



EVALUATION OF EFFICACY OF THE VAMANA DHAUTI WITH AND WITHOUT SHIVAPALAPINDI IN AMLAPITTA

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ABSTRACT:

Introduction: *Amlapitta* is one of the disorders of *Annavaha Srotas*, where there is increased *Amlatva* of *Pachaka Pitta*. Nowadays due to changing life style and food habits *Amlapitta* is becoming a very dreadful disorder and leads to several complications if untreated. *Amlapitta* is a commonest condition affecting the younger or middle-aged people. The treatment mentioned for *Amlapitta* is *Vamana*, *Virechana*, *Basti*, and *Raktamokshana* along with *Tikta-Madhura Rasa*, *Madhura Vipaka*, *Sheeta Virya* and *Laghu*, *Ruksha* property with *Kapha-Pittahara* action. So here, *Suddhi Kriya* therapy with *Vamana Dhauti* followed by the internal *Shamana* formulation *Shivapalapindi* was selected with the aim of *Shodhana* along with *Shamana Chikitsa* will be more effective in curing the *Amlapitta* and will be more beneficial. **Materials and Method:** Subjects were selected from OPD & IPD of Government Ayurveda medical hospital, Mysuru and Government Hi-Tech Panchakarma center Mysuru. And Special camps were conducted in forum mall for the purpose. **Study Design:** In the present study 60 patients of *Amlapitta* were assigned into two groups **Group 'A'** - *Vamana Dhauti* with *Sukhoshna Lavana Jala* about 3.5 to 4 lit once during treatment followed by *Shivapalapindi* from next day. **Group 'B'** – *Shivapalapindi* 12 gms / Day in divided two doses for 30 days. **Results:** In both the groups, the effect of treatment was statistically highly significant ($p < 0.05$) follow up on all the parameters. Parameters such as *Amlodgara*, *Hrit-Kanta Daha* were found to be Highly Significant between the groups. **Conclusion:** *Vamana Dhauti* followed by *Shivapalapindi* from next day (Group A) has shown better result in *Lakshanas* like *Avipaka*, *Tiktamlodgara*, *Hrit-Kanta Daha* when compared to Only *Shivapalapindi* (Group B) during the course of this study.

Keywords: *Amlapitta*, *Vamana Dhauti*, *Shivapalapindi*, Gastritis,

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INTRODUCTION

Amlapitta is very common disease of digestive system (*Annavahavaha Srotas*) caused by *Avidahi*, *Atimatra*, *Dustahara* [1]. Nowadays due to changing life style and food habits *Amlapitta* is becoming a very dreadful disorder and leads to several complications if untreated. A population-based study shows that up to 15% of individuals have heart burn and/or regurgitation at least once a week and 7 % have symptoms daily which are the classical symptoms of *Amlapitta*.

Charaka Samhita and *Kashyapa Samhita* have clearly indicated that the *Grahani Dosha* and *Amlapitta* occur in the persons who could not check the temptation of food^{[2][3]}. The *Nidana sevana* create *Mandagni* & due to *Mandagni*, *Ajirna* is developed and it leads *Amavisha* production. This *Amavisha* mixed with *Pittadi Doshas* and lodges in *Amashaya* then it produce the *Amlapitta* diseases [4]. There are abundant modern and herbal and herbo-mineral preparations available in market for *Amlapitta*. But drugs have not yet been developed properly for the complete cure of the disease. Acharyas told to use the drugs which are having *Tikta-Madhura Rasa*, *Madhura Vipaka*, *Sheeta Virya* and *Laghu*, *Ruksha* property with *Kapha-pittahara* action⁶. *Vamana Dhauti* is one among the treatment modality incorporated by many

Ayurvedic physicians. Taking all these points into consideration, *Shodhana* along with *Shamana Chikitsa* will be more effective aimed at curing the disease. *Suddhi Kriya* therapy with *Vamana Dhauti* followed by the internal *Shamana* formulation *Shivapalapindi* will be more beneficial.

OBJECTIVES

- 1) To evaluate the efficacy of *Vamana Dhauti* followed by *Shivapalapindi* in *Amlapitta*.
- 2) To evaluate the efficacy of *Shivapalapindi* in *Amlapitta*.
- 3) To compare the efficacy of both the above intervention.

MATERIALS AND METHODS

Selection of Subjects: Subjects were selected from OPD & IPD of Government Ayurveda medical hospital, Mysuru and Government Hi-Tech Panchakarma center Mysuru. Special camps were conducted in forum mall for the purpose and other referral sources.

Study Design: A Comparative clinical study

Study population - OPD & IPD of Government Ayurveda medical hospital, Mysuru and Government Hi-Tech Panchakarma center

Study sample- Subjects with *Samanya Lakshna* of *Amlapitta*

Sampling method Purposive sampling method

Sample Size -60

Trial drug details with reference: *Vamana Dhauti* mentioned in *Gheranda Samhita*^[5] and

Shivapalapindi from *Bhavapraksha*^[6]
Randomization-

No

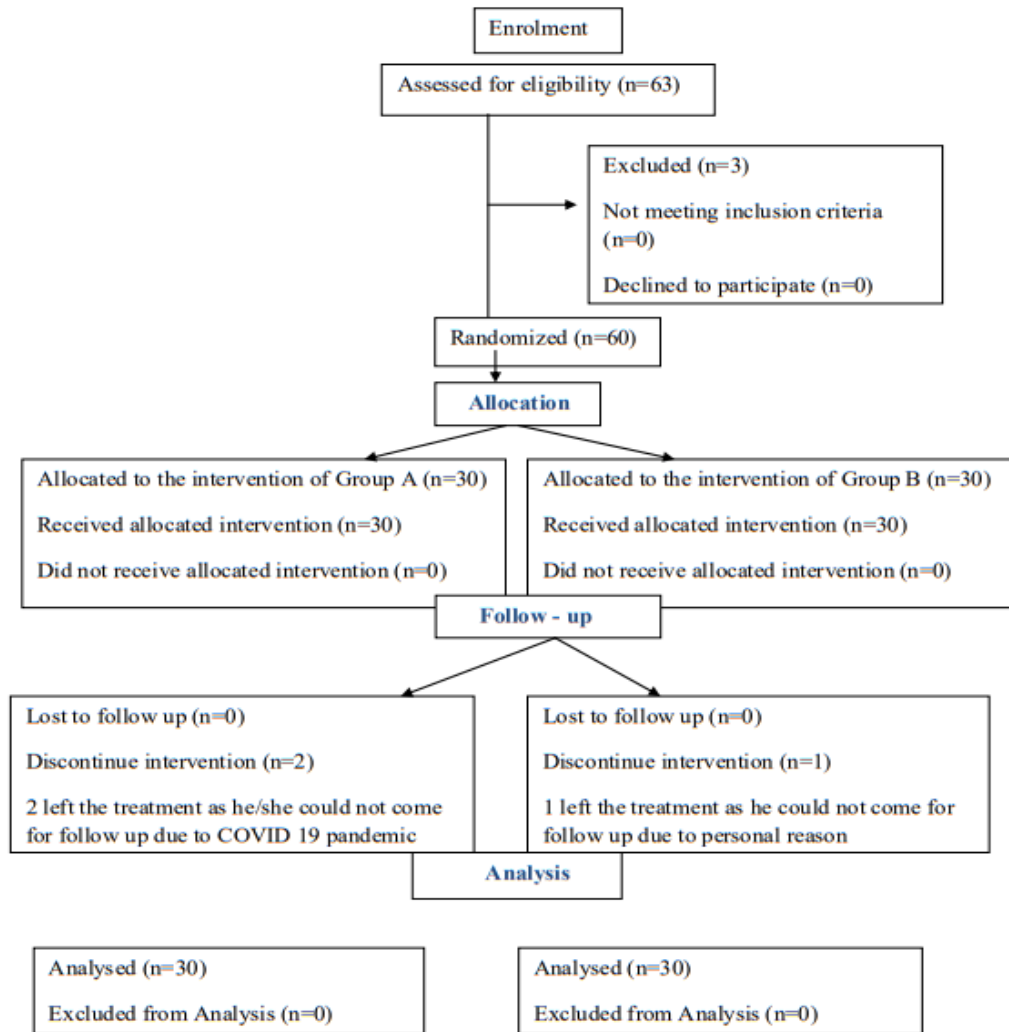


Fig. 1 Consort Flow Chart

Intervention

	Group A	Group B
No of Subjects	30 subject	30 subject
Trial Drug	1 st day - <i>Vamana Dhauti</i> followed by <i>Shivapalapindi</i> from next day	<i>Shivapalapindi</i>
Dose	Minimum 3 -4 litter luke warm saline water for drinking – 1 st day of trail From 2 nd day <i>Shivapalapindi</i> i.e. 1 <i>Karsha</i>	1 <i>Karsha</i>

Anupana	-	<i>Sukoshna Jala</i>
Duration	30 Days	30 Days
Time of Administration	-Early in the morning for <i>Vamana Dhauti</i> - <i>Pragabhakta</i> (Before food) for <i>Shivapalapindi</i>	<i>Pragabhakta</i> (Before food)
Follow up	15 Days	15 Days
Total duration for study	45 Days	45 Days
Selection of Subjects	Based on inclusion and exclusion criteria	Based on inclusion and exclusion criteria

Inclusion Criteria and Exclusion Criteria

Inclusion Criteria	Exclusion Criteria
<ul style="list-style-type: none"> - Subjects between the age group of 18 to 40 yrs, irrespective of gender, religion, occupation & socio - economic status. - Subjects having the Classical symptoms of <i>Amlapitta</i> as described in Ayurvedic literature were included. 	<ul style="list-style-type: none"> - Subjects with any other systemic illness like Hypertension, Diabetes mellitus, previously diagnosed cases of ulceration of stomach, esophagus, and duodenum, CA of G.I tract and crohn's disease. - Subjects who are not fit for <i>Vamana Dhauti</i> Excluded. - Pregnant lady and lactating women was excluded.

Trial Drug detail

Method of *Dhauti*:

- Subject is made to drink water continually, uninterruptedly until the stomach is full.
- This may be a little difficult but it is essential to fill the stomach as fully as possible. Under these circumstances the urge to throw out the water from the stomach hardly needs to be stimulated, it may even occur spontaneously.

- Six medium sized glasses (300ML) of water (3.5 to 4) are about the average.

Time of practice: Start the process early in the morning at 6 to 7am.

Place to practice: The best place to practice *Vamana Dhauti* in an open area where there's fresh air.

Requisites for *Vamana Dhauti*: Soap for washing hands, wear loose clothes and one towel, steel glass with proper hygiene is maintained

- Required to fill the stomach.
 - Then from a standing position bend forwards to any container dedicated to collect vomits. Make sure the trunk is as horizontal as possible.
 - Then open your mouth as wide as possible. This should induce the water too suddenly
- and effortless Gush out from the stomach. Continue in this way until there is no more water in the stomach.
- This is indicated when tickling the back of the throat does not bring up any more water. Now it completes the *Vamana Dhauti* procedure.

Shivapalapindi

Table No 1: Shows Ingredients of Shivapalapindi with Quantity

S.no.	Sanskrit Name	Botanical Name	Proportion
1.	<i>Patha</i>	<i>Cissampelos pareira Linn</i>	1 Part
2.	<i>Patola</i>	<i>Trichosanthes dioica</i>	1 Part
3.	<i>Sweta Chandana</i>	<i>Pterocarpus santalinus Linn</i>	1 Part
4.	<i>Dhanyaka</i>	<i>coriandrum sativam linn</i>	1 Part
5.	<i>Amalaki</i>	<i>embilica officinalis</i>	1 Part
6.	<i>Lavanga</i>	<i>syzgium aromaticum</i>	1 Part
7.	<i>Haritaki</i>	<i>Terminalia chebula</i>	1 Part
8.	<i>Twaka</i>	<i>cinnamomum zeylanica</i>	1 Part
9.	<i>Vasa</i>	<i>Adathoda vasica</i>	1 Part
10.	<i>Sita</i>	<i>Saccharum officinarum</i>	1 Part
11.	<i>Ghrita</i>	-	QS
12.	<i>Madhu</i>	<i>Apis Mellifera</i>	Half of ghee

Preparation of Shivapalapindi:-

Shivapalapindi is explained in Bhavaprakash Madhyama Khanda 39th chapter *Amlapitta Adhikara*. All the above ingredients are mixed in equal quantity (1 part) and made in a powder form then with *Ghrita* and half the quantity of *Ghrita*, *Madhu* is advised to lick every day. This is called as *Shivapalapindi*.

- *Shivapalapindi* was Procured from GMP certified Pharmacy

Dose – 12 gm BD with *Ghrita* and *Madhu* in Half of *Grita* 20 minutes before food

Assessment Criteria:

- Assessment was done on subjective criteria based on standard grading criteria were done before and after treatment.
- Results of the study were analyzed by using “t” test and results were obtained.

Diagnostic Criteria: Diagnosis based on *Tikta Amlaoudgara, Gaurava, Hrud Kantha Samanya lakshna of Amlapitta* mentioned in *Daha and Aruchi* were selected [7] *Madhava Nidana. Avipaka, Klama, Utklesha,*

Table No.2: Shows Assessment Criteria

SYMPTOMS	0	1	2
<i>Amloudgara</i>	No belching	Feeling of belching with no sound	Feeling of belching with mild sound
<i>Hrit-Kanta Daha</i>	No burning sensation	Sensation of warmth on throat occasionally	Burning sensation on throat and chest after mild oily/spicy food
<i>Gaurava</i>	Normal	Feeling of heaviness in morning	Feeling of heaviness in morning and evening after food
<i>Avipaka</i>	No indigestion	Unable to digest mild fatty food	Unable to digest 3-course meal

Statistical Methods used:

Descriptive methods- Mean, Standard deviation, Frequency, Percentage

Inferential statistics- Chi – square test, Fisher exact test

OBSERVATION AND RESULTS:

Table 3. Effect of therapy on subjective parameters

Lakshana	Group A	Group B
Amlodgara Highly Significant in Group A and Significant in Group B with p value 0.03.	Before treatment 19(63.0%) subjects had Amlodgara with severe sound, 11(36.7%) had Amlodgara with mild sound in Amlodgara. After treatment, 4(13.3%) subjects had Amlodgara without sound and in 26(86.7%) subjects Amlodgara was absent.	Before treatment 16(53.3%) subjects had Amlodgara with severe sound, 12 (40.0%) had Amlodgara with mild sound and 2(6.7%) subjects had Amlodgara without sound in Amlodgara. After treatment, 9(30.0%) subjects had Amlodgara without sound and in 21 (70.0%) subjects Amlodgara was absent.
Hruda Kantha Daha Significant in both the groups with p	Before treatment 20(66.6%) subjects had feeling of burning always, 10(33.3%) had feeling of burning after oily and spicy food in Hruda Kantha Daha. After treatment, subjects	Before treatment 10 (33.3%) subjects had feeling of burning always, 12(40.0%) had feeling of burning after oily and spicy food and 8(26.6%) subjects had sensation of

value 0.04	had Sensation of warmth occasionally and in 25 (76.6%) subjects Hruda Kantha Daha was absent.	warmth occasionally in Hruda Kantha Daha. After treatment, 8 (26.6%) subjects had Sensation of warmth occasionally and in 23(73.3%) subjects Hruda Kantha Daha was absent.
Gaurava Highly Significant in both the groups with p value 0.01	Before treatment 20(66.6%) subjects had feeling of heaviness always, 10 (33.3%) had feeling of heaviness in morning and evening after food. .After treatment, 1 (3.3%) subject had feeling of heaviness in morning and in 29 (96.6%) subjects Gauravata was absent.	Before treatment 8 (26.6%) subjects had feeling of heaviness always, 9(30.0%) had feeling of heaviness in morning and evening after food and 12 (40.0%) subjects had feeling of heaviness in morning. After treatment, 3 (10.0%) subjects had feeling of heaviness in morning and in 27 (90.0%) subjects Gauravata was absent.
Utklesha Highly Significant in both the groups with p value 0.01.	Before treatment 8 (26.6%) subjects had Nausea with Vomiting and 22 (73.3%) subjects had severe nausea. After treatment, 2 (6.6%) subjects had mild nausea and in 28(93.3%) subjects Utklesha was absent.	Before treatment 3 (10.0%) subjects had Nausea with Vomiting, 21 (70.0%) subjects had severe nausea and 6 (20.0%) subjects had mild nausea. After treatment, 4 (13.3%) subjects had mild nausea and in 26 (86.7%) subjects Utklesha was absent.
Avipaka Highly Significant in both the groups with p value 0.01.	Before treatment 23 (76.6%) subjects was unable to digest any kind of food and 7 (23.3%) subjects was unable to digest Corse meal. After treatment, 1(3.3%) subject had unable to digest mild fatty food and in 29 (96.6%) subjects Avipaka was absent.	Before treatment 1(3.3%) subject was unable to digest any kind of food, 7 (23.3%) subjects was unable to digest Corse meal and 22 (73.3%) subjects had unable to digest mild fatty food. After treatment, 4 (13.3%) subjects had unable to digest mild fatty food and in 26 (86.6%) subjects Avipaka was absent

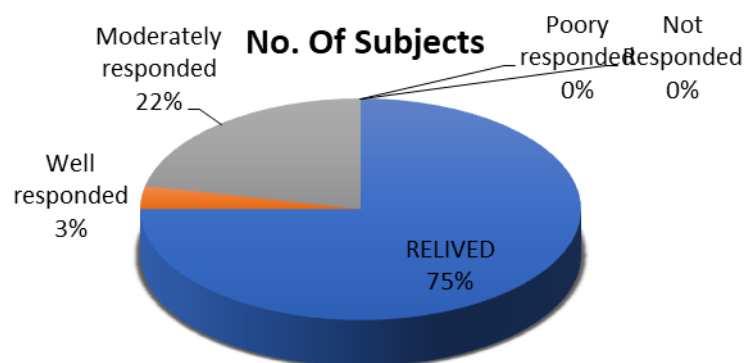


Fig 2. Overall Improvement

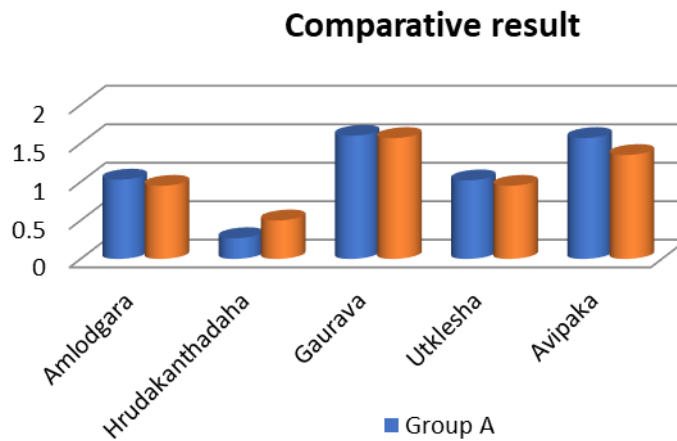
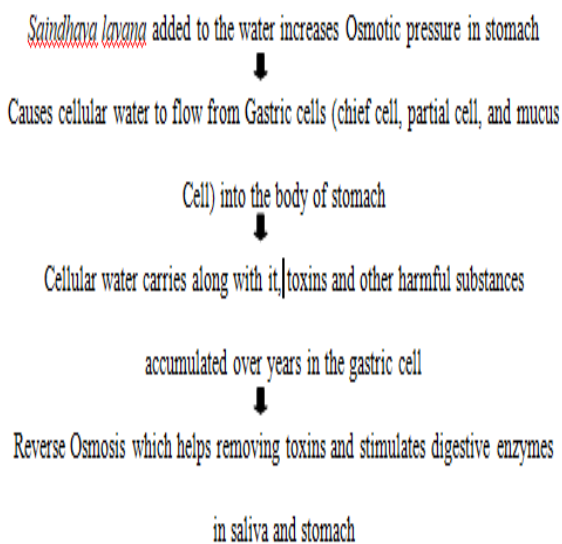


Fig.3. Effect of therapy on Individual symptoms

Mode of Action of *Saindhava Lavana*:



Mode of Action of *Vamana Dhauti*:

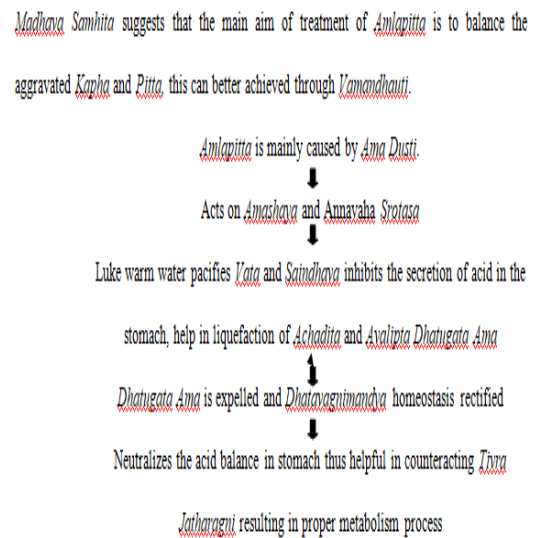


Fig. 4 Mode of action of Vamana Dhouti therapy

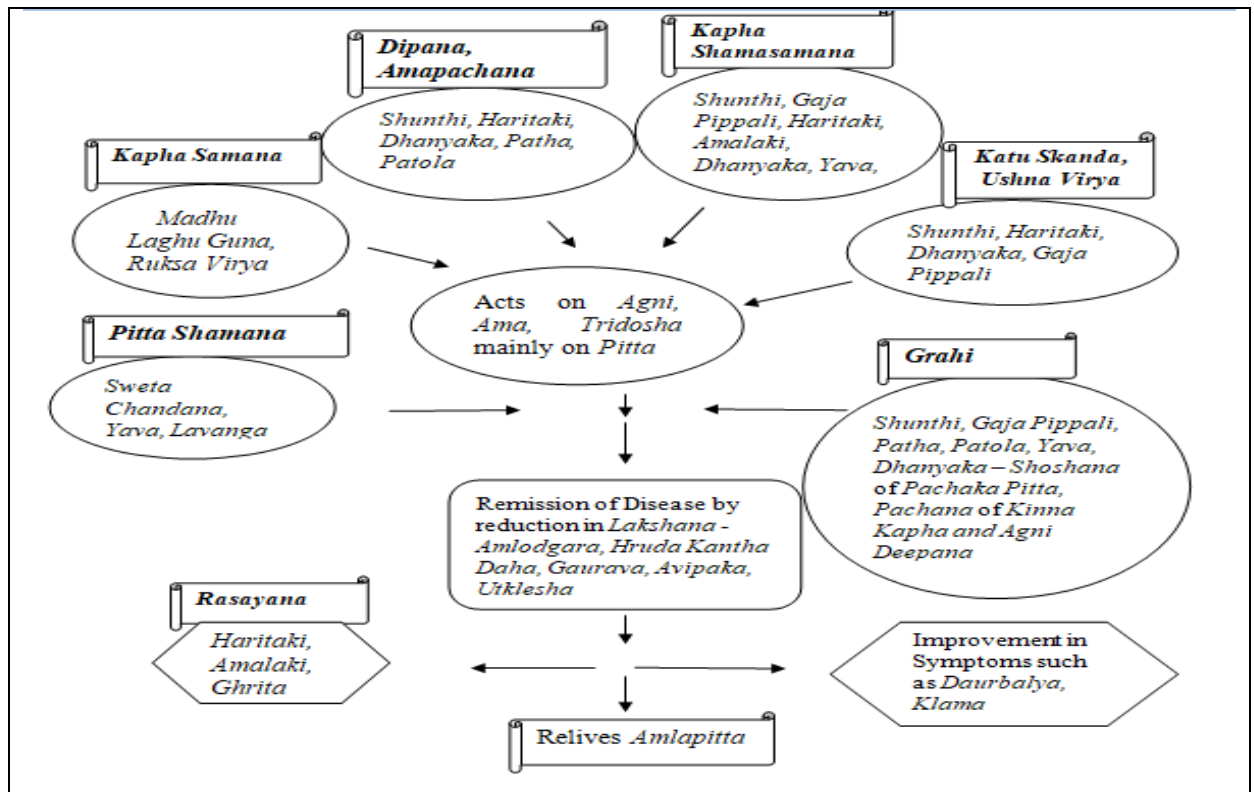


Fig.5- Mode of Action of Shivapalapindi

CONCLUSION:

In Brihatrayi *Amlapitta* has not been considered as a separate disease entity. Kashyapa Samhita and Madhava Nidana have given a separate disease status to *Amlapitta*. The irresistible stress and strain of this present era related with the pathogenesis of the disease.

1. Effect of *Vamana Dhauti* in the management of *Amlapitta* shown better relief.
2. Effect of *Shivapalapindi* in the management of *Amlapitta* shown good relief and the statistical data proved to be statistically significant.

3. Effect of *Vamana Dhauti* followed by *Shivapalapindi* has shown more significance result than *Shivapalapindi*.

4. Both 2 interventions had equal effect on *Hrut Kanta Daha*.

The effect of treatment was statistically assessed by Fisher exact test and chi square test, T test used to analyze result. The study revealed that among all samples with *Amlapitta*, Group A has shown better result than Group B. (p<.005)

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