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A Conceptual Study on Effect of *Virechan Karma* with *Trivruttadi Yog* in Management of *Amlapitta*

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ABSTRACT

Amlapitta is a disease of *Annavah strotas* (gastrointestinal tract). This disease is described in classical ayurvedic texts. The excess formation of vitiated pitta due to improper diet and lifestyle habits is the main cause of *amlapitta*. Indigestion, tiredness, nausea, sour and bitter belching, heaviness, heart- throat burn, anorexia are the cardinal symptoms of *amlapitta*. *Virechan* is one of the *panchakarma* explained by *acharyas* for treatment of *amlapitta*. As *virechan* is *shodhan karma* it cures the disease from its root cause. In *kashyab smhita acharya kashyab* explains that *virechan* with *trivrutta*, *triphala*, *trayamana*, *katuka* and *rohini* will reduce *amlapitta*.

KEYWORDS

Annavah Strotas, Pitta, Virechana, Panchakarma, Shodhan Karma



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INTRODUCTION

Ayurveda mentioned *dincharya* to maintain the health. Ayurveda explains a lifestyle that builds a healthy mind and body. The explicit description about daily & seasonal regimen in classic texts helps to achieve a healthy life.

Amlapitta is a commonly encountered disease of *Annavah strotas* (Gastrointestinal tract). This disease has been described in classical ayurvedic texts like *Kasyapasamhita*, *Madhavidan*, *Bhavprakash*, and *Yogratanakar*, etc. The cardinal symptoms of *amlapitta* are Avipak (indigestion), *Klama* (tiredness), *Utklesa* (nausea), *Tikta-Amla Udagar* (sour and bitter belching), *Gauravata* (heaviness), *Hrit-Kantha Dhah* (heart and throat burn) and *Aruchi* (anorexia). In *Amlapitta* there is excess formation of vitiated *pitta* as a result of improper diet and lifestyle habits. In ayurveda *Amlapitta* cannot be correlated with one particular disease more precisely. But it can be correlated with acid reflux syndrome which comprises of gastroesophageal reflux disease, gastritis, dyspepsia, acid peptic disorder, hyperacidity, etc.

In ayurvedic texts *Shodhan* and *Shaman chikitsa* are explained in the management of *Amlapitta*. *Virechan* is best measure for *Paittik* disorders and in which *pitta* is

associated with *vata* or *kapha* as a *Shodhan* remedy. In *Amlapitta* vitiation of *Annavaha strots* along with *Rasvaha* and *Purishvaha strots* occurs. *Virechan* is clearly indicated in *Annavaha strots vyadhi*. With the help of *Shodhan Karma* complete cure is possible as it cures the disease from its root cause. In Ayurved it is said that, *doshas* might get vitiated after *Shaman Chikitsa* but the excessive *doshas* which are once removed from the body with *Shodhan karma* will not vitiate again and it is known as an *Apunarbhava Chikitsa*. In *Amlapitta Shaman* and *Shodhan Chikitsa* has been described. Much work has been already done on *Shaman Chikitsa*. *Vaman* and *Virechan* have been described as *Shodhan Chikitsa* for *Amlapitta*. In present study emphasis will be made to access the *Virechan karma* in treating *Amlapitta*. Since *Amlapitta* is *Ashaya Dushti Pradhan Vyadhi*, *Virechan* will prove to be the complete cure of it. *Acharya kasyapa* described *virechan* with *trivruttadi yog* in *amlapitta chikitsa adhyay*. The drugs are *tikta rasa pradhan* and *virechak*. So here we are making an attempt to see the efficacy of *Virechan* by using *Trivruttadi yog* in *Amlapitta*.

For *Amlapitta*, an attempt is made to search out the simple and equally effective treatment. *Virechan karma* is recommended as the therapy to correct the aggravated



pitta and to eliminate the vitiated *doshas* from the body and thereby the recurrence of disease.

DISEASE REVIEW:

Nidana of Amlapitta:

The etiological factors of Amlapitta may be categorised under following 4 groups.

1. *Aharaja Hetu* (dietary factors): It includes intake of food against the code of dietetics i.e. *Ahara Vidhi Vidhana* and *Ahara Vidhi Viseshayatana*. Various types of *Virudha Ahara*, *Adhyasana*, *Ajeern Bhojana*, *Ama Bhojana*, *Pishtanna*, *Guru*, *Snigdha Bhojana*, *Ati Rukshanna*, *Bhristadhanya Sevana*, excess use of *Pitta* aggravating factors like *Katu*, *Amla*, *Vidahi* etc.

2. *Viharaja Hetu* (Habit Factors): *Malamutra vegavidharan*, *Diwaswapa*, *Atisnana*, *Avagahana* etc the *viharaj hetu* mentioned in text, they will

cause the disturbance of the equilibrium of *Pitta* and digestion which ultimately will lead to *Amlapitta*.

3. *Manasika Hetu* (Psychological Factors): Anger, anxiety, greediness etc psychology factors affect the physiology of digestion. It affects the quality and the quantity of the digestive juice

secretion leading to indigestion which ultimately gives rise to Amlapitta

4. *Agantuja hetu* (Miscellaneous Factors): Excessive consumption of alcohol, tobacco, beverages, smoking or other irritant substances etc. cause a local irritation in the stomach which is turn secretes more gastric juice causing *Amlapitta*.

Kashyapa, *Harita*, *Madhavakara* have described the etiological factors of Amlapitta.

Etiological factors according different *acharayas* are shown in table no. 1

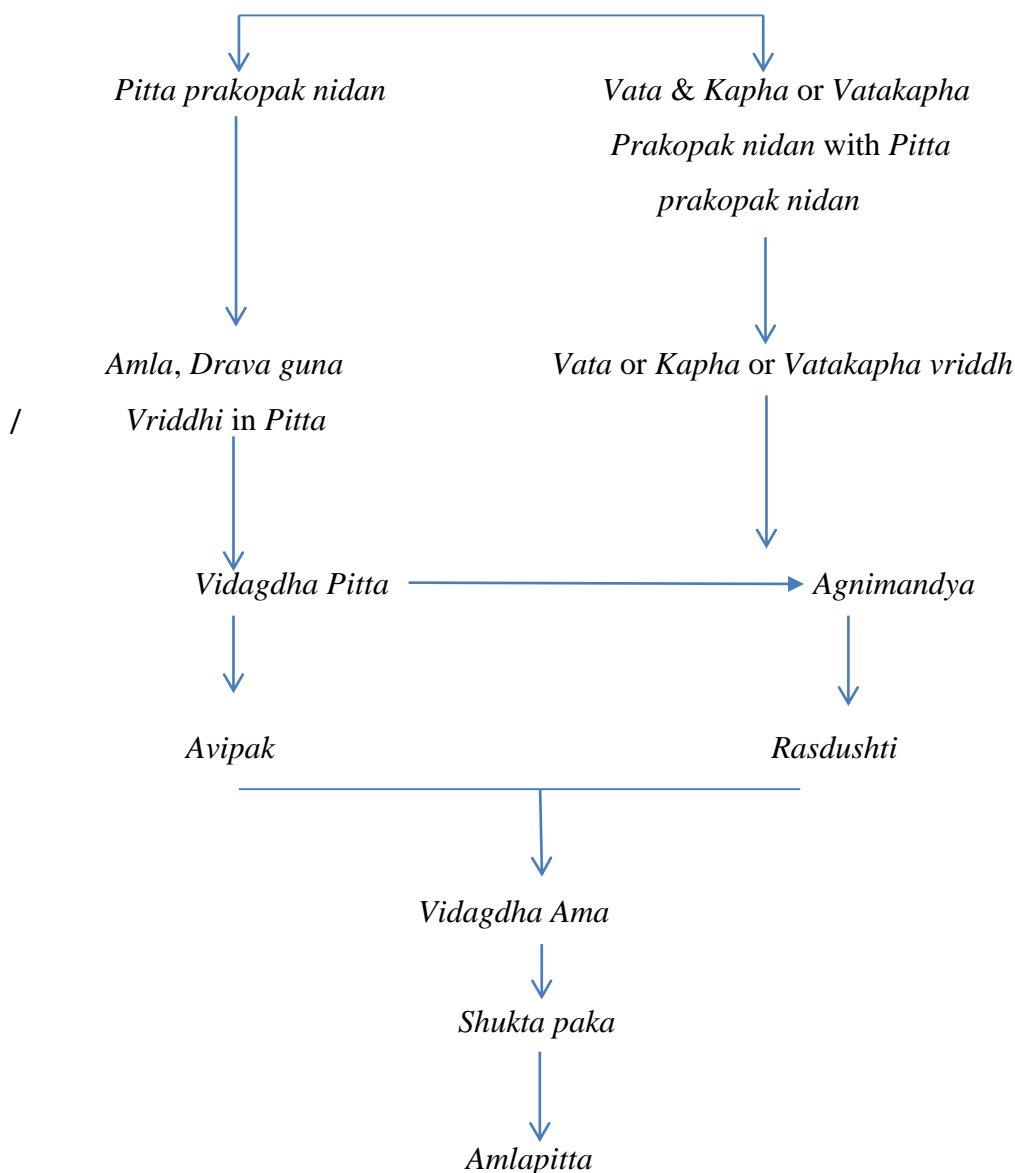
Table 1 A Comparative Table Showing The Classical Etiological Factors Of Amlapitta

Sr. No	Etiological Factors	K.S. ¹	M.N. ²	B.P ³	G.N ⁴	V.S ⁵
1	<i>Adhyasana</i> (To eat before the previous food is digested)	+	-	-	-	-
2	<i>Abhishyandi Bhojana</i>	+	-	-	-	-
3	<i>Ajirna</i> (Indigestion)	+	-	-	-	-
4	<i>Ama</i> (Undigested)	+	-	-	-	-
5	<i>Ama Pakwanna</i> (Semi-digested food)	+	-	-	-	-
6	<i>Akala Bhojana</i> (Untimely diet)	+	-	-	-	-
7	<i>Amla Sevana</i> (Eating of acidic substances)	+	+	+	+	+
8	<i>Ame Ame Ca Puranant</i> (To eat without appetite)	+	-	-	-	-
9	<i>Antarodaka Prana</i> (To drink much water during food)	+	-	-	-	-
10	<i>Ati-ushna Ahara</i> (Very hot diet)	+	+	+	-	-
11	<i>Ati-snigdha Ahara</i> (Fatty diet)	+	-	-	-	-
12	<i>Ati-ruksha Ahara</i> (Coarse diet)	+	-	-	-	-
13	<i>Ati-drava- Sevana</i> (Excess liquid)	+	-	-	-	-
14	<i>Atisnana</i> (Lengthy bath)	+	-	-	-	-
15	<i>Avagahana</i> (Tub-bath)	+	-	-	-	-



16	<i>Bhuktwa – Buktwa</i>	+	-	-	-	-
17	<i>Bhrista – Dhanya</i>	+	-	-	-	-
18	<i>Dustanna</i>	-	+	+	+	+
19	<i>Diwaswapa</i>	+	-	-	-	-
20	<i>Gorasa</i> (milky product)	+	-	-	-	-
21	<i>Guru Bhojana</i> (Heavy diet)	+	-	-	-	-
22	<i>Ikshuvikara</i> (Sugarcane product)	+	-	-	-	-
23	<i>Kulattha Sevana</i>	+	-	-	-	-
24	<i>Madya</i> (Alcohol)	+	+	+	+	-
25	<i>Paryusitanna</i>	+	-	-	-	-
26	<i>Pitta Prakopi Annapana</i>	-	+	+	+	+
27	<i>Pistanna</i>	+	-	-	-	-
28	<i>Pruthuka Sevana</i>	+	-	-	-	-
29	<i>Pulaka Sevana</i>	+	-	-	-	-
30	<i>Vidhanya</i>	-	+	+	+	+
31	<i>Viruddhasana</i> (Incompatible diet)	+	+	+	+	+

Hetusevan





RUPA:

The general symptoms of *Amlapitta* described by *Madhavakara* are as follows :

अविपकक्लमोक्लेशतिक्ताम्लोद्गारगौरवैः।

हृत्कण्ठदाहारूचिभिश्चाम्लपित्तं वदेद्भिषक् ॥

मा.नि ५१/२^६

- *Avipaka - Klama - Utklesha - Tikta- AmlaUdgara*

- *Gaurava - Hritdaha -Kanthadaha*

- *AruchiUdgara*

- *Gaurava - Hritdaha -Kanthadaha*

- *Aruchi*

Kashyapa added extra symptoms like –

Antrakujana

Udaradhamana

Vidbheda

Hritshula etc.

Symptoms of *Amlapitta* have been

described by *Kashyapa*, *Madhavakara* and

Harita. Thereafter all scholars followed

with the same set. The symptoms of

Amlapitta described by the various authors

are being given below in the tabular form.

Table 2 Symptoms of *Amlapitta*

Symptoms	K.S ⁷ .	H.S ⁸ .	M.N ⁹ .	B.P ¹⁰ .	Y.R ¹¹ .	V.S ¹² .	G.N ¹³ .
<i>Avipaka</i>	-	-	+	+	+	+	+
<i>Amlautklesha</i>	+	-	-	-	-	-	-
<i>Amlaudgara</i>	-	-	+	+	+	+	+
<i>Amlahikka</i>	-	+	-	-	-	-	-
<i>Angasada</i>	+	-	-	-	-	-	-
<i>Antrakujana</i>	+	-	-	-	-	-	-
<i>Aruchi</i>	-	-	+	+	+	+	+
<i>Bhranti</i>	-	-	-	-	-	-	-
<i>Dahayuktatisara</i>	-	-	-	-	-	-	-
<i>Gaurava</i>	-	-	+	+	+	+	+
<i>Gurukosthata</i>	+	-	-	-	-	-	-
<i>Hritshula</i>	+	-	-	-	-	-	-
<i>Hritdaha</i>	-	-	+	+	+	+	+
<i>Kanthavidaha</i>	+	-	+	+	+	+	+
<i>Klama</i>	-	-	+	+	+	+	+
<i>Romharsha</i>	+	-	-	-	-	-	-
<i>Shiroruja</i>	+	-	-	-	-	-	-
<i>Tiktodgara</i>	-	-	+	+	+	+	+
<i>Tiktasya</i>	-	-	-	-	-	-	-
<i>Udara Adhman</i>	+	-	-	-	-	-	-
<i>Utklesha</i>	-	-	+	+	+	+	+
<i>Vanti</i>	+	-	-	-	-	-	-

SADHYATA ASADHYATA

Madhavkar has said that in case the patient has been suffering from *Amlapitta* recently and is treated properly the prognosis is good. Chronic cases may either improve a little or may be relieved completely during

the course of treatment. As soon as the patient deviates from the wholesome diet the disease relapses.

Kashyapa has indicated that in case patients of *Amlapitta* gets complicated by *Jwara*, *Pandu*, *Shula*, *Shotha*, *Aruchi* and *Bhrama*



with *Dhatu Kshina*, the disease becomes incurable .

Age of maximum occurrence is in *Yuvavastha* which is *Pittakala*, *Sharad Ritu*, is also *Pitta Prakopaka Kala* and *Hetus* are many for causation of this disease i.e. *Ahara*, *Vihara*, *Manasika* etc. These are the factors which contribute to convert this disease in *Krichhrasadhya*.

DRUG REVIEW

त्रिफला त्रायमाणा च कटुका रोहिणी त्रिवृत

।पञ्चौषामर्धपलिकास्त्रिवृता त्वर्धभागिका ॥

Table 3 Drug Review¹⁶

Drug Name	Botanical Name	Guna	Ras	Vipak	Virya	Doshkarma	Upayuktang
<i>Amalaki</i>	Emblica officinensis	Laghu, Ruksha, Sheet	Panchrasuyukt (Lavanvargit)	Madhur	Sheet	Tridhoshhar	Phal
<i>Haritaki</i>	Terminalia chebula	Laghu, Ruksha	Panchrasuyukt (Lavanvargit)	Madhur	Ushna	Tridhoshhar	Phal
<i>Bibhitaki</i>	Terminalia belerica	Laghu, Ruksha	Kashay	Madhur	Ushna	Tridhoshhar	Phal
<i>Trayamana</i>	Gentiana kurroa	Laghu, Ruksha	Tikta	Katu	Ushna	Tridhoshhar	Mul
<i>Kutaki</i>	Picrorhiza kurroa	Laghu, Ruksha	Tikta	Katu	Sheet	Kaph-pitta shodhan	Mul
<i>Trivrutta</i>	Operculina turpethum	Laghu, Ruksha, Tikshna	Katu, Tikta, Madhur, Kashay	Katu	Ushna	Pittashamak Kaphanashak	Mul

Virechan Review:

Right from *Kashyapa*, *Chakradatta*, *Bhavamishra* and all the scholars of Ayurveda have given emphasis to *Shodhana* procedure especially *Vamana* and *Virechana* in the management of *Amlapitta*. *Virechana* is best measure for *Paittika* disorder and in which *Pittais* associated with *Vata* or as a *Shodhan* remedy. In *Amlapitta* vitiation of

पीत्वा विरेचनं ह्येतदम्लपिताव्दिमुच्यते ॥

(काश्यपसंहिता खिलस्थान १६/३२)¹⁴

In *Kashyab samhita khilsthan* 16th chapter *acharya kashyab* explains that *virechan* given by *kashay* of *triphala*, *trayamana*, *katuka*, *rohini*, and *trivritta* (each 4 gms) with *trivritta churna* will reduce *amlapitta*. Drug review is shown in table no 3.

Annavaha, *Rasavaha*, *Purishvaha*, *Raktavaha Srotas* occurs, *Virechana* is clearly indicated in *Annavaha Srotas Vyadhi*. For this reason *Virechana* has been chosen for present study. *Acharya kashyab* explains that *virechan* given by *kashay* of *triphala*, *trayamana*, *katuka*, *rohini*, and *trivritta* (each 4 gms) with *trivritta churna* will reduce *amlapitta*.



Mode of action of Virechan:

Virechan drug having properties to reach to *Hridaya* because of *Virya* and then to *Dhamani* and it then transfers in whole body through large & small *strotasa*. As it has *Agneya* property it causes *Vishyanaana* i.e oozing of the *dosha* & by its *Tikshna* property it can disintegrate the accumulated *dosha*. The drugs due to their *Virya* reach to *Hridaya* from there they spread all over the body. There are two chief symptoms in the body to reach the microlevel throughout body in very short time. As *snehana* and *swedana* are performed as *purva karma* before the *Virechan*, in such a body *dosha* comes out easily without any disturbance and reaches to *Koshta* from there they can be eliminated by *Virechan*. Then these liquified and fragmented molecules lead to *Koshta* flowing through '*anustrotasa*' without sticking them as water floats in unctuous spot. Then they eliminated out of body by *Adhomarga* due to *Prithvi + Jala Mahabhuta* dominant drug and due to their action of *Virechan*.

CONCLUSION

Virechan Karma correcting the vitiated state of *Pitta* corrects the whole digestion process and results in proper functioning of *Agni*. It also helps in abolishing all the four major factors involved in pathogenesis of

disease. Hence, proves to be an effective measure in treating *Amlapitta*. This study can prove a real breakthrough in the coming times for the treatment of *Amlapitta*.



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