

## A CONCEPTUAL STUDY ON EFFECT OF ELADI CHURNA IN THE MANAGEMENT OF AMLAPITTA

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### ABSTRACT

Modern era's changing lifestyle along with changing food culture and also depending upon one's body constitution *Amlapitta* is one of the most common symptom (disease) found in the society. Though it is not a big life threatening issue, however runs long time if treated symptomatically. Antacids are one of the most widely used medicines all over the world. By taking antacids the acid which is the first line of immunity, is neutralized and the person becomes more prone to various infections. In *Ayurveda*, we concentrate more on *Agni vrudhhi* and *Aam pachana* by various means. Ayurvedic management can answer with its own principals of *Dosha*, *Dushya*, *Srotas*, *Agni* etc. Here and attempt is made to find the safe and curative remedy for

*Amlapitta*, in form of *Eladi Churna*.

**KEYWORDS:** *Amlapitta, Agni vruddhi, Aam pachana, Eladi Churna.*

## INTRODUCTION

Vitiation of *Agni* in *Amashaya* (stomach) due to various factors, causes *Amlapitta*. Some of the common causes are - fasting, eating in-between meals, worry, hurry, spicy foods etc are some *pitta* vitiating factors. These factors derange the *pachaka pitta* (digestive enzymes etc.) and as a result *pachaka pitta* vitiates. Thus developed condition is called *Amlapitta*. *Amlapitta* is correlated with Acid Reflux Diseases like Gastritis, Dyspepsia, Heartburn, Hyperacidity, Hypoacidity etc. as described in modern sciences. Sixty percent of the adult population will experience some type of gastroesophageal reflux disease (GERD) within a 12 month period and 20 to 30% will have weekly symptoms.

**AIMS:** To evaluate the efficacy of *Eladi Churna* in the management of *Amlapitta*.

## DISEASES REVIEW

*Kashayapa samhita* is a first available *Samhita* describing *Amlapitta*. *Amlapitta* was not considered as a separate disease entity in any of the three old treatise of Ayurveda but it was mentioned as a symptom in a good number of places by Acharya *Charaka*.

### Nidana of *Amlapitta*

**Aharja Hetu:** *Viruddha Bhojana, Sandusta Bhojana, Vidahi Bhojana, Vidagdha Bhojana.*

**Viharaj Hetu:** *Divaswapana, Atisnana and Avagahana*

**Manasika Hetu:** *Kama, Krudha, Lobha, Moha, Irshya, Shoka, Bhaya*

**Purvarupa of *Amlapitta*:** Acharya *Charaka* has mentioned some Purvarupa of *Grahani* like *Trishna, Alasya, loss of Bala, Annavidaha, Gauravata* etc. These symptoms may be considered as the *Purvarupa* of *Amlapitta*.

### Rupas (Symptoms and Signs) of *Amlapitta*

*Avipaka, Klama, Utklesha, Tikta/Amla Udgara, Guarav, Hrid- Kantha Daha, Aruchi.*

## SAMPRAPTI OF AMLAPITTA

According to Acharya *Kashayapa*, indulgence of *Nidana* causes, the *Dosha prakopa* especially of *Pitta Dosha*. This *Dosha Prakopa* creates *Mandagni*, and due to *Mandagni* ingested food becomes *Vidagdha* and *Shuktibhava*. This *Vidagdha* and *Shuktibhava* of food create *Amlata* in *Amashaya*. This condition is called *Amlapitta*.

**TREATMENT FOR AMLAPITTA**

As per *Ayurveda* line of treatment for *Amlapitta* are the drugs which are *Tikta Rasa* dominant and having *Pachana* property.

**DRUG REVIEW**

*Eladi churna*: It is recommended in *Yoga Ratnakara* for the *Amlapitta*.

**ELADI CHURNA**

Name of drug - *Eladi churna*

Drug formulation - Powder

Dose -10 gm/ day twice in divided dose with water

**Table-1.**

Sr. No.	Name Of Drug	Latin Name	Proportion
1	<i>Ela</i>	<i>Elettaria cardamomum</i> Maton	1 part
2	<i>Vanshlochana</i>	<i>Bambusa arundinacia</i>	1 part
3	<i>Dalchini</i>	<i>Cinnamomum zeylanicum</i> Breyn.	1 part
4	<i>Chandana</i>	<i>Santalum album</i>	1 part
5	<i>Amlaki</i>	<i>Ambalica officinalis</i>	1 part
6	<i>Haritaki</i>	<i>Terminalia chebulla</i>	1 part
7	<i>Tejapatra</i>	<i>Cinnamomum Tamala</i> Breyn.	1 part
8	<i>Akarkara</i>	<i>Anacyclus pyrethrum</i>	1 part
9	<i>Pippalimoola</i>	<i>Piper longum</i>	1 part
10	<i>Sharkara</i>	-	9 part

**Rasa Panchaka of *Eladi churna*****Table-2**

Name	Rasa	Guna	Virya	Vipaka	Karma
<i>Ela</i>	<i>Katu Madhura</i>	<i>Laghu Ruksha</i>	<i>Shita</i>	<i>Madura</i>	<i>Vatpittakaphshamak</i>
<i>Vanshlochana</i>	<i>Madhura Kashya</i>	<i>Laghu Ruksha Tikshna</i>	<i>Shita</i>	<i>Madura</i>	<i>Kaphpittashamaka</i>
<i>Dalchini</i>	<i>KatuTikta Madhura</i>	<i>Laghu Ruksha Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphvatshamaka</i>
<i>Chandana</i>	<i>Tikta Madhura</i>	<i>Laghu Ruksha</i>	<i>Shita</i>	<i>Katu</i>	<i>Kaphpittashamaka</i>
<i>Amlaki</i>	<i>Panchras Amla Pradhana</i>	<i>Guru ruksha</i>	<i>Shita</i>	<i>Madura</i>	<i>Tridosha shamaka (especially pittashmaka)</i>
<i>Haritaki</i>	<i>Panchras Kashaya Pradhana</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Madura</i>	<i>Tridosha shamak (esp. Vatashmaka)</i>
<i>Tejapatra</i>	<i>KatuTikta Madhura</i>	<i>Laghu Ruksha Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphvatshamaka</i>
<i>Akarkara</i>	<i>Katu</i>	<i>Ruksha Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatkaphhara</i>
<i>Pippalimoola</i>	<i>Katu</i>	<i>Laghu Snigdha Tikshna</i>	<i>Anushn Shita</i>	<i>Madura</i>	<i>Vatkaphhara</i>
<i>Sharkara</i>	<i>Madhur</i>	<i>Guru Snigdha</i>	<i>Shita</i>	<i>Madura</i>	<i>Vatpittahara</i>

**PATHYA-APATHYA**

**Pathya Ahara:** *Purana Shali, Mudga, Masura, Harenu, Go-ghrita, Go-dugdha, Jangala mansa, Kalay shaka.*

**Pathya Vihara:** *Samuchitvyayam, Deshantara gamana.*

**Apathya Ahara:** *Masha, Kulattha, Dadhi, Lavana Rasa, Amla Rasa, Katu Rasa.*

**Apathya Vihara:** *Vegavidharana*

**DISCUSSION**

*Amlapitta* is a very common disease that everyone usually suffers once in the life.

**PROBABALE ACTION OF ELADI CHURNA IN AMLAPITTA**

**DOSHA:** The chief *Dosha* involved in the *Amlapita* is *Pitta & Kapha*. Table wise distribution shows that the majority of the drugs have *Madhura Rasa* (80%) *Madhura Vipaka* (60%) *Sheeta Virya* (50%) *KaphaVata Shamaka* (40%) & *Tridosha Shamaka* Property (30%). *Amalaki, Chandana, Ela, Vanshlochana* has cooling effect due to their *Shita Virya* property.

*Madhura Rasa, Madhura Vipaka, Shita Virya* and *Laghu, Snigdha guna* of *Vanshlochana* has been proved *Pittashamaka, Vatshamaka, Dhatuvridhikara*.

**DUSHYA:** In *Amlapitta*, *Rasadhatu* is affected. The property of *Deepana - Pachana Karma* and *Tikta Rasa* of the drugs will directly act on the vitiated *Rasa Dahtu*.

**AGNI & AMA:** Most of the drugs have *Tikta Rasa* property (90%), *Sama Pitta* will become *Nirama* and *Agni* will be increased. In *Amlapitta* *Acharya Charaka* says that *Manadagni* and *Ajirna* creates *Annavisha*. When it gets mixed with *Pitta Dosha* it creates *Pittaja Vyadhis* like *Amlapitta*. *Trigandha* or *Trijata* has *Ruksha, Ushna, Laghu* and *Pittakrata* properties which help in formation of *Nirama Pitta*. So, the *Tikta Rasa* property of the drugs purifies the *Pitta* by *Niramikarana*. *Acharyas* of *Ayurveda* have also given the treatment of *Pittaja* disease. They said that first of all *Tikta Rasa Dravyas* have been used for *Niramikarana* of *Pitta* and then after *Madhura Rasa & then Kashaya Rasa* used for *Paittika Vyadhis*.

**CONCLUSION**

Hence it can be concluded that *Eladi churna* can be considered as very useful and effective *Ayurvedic* combination in the management of *Amlapitta*.

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