

CLINICAL STUDY OF AMALAPITTA AND ITS MANAGEMENT WITH SIMHASYADI KASHAYA

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ABSTRACT

Amlapitta, a gastrointestinal tract disorder, has acquired majority of the share with causative factors like improper diet and habits, stress, spicy irritant food, oily foods etc., A single clinical trial with pre test, follow up and post test assessment was done with drug, Simhasyadi kashaya advised twice daily after food for fifteen days and also lifestyle including Ahara, Vihara and Achara was advised. By the present study it can be concluded that Simhasyadi kashaya and lifestyle modification helps in controlling and is a safe and effective treatment for Amlapitta.

Key Words: Amlapitta,Causes ,Simhasyadi kashaya ,lifestyle modification.

INTRODUCTION:

Amlapitta described as a disease of modernization due to irregular eating habits, It is more of psycho-somatic disorder caused due to mental stress and strain added with dietic indiscrimination. Amalapitta is probably a commonest digestive disorder. A drastic change in mankind has taken place mostly due to urbanization and industrialization. To cope-up with the speed of modern era. One has to adopt junk food preparation, Overwork and stressful duty schedule . 30% of the general population is suffering from gastro-oesophageal reflux and gastritis resulting in heart burn, indigestion, sour belching, exertion without work, anorexia. Its prevalence is increasing day by day. So in this condition Simhasyadi kashaya and lifestyle modificatory chart is used.

Case history:

A 40 year old male patient complaining of sour belching (amlodgara), burning sensation in throat and chest (hritkanthadaha), indigestion (avipaka) and exertion without work (klama), anorexia(aruchi) and other associated symptoms like ajeerna was also present.

The patient lifestyle history was also taken regarding the food habit, sleep, exercise etc. exhibited altered lifestyle. Patient was visited many modern hospital and took medicine but was not satisfied by the treatment. Hence to get solution for his problem he approached, L.R.P Ayurvedic hospital Islampur.

Diagnostic Criteria:

Burning sensation in chest and throat region (HritKantha daha), Sour belching (Amlodgara), Nausea (Utklesha), Vomiting (Chardi), Indigestion (Avipaka), Anorexi (Aruchi), Exertion without work (Klama).

Method of Collection of Data and Analysis:

The case sheet Performa was prepared contains lifestyle of the patient and who comes under diagnostic criteria were collected and pre and post test assessment was done based on the symptoms gradation and analyzed by applying descriptive statistics.

Intervention:

Simhasyadi Kashaya was advised 20ml. BD before food.

Intervention period: 15 days .

Lifestyle chart given containing Ahara (food), Vihara (lifestyle) and Achara (code and conducts).

Follow up: Every 5th day of intervention.

Assessment:

Assessment was done based on the symptoms gradation.

SR No.	Symptoms	BT Grade	AT Grade
1	Sour belching (amlodgara).	2	0
2	Burning sensation in throat and chest (hritkanthadaha)	2	1
3	Indigestion (avipaka)	2	0

4	Exertion without work (klama)	2	0
5	Anorexia(aruchi)	2	0

DISCUSSION:

In this study, observation was done before and after treatment based on the symptoms gradation and the obtained result are - the amlodgara before treatment it was 2 and after treatment reduced 0. Hritkanthdaha BT was 2 and AT reduced to 1. Avipaka BT it was 2 and AT minimized to 0 and the klama BT was 2 and reduced to 0 AT, Anorexi BT it was 2 and AT reduced 0. Above result shows the significant reduction in the symptoms. simhasyadi kashaya contain simhasya (Vasa), Guduchi, Kantakari. Effect of the simhasyadi kashaya and lifestyle chart containing ahara, vihara and achara which was advised during the course of treatment will be discussed In this study the effect obtained by the simhasyadi kashaya might be due to its effect like pittahara property and having Tikta, Kashya rasa useful for combating the disease Amalapitta. The lifestyle chart contains Ahara, Vihara and Achara was prepared and advised based on the pathya-apathya mentioned for Amlapitta (yoga ratnakara) and Nityopayogi dravya in Svastha chatuska of Charaka samhita. This diet might be benefited due to easily digestible and regularized food habits, tikta shaka and pitta shamaka dravya. Vihara like exercise and sleep was advised to regularize daily and this was benefited by avoiding the day sleep and lack of exercise causing Ajeerna, Agnimandya etc. The Achara like Sadvrita (do's and dont's and prayer) was advised and it results into decreasing the stress and strain. This multi approach treatment was helped in reducing the symptoms and maintaining the healthy life

CONCLUSION:

simhasyadi kashaya and specially prepared lifestyle chart containing Ahara, Vihara and Achara helps in reducing the symptoms and maintaining the healthy lifestyle. This multiple approached treatment was benefited due to multiple actions.

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SUBHADRA

International Journal Of Ayurveda

"A Peer Reviewed Scientific Research Journal Of Ayurveda"

ISSN - 2395 - 6798

Published by

Sant Dnyaneshwar Shikshan Shanstha's

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POST GRADUTE & RESEARCH CENTER.ASHTA**

CERTIFICATE

This is to certify that, the research paper or article of Dr. Ashutosh Patil,
Dr. Sanjay Patil & Dr. Prashant Tarange
entitled Clinical study of Amlapitta and its management with
Simhasyadi Kashaya has been accepted and
published in our journal for volume 1, Issue no. 04 October 2017


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