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A Case Study On *Amlapitta* (Gastritis).

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Abstract

The contemporary lifestyle disorders in India today impose a heavy load on the society and are a new national actuality. *Amlapitta* (Gastritis) is a very common emerging disease which is an abnormal pathological condition of *pitta* occurring due to faulty dietary habits, persistent intense stress, excess alcohol consumption, spicy and oily food. Here a single patient case study was done with pre test, follow up and post test evaluation by intervening a *dravya Shatavari* in granule form prescribed in 4 gm dosage daily in two divided doses before meals. A Proforma was designed containing *Pathyaapathya* which was advised to patient. Through this case study it was concluded that *shatavari* granules and advised *Pathyaapathya* regimen was helpful in curing *amlapitta* and maintain quality of life.

Keywords : *Amlapitta*, lifestyle disorder, *Pathyaapathya*, *Shatavari* granules.

Introduction

In the present era, most of the people do not follow the dietary guidelines, food habits given in classics¹. The causes of *amlapitta* which are given in Ayurvedic classics are *viruddha ahaar* (incompatible food), *dushta ahaar* (polluted ahaar), *atyamla ahaar* (sour substances), *vidahi ahaar* (spicy food), *pittala ahaar* (Pitta provoking food, beverages and habits), *adharniya vega dharana* (suppression of natural urges), *guru ahaar* (diet of heavy properties), *madyapana* (alcohol consumption), *Atyushna ahaar* (hot diet), *drava ahaar* (liquid diet), *divaswapa* (day sleep). Now a days a large part of population is suffering from *Amlapitta*. The disease is chronic in nature and affects to adults only. Patients of gastritis often results in to peptic ulcer. Gastric dyspeptic disorders are mainly caused by faulty dietetic pattern, mental stress and strain which disturbs digestion. In reality gastritis does not mean only *amlapitta*, but it is group of symptoms having inflammatory changes in gastric mucosa in common and having several other symptoms. The prevalence of *amlapitta* is increasing day by day, so keeping these things in mind a suitable drug *Shatavari* was planned to intervene in present case along with a well designed *Pathyaapathya* regimen was advised to patient.

Material and method

Case history

A 43 years old male patient having complaints of *amlodgara* (sour eructations), *hritkantha daha* (heart and throat burn sensations), *avipaka* (indigestion), *utklesha* (nausea), *aruchi* (anorexia) and other associated symptoms like *angasada* (fatigue), *shiroruka* (headache). The interrogation with patient revealed history of some *apathya ahaar vihara* (faulty lifestyle), *avyayama* (no exercise), *madyapana* (consumption of alcohol). The case was unhappy with allopathic medicines. Hence to get rid of the symptoms he visited my OPD.

Diagnostic criteria

Patient suffering from *Avipaka* (indigestion), *hritkantha daha* (heart and throat burn sensations), *amlodgara* (sour eructations), *utklesha* (nausea), *aruchi* (anorexia), *klama* (lassitude), *antrakujana* (gurgling sounds in intestine) was selected for study.

Data collection and analysis

The case subject which comes under the umbrella of above diagnostic criteria was selected for present study. Pre and post assessment was done which is based on gradation of symptoms and collected data was statistically analysed.

Methods

Table 1: Properties of Shatavari.

Drug	Latin name & Family	Rasa	Veerya	Vipaka	Guna	Doshaghната
Shatavari	Asparagus racemosus Wild. Liliaceae	Madhur, Tikta.	Shita	Shita	Guru, Snigdha.	Vata-pitta shamak

Shatavari granules given 4 gm BD daily before meals for 28 days. *Pathyapathya* regimen was given to patient and follow up was taken on 14th day. The assessment was done based on the symptoms gradation. The list of *pathyapathya* was prepared for disease *Amlapitta* which suggested by various Ayurveda acharya in classical texts [Table 2].

Table 2: Pathyaapathya aahar vihar

Type	Ahara	vihara
Pathya		
Anna varga	Yava, Godhuma, Purana shali, Mudga yusha, Lajasaktu	Shitopachara, Vishrama
Shaka Varga	Karvellaka, Patola, Kushmanda	
Phala varga	Dadima, Amalaki, Kapitha,	
Dugdha varga	Godugdha	
Mansa Varga	Jangala mansa	
Miscellaneous	Madhu, Sharkara	
Anna varga	Yava, Godhuma, Purana shali, Mudga yusha, Lajasaktu	
Apathya	Guru anna, Tila, Masha, Kulattha, Navanna, shimbidhanya, Dadhi, Avidugdha, Madya, Sandhana Kalpa, Pitta - prakopaka Anna, Lavana - Amla - Katu rasa dravya, Rasona	Ajeerne Bhojana, Vegavidharana, Atapasevana, Chinta, Krodha, Shoka, Diwaswapa.

Discussion

In present case study the observations are noted before and after intervention based on gradation of symptoms. The results obtained for *amlodgara* before intervention was 3 and after intervention was 1. *Hritkanthadaha* before treatment was 3 after giving shatavari was 0. The gradation score for *aruchi* before treatment was 2 and it was 0 after treatment. For *avipaka* the gradation was 3 before treatment which was reduced to 1 after treatment and *utklesha* was decreased to 1 which was 3 before intervention. These results reveal the significance of shatavari granules in *amlapitta*. The *pathyapathya* advised along with shatavari was helpful in reducing the symptoms of *amlapitta*.

The results obtained by the shatavari granules in *amlapitta* might be due to *madhura rasa*, *madhura vipaka* or due to *sheeta virya*. Intense stress is one of the etiological factor which is reduced by its *medhya* property as shatavari is said to be *medhya* in Ayurveda classics². Also it is having capacity of *agnivardhan* therefore in present case gradation score for *avipaka* was reduced to 1 from 3. Its *tikta rasa*³ was found to be decreasing *aruchi*. The shatavari does not only subsides symptoms of *amlapitta* but it also helps in scavenging free radicals. The plant extract plays the role of an antioxidant by attenuating free radical induced oxidative damage⁴. The *Pathyapathya* regimen was designed and advised to the subject was found helpful in alleviating the symptoms of *amlapitta* as well as to raise the quality of life.

Conclusion

Shatavari acts as a rejuvenator as also described its *rasayana* action in Ayurveda classics. In this study shatavari not only subsided the symptoms of *amlapitta* but also increased the quality of life. The well designed pathyaapathya regimen and drug both found beneficial for the subject.

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