TO EVALUATE EFFICACY OF DHANYAKADI CHURNA IN THE MANAGEMENT OF AMLAPITTA - A CASE STUDY.

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ABSTRACT

Now a days Amlapitta is very common disease in society due to improper habits of food intake and hectic lifestyle. Almost each and every person has to face this condition at least once in his/her life. In modern science there are lot of formulations for Amlapitta but it has lot of side effects and these do not provide complete cure in Amlapitta. Such medicines only suppress the disease and hence recurrence is very common. Any Ayurveda Vaidya observes many such patients in his day to day practice. Many cases are cured easily but few cases need prolonged treatment along with Shodhan upkrama and a lot of Pathya ahara-vihara (dietary and lifestyle) regimens to be followed for long time. In this study a chronic Amlapitta case of patient is discussed. He was suffering from Amlapitta since five to six years. He has taken treatment for the same at many places. After confirming samprati ghataka, samprapti and nidan, he was treated with Dhanyakadi churna in order to break Samprapti. Dhanyakadi churna contains Dhanyaka (Coriandrum Sativum), Chandana (Santalum Alba), Musta (Cyperus Rotundus), Yava / Indrayava (Holerrhea Antidysenterica) and Madhu. We observed that Dhanyakadi Churna reduced the symptoms of Amlapitta. Agnivardhan and Aampachan also seen. Finally, it can be said that chronic cases of Amlapitta can be cured by Ayurveda medicines.

Keywords: Amlapitta, Sama avastha, Dhanyakadi churna, Acid peptic disorders.

1. INTRODUCTION

Ayurveda is an ancient system of medicine known to mankind for more than 5000 years. ‘Ayu’ mean life and ‘Veda’ means science thus Ayurveda is a science of life. It is a valuable gift to human given by Lord Brahma and our ancient Acharyas. Ayurveda literature is a treasure of a lot of regimens and remedies which meant for maintaining someone’s health and for curing someone’s disease. Many diseases along with their line of treatments and medicinal formulations are described in Ayurvedic classical texts called Samhitas. Amlapitta is also narrated in different Samhitas like Bhavaprakasash, Madhav Nidan, Bahishyayja Ratnavali, Yogaratnakara, Chakradatta, Sha-rangadhara Samhita etc.

Today’s lifestyle is completely changed as compared with the lifestyle of past. Likewise, the habits of food intake and types of food stuffs. Most of the people are not able to follow the rules of Aahar & Vihar as stated because of heavy workload and changed priorities. Many are having improper food habits like excessive use of spices, intake on inappropriate time, having food with preservatives, fast foods etc. Due to these alterations in the food and life style, many people are suffering from a number of disorders of digestion and the resultant clinical condition. The most common digestive disorder is Amlapitta.

When Vidgdha pitta is increased event-
tually *Amla Guna* of *Pitta* increases and produces *Amlapitta*.
In the pathogenesis of *Amlapitta*, there is an increase in the *Amla Guna of Pachaka Pitta* and this *Amlibhoot Pitta* does not perform its digestive function properly. Impairment of *Agni* leads to the impairment of digestion & metabolism leading to *Amlapitta*. Shushruta has enlisted *Katu* as its original *Ras* and mentioned that when *Pitta* becomes *Vidgha* then it changes to *Amla Ras*. There are two types of *Amlapitta* by *Gati Bheda* viz. *Urdhwag* and *Adhog*, and three types by *Doshbheda* viz. *Vatanubandhi*, *Kaphanubandhi* and *Vatkaphanubandhi*. Gastritis and non-ulcer acid peptic disease are correlated with *Amlapitta* by several experts of Ayurveda.

In *Amlapitta* the root cause is *Agnimandya* and formation of *Aama*. So, while treating *Amlapitta* mainly, *Agnidipak* and *Aampachak* drugs are used. *Tikta Rasa-pradhan* drugs are commonly *Aampachak* & *Agnidipak*. *Dhanyakadi Churna* contains drugs with *Tikta Ras* and *Katu Vipak* which can be useful in *Amlapitta*. Here in present case study we have presented a chronic case of *Amlapitta* which was treated by *Dhanyakadi Churna* on the basis of *Samprapti* and *Samprapti Ghatak*.

**2. CASE STUDY**

**2.1. Objectives**

- To study *Amlapitta* as per *Samhitas* in details.
- To study *Samprapti* and *Samprapti Ghatak* involved in *Amlapitta*.
- To study efficacy of *Dhanyakadi Churna* in *Amlapitta*.

**2.2. History of patient**

**2.2.1. History of present illness:**

The patient named XYZ, age 45/male arrived to OPD of Kayachiktsa at PMT’s Ayurved College, Shervgaon. He was farmer by occupation. He was suffering from *Amlapitta* since five to six years. He didn’t get relief after taking treatment at many places. Complaints were *Tikta Amlodgar (++)*, *Hruth Kanth Daha (++++)*, *Aruchi (+++)*, *Klam (+++)*, *Avipak (++++)*, *Chardi (on and off)*. His symptoms were on and off; and present almost five days per week since last few years. Due farming occupation he was having irregular sleeping and lunch/dinner times. Also, he was having tobacco chewing habit since last 20-25 years.

**2.2.2. Past History:** No major illness

**2.2.3. Family History:**

Uncle was having history of acid peptic disorder, Mother had DM II.

**2.3. Examination of patient**

**2.3.1. Ashtavidha Pariksha**

- *Mala*: Asamyaka, Guda daha (occasional), Baddha koshtha (occasional).

**2.3.2. General examination**


**2.3.3. Nidan panchaka**

**2.4. Nidan panchaka**

- *Hetu*
  - Family history: *Pitrukul* – *Amlapitta*,
  - *Ahara* – *Aniyamita ahara*, *Atiamla Aahara*, *Atikatu Aahar* (spicy), *Adhyashan* etc.

- *Samprapti*:
  - *Hetu sevan* → *Tridosh prakopa (pitta pradhana)* → *Agnimandya* → *Anna vidagdhata* → *Pittaprapok* (vitiation) → *Amla* and Drava guna dominance → *Amlapitta*.

- *Samprapti Ghatak*:

2.4.4. Vyadhi Nidana:
Urdhwa Amlapitta (Sama avastha, Kapha utklesha, Dosha urdhwa gati).

2.5. Chikitsa vivarana
2.5.1. Chikitsa upakrama: Dipana, Pachana, Anuloma, Pittashamana.
2.5.2. Chikitsa: Dhanyakadi churna, 3 gm x BD, Adhobhakta kala,\(^7\) Anupana: Kosha jala. Treatment was given for 60 days.

2.5.3. Pathyapathy: Pathyapathy were advised as per Yogaratnakara.\(^8\)

2.6. Drug Review
The details of ingredients, indications and mechanism of action are illustrated in Table No 1.

3. RESULTS AND DISCUSSION
Patient was called for follow up every 7 days up to two weeks. Afterwards patient was observed at interval of 15 days till his symptoms relieved. Actually, patient was advised Shodhana upakrama (Sneha purvaka, Virechana) but he was not willing. He was strictly advised to follow ‘ahara-viharatmaka pathya yojana’ (dietary and lifestyle regimens) as per prescribed. Agnivardhana, Udaramardavata and slight Srushta mala was observed at end of first week. Due to that, Aruchi and Avipaka also reduced slightly. Other symptoms were as it. Klama was disappeared at the end of second week. Tikta-amlodgara and Hritkantha daha were reduced significantly almost at the end of one month. Still symptoms were not completely relieved and they were on and off. Frequency was Chardi was reduced slowly. At the end of 60 days patient got relief from all symptoms and treatment was stopped. Also, Mala pravartana of patient was also observed normal. Follow-up wise changes in symptoms is shown in Table No 2. Further patient was advised to take Shodhana chikitsa (Virechana) at least once in a year to avoid recurrence. He was also advised to follow prescribed ‘ahara-viharatmaka pathya yojana’ (dietary and lifestyle regimens). Patient was satisfied and it gave us lot of confidence and more faith in Ayurveda.

Patient did not get permanent relief at many instances in past. This time Hetu, Samprapti ghataka, Samprapti, Vyadhi Avastha of patient was studied well and drug (Dhanyakadi churna) was prescribed considering Samprapti ghatakas in order to break the process of Samprapti.\(^10\) In Amlapitta there is Shukta Pak of Aahar.\(^11\) Also, Pitta is vitiated by its Drava and Amla Guna specifically. Hence Sheet Virya, Tikta, Madhura, Kashhya Ras drugs which possess Dipana, Pachana, Vatanulomana and Pittahara properties. Dhanyakadi churna was prescribed because it contains Dhanyak (Coriandrum Sativum), Chandana (Santalun Alba), Musta (Cyperus Rotundus), Yava / Indrayava (Holerrhea Antidisenterica) and Madhu. Properties of ingredients are explained in detail in Table No 1. Dhanyak\(^12\) is Laghu Gunatmak, Kashhya, Tikta, Madhura Rasatmaka, Ushna Viryatmaka, Madhura Vipaki. Musta\(^13\) is Laghu, Ruksa Gunatmak, Tikta, Kashhya Rasatmaka, Katu Vipaki and Sheet Viryatmaka. Chandan\(^14\) is Laghu, Ruksa Gunatmaka, Tikta, Madhura Rasatmaka, Katu Vipaki and Sheet Viryatmaka. Indrajay\(^15\) is Laghu, Ruksa Gunatmaka, Tikta, Kashhya Rasatmaka, Katu Vipaki and Sheet Viryatmaka. Summarily action of Dhanyakadi churna can be described as Pachan, Grahi, Pitta Shamak and Vatanuman action due to which it is proved effective in Sama and Dosha utklesha avastha of Amlapitta and we observed good result in the patient of Amlapitta by Dhanyakadi Churna in 60 days.

4. CONCLUSION
- If in Amlapitta Pitta is vitiated by Amla and Drava Guna; Dipana, Pachana, Grahi and Pittahara drugs are useful.
- Dipana, Pachana and Grahi and Pittahara drugs are useful in Sama avastha of Urdhwa Amlapitta.
- Dhanyakadi Churna is effective to relief the symptoms of Sama avastha of Amlapitta.
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Dhanyakadi Churna should be used in Sama Avastha.

If disease is treated by considering Samprapti ghatakas and Vyadhi avastha, definitely we can get good results.

5. REFERENCES


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6. TABLES

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Dravya</th>
<th>Gun</th>
<th>Ras</th>
<th>Virya</th>
<th>Vipak</th>
<th>Doshghnata</th>
<th>Karmukta</th>
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<tbody>
<tr>
<td>1.</td>
<td>Dhanyaka (Corianderum Sativum)</td>
<td>Laghu, Snigdha</td>
<td>Kashay, Tikta, katu Madhur,</td>
<td>Ushna</td>
<td>Madhur</td>
<td>Tridoshaghna</td>
<td>Agnivardhana, Pachana, Pittahara, Shoolhara, Anulomana</td>
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**Table No 1: Ingredients, properties & action of Dhanyakadi churna**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Ingredient</th>
<th>Laghu, Ruksha</th>
<th>Tikta, Madhura</th>
<th>Shita</th>
<th>Katu</th>
<th>Pitta-kapha shamak</th>
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<td>Laghu, Ruksha</td>
<td>Tikta, Madhura</td>
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<td>Dahaprashman, Vishghna, Jantughna, Pittahara, Anulomana</td>
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<td>3</td>
<td>Musta (Cyperus Rotundus)</td>
<td>Laghu, Ruksha</td>
<td>Katu, Tikta, Kashyay</td>
<td>Shita</td>
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<td>Indrajav (Holerrhena Antidysestentrica)</td>
<td>Laghu, Ruksha</td>
<td>Tikta, Kashyay</td>
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**Table No 2: Follow up wise relief in symptoms**

<table>
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<tr>
<th>Sr. No.</th>
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<th>Day 1</th>
<th>Day 7</th>
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