

## GASTRITIS (AMLAPITTA) – A CASE STUDY

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### SUMMARY:

Gastritis (Amlapitta), a gastrointestinal tract (GIT) disorder, has acquired majority of the share with causative factors like improper diet and habits, stress, spicy irritant food, oily foods, bakery products, etc., A single clinical trial with pre test, follow up and post test assessment was done with drug, Amalaki in churna form advised twice daily after food for a month and also lifestyle including Ahara, Vihara and Achara was advised. By the present study it can be concluded that Amalaki churna(nityopayogi dravya) and lifestyle modification helps in controlling and is a safe and effective treatment for gastritis (amlapitta).

**Key Words:** Amlapitta, Gastritis, Amalaki churna, lifestyle disease and modification.

### INTRODUCTION:

Increasing modern food technology and advancement of civilization are taking people to change lifestyle and causing 50% of the gastrointestinal tract (GIT) disorder. Most of the gastrointestinal disorders are owing to results from abnormal functioning of the *agni*(~digestive fire), faulty dietary habits like excessive intake of pungent, spicy food, irregular meals pattern and habits like smoking, alcohol and psychological stress. Gastritis is inflammation of the gastric mucosa. Gastritis is not a single disease, rather it is a group of disorders that have inflammatory changes in the gastric mucosa in common but that have different clinical features, histologic characteristics and pathogenesis. *Amlapitta* is one of the major diseases caused by life style changes and its prevalence is increasing day by day. So in this condition *amalaki churna* and lifestyle modificatory chart is used.

### CASE HISTORY

A 49 year old male patient complaining of sour belching (*amlodgara*), burning sensation in throat and chest (*hritkanthadaha*), indigestion (*avipaka*) and exertion without work (*klama*) and other associated symptoms like *ajeerna* was also present. The patient lifestyle history was also taken regarding the food habit, sleep, exercise etc. exhibited altered lifestyle. Patient was visited many modern hospital and took medicine but was not satisfied by the treatment. Hence to get solution for his problem he approached, GAMC Mysore.

### Diagnostic Criteria

Burning sensation in chest and throat region (*HritKantha daha*), Sour belching (*Amlodgara*), Nausea

(*Utklesha*), Vomiting (*Chardi*), Indigestion (*Avipaka*), Tastelessness (*Aruchi*), Exertion without work (*Klama*).<sup>[1]</sup>

### Method of Collection of Data and Analysis

The case sheet Performa was prepared contains lifestyle of the patient and who comes under diagnostic criteria were collected and pre and post test assessment was done based on the symptoms gradation and analyzed by applying descriptive statistics.

### Intervention

*Amalaki churna*<sup>[2]</sup> was advised 6 g. BD after food.

Intervention period: 1 month BD.

Lifestyle chart given containing *Ahara* (food)<sup>[3]</sup>, *Vihara* (lifestyle) and *Achara* (code and conducts).<sup>[4]</sup>

Follow up: 15th day of intervention.

### Assessment

Assessment was done based on the symptoms gradation.

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Sl. No.	Symptoms	BT (Grade)	AT (Grade)
1.	Sour belching ( <i>amlodgara</i> )	2	0
2.	Burning sensation in throat and chest ( <i>hritkanthadaha</i> )	2	1
3.	Indigestion ( <i>avipaka</i> )	2	0
4.	Exertion without work ( <i>klama</i> )	2	0

#### DISCUSSION:

In this study, observation was done before and after treatment based on the symptoms gradation and the obtained result are - the *amlodgara* before treatment it was 2 and after treatment reduced 0. *Hritkanthdaha* BT was 2 and AT reduced to 1. *Avipaka* BT it was 2 and AT minimized to 0 and the *klama* BT was 2 and reduced to 0 AT. Above result shows the significant reduction in the symptoms. Effect of the *amalaki churna* and lifestyle chart containing *ahara*, *vihara* and *achara* which was advised during the course of treatment will be discussed

In this study the effect obtained by the *Amalaki churna* might be due to its effect like *Deepana*, *Pachana* and properties like *Kashaya Rasa* govern with *Sheeta Virya*. *Amalaki* is said to be antagonist to be the properties of *Pitta* or else is the possessing *Tridosahara* effect in any of the levels of *Doshadushti* and the effect of *Amalaki* and *Amlapitta* can also be attributed to its property of *Madhura Vipaka*. The effect of *amalaki* from the contemporary view it can be understood. The Free radicals are natural by - products of our own metabolism. Apart from supplementing nutrition, *amalaki* gets rid of these free radicals which enhance cell aging due to high amount of vitamin-c and flavonoids in it. The presence of tannoid principles also keeps away the stress induced brain damage.

The lifestyle chart contains *Ahara*, *Vihara* and *Acharya* was prepared and advised based on the *pathya-*

*apathya* mentioned for *Amlapitta* (*yoga ratnakara*) and *Nityopayogi dravya* in *Svastha chatuska* of *Charaka samhita*. This diet might be benefited due to easily digestible and regularized food habits, *tikta shaka* and *pitta shamaka dravya*. *Vihara* like exercise and sleep was advised to regularize daily and this was benefited by avoiding the day sleep and lack of exercise causing *Ajeerna*, *Agnimandya* etc. The *Acharya* like *Sadvrita* (do's and don'ts and prayer) was advised and it results into decreasing the stress and strain. This multi approach treatment was helped in reducing the symptoms and maintaining the healthy life.

#### CONCLUSION:

*Amalaki churna* as it is a *nityopayogi dravya* (*rasayana*) helps not only in reducing the symptoms but also maintains the health. The specially prepared lifestyle chart containing *Ahara*, *Vihara* and *Acharya* helps in reducing the symptoms and maintaining the healthy lifestyle. This multiple approached treatment was benefited due to multiple actions.

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