



A CONCEPTUAL STUDY ON THE EFFECT OF NARIKELA KHANDA IN AMLAPITTA

[Balaji Thakur](#)¹, [Priyanka Kumari](#)², [Bhanu Pratap Singh](#)³

¹P.G. Scholar, P. G. Dept. of Kriya Sharir, National Institute of Ayurveda, Jaipur, Rajasthan, India

²P.G. Scholar, P. G. Dept. of Kriya Sharir, National Institute of Ayurveda, Jaipur, Rajasthan, India

³Assistant Professor, P. G. Dept. of Kriya Sharir, National Institute of Ayurveda, Jaipur, Rajasthan, India

Corresponding Author: balajithakur92@gmail.com

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ABSTRACT

Nowadays due to unawareness about *Prakriti* (psychosomatic constitution) people are practising inappropriate diet and lifestyle which leads to disturbances in the digestive system. The core principles in *Ayurveda* give prime importance to *Agni*, *Prakriti*, *Ahara* (food) and *Vihara* (lifestyle) in maintaining health. In the present era, people are scheduled to one or the other works due to which they are following unwholesome food and habits which may lead to the manifestation of many diseases. One of the common disorders which troubles a person a lot is *Amlapitta*. It is composed of the word *Amla* and *Pitta*. *Amlapitta* is a very common disease caused by *Vidagdha Pitta* with features like *Amlaudgara*, *Tiktaudgara*, *Hrud Kantha Daha* etc. It is the GI disorder described in *Ayurvedic* texts that closely resembles Gastritis in modern science. In the chronic stage, it may lead to ulcerative colitis. In modern medical science, they give some anta-acids, H2 blockers, Proton pump inhibitors, some steroids which have high prevalence costs and side effects. Today there is a need for a potent herbal formulation that can cure hyperacidity and ulcers. The present study is being undertaken to approach the disease *Amlapitta* through the formulation of *Narikela Khanda*.

Keywords: *Ayurveda*, *Amlapitta*, *Narikela Khanda*.

INTRODUCTION

In a sedentary lifestyle, many diseases come across. *Amlapitta* is a very common disease in society due to improper habits of food intake and due to a hectic lifestyle.

Amlapitta is a disease caused due to vitiation of certain attributes of *Pitta* like the *Drava Guna* and *Amla Guna* causing *Vidagdhajirna* at the initial stage and later it causes inflammation and corrosion of the *Sleshmadhara Kala* of the *Amashaya* i.e. mucous membrane of the stomach and duodenum. In modern science, *Vidagdhajirna* can correlate to simple dyspepsia and *Amlapitta* as hyperacidity/Gastritis.¹

Charaka Samhita indicates that the *Grahani Dosha* and *Amlapitta* occur in the persons who do not check the temptation of food. It has a predominance of vitiated *Pachaka Pitta* and involves vitiation of *Annavaha* and *Purishavaha Srotas*.²

The pathology includes *Mandagni* & the formation of *Ama*. Excessive consumption of *Amla*, *Katu*, *Tikshna Ahara* is faulty dietary habits, addictions like alcohol, smoking, tobacco chewing and other psychological factors like stress, the strain also contributes to causing the *Amlapitta* disease. The clinical features of *Amlapitta*, mentioned in our classics are *Avipaka*, *Klama*, *Utklesha*, *Tikta Amlaudgara*, *Gaurava*, *Hrud Kantha Daha*, *Aruchi* and *Chardi*.³

The treatment principles namely *Nidana Parivarjana* and *Samprapti Vighatana* are also applicable in the treatment of *Amlapitta*. The use of *Shamana Aushadhi* can provide great relief to the patients.

Acharya has been told to use the drugs which are having *Tikta-Madhura Rasa*, *Madhura Vipaka*, *Sheeta Virya* and *Laghu*, *Ruksha Guna* with *Kapha-Pittahara* property.

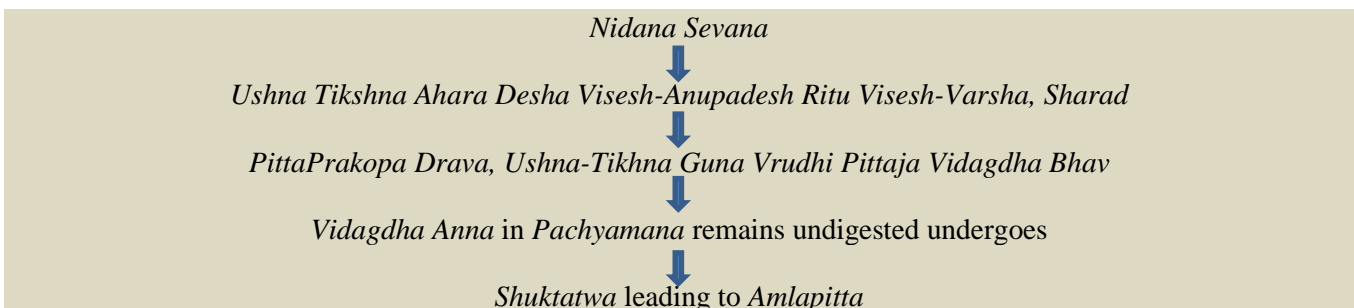
Gastric disorders like hyperacidity and ulcers are common clinical entities. These are major health problems with multifunctional aetiology. The development of gastric ulcers occurs with acid and the breakdown of mucosal defence. Local mechanisms implicated in mucosal defence are mucous-like alkaline secretions, mucosal hydrophilic activity, rapid epithelial cell renewal, rich mucosal blood flow and increased resistance of gland cells in deep mucosa to acid and peptic activity. Rational therapy for gastric ulcers remains elusive and a search for safer potential drugs is being carried out. The use of natural drugs in gastric ulcers is well documented. Most of these drugs augment the mucosal defensive factors, which are thought to be important for the protection of gastric mucosa.⁴

SAMPRAPTI OF AMLAPITTA

Amlapitta is a disease of *Pitta* dominancy. *Pitta* normally has dominancy of *Agni* with *Jala Mahabhuta*. If the proportions of these two *Mahabhuta* in *Pitta* get changed then *Pitta* becomes vitiated leading to various disease manifestations like *Amlapitta*. This vitiation of *Pitta* can be categorized into two groups *Drava Guna* dominated *Pitta Vriddhi* (*Jala Mahabhuta* portion of *Pitta* increases) & *Ushna Guna* dominated *Pitta Vriddhi* (*Agni Mahabhuta* portion of *Pitta* increases).

Few *Nidana* may increase *Pitta Drava Guna* (by increasing the *Jalamahabhuta* proportion) while other *Nidana* may increase *Pitta Ushna-Tikshna Guna* (by increasing the *Agni mahabhuta* proportion).

Few *Nidana* can increase the *Pitta Drava Guna* or *Ushna-Tikshna Guna* or both e.g. *Viruddha Ahara* having *Amla-Lavana-Snigdha-Ushna Drava Guna* then *Pitta* vitiates with *Drava Guna* & *Viruddha Ahara* having *Katu-Ruksha-Ushna Guna* then *Pitta* vitiates with *Ushna-Tikshna Guna*.



SAMPRAPTI GHATAK

Dosha – Pachaka Pitta

Dushya - Rasa and Rakta Dhatu Adhistana - Amashaya, Grahani

Srotas – Annavaha Srotas, Rasavaha Srotas, Purishvaha Srotas Srotadusti – Vimarga Gamana, Atipravrutti

Agni - Mandagni

Marga - Abhyantara, Koshtha Svarupa - Chirakari Prabhava - Daruna

NARIKELA KHANDA

Narikela Khanda is an Ayurvedic preparation which is a modified state of *Avaleha* preparation, which is prepared by using pulp (endosperm) of coconut, coconut water and other ingredients.

Narikela (*Cocos Nucifera* Linn.) is a commonly available fruit that is consumed almost daily in Indian food and its use in medicine is also not uncommon. Many preparations out of it are described in classical texts of *Ayurveda*. *Narikela Khanda* is a formulation that is prepared by using *Narikela* as a chief ingredient. *Khanda* is a popular dosage form in *Ayurveda*. *Narikela Khanda* granules is a modified method of *Narikela Khanda* which is prepared in the form of granules by keeping the ingredients the same to enhance stability. *Narikela Khanda* was popularly used to treat *Amlapitta* (hyperacidity).⁵

METHOD OF PREPARATION:

Fresh coconut ware broke, and water and pulp are collected in separate vessels. The pulp is transformed into paste form and then fried with ghee till ghee starts to separate from the paste. The coconut water is filtered with a sieve and *Khanda Sharkara* (sugar candy) is added to it and then kept on *Mandagni* for preparing *Paka*. When *Paka Siddhi Lakshana* is seen, the fried pulp is added and then the *Prakshepaka Dravya* like *Dhanyaka*, *Pippali*, *Musta*, *Vamsalochana*, *Shweta Jiraka*, *Krishna Jiraka*, *Twak*, *Ela*, *Tejapatra*, *Nagakeshara* are added and mixed thoroughly and stored in airtight pet bottles

INGREDIENTS

1. *Narikela* - *Cocos Nucifera* - pulp -192g
2. *Goghrita* - clarified butter- 48g
3. *KhandaSharkara* - candy sugar - 192g
4. *Narikelajala* - *Cocos nucifera* - water- 768g
5. *Dhanyaka* - *Coriandrum sativam* - Fruit - 3g
6. *Pippali* - *Piper longum* Fruit - 3g
7. *Musta* – *Cyperus rotundus* - Rhizome- 3g
8. *Vamsalochana* – *Bambusa arundinaceae* – Siliceous concretion - 3g
9. *Sweta jiraka* – *Cuminum cyminum* – Fruit - 3g
10. *Krishna jiraka* – *Carum carvi* – Fruit - 3g
11. *Twak* – *Cinnamomum zeylanicum* - Stem bark - 3g
12. *Tejapatra* – *Cinnamomum tamala* - leaf - 3g
13. *Nagakeshara* – *Mesua ferrea* - Stamen -3g

DISCUSSION

DRUGS	RASA	GUNA	VIRYA	VIPAKA	KARMA
NARIKELA	Madhura	Guru Snighda	Sita	Madhura	Vatapita Hara
DHANYAKA	Kasaya, Tikta, Madhura, Katu	Laghu, Snigdha	Ushna	Madhura	Tridosha ara
PIPPALI	Madhura	Guru, Snigdha	Anushna-shita	Madhura	Yogavahi Pitashamaka
MUSTA	Tikta, Kashaya, Katu,	Laghu, Ruksha	Sita	Katu	Kapha Pitta Hara
SWETA JIRAKA	Katu	Laghu, Ruksha	Ushna	Katu	Kapha-Vata Hara
KRISHNA JIRAKA	Katu	Laghu, Ruksha	Ushna	Katu	Kapha-vata Hara
VANSALOCHANA	Madhura, Kashaya	Ruksha, Katu, Tikshna	Shita	Madhura	Vata-Pitta Hara

TWAK	Katu, Tikta, Madhura	Laghu, Ruksha, Tikshna	Ushna	Katu	Vata- kapha Hara
TEJAPATRA	Katu, Tikta, Madhura	Laghu, Ruksha, Tikshna	Ushna	Katu	Vata- kapha Hara
NAGAKESHARA	Madhura, Kashaya	Laghu, Ruksha, Shita	Shita	Madhura	Kapha Pitta Hara

The properties of contents of *Narikela Khanda*-
NARIKELA-

Modern - Coconuts are high in fibre which helps bulk up your stool and supports bowel regularity. It is rich in manganese which supports enzyme function and fat metabolism. Coconuts are also found to strengthen your Gut bacteria.⁶

Ayurvedic - It is *Madhura Rasa, Madhura Vipaka* having *Shita Veerya* with *Snigdha Guna* that helps to eliminate *Vata Pitta Dosha*.⁷

DHANYAKA

Modern - In *Dhanyaka, Linalool* and *Borneol* help enhance digestion, liver function as well as bowel movements that further helps in reduce Diarrhoea.⁸

Ayurvedic- Its *Rasa* is *Madhura, Tikta, Kashaya* with *Laghu Guna* that helps in *Pitta Shamana*.⁹

PIPPALI

Modern - Piperine, an alkaloid of long peppers, inhibited gastric emptying (GE).GE inhibitory activity of piperine is independent of gastric acid and pepsin secretion.¹⁰ **Ayurvedic** - *Pippali* has *Madhura Rasa* with *Madhura Vipaka* having *Anushnasita Veerya* for that it helps in *Pitta Shamana*.¹¹

MUSTA

Modern - Essential oil of *Musta* has an anti-inflammatory effect and a high level of antioxidants.

Ayurvedic - *Musta* has *Laghu* and *Shita Veerya* which helps in *Pitta Shamana*.¹²

JIRAKA

Modern - A particular compound called Thymol found in cumin seeds stimulates Gastric Gland secretion. This helps to breakdown complex nutrients like proteins, fat and sugar to keep your gut healthy and keeps digestive issues such as indigestion, nausea etc.

13

Ayurvedic - It is *Ushna Veerya* and *Laghu* in nature that helps to eliminate *Ama Dosha*.¹⁴

VANSHALOCHANA

Modern - Silica components of *Vansalochana* help in local protection to the mucus membrane of the G.I. tract.

Ayurvedic - It is *Madhura Kashaya Rasa, Madhura Vipaka* and *Shita Veerya* that helps in *Pitta Shamana*.¹⁵

TWAK and TEJAPATRA

Modern - Cinnamon help decrease stomach acid and pepsin secretion from the stomach walls after eating which reduces CO₂ gas, raises pH, lowers metabolic heat and cool your stomach down.¹⁶

Ayurvedic - *Twak* and *Tejapatra* is *Madhura, Tikta Rasa* having *Laghu* in nature that helps in *Pitta Shamana*.¹⁷

NAGAKESARA

Modern - Xanthenes component of *Messua Ferra* showed anti-ulcer activity. Essential oil of *M. Ferra* contains anti-inflammatory and pain soothing effects.

Ayurvedic - *Nagakesara* has *Madhura, Kashaya Rasa, Madhura Vipaka* having

Shita Veerya helps in *Pitta Shamana*.¹⁸

In *Narikela Khanda*, most of the ingredients of having *Kasaya, Tikta* and *Madhura* predominant *Rasa, Laghu, Ruksha, Tikshna Guna, Ushna* and *Shita Virya* which improves the status of *Agni* subsequently prevent the *Ama* formation and vitiation of *Dosha*. *Tiktata, Amlata* in *Udgara* and *Daha* in *Hrudkantha* are due to *Vidagdha Pitta*, which is relieved by *Pit-tashamaka Rasa* and *Vipaka* present in ingredients of the formulation. Symptoms of *Amlapitta* are almost similar to symptoms of *Ama*. Here *Pippali* and *Dhanyaka* both act as *Dipana, Pachaka* and *Rochana* and *Dosha Samshodhan*. By treating *Ama*, the symptoms like *Aruchi, Gaurava, Avipaka, Utklesha* and *Klama*

are relieved. Due to increased *Ushna Guna* of *Pitta* symptoms like *Hruddaha* and *Kanthadaha* appears. *Narikela* is having *Madhura Rasa*, *Madhura Vipaka*, *Shita Veerya*, *Pitta Vatahara*. By its *Agni Dipaka* property and *Pitta shamaka* nature it does the *Samprapti Vighatana* on *Amlapitta*.

CONCLUSION

From the above perspective, it can be concluded that *Narikela Khanda* has anti acidic and anti-ulcer activity. As most of the drugs having *Madhura*, *Tikta*, *Kashaya Rasa*, *Madhura Vipaka* and *Shita Veerya* that helps in *Shamana* of aggravated *Pitta Dosh*. *Narikela Khand* is *Madhura* in taste so people of all age groups can easily consume this medicine. It is cost-effective and can be easily prepared at home, so it is very helpful in the GI tract disorders like *Amlapitta*, *Grahani*.

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