scenario is totally different. Nowadays patient suffering from Amlapitta has been found more in general practice. This is due to unhealthy diet and habits, physical and mental stress which leads to vitiation of Agni. Amlapitta disease can be correlated with Acid Peptic Disease in modern medicine. It is reported that around 7.6% Indian people have significant GERD symptoms.

Amlapitta is described in scattered form in Brihatrayi. It may be due to people followed ritucharya and dinchararya properly at that period. In Laghutrayi and Acharya Kashyapa and Madhavkar has described Amlapitta as a separate disease with causative factor and treatment in details.

Amlapitta is made of two words i.e. amla and pitta (responsible for process of digestion). Mandagni is the main cause of all diseases. Mithya Ahar, Mithya Vihar and Pradnyaparadh are the main etiological factors of any disease.

Amlapitta is a digestive illness brought on by the increased amla guna and dravya guna (liquidity) of vidhagdha pachak pitta, which suppress the jatharagni (gastric fire) leading to symptoms like, Avipaka, klama, Aruchi, Tikta amlaudgar, gaurav, Utklesha, hrud-kanthdah, aruchi, chardi, Udarashoola, shirshool. Amlapitta is a disease of annavaha strotas and Rasavaha strotas mainly involving vitiation of pitta dosha.

While describing common symptoms of Ajerna in Grahani roga, Amlapitta has been described by Charak. Amilika has been listed as the disease caused by excessive use of lavana but exact Amlapitta as a word is not found in Sushruta samhita. It Acharya Sharangadhara has given types of Amlapitta as vataja, kaphaja, kaphavataja. The first line of treatment is Nidhanparivarjan (avoiding the cause), So here my study is concerned to manage the disease with the shaman vidhi by using Samsaptak choorna mentioned in Rasratnakar.

AIMS AND OBJECTIVES: -

- 1) To evaluate the clinical effect of Samsaptak Choorna orally and for 45 days in management of Urdhwaga Amlapitta.
- 2) To compare the effect of Samsaptak Choorna with Avipattikar Choorna orally

MATERIAL AND METHOD:-

1. selection of cases – 60 clinically diagnosed patients of Urdhwaga Amlapitta selected from O.P.D /I. P. D.

unit of P.G. Department of *Kaychikitsa*,
L.K. Ayurvedhospital, Yavatmal

A) INCLUSIVE CRITERIA

- 1) Patients above 18 years to 70 years
- 2) Patient who have symptoms mentioned in Ayurvedic texts for *Urdhwaga Amlapitta* are *Avipaka*, *klama*, *Utklesha*, *Chardi*, *Tiktaamla* *Udgar*, *Aruchi*, *Hrud-Kanthdah*, *Udarashoola*, *Gaurav*, *Shirshool*
- 3) Irrespective of gender.
- 4) Irrespective of caste, religion
- 5) Patients belonging to any socio-economic class

B) EXCLUSIVE CRITERIA –

1. Patient not willing to participate in the trail.
2. Patient below the age 18 years and above 70 years.
3. Gastric ulcer
4. Perforated ulcer
5. Duodenal ulcer

6. Cancer of any grade of oesophagus
7. Strictures of oesophagus (any surgical condition)
8. Abdominal Koch's
9. Pregnant ladies and lactating mother
10. Associated with any other serious systemic disease or complication
11. Diabetic mellitus and insipidus
12. Drug induced *Amlapitta*
13. Patients having habits of smoking, alcohol

C) WITHDRAWAL FROM THE STUDY –

1. Patients who do not complete the trail with follow up.
2. Progressive worsening of disease and development of any complication during the trial.
3. Death of patient due to any cause.
4. During trial patient not willing to continue the treatment.
5. Non- cooperative behavior of the patient.

TABLE NO. 1: Showing grouping of patients

	Group A (Trail group)	Group B (Control group)
No of patient	30	30
Treatment	<i>Samsaptak choorna</i>	<i>Avipattikar Choorna</i>
Dose	5gm BD	5 gm BD
<i>Anupana</i>	<i>Ghruta</i>	<i>Ghruta</i>
Route	Orally	Orally
Duration	45 days	45 days
Time of administration	<i>Madhyabhakta</i>	<i>Madhyabhakta</i>

Selection of drugs :-

Taking the symptoms and the *samprapti* of *Urdhwaga Amlapitta* into

consideration, “*Samsaptak choorna*” were selected.

Contents of *Samsaptak choorna* :-
Junga, *Giloy*, *Shewta* *purnava*,

Shakrashana, Markaw, Seeta, Shodra, Ghruta.

Contents of Avipattikar Choorna :-
Trikatu, Triphala, Musta, Bida Lavan, Vidanga, Ela, Talispatra, Lavanga, Nishotha, Seeta.

ASSESSMENT CRITERIA: -

For assessment of the efficacy of the trial therapy, following parameters were adopted

1) SUBJECTIVE CRITERIA

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
<i>Avipaka</i>	natural appetite for food after 5-6 hrs of ingestion of mixed Indian food	appetite for food after 7- 8 hrs of taking food	Appetite for food after 9 – 10 hrs of taking food	Appetite for food after 10 – 12 hrs of taking food
<i>Klama</i>	no tiredness on routine physical work	feeling tiredness on routine physical work	feeling tiredness to do normal routine work	feeling of tiredness to do any work or no interest in work
<i>Utklesha</i>	no sensation of vomiting	nausea 1 – 3 times a wk	nausea 4 – 7 times a wk	frequent feeling of nausea with or without food
<i>Chardi</i>	no vomiting	Occasional	2-3 times a week	every day
<i>Tiktamlodgara</i>	no regurgitation of gastric content in to the mouth	rare regurgitation of gastric content in to the mouth	often regurgitation of undigested food in to the mouth	frequent regurgitation of gastric content in to the mouth
<i>Aruchi</i>	having good appetite	loss of appetite for breakfast and snacks	loss of appetite for breakfast, lunch, dinner	aversion of any food
<i>Hrit kantha daha</i>	no pyrosis	pyrosis in empty stomach	pyrosis in empty stomach as well as after 3-4 hours of taking meal	constant or frequent pyrosis
<i>Udarshool</i>	no pain in the abdomen	mild pain in the abdomen of low intensity	moderate pain causing partial interruption in the work	severe pain complete interruption of work

<i>Gaurav</i>	Absent	Occasional Symptom	Present after meal	Persistent throughout the day
<i>Shirshool</i>	No <i>shirashul</i> at all	<i>Shirashul</i> with meal	<i>Shirashul</i> relieved by antacid	<i>Shirashul</i> on fasting

B) OBJECTIVE CRITERIA

Laboratory investigation was done when necessary to rule out serious illness.

CBC

BSL -R

OBSERVATIONS AND RESULTS :-

Relative incidence of various symptoms -

SR NO.	SYMPTOMS	GROUP A N=30		GROUP B N=30		TOTAL %
		NO	%	NO	%	
1	<i>Avipaka</i>	30	100	30	100	100
2	<i>Klama</i>	30	100	30	100	100
3	<i>Utklesha</i>	15	50	16	53.33	51.66
4	<i>Chardi</i>	10	33.33	8	26.66	30
5	<i>Tiktamlodgara</i>	30	100	29	96.66	98.33
6	<i>Aruchi</i>	21	70	16	53.33	61.66
7	<i>Hrit-kantha daha</i>	23	76.66	17	56.66	66.66
8	<i>Udarshool</i>	5	16.66	3	10	13.33
9	<i>Gaurav</i>	10	33.33	8	26.66	30
10	<i>Shirshool</i>	30	100	29	96.66	98.33

Showing the overall comparative improvement in clinical features of *Urdhwaga Amlapitta* in two treated groups (Mann-whitney U test)

Parameter	Group A			Group B		
	%	P	result	%	p	result
<i>Avipaka</i>	75.55%	0.05	ES	86.36%	0.05	ES
<i>Klama</i>	54.32%	0.05	ES	79.48%	0.05	ES
<i>Utklesha</i>	68.88%	0.05	ES	77.77%	0.05	ES

<i>Chardi</i>	64.66%	0.05	ES	77.08%	0.05	ES
<i>Tiktamlaudgar</i>	82.18%	0.05	ES	75.28%	0.05	ES
<i>Aruchi</i>	78.73%	0.05	ES	86.30%	0.05	ES
<i>Hrud kanthdaha</i>	80.00%	0.05	ES	76.11%	0.05	ES
<i>Udarshool</i>	71.21%	0.05	ES	75.49%	0.05	ES
<i>Gaurav</i>	56.48%	0.05	ES	65.00%	0.05	ES
<i>Shirshool</i>	78.88%	0.05	ES	71.60%	0.05	ES
Mean % improvement	71.09%			77.05%		

Distribution of patients according to relief:

Overall Effect (patient wise)	No. of patients			
	Group A		Group B	
	Count	%	Count	%
Marked improvement	6	20%	7	23%
Moderate improvement	23	77%	15	50%
Mild improvement	1	3%	8	27%
Unchanged	0	0%	0	0%
Total	30	100%	30	100%

DISCUSSION:

As the *Amlapitta* is a *tridosha vyadhi* mainly involving *pitta dosha dusthi*, the properties of *Samsaptak choorna* have *tridosha Shamak* properties along with *Agnideepan guna*. *Samsaptak choorna* contains *Junga, Giloy, Shewta purnava, Shakraashana, Markaw, Seeta, Shodra, Ghruta*. Most of the *dravya* from *Samsaptak choorna* have *pitta Shamak, Agni Vardhan, Deepan, Pachan,*

Amlapittaghna, Daha Shaman, Ruchikar properties due to its *Madhur, tikta, Kashay, katu rasa* and *sheet, ushna virya* and *Madhur Vipaka*. It also contains *Laghu, Snigdha*. With help of all these properties it helps to Hamper the *Samprapti* of *Amlapitta* and reduces *daha*.

Amlapitta is a disease in which *Rasa, Rakta, Mamsa dhatu dusti* present. Due to this it leads to *Agnimandya*. Thus

contents of *Samsaptak choorna* helps to promote the normal *Agni* process. It also provides bal to *Mans dhatu* and soothers inner layer of *Amashaya*.

Annavaha and *Rasavaha strotas* are involved in this disease. Thus the contents of *Samsaptak choorna* helps in *Aampachan* and proper formation of *Aahar-rasa*.

CONCLUSION :

- 1) *Samsaptak choorna* and *Avipattikar Choorna* both reduced all symptoms significantly. (Wilcoxon Signed Ranks test, $P < 0.05$)
- 2) When compared, decrease in *Tikta-amla udgar*, *hrud Kantha daha* and *Shirshool* was significantly more in Group A and decrease in *Avipaka*, *Klama*, *utklesha*, *chardi*, *aruchi*, *Udarshool* and *gaurav* was significantly more in Group B. (Mann-Whitney's U test, $P < 0.05$)

Finally, we concluded that,

- 1) Oral administration of *Samsaptak choorna* is effective than *Avipattikar Choorna* in *Urdhwaga Amlapitta* to reduced *Tikta-amla udgar*, *Hrud kantha daha* and *Shirshool* symptoms.
- 2) Oral administration of *Avipattikar Choorna* is effective than *Samsaptak choorna* in *Urdhwaga Amalpiita* to reduce *Avipaka*, *Klama*, *utklesha*, *chardi*, *Aruchi*, *Udarshool* and *gaurav* symptoms.

- 3) If we combine both of the therapy the final outcome may provide more praise worthy outcomes.

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

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Ayurline: International Journal of Research In Indian Medicine 2022; 6(4):01-08