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### GERD an ayurvedic management : A review article

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#### ABSTRACT-

GERD correlated with the disease Amlapitta, described in ayurveda. GERD occurs when digestive juices moves upward from the stomach in to the esophagus causing Acid reflux. Lifestyle eating too late at night , spicy food , alcohol , smoking tobacco, coffee , tea ,causes GERD. heartburn , regurgitation and difficulty swallowing are common symptoms seen in GERD. till date no satisfactory treatment is available for GERD with reflux esophagitis. In the present article an attempt has been made to emphasis on herbal option for GERD.

#### KEYWORDS –

GERD, Amlapitta, heartburn, regurgitation, laxatives, purgatives, anuloman

#### INTRODUCTION-

GERD is defined as a “condition that develops when the reflux of stomach

contents causes troublesome symptoms and/or complications.” In addition to heartburn, regurgitation and difficulty swallowing are common GERD symptoms.<sup>1</sup>

Till date no satisfactory treatment is available for GERD with reflux esophagitis. In Ayurveda Acharya charak has advocated various treatment modalities such as Langan, Vaman, Virechan, Bastikarma, Ghritapan, Stambhan and Brihana chikitsa. Among these Virechan is more effective in providing distinct and instant relief<sup>2</sup>. In Charak Samhita Acharya Charak has mentioned the treatment of Urdhvag Amlapitta with Patol, Nimbpatra, Nishottar, Haritaki, Draksha, Yashtimadhu<sup>3</sup>.

#### SAMPRAPTI (PATHOPHYSIOLOGY)<sup>4</sup>

Fundal distension -- stretching of fundus -  
- LOS squamous epithelium exposed to  
acid gastric juice -- esophagitis --  
increased stimulus to swallow saliva to  
neutralize esophagitis -- further fundal  
distention -- cycle repeats -- sphincter is  
taken into stretch fundus -- effects like  
erosion, ulceration, fibrosis, mucosal  
metaplasia.

## SIGNS AND SYMPTOMS<sup>5</sup>

- 1) Fatty dyspepsia
- 2) Chest pain and heart burn
- 3) Regurgitation
- 4) Hoarseness of voice
- 5) Dysphagia
- 6) Chronic cough
- 7) Shortness of breath
- 8) Nocturnal reflux
- 9) Reflux is return Of gastric content
- 10) Haematemesis
- 11) Post prandial fullness
- 12) Chocking
- 13) Wheezing
- 14) Recurrent Pneumonia.

**AIM :** To study the role of Ayurvedic  
drug in GERD.

## METHODS AND MATERIALS :

Review regarding GERD &  
Amlapitta was done from Ayurvedic  
modern text books, Journals, Internet  
sources .Collected data compiled and  
Classified as mentioned in texts.

**Discussion :** following common drugs  
are available for the treatment of GERD

### 1)PATOL<sup>6</sup>

- **Latin name** :- Trichosanthes  
dioica Roxb

- **Local name** :- Parwal
- **Family** :- Cucurbitaceae
- **Gun** :- Laghu, Ruksha
- **Ras** :- Tikta
- **Veerya** :- Ushna
- **Vipak** :- Katu
- **Karma Doshaghnata** :- Tridosha  
shamak
- **Prayojyang** :- Patra
- **Properties** :- Improve peristalsis,  
laxatives, antihelminthes<sup>7</sup>.

### 2)NIMB<sup>8</sup>

- **Latin name** :- Azadiracta Indica
- **Lacal name** :- Nimb, Kadunimb
- **Family** :- Meliaceae
- **Gun** :- Laghu
- **Ras** :- Tikta, Kashay
- **Veerya** :- Sheet
- **Vipak** :- Katu
- **Karma Doshaghnata** :- Kapha  
Pitta Shamak
- **Prayojyang** :- Patra
- **Properties** :- anthelmintic and  
stimulant in liver<sup>9</sup>.

### 3)HARITAKI<sup>10</sup>

- **Latin name** :- Terminalia Chebula
- **Local name** :- Harade
- **Family** :- Combretaceae
- **Gun** :- Laghu, Ruksha
- **Ras** :- Pancharas, Kashaya  
pradhan
- **Veerya** :- Ushna
- **Vipak** :- Madhur
- **Karma** :- Vatshamak
- **Prayojyang** :- Friut
- **Properties** :- Laxatives and  
Purgatives<sup>11</sup>.

### 4)DRAKSHA<sup>12</sup>

- **Latin name** :- Vitis vinifera Linn.

- **Local name** :- Draksha
- **Family** :- Vitaceae
- **Gun** :- Snigdha, Guru, mrudu
- **Ras** :- Madhur
- **Veerya** :- Sheet
- **Vipak** :- Madhur
- **Karma** :- Vata-pitta Shamak
- **Prayojyang** :- Fruit
- **Properties** :- useful in thirst, burning<sup>13</sup>.

#### 5)YASHTIMADHU<sup>14</sup>

- **Latin name** :- Glycyrrhiza glabra Linn.
- **Local name** :- Jyeshthamadh
- **Family** :- Leguminosae
- **Gun** :- Guru, Snigdha
- **Ras** :- Madhur
- **Veerya** :- Sheet
- **Vipak** :- Madhur
- **Karma** :- Vata-pitta Shamak
- **Prayojyang** :- Mul
- **Properties** :- Antiemetic, Laxatives, Antacid<sup>15</sup>.

#### 6)NISHOTTAR<sup>16</sup>

- **Latin name** :- Operculina turpethum Linn.
- **Local name** :- Trivrutt, Nishottar
- **Family** :- Convolvulaceae
- **Gun** :- Laghu, Ruksha, Tikshna
- **Ras** :- Tikta, Katu
- **Veerya** :- Ushna
- **Vipak** :- Katu
- **Karma** :- Kapha Pitta Sanshodhan
- **Prayojyang** :- Multwak
- **Properties** :- Purgative<sup>17</sup>.

#### 7)SHATAVARI<sup>18</sup>

- **Latin name** :- Asparagus racemosus
- **Local name** :- Shatavari

- **Family** :- Liliaceae
- **Gun** :- Guru, Snigdha
- **Ras** :- Madhur, Tikta
- **Veerya** :- Sheet
- **Vipak** :- Madhur
- **Karma** :- Vata-pittashamak
- **Prayojyang** :- Kand
- **Properties** :- Enhances digestion, laxative, Astringent<sup>19</sup>
- **Strotogamitva Organ** :- Stomach
- **Satmikaran** :- Balya

#### 8)BHRUNGARAJ<sup>20</sup>

- **Latin name** :- Eclipta alba
- **Local name** :- Bhrungaraj
- **Family** :- Compositae
- **Gun** :- Ruksha, Laghu
- **Ras** :- Katu, Tikta
- **Veerya** :- Ushna
- **Vipak** :- Katu
- **Karma** :- Kaphavatsamak
- **Prayojyang** :- Mul
- **Properties** :- Excellent Appetizer, digestant, and liver stimulant.

#### 9)SHATI<sup>21</sup>

- **Latin name** :- Hedychium Spicatum
- **Local name** :- Sati
- **Gun** :- Laghu, Tikshna
- **Ras** :- Katu, Tikta, Kashay
- **Veerya** :- Ushna
- **Vipak** :- Katu
- **Karma** :- Kaphagna, Vatagna
- **Properties** :- Appetizer, Digestives, Analgesic and astringent.

#### 10)MUKTASHUKTI<sup>22</sup>

It is useful as Ruchikar and Agnideepak.

#### CONCLUSSION

GERD is common clinical problem with significant morbidity and potentially decreased quality of life. Early recognition of symptoms is integral to preventing complications of GERD. Behavioral changes and advances in acid suppression remain integral to its treatment.

GERD is a chronic disease that typically requires long term management in the form of lifestyle modification, medicinal therapy and for a subset of patients, surgical management. A recent study aimed to compare the recurrence rates of GERD and determine the risk factors related to the recurrence. Recurrence was diagnosed when patients complained of GERD symptoms requiring additional medication after initial recovery with 4-8 weeks of PPI treatment. In this article Some drugs are useful to improve peristalsis movements. Some drugs are good appetizer which are useful in Pachan Chikitsa. Some drugs are useful in improving strength of stomach. Some drugs having laxatives and purgatives properties which are useful in Anuloman Chikitsa. Study was concluded that ,By using above ayurvedic Drugs we can overcome from GERD without surgical interventions.

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