

## EFFICACY OF AMLAPITTANTAKA CHURNA IN THE MANAGEMENT OF AMLAPITTA – A CLINICAL STUDY

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### ABSTRACT

The *ahara* has got major role in the management of the body and also causing the diseases. Due to lot of stress, lack of self awareness and improperly following *rutucharya* i.e faulty dietic habits results in the disease *Amlapitta* which is a disease of *Annavaha srotas*. As *acharyas* say '*Roga sarvaepi mandagnou*' i.e vitiation of *agni* is the main pathophysiological factor in all diseases. In *Amlapitta* also due to *mandagni* the ingested food become *vidagda paka*, and then the *pachaka pitta* attains excessive *amlata* and causes *vidaha*. *Ayurveda* has got potential remedy in the management of *Amlapitta*. A clinical study with unexplored herbal formulation i.e *Amlapittantaka churna* (*Bhaishajya Ratnavali-Amlapittadhikara*) was carried out in the department of *Dravyaguna*, JSSAMC, Mysore. This clinical trial was carried out on 30 patients of *amlapitta* aged between 20 to 50 years with complaints of *avipaka*, *hrit-kantadaha*, *amlodgara*, *utklesha*, *udarashoola* and *aruchi* who were registered from OPD and IPD of JSSAMC&H, Mysore. The *Amlapittantaka churna* was administered to 30 patients in a dosage of 6 g BD with *madhu* for 30 days. The clinical assessment was carried out based on subjective parameters. The *churna* proved to possess statistically significant response in the management of *Amlapitta*. No untoward effect was noticed due to the administration of *churna* during the clinical trial period. From the present study it can be concluded that the *Amlapittantaka churna* helps in decreasing the *amlaguna* of *pachaka pitta* and helps to perform its function properly. This *churna* is effective, safe, and cheap and it can be recommended to patients.

**Keywords:** *Amlapitta, Amlapittantaka churna, Pachakapitta, Mandagni*

### INTRODUCTION

*Amlapitta* is *annavaha sroto vyadhi* and *Amashaya* being the site of disease. In *kashyapa samhita*, *Acharya Kashyapa* explains that due to *mandagni*, *vidagda anna rasa* (undigested food) turns to *shukta* form and this retained in *amashaya* causes *Amlapitta*<sup>1</sup>. The pathogenesis of *Amlapitta* is mentioned by *Acarya Charaka* while describing *grahani chikitsa*. *Chakrapanidutta* in his commentary quoted as "*amlapittam cheti amlagounodriktam pittam*"<sup>2</sup> means the

*pitta* attains *amlata* (sourness) excessively and causes *vidaha* (burning sensation). This condition is known as *amlapitta*. *Madavakara* in *Madhava nidana* defined *Amlapitta* as in which the *lakshanas* like *Avipaka* (indigestion), *Klama* (exhaustion), *Utklesha* (nausea), *Tiktamlodgara* (erectations with bitter and sour taste), *Hritkantadaha* (burning sensation in chest and throat), *Gourava* (feeling of heaviness) and *Aruchi* (tastelessness) are seen<sup>3</sup>.

*Amlapitta* can be correlated with diseases like gastritis, hyperacidity, non

ulcer dyspepsia. *Amlapitta* is a disease that affects the human being due to excessive consumption of *amla*, *katu*, *teekshna*, *vidahi (kulatta) ahara*, faulty dietic habits, addiction like alcohol, smoking, tea, coffee, and other psychological factors like stress, strain, anger, anxiety. Life style in now a days has rendered lot of stress in human being and modern mechanical life style may not permit all the people to adopt a systematic diet. All these factors increase the incidence of *Amlapitta*.

*Ayurveda* has potential remedy in the management of *Amlapitta*. Even though considerable research work was carried out on *Amlapitta* using single drugs as well as formulations, no study was carried out on the formulation “*Amlapittantaka Churna*<sup>4</sup>” regarding its efficacy in treating *Amlapitta*. Hence *Amlapittantaka churna* mentioned in *Bhaishajya Ratnavali* was taken up for the present study.

### AIMS AND OBJECTIVES

To evaluate the efficacy of *Amlapittantaka churna* in *Amlapitta*

### MATERIALS AND METHODS

**Study Design:** It was an open, randomized, single centre, pre-test and

post-test design. Thirty patients diagnosed as *Amlapitta* were selected randomly by lottery method and subjected to thorough clinical history and physical examination, from the OPD and IPD of JSSAMC&H, Mysore. The study was cleared by the Ethical Committee of the institute dated 08.10.12 with the number bearing JSSAMC 956/EC/2012-2013. Patients fulfilling the criteria of proforma were selected for the study.

### Inclusion Criteria

- Classical signs and symptoms of *Amlapitta*.
- Aged between 20 to 60 yrs of both sex.

### Exclusion criteria

- Below 20 yrs and above 60 yrs.
- Chronic APD, GERD, Gastric ulcer and other systemic disorders.

### Intervention:

Trial formulation: *Amlapittantaka churna*

*Anupana* : *Madhu* (Honey)

Dosage : 6g BD

Duration : 30 days

Follow up period: 15 days

**Subjective parameters:** *Avipaka, Klama, Utklesha, Gourava, Tikta amlodgara, Hrut kantadaha and Aruchi*

Table 1: Ingredients of *Amlapittantaka churna*<sup>5</sup>

| Drugs           | Botanical Name            | Part                     | Ratio  |
|-----------------|---------------------------|--------------------------|--------|
| <i>Haritaki</i> | <i>Terminalia chebula</i> | <i>Phala</i> (fruit)     | 1 Part |
| <i>Pippali</i>  | <i>Piper longum</i>       | <i>Phala</i> (fruit)     | 1 part |
| <i>Dhanyaka</i> | <i>Coriandrum sativum</i> | <i>Phala</i> (fruit)     | 1part  |
| <i>Sita</i>     | -                         | -                        | 1 part |
| <i>Draksha</i>  | <i>Vitis vinifera</i>     | <i>Phala</i> (fruit)     | 1 part |
| <i>Yavasa</i>   | <i>Alhagi camelorum</i>   | <i>Niryasa</i> (exudate) | 1 part |

**Diet:** Patients were advised to follow *madhura, tikta, rasayukta*, simple regular diet, to take sufficient quantity of water, to avoid spicy, oily, fried food in excess.

**Assessment criteria:** A proforma was prepared with all the points of history taking and examination based on criteria mentioned in *Ayurvedic* classics. Assessment of the effect of treatment was

done on the basis of relief in the clinical symptoms of the disease. Scoring pattern was adapted to assess the relief in the symptoms.

Following were the criteria for assessment:

***Avipaka*** (indigestion):

*Jeerna ahara lakshana—Utsaha, laghuta, udgara shuddi, trishna pravritti and yatochit malotsarga*

- Presence of all symptoms 4 hrs after taking food: 1: normal
- Presence of any 4 symptoms 4 hrs after taking food: 2: mild
- Presence of any 2 symptoms 4 hrs after taking food: 3: moderate
- Presence of any one symptoms 4 hrs after taking food: 4: severe

**Klama** (exhaustion without any exertion)

- Absent: 1: normal
- Fatigue due to exertion and relieved by rest: 2: mild
- Fatigue without exertion, more in the morning: 3: moderate
- Fatigue associated with heaviness: 4: severe

**Utklesa** (nausea)

- Absent: 1: normal
- In relation with specific food: 2: mild
- In relation with normal food: 3: moderate
- Associated with *chardi* (vomiting): 4: severe

**Tikta amlodgara** (erectations with bitter and sour taste)

- Absent: 1: normal
- *Tikta amlodgara* which subside in an hour: 2: mild
- *Tikta amlodgara* associated with *hrillasa* (nausea): 3: moderate
- *Tikta amlodgara* associated with *kantadaha*: 4: severe

**Hritkantadaha** (burning sensation in chest and throat)

- Absent: 1: normal
- Mild degree of *daha* (burning sensation) in *hridaya* and *kanta Pradesha*: 2: mild

- Moderate degree of *daha* that subsides after taking Sweet/milk/antacids: 3: moderate

- Severe degree of *daha* which may relieved after vomiting: 4: severe

**Gourava** (feeling of heaviness)

- Absent: 1: normal
- Feeling heaviness in the early morning: 2: mild
- Feeling heaviness associated with *avipaka*: 3: moderate
- Feeling heaviness associated with *klama*: 4: severe

**Aruchi** (loss of appetite)

- Absent: 1: normal
- Loss of interest in taking of food: 2: mild
- Aversion towards food: 3: moderate
- Nausea after intake of food: 4: severe

**Assessment of total effect of the *Amlapittantaka Churna***

- Excellent response: 100 % relief in symptoms of *Amlapitta*
- Good response: 75 - 100 % relief in symptoms of *Amlapitta*
- Encouraging response: 50 - 75 % relief in symptoms of *Amlapitta*

Statistical assessment of symptoms was done by Mean, SD, P value, and t value.

In this study all 30 patients complained about *avipaka*, *tikta amlodgara*, *hrit kanta daha*. 28 patients complained about *klama*, 25 patients complained about *utklesha*, and 24 patients complained about *gourava* and *aruchi*.

Table 2: Number of patients with particular symptoms of *Amlapitta*

| Complaints             | No of patients | Percentage |
|------------------------|----------------|------------|
| <i>Avipaka</i>         | 30             | 100        |
| <i>Klama</i>           | 28             | 93.3       |
| <i>Utklesha</i>        | 25             | 83.3       |
| <i>Tikta amlodgara</i> | 30             | 100        |
| <i>Gourava</i>         | 24             | 80         |
| <i>Hrit kanta daha</i> | 30             | 100        |
| <i>Aruchi</i>          | 26             | 86.6       |

### Demographic Data:

Table 3: Distribution of patients based on age

| Age     | No of patients |
|---------|----------------|
| 20 -29  | 07             |
| 30 – 39 | 12             |
| 40 – 49 | 10             |
| 50 -60  | 01             |

Table 4: Distribution of patients based on sex

| Sex    | No of patients |
|--------|----------------|
| Male   | 14             |
| Female | 16             |

Table 5: Distribution of patients based on religion

| Religion | No of patients |
|----------|----------------|
| Hindus   | 18             |
| Muslims  | 12             |
| Others   | 00             |

The obtained data, on the basis of the observation, were subjected to statistical analysis in terms of mean, standard deviation and standard error, and the ‘t’ test conceded at a level of  $P>0.05$  (insignificant),  $P<0.05$  and  $P<0.01$  (significant) and  $P<0.001$  (high significant) for the final results.

### OBSERVATIONS AND RESULTS

During the trial period marked reduction in the severity of symptoms were found. At the end of the treatment and at the end of the follow up the *churna*

showed significant result in relieving the symptoms of *Amlapitta*.

In overall treatment of *amlapitta*, the excellent response was 61.2%, good response was 28.3% and encouraging response was 10.5%.

In the symptom *Avipaka* the formulation showed 63.3% excellent response, 27% good response and 10% encouraging response. In symptom *klama* the *churna* showed 60.7%, 18.9%, 20.4% excellent, good and encouraging response respectively. In *utklesha* 44% excellent response, 29 % good response, and 35% encouraging response was observed. In *tikta amlodgara* the excellent, good and encouraging response was 66.4%, 26.2%, and 6.4% respectively. In the symptom of *gourava* excellent response was 46.2%, 29.8% good response and encouraging response was 24%. In *Hrit kanta daha* excellent, good and encouraging response was 60%, 33.3 %, 6.6% respectively. In *Aruchi* excellent response was 69%, good response was 19 % and encouraging response was 11% for the treatment.

Table 6: Showing Number of Patients with Degree of severity before and after Treatment and at the End of Follow-up for individual variables of the disease

| Variable ▼             | Severity ► | Normal | Mild | Moderate | Severe |
|------------------------|------------|--------|------|----------|--------|
| <i>Avipaka</i>         | BT         | 00     | 07   | 13       | 10     |
|                        | AT         | 20     | 06   | 04       | 00     |
|                        | EF         | 19     | 06   | 05       | 00     |
| <i>Klama</i>           | BT         | 02     | 11   | 09       | 8      |
|                        | AT         | 19     | 05   | 04       | 00     |
|                        | EF         | 19     | 06   | 03       | 00     |
| <i>Utklesha</i>        | BT         | 05     | 11   | 10       | 04     |
|                        | AT         | 17     | 05   | 03       | 00     |
|                        | EF         | 16     | 05   | 04       | 00     |
| <i>Tikta amlodgara</i> | BT         | 00     | 11   | 08       | 11     |
|                        | AT         | 22     | 05   | 03       | 00     |
|                        | EF         | 20     | 07   | 03       | 00     |
| <i>Gourava</i>         | BT         | 06     | 12   | 08       | 04     |
|                        | AT         | 18     | 06   | 00       | 00     |
|                        | EF         | 16     | 08   | 00       | 00     |
| <i>Hrit kanta daha</i> | BT         | 10     | 13   | 07       | 00     |
|                        | AT         | 19     | 05   | 06       | 00     |
|                        | EF         | 18     | 07   | 05       | 00     |

Table 7: Showing the response of treatment in 30 patients for the symptom *Avipaka* at the end of the treatment (A) and at the of the follow up (B)

| RESPONSE    | No of Patients(A) | %    | No of patients(B) | %    |
|-------------|-------------------|------|-------------------|------|
| Excellent   | 20                | 66.6 | 19                | 63.3 |
| Good        | 9                 | 30   | 8                 | 26.7 |
| Encouraging | 1                 | 3.3  | 3                 | 10   |

Table 8: Showing the response of treatment in 28 patients for the symptom *Klama* at the end of the treatment (A) and at the of the follow up (B)

| RESPONSE    | No of Patients(A) | %    | No of patients(B) | %    |
|-------------|-------------------|------|-------------------|------|
| Excellent   | 17                | 60.7 | 17                | 60.7 |
| Good        | 6                 | 21.4 | 5                 | 17.9 |
| Encouraging | 5                 | 17.9 | 6                 | 21.4 |

Table 9: Showing the response of treatment in 25 patients for the symptom *Utklesha* at the end of the treatment (A) and at the of the follow up (B)

| RESPONSE    | No of Patients(A) | %    | No of patients(B) | %  |
|-------------|-------------------|------|-------------------|----|
| Excellent   | 12                | 48   | 11                | 44 |
| Good        | 7                 | 27.6 | 7                 | 28 |
| Encouraging | 6                 | 24.4 | 6                 | 36 |

Table 10: Showing the response of treatment in 30 patients for the symptom *Tikta amlodgara* at the end of the treatment (A) and at the of the follow up (B)

| RESPONSE    | No of Patients(A) | %    | No of patients(B) | %    |
|-------------|-------------------|------|-------------------|------|
| Excellent   | 22                | 73.3 | 20                | 66.6 |
| Good        | 7                 | 23.3 | 8                 | 26.6 |
| Encouraging | 1                 | 3.3  | 2                 | 6.6  |

Table 11: Showing the response of treatment in 24 patients for the symptom *Gourava* at the end of the treatment (A) and at the of the follow up (B)

| RESPONSE    | No of Patients(A) | %    | No of patients(B) | %    |
|-------------|-------------------|------|-------------------|------|
| Excellent   | 12                | 33.3 | 11                | 46.1 |
| Good        | 8                 | 45.8 | 7                 | 29.1 |
| Encouraging | 4                 | 20.8 | 6                 | 24.8 |

Table 12: Showing the response of treatment in 30 patients for the symptom *Hrit kanta daha* at the end of the treatment (A) and at the of the follow up (B)

| RESPONSE    | No of Patients(A) | %    | No of patients(B) | %    |
|-------------|-------------------|------|-------------------|------|
| Excellent   | 19                | 63.3 | 18                | 60   |
| Good        | 10                | 33.3 | 10                | 33.3 |
| Encouraging | 1                 | 3.3  | 2                 | 6.6  |

Table 13: Showing the response of treatment in 26 patients for the symptom *Aruchi* at the end of the treatment (A) and at the of the follow up (B)

| RESPONSE    | No of Patients(A) | %  | No of patients(B) | %    |
|-------------|-------------------|----|-------------------|------|
| Excellent   | 20                | 77 | 18                | 69.2 |
| Good        | 6                 | 23 | 5                 | 19.2 |
| Encouraging | 0                 | 0  | 3                 | 11.5 |

Table 14: Showing Statistical analysis for individual variables and over-all severity of the disease

| Variable   |    | Mean  | SD   | t     | p     | Significance |
|------------|----|-------|------|-------|-------|--------------|
| Avipaka    | BT | 2.70  | 0.70 | ----- | ----- |              |
|            | AT | 1.86  | 0.50 | 8.53  | 0.001 | HS           |
|            | EF | 1.26  | 0.44 | 7.88  | 0.01  | S            |
| Klama      | BT | 2.93  | 0.87 | ----- | ----- |              |
|            | AT | 1.83  | 0.37 | 4.77  | 0.001 | HS           |
|            | EF | 1.73  | 0.44 | 9.99  | 0.01  | S            |
| Utklesha   | BT | 2.63  | 1.13 | ----- | ----- |              |
|            | AT | 1.50  | 0.50 | 8.04  | 0.01  | S            |
|            | EF | 1.23  | 0.43 | 4.96  | 0.01  | S            |
| Tiktodgara | BT | 2.76  | 0.81 | ----- | ----- |              |
|            | AT | 1.76  | 0.43 | 3.65  | 0.001 | HS           |
|            | EF | 1.50  | 0.50 | 4.17  | 0.01  | S            |
| Gourava    | BT | 2.13  | 0.86 | ----- | ----- |              |
|            | AT | 1.23  | 0.43 | 5.93  | 0.01  | S            |
|            | EF | 1.06  | 0.25 | 8.04  | 0.01  | S            |
| Hritdaha   | BT | 2.33  | 0.60 | ----- | ----- |              |
|            | AT | 1.63  | 0.49 | 5.57  | 0.01  | S            |
|            | EF | 1.26  | 0.44 | 3.44  | 0.01  | S            |
| Aruchi     | BT | 2.53  | 0.50 | ----- | ----- |              |
|            | AT | 1.86  | 0.34 | 5.57  | 0.001 | HS           |
|            | EF | 1.10  | 0.30 | 7.51  | 0.01  | S            |
| Over-all   | BT | 25.36 | 3.52 | ----- | ----- |              |
|            | AT | 16.26 | 2.82 | 6.47  | 0.01  | S            |
|            | EF | 13.16 | 1.96 | 6.50  | 0.01  | S            |

HS: Highly Significant; S: Significant

## DISCUSSION AND CONCLUSION

Now a day's *Amlapitta* is one among the common diseases which is affecting the individuals irrespective of age and sex. *Shodhana* followed *shaman chikitsa* with *pathya* is mentioned in our classics as a treatment for *Amlapitta*. In the present clinical study the clinical history reveals that the influence of stress as a causative factor for most of the cases in *amlapitta*. More number of patients was in the age group of 30 -39 yrs (40percent) and in the age group of 40-49yrs (33.3 percent). No significance difference between male and female proportion suggest that *amlapitta* has almost equal incidence in both sex. There is no significant difference observed in the diet pattern with respect to vegetarian and mixed one. Out of 30 patients 21 patients (70 percent) had *pitta kapha prakruti*. No one complained about any form of adverse effect, hence the drug can be given in the

same dose. Patients had shown significant response in reduction of symptoms of *amlapitta* at the end of the treatment and at the end of the follow up.

### Probable mode of action

In *Amlapittantaka churna* the drugs are of *madhura*, *tikta*, *kashaya rasa yukta* and *madhura vipaka*. *Tikta*, *Amlata* in *Udgara* and *Daha* in *Hritkanta* are due to *vidagda pitta*, which is relieved by *pittashamaka rasa* and *vipaka* present in ingredients of *churna*. *Udgara* due to *urdwa gamana* (upward movement) of *samana vayu*, is relieved by *Haritaki* by doing *anulomana* (downward movement) of *vayu*.

Symptoms of *amlapitta* are almost similar to symptoms of *Ama*. Here *pippali* and *Dhanyka* both acts as *deepana* and *pachaka*. By treating *Ama*, the symptoms like *aruchi*, *gourava*, *avipaka utklesha* and *klama* are relieved. *Malasanga* (constipation) relieved by *mrudu rechana*

guna of *Haritaki*, *Draksha* and *yavasa sharkara*. *Amlapittantaka churna* is effective in the management of *Amlapitta* and no untoward effect was observed during clinical study. The *churna* is safe, effective, and cheap and it can be recommended to patients.

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Source of support: Nil

Conflict of interest: None Declared