



Review Article

SINGLE DRUG INTERVENTION IN TREATMENT OF AMLAPITTA WITH SPECIAL REFERENCE TO BHAVPRAKASH SAMHITA

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ABSTRACT

Bhavprakash Samhita deals with detailed description medicinal plants used in treatment of various disorders along with knowledge of other aspects of Ayurveda. Amongst them Acharya *Bhavamishra* in the *Madhyam khanda* has elaborated the *Amlapitta* disease. *Bhrihatrayee* has scattered description of *Amlapitta* disease whereas the elaboration of this disorder is explained in *Madhav nidan, Kashyap Samhita, Bhavprakash Yogratnakar* and *Harit Samhita*. In *Bhavprakash Samhita*, *Amlapitta* is explained along with *Shleshmapitta*. In both these types, *Amlata* is *Vikruti* and vitiated *Dosha* are *Kaphapitta* with difference in symptoms as per the dominant *Dosha*. Other *Granthakars* have mentioned *Kaphapittaj* as a type of *Amlapitta* according to its *Dosha* predominance. Whereas in *Bhavprakash Samhita* *Shleshmapitta* is described as a separate entity. The treatment mentioned in *Bhavprakash Samhita* comprises of *Shodhan* and *Shaman Chikitsa*. In *Shaman Chikitsa* Acharya *Bhavamishra* has used Single drugs in various combinations. This article deals with details of *Shaman chikitsa* and single *Dravyas* used in it.

INTRODUCTION

In today's lifestyle, wrong dietary habits, sedentary life and stress are main causative factors for diseases. *Amlapitta* is one such common disease seen in today's era. It occurs very often and people tend to take many antacids for instant relief. According to a study in 2020, the prevalence of *Amlapitta* in India ranges from 7.6% to 30%, at various regions. Considering the average prevalence at around 15% can be considered at study population.

The long term use of antacids leads to *Agnimandya* eventually causing recurrence of *Amlapitta*. The root causes that are *Samata* of *Pitta Dosha* and *Agnimandya* remains untreated further relapsing the disease. The use of herbal drugs helps to treat *Agnimandya* which is the root cause of the disease. The use of single herbal drugs will be cost effective treatment too.

The *Bhavprakash Samhita* is one among the three compendiums of *Laghutrayee*. Mainly comprised of description of medicinal plants and its use. It is divided into 3 parts – *Purva, Madhyam,* and *Uttar*. It is considered as the bridge between the *Bruhatrayee* and new thoughts and applications. The *Purva Khanda* is mainly comprised of description of *dravya*, both *Ahar* and *Aushadi Dravyas*. The *Madhyam Khanda* is comprised of *Chikitsa* of various diseases. And *Uttar Khanda* comprises of *Vajikaran* and *Rasayan*.

After *Kashyap Samhita*, the detailed description of *Amlapitta* is seen in *Bhavprakash Samhita*. Along with its *Nidan, Lakshan prakar* and *Awastha*, its treatment has also been described.

AIM

To study the single drug interventions in management of *Amalpitita* from *Bhavprakash Samhita*.

OBJECTIVES

To elaborate the single drug interventions in *Shaman Chikitsa* of *Amalpitita* and *Shleshmapitta* mentioned in *Bhavprakash Samhita*.

MATERIAL AND METHODS

Literary review of single drugs in *Shaman chikitsa* of *Amlapitta* done from *Bhavprakash Samhita*^[1] and various published articles. All single herbal drugs studied from *Bhavprakash Nighantu* and mentioned in tabular form.

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OBSERVATION

Single drugs mentioned in *Shaman chikitsa* of *Amlapitta*.

Drug	Botanical name	Family	Rasa	Virya	vipak	Guna	Karma
Vasa ^[2]	<i>Adhatoda vasica</i>	Acantheacea	Tikta	Katu	Sheeta	Laghu Ruksha	Kasaghna Kapha pittahar
Guduchi ^[3]	<i>Tinospora cordifolia</i> (wild)	Menispermaceae	Tikta	Madhur	Ushna	Laghu Snigdha	Jwaraghna Tridoshara Rasayana
Nimba ^[4]	<i>Azadirachta indica</i>	Meliaceae	Tikta	Katu	Sheeta	Laghu, Ruksha	Jantughna, Kandughna kaphapittahar
Patol ^[5]	<i>Tricosanthus diacota</i>	Cucurbitaceae	Tikta	Madhura	Ushna	Laghu, Snigdha	Pachan, Agnideepan, Hrudya
Chandan ^[6]	<i>Santalum album</i>	Santalaceae	Tikta	Katu	Sheeta	Laghu, Ruksha	Dahaprashaman
Nagkeshar ^[7]	<i>Crocus sativus</i> Linn.	Iridaceae	Kashay Tikta	Katu	Ushna	Laghu, Ruksha	Amapachan, Pramathi,
Pippali ^[8]	<i>Piper longum</i> Linn.	Piperaceae	Katu	Madhur	Ushna	Laghu Snigdha Tikshna	Deepen, Rasayan
Haritaki ^[9]	<i>Terminalia chebula</i>	Combrataceae	Pancha- rasatmak Kashay Rasa Pradhan	Madhur	Ushna	Laghu, Ruksha	Vayasthapan Rasayan Anuloman
Amlaki ^[10]	<i>Phyllanthus emblica</i> Linn.	Euphorbiaceae	Pancha- rasatmak (Amla Rasa Pradhan)	Madhur	Sheet	Laghu, Ruksha	Rasayan, deepen, Anuloman
Dhanyak ^[11]	<i>Coriandrum sativum</i> Linn.	Umbelliferae	Kashay, Tikta	Madhur	Ushna	Laghu Singdha	Deepen Roochan, Grahi
Patha ^[12]	<i>Cissampelos paeira</i> Linn.	Menispermaceae	Tikta	Katu	Ushna	Laghu Tikshna	Tridosahar
Yava ^[13]	<i>Hordeum vulgare</i> Linn.	Graminea	Kashay, Madhur	Katu	Sheet	Guru, Ruksha	Deepen pachan

All above *Dravyas* are mentioned in *Shaman chikitsa* of *Amlapitta*. These *Dravyas* are used in combinations in form of *Kwath* and *Leha*.

Following are the combinations of single drugs,

- *Guduchi + Nimba + Patol patra Kwatha* with *Madhu* used in *Sadarun Amlapitta*
- *Vasa + Amlaki (Phala) + Java (Tusharahit) Kwath* with *Twaka, Ela, Patra churna* mixed with *Madhu*. This combination when used in immediately stops vomiting caused in *Amlapitta*.
- *Vasa + Guduchi + Parpat + Nimba + Brungaraj + Triphala kwatha* with *Madhu*

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Patha + Patol+ Yava + Chandan + Dhanyak + Amlaki + Vasa + Twaka + Patra + Nagkeshar + Pippali + Haritaki + Sita + Ghrita + Madhu. This is used in *Leha* form.

Along with *Amlapitta* it can be used in *Aruchi, Daha, Shoosh*.

Anupan

Acharya *Bhavamishra* has used *Madhu, Grita, Sita* as *Anupan* in *Amlapitta*.

Sleshmapitta Chikitsa

Acharya *Bhavamishra* has mentioned *Shaman Chikitsa* separately. All above mentioned *Dravyas* have been used in treatment of *Sleshmapitta*, but along with them, Acharya *Bhavamishra* has mentioned the used of *Shunthi* with *Patol*. *Kwath* of *Shunthi + Patol* helps in reducing vitiated *Pitta* and *kapha* and does *Deepan* and *pachan*. *Shunthi* by its *Deepan, Laghu, Grahi Guna* helps in *Agnideepan* and reduces excess of *Pitta* and *Kapha*.

DISCUSSION

The description *Amlapitta* in *Bhavpraksha Samhita* has been studied in detail. Acharya *Bhavmishra* has described treatment *Amlapitta* in two stages,

1. **Shodhan Chikitsa:** Here he has mentioned various *Yogs* used for *Vaman* and *Virechan* in *Amlapitta*.
2. **Shaman chikitsa:** In *Shaman Chikitsa* he has mainly focused on using single *Dravyas* in combinations for treatment of *Amlapitta*.

In this article we have discussed the *Shaman chikitsa* in detail. Acharya *Bhavmishra* in *Shaman chikitsa* of *Amlapitta* has mainly used single drugs in various combinations.

The single *Dravya* mentioned are mainly of *Tikta*, *Kashya* and *Katu rasa*. As stated above, 12 *Dravya* have been used in various combinations.

Acharya *Bhavmishra* has mainly used *Tikta Rasa dravyas* in treatment of *Amlapitta*. In *Amlapitta*, *Pitta dosha* attains *Sama Awastha*. Keeping this in mind Acharya *Bhavmishra* has used *Tikta Rasa Dravyas* predominantly.

Vasa, *Guduchi*, *Chandan*, *Nimba* and *Patol* are *Tikta Rasatmak*, its *Laghu* and *Ruksha guna* helps in metabolizing the *Ama* developed. It reduces the *Pitta Dosh* with its *Ruksha* and *Laghu Guna*. *Tikta rasa* has predominance of *Vayu* and *Akash mahabhuta*. Its *Vishada* (cleaning) *Guna* is because of the *Akash mahabhuta* and *Upsoshak* (absorbing) because of the *Vayu mahabhuta*. *Tikta rasa* is *Laghu* since *Vayu* and *Akasha* are both *Laghu*.

Tikta Rasa being *Saumya* in nature does *Agnidepan*, its *vayu Mahabhuta* stimulates *Saman vayu*. *Saman vayu* being situated near *Agni* ignites the *Jatharagni*. This metabolises the *Ama* formed in *Amlapitta*.^[14]

Shilapalpinda

Patha, *Patol*, *Yava*, *Chanda*, *Dhanya*, *Amlaki*, *Vasa*, *Twaka*, *Patra*, *Nagkesh*, *Pippali*, *Haritaki*, *Sita*, *Ghrita*, *Madhu*.

Here along with *Tikta Rasatmak dravyas*, *Pippali* is also used. *Pippali* being *Katu ushna* helps in *Deepen pachan*. *Amlaki* and *Haritaki* both are *Pancha*

rasatmak with *Kashya* and *Amla guna pradhanta*. *Haritaki* helps in *Shoshan* of excess of *Drava Guna* of *Pitta* by its *Kashay Rasa* and *Amlaki* with its *Amla guna pradhanta* does *Rochan*, thus recuing *Aruchi*.

Sita has *Madhur rasa*, *Madhur vipak* and *Sheeta guna*. It has opposite properties to that of *Pitta*. So by *Samanya vishesh siddhant* it reduces *Pitta dosha*.

Anupan

Madhu is mainly used as *Anupan* in all formulation. *Madhu* being *Kashya rastmak*, *Laghu ruksha* and *Vishad* it helps in *Sama dosha pachan* and does *Agnidepan*.

CONCLUSION

There are many *Kalpas*, mentioned in various texts for treatment of *Amlapitta*. By using single *Dravyas* we can treat *Amlapitta* according to its *Awastha*. The above mentioned *Dravyas* act by their *Rasa virya vipak* and *Gun*s, which help in metabolism of the *Ama dosha*. We can conclude that single drugs can be used in treatment of *Amlapitta*.

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