

Periodic Research

A Comparative Study of Pittantak Yog and Yashtimadhu Ghrita on Amlapitta



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Abstract

Amlapitta is a condition in which there is hyper secretion of acid and it can be observed in the stomach. In modern medical science, this condition is called as hyper acidity. This condition arises due to disturbed Ahara Vihara which leads to many ailments due to impaired Agni. Mostly the secretion of stomach is taken into account when the Agni is thought as physiological and pathological entity. The present study is an attempt to compare the effect of Pittantak Yog and Yashtimadhu Ghrita in minimizing Amlapitta. The duration of treatment was one month along with diet restrictions. The results of both the formulations were found to be encouraging.

Keywords: Amlapitta, hyper acidity, Pittantak Yog, Yashti Madhu Ghrita
Introduction

Amlapitta is defined as a condition in which enhanced acid secretion in stomach results in many disorders like Gastritis, Gastric Ulcer, Duodenal ulcers and these are correlated with Pittapradhana diseases such as Annadravashoola and Parinama Shoola etc. If these disorders are not treated properly and timely it may also lead to perforation in stomach. The term Amlapitta has been mentioned at several places in Samhitas. In Charaka Samhita many causative factors responsible for Amlapitta have been given¹. Sushruta also described it as Amlika which occurs as a result of excess Lavana Rasa. Amlapitta denotes a condition in which sourness of Pitta is increased.

The Nidana can be classified as

1. Aharajanya such as quality, Samskara, Dushita Ahara, Pittha Vardhaka Ahara, Agnimandya etc.
2. Faulty dietary regimens such as untimely intake, intake of water during food, holding natural urges, alcohol consumption, empty stomach for long time etc.

There is no premonitory symptom of Amlapitta but clinically some of the features like Ajeerna, Amlodgara and heartburn are seen due to increase in Dravata and mala Guna of Pitta. Features which appear after the Poorvarupa are Avipaka, Klama, Utklesha, Tikta Amlodgara, Hritkantha Daha, Aruchi, Gaurav etc. Kashyap Samhita and Madhava Nidana did classification of the disease.

According to Gati, Amlapitta I of two types²

1. Urdhwaga Amlapitta
2. Adhoga Amlapitta

According to Dosh, Kashyapa divided in three groups³

1. Vatika
2. Paittika
3. ShleshmakIn Vatakaphaja and Kapha Pittaja, mixed symptoms of Doshas can be seen. Complications⁴ of Amlapitta are Jwara, Atisara, Pandu, Shoola, Shotha, Aruchi, Bhrama etc. Amlapitta is difficult to cure when it becomes chronic⁵.

This Amlapitta has increasingly been perceived as very common disease now days with increasing risks of peptic, gastric ulcers and even perforation of stomach. We being a part of Ayurvedic field, it is our moral duty by this ancient system of medicine to assist society towards better health. The present study was aimed for comparing the efficacy of Pittantak Yog and Yashti Madhu Ghriya in curing the problem of Amlapitta with herbs without any side effect.

Material and Methods

Patients

For Clinical study, patients attending OPD of MSM Institute of Ayurveda, BPS Women University, Khanpur Kalan, Sonapat, in the department of Rasashastra with chief complaints of Amlapitta were registered.

Periodic Research

Drugs

Pittantaka Yoga and Yashti Madhu Ghrita were prepared in the Pharmacy of MSM Institute of Ayurveda following classical guidelines.

Preparation of trial drugs:

Pittantak Yog was prepared by four processes:

1. Preparation of Amritdhara
2. Powdering of Sugar
3. Purification of Swarna Gairika
4. Mixing of ingredients

Sattwa of Ajmoda⁸, Pudina⁹ and Karpoora¹⁰ were weighed exactly 50 ml respectively and mixed in a beaker till they became delinquent liquid and stored in a glass bottle called as Amritdhara. Shodhana of Swarna Gairika was carried out by triturating in Godugdha¹¹. Sugar was powdered by grinding in a mixer grinder. Sugar and purified Swarna Gairika were mixed in equal quantity and Amritdhara was sprayed over the mixture. The formulation was stored in airtight bottle.

Yashtimadhu Ghrita was prepared by following classical guidelines¹³.

Criteria of Selection of Patients

1. Patients of age group above 30 years with classical signs and symptoms of Amlapitta
2. Patients having given written consent and agree to cooperate

Exclusion Criteria

Patients suffering from complications of Amlapitta

Criteria for Assessment

Assessment was done on the basis of relief in signs and symptoms of Amlapitta by specific scoring pattern recorded in a specially prepared proforma. Hritdaha, Avipaka, Aruchi, Amlodgara, Udaradhmana and Agnimandya⁶ were assessed before and after treatment. Excellent improvement = > 75 %, Marked improvement = 50 – 75 %, Mild improvement = 25 – 50 % and unchanged = < 25 %.

Posology

Group	Group A	Group B
Drug	Pittantak Yog	Yashtimadhu Ghrita
Dose	500 mg twice daily	2 gm twice daily
Duration	40 days	40 days

Pathyapathya according to diet chart was strictly advised to the patients.

Observations and Results

Total 12 patients were registered in each group. Maximum patients belonged to the age group between 30 – 50 years of age and were male. Maximum patients were also vegetarian and alcoholic. Most of the patients did not perform any physical activity in routine. All patients had Amlodgara, Aruchi, Agnimandya and Hritdaha.

On treatment it was found that the use of Pittantak Yog and Yashtimadhu Ghrita caused decrease in symptoms of Amlapitta. Yashtimadhu Ghrita was found to be more effective. It is suggested that if the treatment was carried out for more duration and some laboratory parameters would have considered, much better results could have been obtained.

Table – 1

Percentage Improvement in Both the Groups on Main Symptoms of Amlapitta

Symptom	Group A	Group B
Hritdaha	50 %	72 %
Avipaka	17 %	68.97 %
Aruchi	30.5 %	55.99 %
Amlodgara	56.68 %	58.35 %
Agnimandya	71.43 %	72.61 %
Udara-adhmana	37.5 %	12.03 %

From table 1, it can be seen that Agnimandya showed maximum improvement in both the groups. Avipaka was improved more in Group B.

Table 2

Effect of Group A on Main Symptoms of Amlapitta

Symptoms	B.T.	A.T.	t	Level of significance
Hritdaha	3	1.5	9.95	Highly significant
Avipaka	2.91	2.41	2.17	significant
Aruchi	2.75	1.91	3.46	significant
Amlodgara	2.5	1.08	7.34	Highly significant
Agnimandya	1.75	0.5	5.74	Highly significant
Udara-adhmana	2	1.25	4.18	significant

Table 3

Effect of Group B on Main Symptoms of Amlapitta

Symptoms	B.T.	A.T.	t	Level of significance
Hritdaha	2.08	0.58	6.51	Highly significant
Avipaka	2.42	0.75	6.50	Highly significant
Aruchi	2.08	0.92	5.63	Highly significant
Amlodgara	2	0.83	7.00	Highly significant
Agnimandya	2.42	0.67	4.99	Highly significant
Udara-adhmana	2.08	1.83	1.91	Significant

After application of students't' test, it was observed that Group A was more effective on Agnimandya and Udara Adhmana. Rest all symptoms responded well by Group B. Overall Yashtimadhu Ghrita provided better results on all symptoms.

Discussion

This study was carried out to assess the effect of trials drugs on main symptoms of Amlapitta. It was observed that chances of Amlapitta were more in alcoholics and sedentary life style. Total number of patients was 24. Swarna Gairika has Deepana, Pachanaa and Pitta Shamaka properties. Ghrita has Pitta Shamaka properties. Also Yashtimadhu is reported to have antacid properties. Therefore the combination was more effective in alleviating the symptoms of Amlapitta.

Conclusion

The effect of Pittantak Yog in relieving the signs of Amlapitta was encouraging. The Yoga showed highest effect on Hritdaha, Avipaka, Aruchi and Amlodgara. However, the overall effect of Yashtimadhu Ghrita was better than Pittantak Yoga.

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Periodic Research

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