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Therapeutic approach towards *Amlapitta* in *Bhaishajya Ratnavali*

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ABSTRACT: -

Modern day lifestyle is associated with many health-related issues and *Amlapitta* is one of them. *Amlapitta* is a disease caused due to imbalance of *Pitta Dosha* which needs attention in early stage to prevent further complications. Ayurveda has been successfully treating this condition since thousands of years. *Bhaishajya Ratnavali* is one of the texts of Ayurveda which prescribes medications for various diseases. *Amlapitta* has been described in a separate chapter in *Bhaishajya Ratnavali*. It consists both herbal and herbo-mineral formulations for its treatment. This article reviews the treatment of *Amlapitta* as mentioned in *Bhaishajya Ratnavali* and attempts to explain the probable mode of action of the formulations.

Keywords: *Amlapitta*, Ayurveda, *Dosha*



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INTRODUCTION

Improper and erroneous food practices cause *Annavaha Strotas Dushti*, which leads to a variety of illnesses, including *Amlapitta*. *Amlapitta* occurs when *Pitta*, which has accumulated due to *Swahetu* (internal reasons), is further increased by an excessive intake of hot and defective foods, with a predominance of sourness. Excessive intake of spicy, sour and salty foods, carbonated drinks, contaminated food and antagonistic food items are some of the responsible factors for *Amlapitta*.

In *Amlapitta*, whatever food is ingested in the body becomes *Vidagdha*. This is due to weakened digestive fire. Further, vitiated *Pitta* mixes with the undigested and fermented food. This is when the *Amlapitta* starts showing its cardinal symptoms. If not treated early in this stage, it leads to further stages and may cause complications.

Bhaishajya Ratnavali is a famous treatise of *Acharya Govind das Sen*. It was composed in 19th century AD and is divided into 106 chapters. It is the most often used collection among Ayurvedic medicine practitioners and manufacturers. Each chapter provides a chronology of several types of Ayurvedic dosage forms used to treat a certain disease, as well as a description of *Pathya-Apathya* at the end.

MATERIAL AND METHODS

Bhaishajya Ratnavali was thoroughly reviewed for this article. Many journal articles and books were also referred.

Treatment Protocol mentioned in *Bhaishajya Ratnavali*

Two types of treatments are mentioned in *Bhaishajya Ratnavali* -

1. *Shodhana*

2. *Shamana*

1. *Shodhana*

Vamana Karma is the initial line of treatment in *Amlapitta*, and after *Vamana* is completed properly, *Mridu Virechana* (mild purgation) should be performed. Then, after proper *Snehna*, *Anuvasna Vasti* should be given.

- In *Kapha* predominant *Urdhava Amlapitta*, *Vamana* Should be given with *Patola*, *Nimba* and *Madanphala Kwatha* with *Madhu* (Honey) and *Saindhava Lavana* (Rock Salt).
- In *Pitta* predominant *Adhogata Amlapitta*, *Amla Swarasa* or *Kwatha* with *Madhu* & *Nishottara* (*Operculina turpenthum*) should be used for *Virechana Karma*.

2. *Shamana*

After *Shodhana*, *Shamana Chikista* is very crucial for balancing of remaining *Dosha*.

- *Shunthi* & *Patola Patra Kwatha* with honey.
- *Patola*, *Shunthi* & *Dhanyaka Kwatha*.
- *Pippali*, *Yava* & *Patola patra* with honey.
- Formulations mentioned in *Raktapitta* should also be used in case of *Amlapitta* like *Vasa Ghrita*, *Tikta Ghrita*, *Pippali Ghrita*, *Khandamala Rasayana*, *Vajikaraka Gudakusmandaka* and *Parinamshulahara Yoga* are also beneficial in curing *Amlapitta*.

Formulations mentioned for *Amlapitta* in *Bhaishjya Ratnavali*

1. Herbal Formulations

Table no. 1: Herbal formulations mentioned in *Amlapitta* (B.R)^[1]:

S.no.	Churna	Kwatha, Modaka, Avaleha	Khanda	Ghrita	Taila
1.	<i>Panchnimbadi churna</i>	<i>Vasadi Dasanga Kwatha</i>	<i>Shunthi Khanda</i>	<i>Jeerakadyam Ghrita</i>	<i>Shri Bilva Taila</i>
2.	<i>Avipatikara Churna</i>	<i>Sobhagya Shunthi Modaka</i>	<i>Pippali Khanda</i>	<i>Shatavari Ghrita</i>	-
3.	-	<i>Khanda Kusmandko Avaleha</i>	-	<i>Narayana Ghrita</i>	-
4.	-	-	-	<i>Pippali Ghrita</i>	-
5.	-	-	-	<i>Patola Shunthi Ghrita</i>	-
6.	-	-	-	<i>Drakshadya Ghrita</i>	-

2. Herbo-mineral formulations

Table no.2: Hero-mineral formulations mentioned in *Amlapitta* (B.R)

S.no.	Loha	Vati	Mandura	Modaka
1.	<i>Amlapittantko Loha</i>	<i>Bhaskaramritabhrkam</i>	<i>Triphala Mandura</i>	<i>Amlapittantka Modaka</i>
2.	<i>Amlapittantko Loha Dwitiya</i>	<i>Paniyabhakt Vatika</i>	<i>Sita Mandura</i>	-
3.	<i>Sarvatobhadra Loha</i>	<i>Paniyabhakt Gudika</i>	-	-
4.	-	<i>Panchanan Gudika</i>	-	-
5.	-	<i>Kshudhavati Gudika</i>	-	-

Pathya- Apathya**Table no. 3: Pathya – Apathya mentioned in Amlapitta (B.R.)^[2]**

<i>Pathya</i>	<i>Apathya</i>
<i>Purana Shali</i>	<i>Naveena Anna</i>
<i>Purana Godhuma</i>	<i>Viruddhashana</i>
<i>Purana Yava</i>	<i>Pitta Prakopaka Bhojana</i>
<i>Purana Mudga</i>	<i>Vamana Vega Dharna</i>
<i>Jangala Mamsarasa</i>	<i>Tail Bhakshan</i>
<i>Taptasheeta Jala</i>	<i>Guru Padarth</i>
<i>Sharkara</i>	<i>Lavana, Amla & Katu Rasa Pradhan Dravya Sevana</i>
<i>Madhu</i>	<i>Tila</i>
<i>Saktu</i>	<i>Kulathi</i>
<i>Karkotaka</i>	<i>Urad</i>
<i>Karavellaka</i>	<i>Avi Dugdha</i>
<i>Patola</i>	<i>Dahi</i>
<i>Hilamochika</i>	<i>Madya</i>
<i>Vetragra</i>	-
<i>Pakwa Kushmanda</i>	-
<i>Rambhapushpa</i>	-
<i>Vastuka</i>	-
<i>Kapittha</i>	-
<i>Dadima</i>	-
<i>Amla</i>	-
<i>Tikta Rasa Pradhana Dravya</i>	-
<i>Kapha & Pitta Nashaka Peya & Khadya Padartha</i>	-

DISCUSSION

Acharya Govinda das Sen has mentioned *Shodhana Chikitsa* for *Amlapitta* in the first place. *Samshodhana Karma* removes the vitiated *Dosha* from their origin, curing the condition completely and reducing the chances of recurrence. As mentioned by Acharya Kashyapa, *Amlapitta* is generated from *Amashaya*. *Vamana* eliminates *Dosha* accumulated in *Amashaya* as it provides them the nearest route to escape the body. Even after *Vamana*, some amount of vitiated *Dosha* might still be left in the body in the GI tract especially intestines. This can be removed with help of *Virechana*. The *Shodhana* procedures mentioned above have tendency to increase *Vata*. Thus, these procedures are followed by *Anuvasana Basti*.

Some of the herbs which are most frequently mentioned in various *Amlapittanashaka Yoga* include *Patola*, *Shunthi*, *Vasa*, *Nimba* and *Guduchi*. *Patola* (*Trichosanthes dioica*) leaves possess *Pittahara* property as mentioned in *Bhava Prakasha*.^[3] It also digests *Ama* with its *Tikta Rasa* and *Ushna Virya*. *Shunthi* (*Zinziber officinale*), also known as *Vishwabhesaja*, works on *Amlapitta* balancing the weakened digestive fire due to its *Ushna Virya* and *Deepana* property. *Vasa* (*Adhatoda vasica*) has *Tikta-Kashaya Rasa* which acts against both *Ama* and *Pitta*. *Nimba* (*Azadirachta indica*) reduces increased *Drava Guna* of *Pitta* with its *Tikta Rasa* and is one of the best herbs indicated for *Urdhwaga Amlapitta*.^[4] *Guduchi* (*Tinospora cordifolia*) decreases *Amlata* in the *Amashaya* and is known for its *Amapachaka* property.^[5]

Herbal formulations mentioned in *Bhaishajya Ratnavali* against *Amlapitta* are in different dosage forms such as *Churna*, *Kwatha*, *Modaka*, *Avaleha*, *Khanda*, *Ghrita*, *Taila* etc. Along with herbal formulations, there is also an

inclusion of herbo-mineral drugs in dosage forms like *Loha*, *Vati*, *Mandura* and *Modaka*.

A number of clinical trials have been conducted to validate the efficacy of above-mentioned formulations in *Amlapitta*. A clinical study on 10 patients of *Amlapitta* who were intervened with *Avipattikar Churna* 3g BD for 21 days with water showed significant improvement in 7 patients and moderate improvement in 3 patients.^[6] A study has shown efficacy of *Jeerakadya Ghrita* on *Amlapitta* when used for *Snehapana* before *Virechana Karma*.

Most of the *Rasaushadi* mentioned for *Amlapitta* are not commonly available in the market. There is no considerable amount of research data available for their safety and efficacy. Elaborative studies on these formulations can be a great contribution for the Ayurveda society.

CONCLUSION

In *Bhaishajya Ratnavali*, *Amlapitta* treatment protocol is explained in detail. Acharya Govinda das Sen has mentioned about two types of *chikitsa* (*Shodhana & Shamana*) as well as *Pathya* and *Apathya*. In *Shamana Chikitsa*, Acharya has explained herbal as well as herbo-mineral formulations. While doing *Samprapti Vighatana*, *Ama Pachana*, *Tikta*, *Sheeta*, *Ruksha* drugs were mentioned which are *Pitta Shamaka* and ultimately help in curing *Amlapitta*.^[7]

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