

Tablet Pittashamak An effective solution for Amlapitta (acid peptic disorder)- A survey.

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Abstract-

Pitta is one among three *doshas* in the body. *Pitta dosha* is essential for digestion and all metabolic activity in the body. Balanced *pitta* is essential for producing and regularizing heat in the body. *Pitta* represents the fire element in our physical body. Balanced *pitta* enables -

When balanced *pitta* gets aggravated due to an unhealthy diet and lifestyle will cause -Improper digestion of food, produces *ama*, low circulation in the body, increases heat in the body, low complexion, low physical energy, low memory power and thinking, fear, burning sensation in skin, urine, and throat, hyperacidity with vomiting, heartburns, headache, vomiting. This condition can be correlated with *Amlapitta* described in ayurveda classics and acid peptic disorder in modern texts.

In this survey 45 Patients from the OPD of Ayushakti Ayurveda Pvt Ltd, Malad, Mumbai-64, India were selected. The study was conducted for 2 month and follow up was taken after 15th day, 30th day, 45th day and 60 days. The changes in the symptoms were analyzed after 60 days to draw a conclusion.

We conclude that tablet pittashamak has a effective role in *amlapitta* where there is dominance of *Saam pitta* means it is in *vidagdha avastha* (contaminated with bile), *Drava* (liquidity) quality vitiation without any side effect.

Keywords- Amlapitta, acid peptic disorder, ayurveda, pitta diseases.

1. Background-

Amlapitta is a *Vidagdha* (sour) condition of *pitta dosha*. It is a disease of digestive tract. *Amlapitta* as a disease is not mentioned in the *bruhatrayi* ie. *Charak samhita*, *Sushrut samhita* and *Ashtang hrudaya*, But detailed about this condition as a disease is well described in the *Kashyap samhita*¹. In *Charak samhita* *Grahani adhyaya* only detailed (*Samprapti*) aetiopathogenesis of *Amlapitta* is mentioned. Corporate life and lifestyle has a strong impact on human health, because of this prevalence of *amlapitta* is severe in india. *Amlapitta* described in Ayurveda texts can be co related with Non-ulcer-dyspepsia or acid peptic disorder ². Excess intake of fried, fermented, oily, spicy, stale, sour, hot, dry, and starchy food, drinking alcohol, smoking, over-eating, or starving causes indigestion by damaging *agni* (digestive fire) and producing excess *pitta*. Over-exertion, excessive study, excessive exposure to the sun, etc., also produce excess *pitta*. As a result, the eyes become red, the head becomes heavy, and memory and thinking power are reduced.

Pitta's excessively hot, sharp, and fluid quality increases, which leads to burning, redness, and acidity. Vitiates *jatharagni* vitiates the *dhatvagni* which leads to the diseases like *Visuchika* (cholera), *Atisar* (diarrhoea), *grahani* (irritable bowel syndrome), *amlapitta* (hyperacidity)³.

Pittashamak is good for all pathologies due to an imbalance of *Pitta*. It reduces the fluidity, heat, and sharpness of *pitta* in the blood, and is very cooling. Pittashamak rejuvenates the *dhatu*s, and improves memory and intellect, health, youth, enthusiasm and physical energy. It relieves all kinds of physical mental and emotional disorders caused by *pitta*. Also, it nourishes and strengthens *asthi* (bone) and *majja* (marrow) *dhatu*s, and reduces *Pitta* at the digestive level and in chyle.

Pittashamak tablet has a cooling effect on digestion, blood circulation, mental channels, and the urinary tract. It reduces the sharp and hot qualities of *pitta* and reduces the secretions of *pitta*. It is good for *raktatisar* (dysentery), acidity, headache, and anger, debility due to calcium

deficiency, burning urination, overall burning, excess bleeding, and *pittonmad* (Insanity). It is used for the management of all pathologies due to the imbalance of *niram pitta*. In this case report 45 patients with symptoms of Amlapitta were analyzed to draw a conclusion.

2.Aim and objectives

2.1Aim

To study the effect of Pittashamak in the management of *Amlapitta*.

2.2.Objectives

2.2.1Primary Objective

To study the efficacy of Pittashamak in *Amlapitta*.

2.2.2Secondary Objective

To study the adverse effect of Pittashamak.

3.Materials and methods

3.1.Review of Drug

Tablet Pittashamak.

3.2.Manufacturer

Ayushakti Ayurveda Pvt Ltd pharmacy, Plot number 78, Stice, Musalgaon, Sinnar, Nashik-422112.

3.3.Herbal Formula

Table-1 Herbomineral formula for tablet Pittashamak

s. no.	Sanskrit name	Latin name	qty in mg
1	Mukta pisti	Pinctada margaritifera	200.000
2	Guduchi	Tinospora cordifolia	105.000
3	Suvarna gairik	Ferrum haematite	70.000
4	Usheer	Vetiveria zizanioides	50.000
5	Kapardik bhasma	Cyperaea moneta	25.000
6	Shanka bhasma	Conch shell	25.000
7	Shukti bhasma	Oestrea edulis	25.000
			500.000

3.4.Clinical study

45 Patients from the OPD of Ayushakti Ayurveda Pvt Ltd, Malad, Mumbai-64, India were selected. The study was conducted for 2 month and follow up was taken after 15th day, 30th day, 45th day and 60 days.

3.5Study design

Study design is an open labeled clinical study without control. Pittashamak 500mg daily two times after food was used in study group along with lukewarm water as an anupana.

3.6.Place of study

All the patients having signs and symptoms of *Amlapitta* were selected and enrolled in the study from the OPD of Ayushakti Ayurveda Pvt Ltd, Malad, Mumbai-64, India.

Ethics committee approval was obtained from Ayushakti Independent Ethics Committee, Malad, Mumbai-64, India.

3.7. Subjective criteria

Following symptoms of Amlapitta as mentioned in the ayurvedic literature were selected-

1. Chhardi (vomiting).
2. Amlodgar (eructations).
3. Shirashool (Headache).
4. Kantha-hruda-kukshi-Daha (throat and heart burn).
5. Atopa (fullness in abdomen).
6. Kandu (itching).
7. Mandalotpatti (urticarial wheels).
8. Hastapada-Daha (burning sensation in palm and foot).
9. Jwara (fever).

3.8

Inclusion criteria-

- Patients with both sex, male and female.
- Age between 16 to 50 both ages included.
- Patients having classical symptoms of Amlapitta.
- Patients willing to include in the study.

Exclusion criteria-

- Age less than 16 and more than 50 years.
- Pregnant women.
- Patients with co-morbid conditions.
- Patient diagnosed with peptic ulcers.
- Patients having severe ongoing episodes of vomiting and diarrhea.

3.9. Criteria of assessment

The criteria for assessment of therapeutic trial will be based on the symptomatic relief.

3.10. Relief of symptoms

Good Results : No any complaints.

Moderate Results : 2 steps down.

Mild Results : 1 steps down.

No Results : No change in complaints.

3.11-Overall result in percentage

Change in %	Result
0	No improvement
1-25	Poor improvement
26-50	Average improvement
51-75	Good improvement
76-100	Excellent improvement

4. Observations and results-

After analyzing the data, it was found that significant difference was observed in all the symptoms of Amlapitta. Overall symptomatic relief was observed about 86.3%.

Table 2-Symptomatic relief

Chhardi (vomiting).	91.14
Amlodgar (eructations).	94.13
Shirashool (Headache).	62

Kantha-hruda-kukshi-Daha (throat and heart burn).	88.52
Atopa (fullness in abdomen).	89.23
Kandu (itching).	70.83
Mandalotpatti (urticarial wheels).	87.5
Hastapada-Daha (burning in palm and foot).	93.33
Jwara (fever)	100
Total	86.3

In a symptom Chhardi (vomiting) highly significant ($P < 0.0001$) difference was observed after the treatment of 2 months 91.14% . About 94.13% difference was observed in the symptom Amlodgar (eructations) which was significant ($P < 0.0001$).Shirashool (Headache) was reduced by 62% in 2 months. Highly significant difference about 88.52% was observed in Kantha-hruda-kukshi-Daha (throat and heart burn).Symptom Atop (fullness of abdomen) was reduced by 89.23%, similarly Kandu (itching) and Mandalotpatti (urticarial wheels) symptom was reduced by 70.83% and 87.5% respectively, which was highly significant ($P < 0.0001$).Hastapada-Daha (burning sensation in palm and foot) and Jwara(fever) symptom was found to reduced by 93.33% and 100% respectively. All the results are shown are shown in table-3.

Table 3- Effect of Pittashamak tablet on individual criteria as per symptoms-

Chhardi (vomiting).						
	BT		AT		% Relief	P value
	Mean	SD	Mean	SD		
	1.76	0.74	0.16	0.37	91.14	<0.0001
Amlodgar (eructations).						
	BT		AT		% Relief	P value
	Mean	SD	Mean	SD		
	1.89	0.61	0.11	0.31	94.13	<0.0001
Shirashool (Headache).						
	BT		AT		% Relief	P value
	Mean	SD	Mean	SD		
	1.67	0.52	0.13	0.34	62	<0.001
Kantha-hruda-kukshi-Daha (throat and heart burn).						
	BT		AT		% Relief	P value
	Mean	SD	Mean	SD		
	1.36	0.48	0.16	0.37	88.52	<0.0001
Atopa (fullness in abdomen).						

BT		AT		% Relief	P value
Mean	SD	Mean	SD		
1.44	0.55	0.15	0.37	89.23	<0.0001
Kandu (itching).					
BT		AT		% Relief	P value
Mean	SD	Mean	SD		
0.53	0.5	0.16	0.37	70.83	<0.0001
Mandalotpatti (urticarial wheels).					
BT		AT		% Relief	P value
Mean	SD	Mean	SD		
0.36	0.64	0.04	0.21	87.5	<0.0001
Hastapada-Daha (burning sensation in palm and foot).					
BT		AT		% Relief	P value
Mean	SD	Mean	SD		
0.67	0.64	0.04	0.20	93.33	<0.0001
Jwara (fever)					
BT		AT		% Relief	P value
Mean	SD	Mean	SD		
0.27	0.44	0	0	100	<0.0001

Table-4 Overall effect

Change in %	Result	No of patients
0	No improvement	1
1-25	Poor improvement	0
26-50	Average improvement	4
51-75	Good improvement	12
76-100	Excellent improvement	28

Out of 45 patients observed, 28 patients had excellent improvement in their symptoms. Only single patient showed no improvement in symptoms. 12 patient observed good improvement and 4 showed average improvement. Results are shown in table 4.

5. Discussion-

Amlapitta is made up of two words *Amla* and *Pitta*. The term *Amla* means a particular sour test and *pitta* is a liquid which is responsible for digestion. On combination the word *Amlapitta* means a disease in which the *pitta* is converted into sourness. In *amlapitta* there is dominance

of *Saam pitta* means it is in *vidagdha avastha* (contaminated with bile), *Drava* (liquidity). This means to tell that if *pitta* gets burnt due to certain etiological factors its taste gets transferred from pungent to sour ⁴. Treatment fundamentals say to use herbal remedies or metals which pacifies vitiated *pitta*, *grahi* (absorbent in nature), *Pachak* (digestive) in nature, *Sheet* (cool potency).

Table 5-Herbs in Pittashamak Tablets with their probable mode of action-

HERBS	ACTION
Muktapisti	Mukta pisti is usefull in <i>Dhatukshaya</i> , <i>amlapitta</i> , <i>pittavrudhhi</i> , <i>raktapitta</i> ⁵ . Mukta Pisthi is useful in acute & chronic gastritis by working on aggravated Pitta dosha. It is <i>Grahi</i> (absorbent) in nature hence pacifies the increased <i>drava guna</i> (liquidity) of pitta ⁶ .
Tinospora cardifolia (<i>Guduchi</i>)	Tinospora cardifolia (<i>Guduchi</i>) have cytoprotective action in gastric mucosal membrane, it can reduce stree induced ulcers, and oxidative stress ⁷ . It shows reduction in gastric volume, total acidity and ulcer index in gastrum ⁸ . <i>Guduchi</i> is a <i>rasayana</i> (geriatric medicine), <i>Sangrahi</i> (absorbent), <i>Agnideepana</i> (increases digestive fire), <i>tridosha shamak</i> (pacifies Vata, Pitta and Kapha) ⁹ .
Suvarna Gairik	Balance <i>pitta dosha</i> , Purifies blood Useful in bleeding disorders like bleeding hemorrhoids and menorrhagia, Herpes & burns. It is <i>madhur</i> (sweet), <i>kashay</i> (astringent), <i>kaphashamak</i> (anti-phlegmatic), <i>pittashamak</i> (anti-bilious) and <i>sheet</i> (cooling). It rejuvenates and produces youth, enthusiasm, and physical energy. Heals wounds quickly by reducing inflammation ^{10,11} .
Usheer	Useful in relieving burning sensations as in gastritis, Removes bad odor, heals wound quickly, Relieves vomiting, removes <i>ama</i> (toxin) from the digestive system. It reduces <i>Pitta</i> at all levels, including the digestive system and other parts of the body ¹² .
Kapardik Bhasma	Kapardik bhasma is <i>Katu</i> (pungent) in taste, <i>Ushna</i> (hot) in potency, <i>Rooksha</i> (dry), <i>teekshna</i> (piercing) in qualities, hence it balances <i>pitta kapha</i> dosha. It pacifies the <i>amlatva</i> (sourness) in the stomach and is useful in colitis ¹³ .
Shankh Bhasma	Shankh bhasma suggested good effect in on peptic ulcers, H pylori infection ¹⁴ . It has cytoprotective and anti-secretory action on gastric mucosa ¹⁵ .
Shukti Bhasma	Shukti bhasma have anti ulcer activity, inhibits gastric secretions, neutralizes the acid also reduce the ulcerative lesion ¹⁶ .

6. Conclusion

Ayushakti Pittashamak Tablet is useful in *Amlapitta*. It has a cooling effect on digestion, blood circulation, mental channels, and the urinary tract. It has a effective role in *amlapitta* where there is dominance of *Saam pitta* means it is in *vidagdha avastha* (contaminated with bile), *Drava* (liquidity) quality vitiation. All from this, it is concluded that the Ayushakti Pittashamak Tablet is effective in all *pitta*-related disorders, *amlapitta* without any side affect.

Patient's Consent: The patient has been informed the nature of this study before the commencement of study and written consent has been obtained.

Limitation of study:

As this is just a survey so more cases need to be tried as treatment protocol for its scientific validation.

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