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“EFFECT OF KUSHMAND KHAND ON AMLAPITTA -A CLINICAL CASE STUDY”

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ABSTRACT:

In 21st century as we are going towards developed country, our young generation is following western life style including food habits. Our young generation is going away from our diet culture. Due to these alterations in food and life style number of people are suffering from disorders of digestion. Resulting increased incidence of Gastro intestinal disorders.(G.I.D.).

Hyperacidity or *Amlapitta* is one of them whose prevalence is increased. In modern medicine there is no exact as well as ultimate answer for gastric disorders. Ayurveda has a lot to offer in this regard. Ayurveda suggests many *Shaman Aushadhi* for it. One of the *Shaman Aushadhi* is *Kushmandkhand*. In this case study chronic *Amlapitta* patient was discussed. He was treated with *Kushmandkhand* for 30 days. After one month patient got satisfactory relief from his symptoms of *Amlapitta*. Also improves his overall health conditions. From this case study it is anticipated that *Kushmandkhand* decreases *Amashayakshobh* and provides nourishment to the body.

Keywords: Western life style, *Amlapitta*, *Kushmandkhand*.

INTRODUCTION:

In last two decades life style of people are changed and modified as compared to past. Food habits like irregular meal, excessive use of junk food, intake on inappropriate time, food with preservative are responsible for creating health problems. Similarly psychological imbalances, stress leads to G.I. disturbances like hyperacidity. We can correlate these G.I. disturbances with *Amlapitta*. Acharya Charak in *Vimansthana* explains that *Vidahi, Vishtambhi, Akale, Ahar sevan* creates *Amadosh*¹. Also *Chinta, Shok, Bhay, Krodh* these factor creates *Amadosha* even after eating *Matravatahar*. Above mentioned factors are responsible to cause *Amlapitta*, in which *Amavisha* is accumulated in *amashaya* producing symptoms of *Amlapitta*.

Due to *Visham, Virudh, Vidgdha ahar* amla guna of *Pachak Pitta* increased. As *Amla gun* of *pachak pitta* increases, leads to digestive impairment² and finally resulting in *Amlapitta*. There are two types of *Amlapitta* by *Gatibhed*, *Urdhwag Amlapitta* and *Adhog Amlapitta*³.

Here we present chronic *Amlapitta* patient treated with *Kushmand Khand*.

Case study:

Objective:

To study effect of *kushamandkhand* in *Amlapitta*.

History of patient

A 33 year male patient arrived to OPD of our college. He was complaining of *Amloudagara* (+++), *Urodaha* (++) , *Kandhdaha* (++) since 6-7 months. These complaints were on and off since 7-8 years. He was on antacid for 3 months. But there was only symptomatic relief. He was doctor by profession. Due to his profession he was not able to follow dietary regimen. Night awakening was there due to his profession. He lost his weight upto 4-5 kg during 2-3 years. Repeated episode of indigestion was there.

Past history:

No major any past illness.

Drug history:

On Tab Pantoprazle 40 mg twice a day.

Family history:

No Any family history.

Examination of patient:

Nadi : *Pitta Pradhan*.

Mala : *Gudadaha* (at time of defecation)

Mutra: No complains of micturition

Jivha: *Sama, Mukhapak* (occasionally)

General examination:

Pulse : 68/min.

BP : 120/70mm of Hg

Agni: *Mand, Jaranshakti*: reduced

Kostha: *madyam*

Prakruti: *Pitta Pradhan, Vatanubahandi*

Udarparikhan: *Mrudu*

Hetu:

Ahar: intake of spicy, oliy food (*Vidahi, Vishtambhi, Akaleaharseavan*)

Vihar: Night awakening

Manasikhetu: *Chinta* (stress)

Samprapti:

Hetusevan-tridosha prakop (*pita pradhaynya*) – *Agnimandya- Anna vidghata-piitaprakop-amlagun* of *pitta* increase-*Amlapitta*.⁴

Sampraptighatak:

Dosh: *Pitta Pradhan, Kaphaanubhandhi*

Dushya: *Rasa dhatu*

Strotas: *Annavaha, Purishvaha, Kaphautkesha*

Sadhyasahyatwa: *Kashtasadhya*

Vyadhimraga: *Abhyanter*

Vyadhinidan-Urdhwag Amlapitta.

Chikistaupakaram

Deepan, Pachan, Anuloman, Pittashamaka

Chikitsa:

Kushamndkhand (Avaleha) 1 tablespoon three times in a day.⁵

Aupan: milk.

Pathya apathya: Adviced as per *Yogaratanakar*.

Table no.01

Drug	Dosh agnata	guna	Ras	Virya	vipak	Kar mukata
<i>Kushaman</i>	<i>Vatpit taghn</i>	<i>Guru, Ruks</i>	<i>M ad</i>	<i>s h</i>	<i>ma dhu</i>	<i>Medhya</i>

d	a	ha	hu	e	r	
	Trido	Lagh	La	S	ma	
	shagn	u,Ru	va	h	dhu	
Amal	ata	ksha	n	e	r	
aki			ra	et		
			hit			
			ap			
			ac			
			hr			
			as			

Observations:

Table showing symptoms before and after treatment.

Table no.02

Symptoms	Before treatment	After treatment		
		8 th day	16 th day	30 th day
Amloudagara	+++	++	+	-
Urodaha	++	+	+	-
Kanthdaha	++	+	-	-
Weight	-	-	-	1kg gain

Subjective criteria ⁶

Table no.03

No	Symptoms	Grade	Lakshan
1	Amloudgara	0	No Amloudgara
		1	Sometimes during a day
		2	Moderate severity up to next meal but not disturb the patient.
		3	Severe amloudgara disturbing patient with

			regurgitation.
2	Urodaha	0	No urodaha
		1	Mild degree of daha
		2	Mod. degree subside after taking milk/sweet/ cold food
		3	Severe degree of daha relieving after vomiting
3	Kanthdaha	0	No kanthdaha
		1	Mild degree of daha in kanth Pradesh
		2	Moderate degree of daha
		3	Severe degree relieved after vomiting

RESULT AND DISCUSSION:

In this study observation was done before and after treatment based on symptom gradation. Follow up of patient was taken on 8th, 16th and 30th day on treatment.

Amloudagara of patient was (+++) before treatment, it was decreased up to (++) on 8th day

It was decreased up to (+) on 16th day. Patient get complete relief from Amloudagara on 30th day. Urodaha of patient was (++) before treatment, it was decreased up to (+) on 16th day. And get complete relief from Urodaha on 30th day. Due to Alpabala and history of stomach ulcer patient was not advised to Shodhanchikista. He was advised to follow ahar, vihar, pathya yojanaas per prescribed.

Agnivradhan and Pkawa mala was observed on 16th day.

Amloudagara and Urodaha was completely reduced at the end of 1 month Jaranshakti of patient was also improved.

Patient was advised to continue treatment upto 60 days.
Repeated episodes of *Mukapak* was also reduced.
Patient gains weight 2 kg during period of 2 months.

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CONCLUSION:

In this case *Kushmandkhand* may act as *Rasayan*.

Kushmand by *Madhur Ras* and *vipak* acts as *pittashamak*. It may soothes stomach lining modulates gastric secretion. It also provides nourishment to body and improve appetite. It also helps to alleviate symptoms of burning sensation, regurgitation. *Amalaki* helps to improve *Jaranshakti* of patient and also reduces *pitta*. Cumulative effect of this medicine is patient not only reduces his symptom of *Amlapitta* but also improve overall health condition.

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