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Efficacy of *Guduchi Satwa* with *Karwellak Swarasa* (*Rasayana* Therapy) in the Management of *Amlapitta*

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ABSTRACT:

Amlapitta is burning disease in day to day life with symptoms like *Amlatiktoogar*, *Aruchi*, *Avipak*, *Klam*, *Amlautklesh*, *Urahkanthadaha*, *Gaurav*. *Panchakarma* therapy is most effective but time taking and lengthy procedure, hence *Shamana* therapy is recommended as a routine line of treatment. Allopathic oral medicines like antacids, anti-emetics are supposed to be for symptomatic relief and not complete cure of disease.

Ayurvedic-Rejuvenation (*Rasayana*) therapy keeps the enzymes in tissue cells in their normal functioning condition and promotes tranquility of mind which ultimately prevents ageing processes of an individual and makes him/her free from disease even during advanced age.

Guduchi (*Tinospora cardifolia*) shows anti-inflammatory, anti-spasmodic, adaptogenic, hepato-protective, anti-stress actions. It relieves burning sensation, vomiting and thirst. *Karwellak* (*Momordica charantia*) exhibits anti-inflammatory, anti-oxidant, anti-ulcer and analgesic activity.

Hence to get better alternative Ayurvedic herbo-mineral medicine in this randomized, single blind trial; clinical evaluation of safety and efficacy of *Guduchi Satwa* and *Karwellak swarasa* in 30 Patients of *Amlapitta* for 30 days is done. It showed effectiveness in *Amlapitta* improving clinical symptoms like *Avipak* to 62.96%, *Klama* to 50%, *Amlautklesh* to 64%, *Gaurav* 57.69%, *Amlatika Udgar* to 80%; *Aruchi* to 67.85% and *Urahkanthadaha* to 81.48%. It has also shown marked increase in weight.

KEYWORDS: *Amlapitta*; *Guduchi Satwa*; *Karwellak Swarasa*; Hyperacidity

INTRODUCTION:

Amlapitta is a disease with symptoms like *Amlatiktaudgar*, *Aruchi*, *Avipak*, *Klama*, *Amlautklesh*, *Urahkanthadaha*, *Gaurav* and is commonly seen in patients among all health related problems. Ayurvedic *Panchakarma* therapy though effective measure but cannot be recommended as a routine line of treatment. Hence *shamana chikitsa* is preferred to treat this disease. Modern medicine prefers antacids, antiemetics for treatment of this disease which are not very effective for complete eradication of clinical symptoms. Signs and symptoms of gastritis have little resemblance with *Urdhwag Amlapitta*. Description of *Amlapitta* as a disease is not found in *Bruhatrayi*. In *Charaksamhita's Grahani-Adhdhaya* we find similar symptoms of *amlapitta* in the prodromal symptoms named under the term 'Shuktapaka'. 'Amlaka' is explained as *pittaj nanatmaj* disease. *Madhavnidana* and *Kashyapa Samhita* have described this disease separately.¹⁻³

कुलत्थाम्लपित्तजननानां | Ch. Su. 25/ 41

पाण्डुरोगे अम्लपित्ते च शोषेगुल्मे तथोदरे |

Ch. Su. 1/110

Classification⁴⁻⁵:

Kashyap Samhita: *Amlapitta* is classified as *Vataja*, *Pittaja* and *Kaphaja*.

Madhav Nidana: According to *dosha*: Four types- 1. *Sanila* 2. *Sakapha* 3. *Sanilakapha* 4. *Shlesmapitta*.

According to *Gati*: Two types- 1. *Urdhwaga* 2. *Adhoga*

Samprapti⁵:

विरुद्धदृष्टाम्लविदाहि पित्तप्रकोपि पानान्नभुजो विदग्धम् |

पित्तं स्वहेतूपचितं पुरा यत्तदम्लपित्तं प्रवदन्ति सन्तः||

Ma. Ni. 51/1

Aim of Rejuvenation (*Rasayana*) Therapy:

Rasayana therapy aims at keeping enzymes in tissue cells in their normal functioning condition. These cells are to be revitalized and their composition has to be changed. Tranquility of mind has to be promoted. This prevents process of ageing and makes an individual disease free even during advanced age. When *Rasayana* therapy is to be administered the person should be cleaned of any metabolic waste products through *panchakarma* procedures. Patient should think, speak work in such a way that there will be development of healthy environment.

General Treatment^{2,4}: (Ka. S. Kh. 16/ 18-21)

Samshodhana Treatment: In *Urdhwaga Amlapitta*, *kapha* and *pitta* are predominant and hence *Vamana* is indicated. In *Adhoga Amlapitta*, there is *Vata Kaphanubandha*, *Pitta Kaphanubandha* hence after *Vamana*, *Virechana* is indicated.

Urdhwaga Amlapitta Treatment: *Eladi Churna*, *Patoladi Kwatha*, *Kantakaryadi Kwatha*, *Sutashekhara Rasa*, *Rasamrita Rasa*, *Kamadudha*, *Saubhagya shunthi paka*, *Shatavari Ghrita*

Adhoga Amlapitta Treatment: *Amlapittantak Loha*, *Avipattikara Churna*, *Amalakyadi Churna*, *Triphala Churna*, *Abhayarishta*, *Bhunimbadi Kwatha*, *Khanda pippali*, *Narikela Khandapaka*, *Khandakushmanda Avaleha*, *Drakshadi Ghrita*, *Pippalyadi Ghrita*, *Shatavari Ghrita*

***Guduchi Satwa and Karwellak Swarasa*:**

Guduchi (*Tinospora cardifolia*) is a *rasayana* and nutritive drug with *Katu*,

Tikta rasa and *Madhura vipaka, laghu, snigdha guna*. It alleviates *tridosha* and improves *agni*. It is having anti-septic analgesic, aphrodisiac, anti-diabetic, anti-pyretic, anti-inflammatory, anthelmintic, adaptogenic (anti-stress), hepatoprotective, cardio tonic, anti-gout, anti-spasmodic actions and it also relieves burning sensation, vomiting and thirst, which are common among *amlapitta* patients.^{3,6} (Ref- *Charaka Samhita Sutrasthana 25, Bhava Prakasha*)

Karwellak (Momordica charantia) has *tikta* and *katu rasa* with *katu vipaka, laghu, ruksha guna*. It alleviates *kapha* and *pitta dosha*. It has analgesic, wound cleaning and healing properties. It is useful in burning sensation, dermatitis and piles. Leaf juice is applied on eyes for night blindness. It acts against inflammation, loss of appetite, anorexia, *ama dosha*, asthma, renal calculi, obesity, hyperglycemia and liver disorders. It improves *agni* and digestive capacity. *Karwellak* also exhibits appetizer, blood purifier, diuretic, anthelmintic, purgative, anti-inflammatory, anti-oxidant, anti-ulcer and analgesic activity, which will be beneficial for *amlapitta* patients. *Karwellak swarasa* is prepared by using *Karwellak* fruits. Fruit juice is extracted by using mortar, pestle and a cotton cloth⁶⁻⁸. (*Sharangadhara Samhita Madhyama Khanda-1*)

MATERIALS & METHODS:

1) Type of study: Open non-comparative single blind study.

2) Place of study: Dhanwantari Ayurved College and Hospital, Degloor Road, Udgir, Dist. Latur and Gurumauli Multispeciality Ayurved Hospital, Degloor Road, Udgir, Dist. Latur

3) Sample size: 30 Patients

4) Duration of treatment with trial drug: *Guduchi Satwa* 1gm and *Karwellak Swarasa* 40ml was administered after meal twice a day for 30 days in *amlapitta* patients.

5) Follow Up: Every 10 days up to 30 days. Purpose of follow up was to compare improvement of clinical signs and symptoms.

6) Inclusion Criteria: Clinically diagnosed cases of *amlapitta* with symptoms like *Amlatiktodgar, Aruchi, Avipak, Klama, Amlautklesh, Urahkanthadaha, Gaurav* between the age group 21-60 years, irrespective of sex, education, religion, profession, socio-economic status were taken to study.

7) Exclusion Criteria:

- Acid Peptic disorders associated with other systemic diseases like Ischemic Heart Disease, Hypertension and Diabetes Mellitus.
- Extensive burns, intracranial lesion.
- Drug intake like aspirins, steroids, butazolidine, indomethacin
- Patient with age below 21 years and above 60 years
- Pregnant women and lactating mothers

8) Withdrawal:

- a) Patients in which Side effects of the trial drug were found.
- b) Patients in which Development of other complication during treatment is found.
- c) Patients who discontinued the treatment.

9) Assessment Criteria: % relief in symptoms

- a) Complete relief: 100%
- b) Marked relief: 76 to 99%
- c) Moderate relief: 51 to 75%
- d) Mild relief: 26 to 50%
- e) No relief: 00 to 25%

f) RESULTS:

- 1) Incidence was more in 21 to 40 years of age.
- 2) Uneducated persons and males were more affected.
- 3) Persons of *vata-pittaja prakrati* and *mandagni* were more affected.
- 4) Poor and mixed diet (vegetarian and non-vegetarian) persons were more affected.
- 5) *Guduchi Satwa* with *Karwellak Swarasa* is more effective in *Urahkanthadaha* and less effective in *klama*.
- 6) Administration of *Guduchi Satwa* with *Karwellak Swarasa* has shown marked increase in appetite with weight gain.

DISCUSSION:

This randomized clinical trial reveals that *Guduchi Satwa* with *Karwellak Swarasa* is economical, easily available. It has exhibited *agnideepak*, *raktawardhak*, *yakrutottejak* action in *amlapitta* patients of *kapha* and *vatajprakriti*. Its internal administration has reduced the clinical symptoms of *Amlapitta* significantly.⁹⁻¹²

CONCLUSION:

Major adverse effects of this drug reported during course of treatment are dyspepsia and burning sensation in epigastric region in the cases of *pittaja prakriti* patients.

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Conflicts of Interest: None declared.

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Table 1: General Etiology^{4,5} (Ka. S. Kh. 16/ 3-6, Ma. Ni. 51/1)

Ahara	Vihara	Mansika	Vyadhi	Other
<i>Viruddha, Dushita, Pittaprapak, Vidahi, Paryushita, Ajirna Bhojana Akal Bhojana, Addyashana, Asatmya Bhojana, Anup Mamsa, Apakva Madya, Apakva Goras, Pishtanna, Guru, Abhishyandi, Ati Ushna, Ati Snigdha, Ati Ruksha, Ati Amla, Kullatha, Phanita</i>	<i>Divaswap, Atisnan Avagahan, Vega Vidharana, Ratri jagaran, Agnitap, Abrahmacharya, Dinachrya – Ratricharya Viruddha.</i>	<i>Atikrodha Chinta, Bhaya, Irsha, Shoka, Lobha, Dwesha</i>	<i>Ajirna, Jwara, Pitta shula, Pittaj madatyaya, Pittajgrahani, Pittaj gulma, Pittaj chhardi</i>	<i>Varsha jala, Sharad, Grishma, Desha dushti, Kala dushti, Pitta prakopak aushadha, Visha sevana</i>

Table 2: Overall Amlapitta patients according to age, sex, diet, *doshaj prakruti*

Sr. No	Parameter	Patients			Sr. No	Parameter	Patients		
			N	Percent %				N	Percent %
1	Age	21-40 years	19	63.33	5	<i>Doshaj Prakruti</i>	<i>Vatkaphaj</i>	04	13.34
		41-60 years	11	36.66			<i>Vatpittaj</i>	19	63.33
2	Sex	Male	21	70			<i>Pitakaphaj</i>	07	23.34
		Female	09	30	<i>Manda</i>	20	66.66		
3	Economic Status	Rich	01	03.33	6	<i>Agni</i>	<i>Vishama</i>	08	26.66
		Middle	13	43.34			<i>Tikshana</i>	01	03.34
		Poor	16	53.34			<i>Sama</i>	01	03.34
4	Educational status	Educated	14	46.66	7	Diet	Mixed	18	60
		Uneducated	16	53.34			Vegetarian	12	40

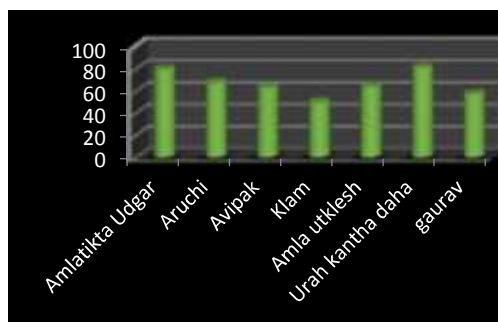
N = 30

Table 3: Overall treatment response according to average weight

Parameter	N	Avg. Before T/t	During T/t		After T/t 30 days
			10 day	20 Day	
Weight	30	53.17 kg	53.46 kg	53.89 kg	54.13 kg

Table 4: Overall treatment response according to clinical symptoms

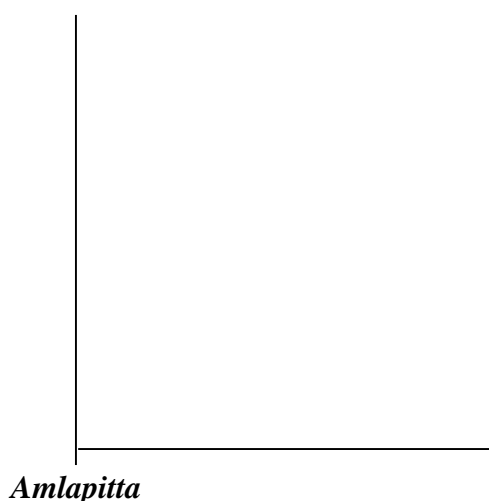
Sr. No.	Parameter	Pre T/t	During treatment		Post T/t 30 days	% of relief
			10 days	20 days		
1	Amlatikta Udgar	30	24	17	06	80.00
2	Aruchi	28	17	12	09	67.85
3	Avipak	27	21	16	10	62.96
4	Klama	26	22	15	13	50.00
5	Amlautklesh	25	19	14	09	64.00
6	Urahkantha daha	27	17	12	05	81.48
7	Gaurav	26	22	15	11	57.69



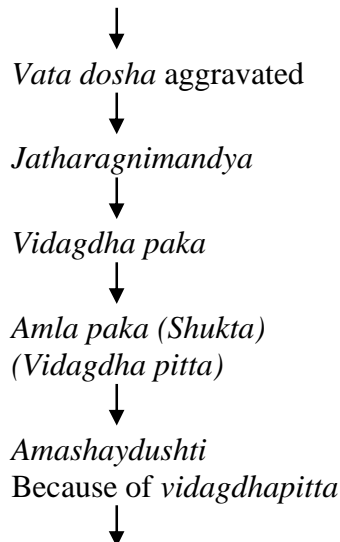
N = 30, T/t - treatment

Illustration I: Samprapti Ghataka⁴ (Ka.Khi.16/49)

Nidan Sevana



Nidan Sevana / Varsha Rutu



Upadrava of Amlapitta-Aruchi, Atisara, Bhrama, Grahani, Jwara, Pandu, Shula, Shotha