

National Journal of Research in Ayurved Science

Role of Vamana Karma in the management of Urdhwaga Amlapitta.

Niraj N. Gupta, Savita A. Kulkarni

1. P.G. Scholar,

2. H.O.D and Associate Professor

Panchakarma Dept., A.S.S. Ayurved Mahavidyalaya, Nashik, Maharashtra, India

***Corresponding author:**

Mobile No. – 9403357207,

Email Id:

nirajgupta187@gmail.com

How to Cite this article:

Role of Vamana Karma in the management of Urdhwaga Amlapitta./ Niraj N. Gupta, Savita A. Kulkarni/ Ayurlog: National Journal of Research In Ayurved Science 2019; 3(2): pages: 01- 08

Ethical approval:

Approved by the Institutional ethics committee

Conflict of Interest:

None declared

Sources of Funding: None

Date of Submission:

6/03/2019.

Date of Peer Review:

28/03/2019.

Date of Acceptance:

28/03/2019.

Date of Publishing:

01/04/2019.

Keywords:

Urdhwaga Amlapitta, Vaman Karma, Vidagdha Pitta

Name of Publication

Dudhamal Publications
(OPC) Pvt. Ltd.,
Chembur, Mumbai,
Maharashtra, India

Abstract:

In present era, changes in life style and food habits leads to imbalance of *sharirika doshas*, as well as *mansik doshas* which is the cause for *Amlapitta*. *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. There are two types of *Pitta*, *Prakruta* and *Vidagdha*. The Rasa of *Prakruta Pitta* is *Katu* and *Vidagdha Pitta* is *Amla*. The *Amla Guna* of *Pitta* increases in its *Vidagdha Avastha*, which further leads to increase in its *Drava Guna*, thus resulting in *Amlapitta*.

Aims and Objectives: To evaluate the role of *Vamana Karma* in *Urdhwaga Amlapitta*.

Method: A clinical study done on 90 patients of both sexes, between age group 16-60 yeras were randomly selected. *Madanaphala pippali churna* along with *Yashtimadhu phanta* was administered for *Vamana Karma*. *Vamana Karma* was done in following order-*Purvakarma*, *Pradhana* and *Paschata Karma*. Assessment was done after completion of therapy.

Result: By *Vamana karma*, *kapha* & *pitta* may expel out from *amashaya* (stomach) thereby uprooting *pitta dosha*. Significant improvement was observed in all the parameters like *Amlodgar*, *Tiktodgar*, *Urahdaha*, *Kukshidaha*, *Kanthadaha*, *Hriddaha*, *Adhman*, *Gaurava*. In all the patient percentage relief on symptoms has been observed. This shows that *Vaman Karma* is effective in *Urdhwaga Amlapitta*.

Introduction:

Amlapita disease has been first described by *Acharya Kashyapa*, later has also been described in *Madhavidan*, *Yogaratanakara* and *Bhavaprakasha*. In *Amlapitta*, the *Amla Guna* of *Pitta* increases, hence known as *Amlapitta*. There are two types of *Pitta*, *Prakruta* and *Vidagdha*. The *Rasa* of *Prakruta Pitta* is *Katu* and *Vidagdha Pitta* is *Amla*. The *Amla Guna* of *Pitta* increases in its *Vidagdha Avastha*, which further leads to increase in its *Drava Guna*, thus resulting in *Amlapitta*.

“ अम्लगुणोद्विक्तं पित्तं अम्लपित्तम् ।”....

मा. नि. /अम्लपित्त १ टिका

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 substances 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.

Definition:

“*Amlogunodriktam pittam amlapittam.*”(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), *Utklesha* (nausea), *Tktaamlodgara* (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 *AmlaGuna* (sourness) of *Vidagdha Pachaka Pitta* affecting the *Annavaha-Rasavaha-Raktavaha PurishvahaSrotasa*; *Samana -Prana-ApanaVayu*; mainly *Kledaka* and partially *BodhakaKapha*.

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 *Urdhwaga Amlapitta* vitiated *Pitta* and *Kapha* are the key factors responsible for whole pathological process. *Vamana Karma* is indicated as *Shodhana Karma* for *Urdhwaga Amlapitta* and *Virechana* is indicated in *Pittaja Vyadhi* and it also expels vitiated *Pitta* and *Kapha Doshas*.

Aim and Objectives:

To evaluate the role of *Vamana Karma* in *Urdhwaga Amlapitta*.

Materials and Methods:

Selection of Patients:

90 patients suffering from *Urdhwaga Amlapitta* were selected from *Vaman shibir* arranged by our institute.

Inclusion Criteria:

1. Age group: 16 to 60 years.
2. Patients having sign and symptoms of *Urdhwaga Amlapitta* i.e. *Amlodgara*, *Tiktodgara*, *Hrit-Kantha Daha*, *Urah-Kukshi Daha*, *Gaurava* 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 No. 1- Constituent for *Vamana Karma*

Sr. No.	Drug Name	Use
1	<i>Tikta Ghrita</i>	<i>Snehapana</i>
2	<i>Tila Taila</i>	<i>Sarvanga Snehana</i>
3	<i>Dashmoola Kwath</i>	<i>Sarvanga Sweadana</i>

		(<i>Bashpa Sweda</i>)
4	<i>Godugdha/ Ikshu rasa/ Yashtimadhu Phanta</i>	<i>Akanthapana</i>
5	<i>Madanaphala Pippali choorna</i>	<i>Vamana Kalpa</i>
6	<i>Vacha</i>	<i>Vamana Kalpa</i>
7	<i>Saindhava</i>	<i>Vamana Kalpa</i>
8	<i>Madhu</i>	<i>Vamana Kalpa</i>
9	<i>Yashtimadhu Phanta</i>	<i>Vamanopaga</i>

Methods:

Table No.2

No. of Patients	Treatment Modality	Duration
90	<i>Vamana Karma</i>	6-10 days

Procedure:

A] *Vamana Karma*:

1. *Poorva Karma* (Pre-operative stage):

Included selection and examination of patients for *Vamana Karma*, selection and preparation of drug and preparation of patient.

- Deepana-Pachana chikitsa* with *Hingwashtaka Choorna* 3gm, *Anupana-Goghrit*, before meal, *Aamapachaka Kwath*- 15ml BD Before meal, *Gandharva-haritaki* 1.5gm HS with luke warm water for 3-5 days.
- Snehapana*: Before administration of *Vamana* drug patient had given internal *Snehapana* with *Tikta Ghrit* 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 luke warm water, *Mungadaal Khichadi* (light diet), avoid heavy/excessive work, cold weather, *Divaswapa* and *Ratri-jagarana* during *Snehapana Kala*.

- iii. After observing the *Samyaka Snigdha Lakshanas* the patient was advised to take *Kaphotkleshaka Ahara* (i.e. *Dahi*, *Udidwada*, *Dahi-Bhaat*, *Lassi* etc.), *Sarvanga Snehana* with *Tila Taila* and *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 administered *Akanthapana Dravya* with Milk/Sugar cane juice/*YashtimadhuPhanta*- 1-1.5 lit.
- iv. *Vamana Kalpa*- *Madanaphala Pippali Choorna* + *Vacha* +

Saindhava + *Madhu* + *Yashtimadhu Phanta*.

- v. *Vamanopaga*- *Yashtimadhu Phanta*.
- vi. Examined the whole procedure as per said in ancient texts, i.e. *Vaigiki*, *Laingiki*, *Antiki* and *Maniki*. Also examined the Pulse, B.P., R. R. during and after the procedure.

3. *Paschata Karma* (Post-operative procedure):

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

Assessment Criteria:

Subjective Parameters:

- *Amlodgar*
- *Tiktodgar*
- *Hrit-Kantha Daha*
- *Uraha-Kukshi Daha*
- *Gaurava*
-

For all these symptoms following grades were applied.

1. Amlodgara:

Grade	Score	Feature
0	0	Absent
+	1	Occasional symptoms
++	2	Only at time of meals
+++	3	Persistent throughout the day

2. Tiktodgara

Grade	Score	Feature
0	0	Absent
+	1	Occasional symptoms
++	2	Only at time of meals
+++	3	Persistent throughout the day

3.Hrit-kantha daha

Grade	Score	Feature
0	0	Absent
+	1	Occasional.
++	2	Related to meals only
+++	3	Persistent throughout the day

4.Uraha-Kukshi Daha



Grade	Score	Feature
0	0	Absent
+	1	Occasional symptoms
++	2	Only at time of meals
+++	3	Persistent throughout the day

5.Gaurav

Grade	Score	Feature
0	0	Absent
+	1	Occasional
++	2	Only after meals, can perform day to day work
+++	3	Persistent throughout the day, difficulty in performing day to day work

Observations and Results:

Table No.3- Total effect of therapy

Sr. No.	BT	AT	Sr. No.	BT	AT	Sr. No.	BT	AT
1	11	2	31	10	3	61	9	3
2	13	4	32	12	3	62	8	1
3	11	3	33	14	1	63	13	5
4	12	1	34	9	2	64	12	2
5	9	0	35	13	2	65	9	2
6	11	3	36	10	3	66	14	7
7	9	2	37	11	3	67	13	3
8	12	4	38	8	1	68	9	2
9	11	1	39	12	5	69	14	3
10	14	5	40	13	0	70	10	1
11	13	4	41	14	5	71	11	3
12	13	4	42	11	4	72	12	5
13	13	2	43	12	4	73	11	1
14	14	7	44	14	7	74	11	3
15	11	3	45	13	3	75	12	4
16	12	5	46	10	5	76	14	7
17	14	3	47	9	3	77	13	4
18	14	7	48	14	3	78	11	3
19	9	3	49	11	3	79	11	3
20	13	3	50	12	1	80	13	4
21	11	1	51	10	1	81	13	3
22	12	2	52	9	0	82	12	0
23	13	3	53	12	2	83	12	1
24	15	0	54	13	4	84	11	1
25	8	1	55	11	2	85	12	2
26	12	1	56	12	4	86	11	3
27	13	1	57	11	3	87	9	1
28	13	0	58	13	4	88	11	2
29	12	1	59	9	1	89	13	2
30	14	1	60	10	7	90	13	4
Total	362	77		342	88		347	85
% Relief	78.73%			74.27%			75.50%	
Total Effect in %	76.17%							

Table No. 4- % Relief in all symptoms

Sr. No.	Symptoms	Mean		Mean Diff.	% Relief
		BT	AT		
1.	<i>Amlodgar</i>	240	63	177	73.75
2.	<i>Tiktodgar</i>	216	42	174	80.55
3.	<i>Hrit-Kantha Daha</i>	201	54	148	73.63
4.	<i>Uraha-Kukshi Daha</i>	206	52	154	74.75
5.	<i>Gaurava</i>	188	39	149	79.25

1. From the table no.3 there is significant improvement was observed in all the parameters like *Amlodgar*, *Tiktodgar*, *Hrit-Kantha Daha*, *Uraha-Kukshi Daha* and *Gaurava* in all the patients. The percentage relief on symptoms has been observed.
2. Table No. 4, Total effect of therapy shows 76.17 % relief in all patients. This shows that *Vamana Karma* is effective in *Urdhwaga Amlapitta*.

Discussion:

In *Urdhwaga Amlapitta* vitiated *Kapha* and *Pitta* is the key factor for whole pathological process. *Vamana Karma* is indicated as *Shodhana Karma* for *Urdhwaga Amlapitta*.

The symptoms of *Urdhwaga Amlapitta* are due to disturbance in *Dravata* and *Ushnata* of *pachak pitta* and *Snighdhata* of *Kledak Kapha*. *Vaman* found to be effective in *Urdhwaga Amlapitta*, because *Urdhwaga Amlapitta* is the *Amashaya janya vyadhi* and in *Vaman amashayasta doshas* are expelled out.

Vamana Dravyas are having 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 (*Sakaladehagata dhamanya anusaranam-sthula anu srotobhya*). By virtue of its *Ushna* (hot) and *Tikshna* (acute) the accumulated *Doshas* get liquefies and breakup into small pieces at cellular level. (*Agneyatvat vishandayati vilinam kurvanti, Tikshnat vichhinnaam kurvanti*). Whenever observed the perspiration (*Sweda Pradurbhava*) on patients forehead it indicates that, *Doshas* are started melting in the body due to *Ushna Guna*. When patient get horriification (*Lomaharsha*), the *Malas* are detached from cells and tissues because of its *Vikasi Guna* (*Sandhishaitilyata*). Detached *Malas* (toxins) float in extra cellular fluids (*Pariplavan- itastato gacchan*). By virtue of *Sookshma Guna* and *Anupravana* (*Anutvatpravana bhavaccha- anutvam anumarga sancharitam*) the *Malas* or *Doshas* (endo-toxins) float because already body has got *Samyaka Snighdhata* (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. *Vamana Dravyas* are predominant of *Agni* and *Vayu*

Mahabhutas. When patient feels nausea (*Hrillas*) it indicates the *Doshas* are *Urdhwagami* and patient get *Vamana* vega at any time.

As said by Yogaratnakara “*Poorvam tu Vamanam karyam...*” *Amlapitta* is a disease of *Amashaya Samudbhava* and caused due to vitiation of *Kapha-Pitta*. In *Urdhwaga Amlapitta* one should go through the *Vamana* procedure in patient having strong immunity and will power.

As we stop the treatment, the symptoms of disease show relapses. As this disease is *chirakari* a long duration of treatment is required. *Pathyaptya* i.e. *hetu sevan* plays the important role in *amalapitta*.

Conclusion:

From this study it is concluded that *Vamana Karma* are effective in *Urdhwaga Amlapitta*.

After *shodhan karma*, patient may get relief but if they start *hetu sevan*, symptoms of *Urdhwaga amlapitta* may reoccurs. Therefore after *shodhan karma*, *Pathya sevan* is important in the patient of *Urdhwaga amlapitta* for complete cure.

References:

1. Charaka Samhita with Savimarsh vidyotini commentary by Pt. Kashinath Pandey and Dr.Gorakhnath Chaturvedi;

Chaukham Babharti academy, 9th edition, 2001.

2. Sushrut Samhita Ayurveda Tatwasandipika by Kaviraj Ambikadatta Shastri; Chaukhamba Sanskrit sansthan, 2nd edition, 2007.
3. Ashtang Hridayam by Prof.K.R.Srikanta Murthy; Krishnadas academy 1st edition, 1991.
4. Baidyanath Ayurved Bhavan Pvt. Ltd. 1st, 1988.
5. Kashyapa Samhita with Vidyotini commentary, Vd. Shri. Satyapal,
6. Madhav Nidan with Madhukosh commentary with extracts from Atankadarpana by Vd. Vachaspati Vaidya; Chaukhamba Orientalia, 1st, 1986.
7. Bhavaprakash, Shri. Harihar Prasad Pande, Chaukhamba Sanskrit Sansthan, 5th, 1993.
8. Dravyaguna Vidnyan by V.M. Gogate; Pimpalpure and publishers, 2nd edition 1997.
9. Ayurvediya Panchakarma Vidnyan, Vd. Haridas Kasture, Baidyanath Ayurved Bhavan, 6th, 1999.