ABSTRACT: Modern era’s changing life style along with changing food culture has led to the occurrence of many diseases. Amlapitta is one of the most common disease seen in the society. In the ancient text books of Ayurveda it is described that irregular food and life style habits are the main causative factors for the disease.

It is a lifestyle disease. Changing eating habits, shift duties disturb our body metabolism, which in turn causes digestion problems leading to disease like Urdhwag Aamlapitta. On therapy with vaman karmaw expel all doshas and enhance the metabolism which further relieves urdhwagaamlapitta.

In these cases we have used vamankalpanimbapatol kwath +madhu+Saindhav. Above mentioned drugs, by their tiktapradhan rasa and laghu - ruksha properties, leads to aamapachana and doshavashechana of samapitta ,on of the important causative factor for the occurrence of amlapitta. Thus vaman with above mentioned drugs expel out vitiated kapha and pitta doshas, which in turn relieves urdhwagaamlapitta.

Aims and Objectives: 1.To evaluate the role of Vamana Karma withNimba Patoladi kwath in UrdhwagaAmlapitta

Method: A clinical study done on 30 patients of both sexes, between age group 16-60yeras,.Mudanaphalapippalichurna along withNimba,Patola kwath with madhu and saindhav was administered to patients undergoingVamana Karma. Vamana Karma was done in following order- Purvakarma, Pradhana and Pashchata Karma. Assessment was done after completion of therapy.

Result: Significant improvement was observed in all the parameters like Amlodgar, Tiktodgar, Urahdaha, Kanthadaha,Adhman, Gaurava.

KEYWORD: Nimb Patoladi Kwath, UrdhwagaAmlapitta, Vaman Karma
**INTRODUCTION:** Amlapitta is composed of two words i.e. Amla and Pitta. The term Amla is as significant as a special type of taste has the similarity with sour taste which causes excessive salivation and also a typical natural property of Pitta which is bodily chemical substance mainly responsible for the maintenance of the process of digestion, transformation and transmutation. Acharya Sushruta mentioned that Amla is the property of Vidagdha (fermented) Pitta. The term Amlapitta may be correlated with Acid Reflux Syndrome which comprises of various types of Gastro-esophageal reflux diseases like Gastritis, Dyspepsia, Heartburn, Peptic ulcer, Hyperacidity, Hypoacidity etc. described in modern science.

Due to various factors in the progressive civilization of the present day like speedy environmental changes, adaptation of newer and newer food materials, changes in the method of cooking, atmospheric pollution, encroachment of various chemical agents in newer life style, occupational hazards etc. have precipitated the increasing trends of the diseases. Along with stimulating factors, tremendous stress, strain, disturbed sleep and anxiety have significantly aggravated the disease including Amlapitta. This is the life style problem and those who are addicted with tobacco, alcohol as well as excess of packed food with rich salt content can easily caught by this disease.

**Definition:**

"Amlogunodrichtampittamamlapitta m." (Ma.Ni.) Means when Amlata (sourness) of Pitta is increased it leads to Amlapitta. Regarding the clinical definition, the disease has the following symptoms like Avipaka (indigestion), Klama (exhaustion), Utiklesha (nausea), Tiktaaamlodgara (eructation with bitter and sour taste), Gaurava (feeling of heaviness), Hrit-kanthadaha (burning sensation in the chest and throat), Aruchi (loss of appetite) is termed as Amlapitta. Amlapitta is considered to be a gastrointestinal disorder caused due to suppression of Jatharagni (gastric fire) by the increased Drava Guna (liquidity) and Amla Guna (sourness) of Vidagdha Pachaka Pitta affecting the Annavaha-Rasavaha-Raktavaha-Purishvaha Srotasa; Samana - Prana - Apana Vayu; mainly Kledaka and partially Bodhaka Kapha.

However the antacid are among the one of the most widely used medicine all over the world. The US food and drug administration (FDA) warned that there is increased risk factors with the use of Proton Pump Inhibitors (PPIs) used to treat Gastro-esophageal Reflux Disease (GERD), Stomach and Small intestine ulcers and inflammation for esophagus for one year or longer or at high doses. The first line of treatment is the same in Allopath and Ayurveda, i.e. life style modification and avoidance of the food stuff which aggravates the condition.

In Urdhwa Amlapitta vitiated pitta is the key factor for whole pathological process. Vamana Karma is indicated as Shodhana Karma for Urdhwa Amlapitta. Considering all these factors it was decided to evaluate the efficacy of vamana Karma in Urdhwa Amlapitta.
Materials and Methods:

Selection of Patients:

30 patients suffering from *UrdhwagaAmlapitta* were randomly selected from OPD and IPD of Kayachikitsa and Panchakarma departments.

Inclusion Criteria:

1. Age group: 16 to 60 years.
2. Patients having sign and symptoms of *UrdhwagaAmlapitta* i.e. *Amlodgara*, *Tiktodgara*, *Hrit-KanthaDaha*, *Urah-KukshiDaha*, *Shirashula* etc.
3. Patients from all socio-economic status.
4. Patients of both sexes.

Exclusion Criteria:

1. Patients below 16 years and above 60 years of age.
2. Patients with severe vomiting and diarrhea and those who could not take medicine orally.
3. Patients with known case of chronic non healing Gastro-duodenal ulcers, acid peptic diseases more than two years, Gastric malignancy and Alcoholic gastritis were excluded.

Materials:

<table>
<thead>
<tr>
<th>Sr.No.</th>
<th>Use</th>
<th>Drug Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Snehapana</td>
<td>Panchatikta ghrita</td>
</tr>
<tr>
<td>2</td>
<td>Sarvanga</td>
<td>Tila Tailam</td>
</tr>
</tbody>
</table>

Methods:

<table>
<thead>
<tr>
<th>No. of Patients</th>
<th>Treatment Modality</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>Vaman Karma</td>
<td>6-10 days</td>
</tr>
</tbody>
</table>

Procedure:

A] Vamana Karma:

1. Poorva Karma (Pre-procedure stage):
   Included selection and examination of patients for Vamana Karma, selection and preparation of drug and preparation of patient.
   Before meal, *Gandharva-haritaki* 1.5gm HS with Luke warm water for 3-5 days.
   ii. *Snehapana*: Before administration of Vamana drug patient had given internal *Snehapana* with *TiktaGhrit* in increasing dose i.e.30-60-90-120ml for four days or 3/5/7 days
as per the patient’s constitution, disease condition, season and Koshtha (Mrudu, Madhya and Krura). Patient was advised to take lukewarm water, Krushara (light diet), avoid heavy/excessive work, Divaswapa (sleep in day time) and Ratri-jagarana during Snehapana Kala.

iii. After observing the Samyaka Snigdha Lakshanas like the patient was advised to take Kaphotkleshaka Ahara (i.e., Dahi, Udidwada, Dahi-Bhaat, Lassi etc.), Sarvanga Snehanawith Til Tailaand Sarvanga Swedana with Dashmoola Kwath.

2. Pradhana Karma (Operative procedure):

i. On Vamana day patient was advised to pass natural urges before the procedure and then kept on Sarvanga Snehana and Sarvanga Sweadana.

ii. Patient was examined thoroughly i.e. Pulse, B.P., R.R. etc. before Vamana procedure.

iii. Then were administered Akanthapana Dravya with Milk/Sugar cane juice/Yashtimadhu Phanta- 1-1.5 lit.

iv. Vamana Kalpa- Vasa, nimb, patol kwath + Madanaphala Pippali Choorna + Madhu+ Saindhav


vi. Examined the whole procedure as per said in ancient texts, i.e. Vaigiki, Laingiki, Antikian Maniki. Also examined the Pulse, B.P., R.R. during and after the procedure.

4. Paschata Karma (Post-operative procedure):

After Samyaka Vamana Vegas, Patient was kept on Paschata Karma i.e. Dhoompana, Sansarjana Krama (Peya, Vilepiin diet for 3-5 days) with complete rest.

Assessment Criteria:

Subjective Parameters:


For all these symptoms following grades were applied.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Score</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>+++</td>
<td>3</td>
<td>Persistant throughout the day</td>
</tr>
<tr>
<td>++</td>
<td>2</td>
<td>Only at the time of meal</td>
</tr>
<tr>
<td>+</td>
<td>1</td>
<td>Occasionally</td>
</tr>
<tr>
<td>)</td>
<td>0</td>
<td>Absent</td>
</tr>
</tbody>
</table>

Observations and Results:

Table No. 4- % Relief in all symptoms

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Symptoms</th>
<th>B T</th>
<th>A T</th>
<th>Mean Difference</th>
<th>% Relief</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Amlodgar</td>
<td>26</td>
<td>2</td>
<td>24</td>
<td>92.30</td>
</tr>
<tr>
<td>2</td>
<td>Tiktodgar</td>
<td>23</td>
<td>5</td>
<td>18</td>
<td>73.26</td>
</tr>
<tr>
<td>3</td>
<td>Hritkantha Daha</td>
<td>24</td>
<td>3</td>
<td>21</td>
<td>87.50</td>
</tr>
<tr>
<td>4</td>
<td>Uraha-Kukshi Daha</td>
<td>20</td>
<td>7</td>
<td>13</td>
<td>65.00</td>
</tr>
</tbody>
</table>
1. From the table no.4 there is significant improvement was observed in all the parameters like Amlodgar, Tiktodgar, Hrit-KanthaDaha, Uraha-KukshiDaha and Gaurava.

Discussion:

In UrdhwaAmlapitta vitiated Pitta is the key factor for whole pathological process. Vamana Karma is indicated as Shodhana Karma for UrdhwaAmlapitta. Bhunimbadikwath having Tikta, Madhura Rasa YuktaDravya having specific effect on vitiated Pitta. Considering all these factors it was decided to evaluate the efficacy of vamana Karma in UrdhwaAmlapitta.

Probable mode of action of Vamana Karma:

VamanaDravyas possess the characters of Vyavayi (diffuse), Vikasi (spreading nature-without digestion) by virtue of Veerya (potency) they get quickly absorbed and circulate into cells (Srotasa) through Hridaya and large and small capillaries of the body (Sakaladehagatadhamanyaamusaranaam-sthulaanusrotobhya). By virtue of its Ushna (hot) and Tikshna (acute) the accumulated Doshas liquefies and breakup into small pieces at cellular level. (Agneyatvatvishandayatifilinamkurvanti, Tikshanvichhimnamkurvanti). Whenever perspiration (SwedaPradurbhava) is observed on patient’s forehead, it indicates that, Doshas have started melting in the body due to UshnaGuna. When patient get horrification (Lomaharsha), the Malas have detached from cells and tissues because of its VikasiGuna (Sandhisthaithihyata). Detached Malas(toxins) float in extra cellular fluids (Pariplavam-itastatogacchan). By virtue of SookshaGuna and Anupravana (Anutvatpravanabhavacchana- anutvamanunurgasanchaitwam) the Malas or Doshas (endo-toxins) float because already body has got SamyakaSnigdhata (internal oleation) and pass through smallest capillaries and ultimately reaches to stomach due osmotic pressure. When patient feels Adhmana (fullness of stomach), it means Doshas are shifted to stomach. VamanaDravyas are predominant of AgniandVayaMahabhutas. When patient feels nausea (Hrillas) it indicates the Doshas are UrdhwaAmalapitta and patient gets Vamanavega at any time.

As said by Yogaratnakara “PoorvamtuVamanamkaryam…” Amlapitta is a disease of AmashayaSamudbhava and caused due to vitiation of Kapha-Pitta. In UrdhwaAmlapitta one should go through the Vamana procedure in patient having strong immunity and will power.

The above mentioned drugs, that is nimba and patola kwath, all being Laghu, Ruksha by their properties (Guna), TiktaPradhan Rasa leads to Aampachan and Dravashohan of Samapitta-the causative factor of Amlapitta. Thus Vamana with above mentioned drugs expels out vitiated kapha and pitta dosha, which in turn will provide relief in UrdhwaAmlapitta.

Conclusion:
From this study it is concluded that *Vamana Karma* with nimbpapatol kwath is more effective in *Urdhwaga Amlapitta*.

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Role of *Vamana Karma* with Nimb Patoladi Kwathin the management of *Urdhwaga Amlapitta.*

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