INTRODUCTION

The word “Amlapitta” (Hyperacidity) is comprised of two words- ‘Amla’(Sour) and ‘Pitta’ (Gastric juice). In Amlapitta(Hyperacidity) the quantity of Pachaka Pitta(Gastric juice) is increased, its quality of normal bitter taste (alkaline) is changed to more sour taste (acidic) as a result of fermentation. Because of this increased sour quality of Pitta(Gastric juice) it is called Amlapitta**(Hyperacidity). It is a disease of gastrointestinal track, due to abnormal secretion of gastric and pancreatic enzymes. In medical science it is described as Acid Peptic Disorder (APD). In Ayurveda it is described as Amlapitta(Hyperacidity). It is quite common disease prevailing all over the world.

Amlapitta (Hyperacidity) is one of the commonest vyadhi of annavaha srotas (Gastrointestinal track disorder).[3] caused by vitiated agni(Appetite) Amlapitta (Hyperacidity) is a condition where amla guna(Sour taste) of pachak pitta(Gastric juice) increases due to samata. Amlapitta considered as Pitta Kaphapradhana Tridosha Vyadhi... According to Ayurveda many disorders are due to vitiated Agni( appetite). Due to various factors in the progressive changes in lifestyle, adaptation of newer & newer food materials, junk foods, fast foods, changes in method of cooking, occupational hazards etc. have precipitated the increasing trend of the diseases. Along with those stimulating factors tremendous stress, anxiety have significantly aggravated the disease including Amlapitta(Hyperacidity) this is a life style problem & those who are addicted with tobacco,alcohol as well as excess of packaged food with rich in salt content can easily caught by this disease. The present case study is successful Ayurvedic management of a case of Urdhvaag-Amlapitta. A 38 year old female patient came to OPD with us a chief complaint of- Chhardi (Vomiting), Amlodgar (Regurgitation), Urodha (Burning sensation), Udarsheel(Pain in abdomen), Shirshool(Headache), Prasek(Excessive salivation) since 15 days. The recurrence of symptoms are occur thus the Patient want to take Ayurved Medicine for above complaints. The Traymanad Kwath is given for 28 days. Follow up done after each 7 days & Patient got a relief after 28 days with no recurrance of symptoms.

ABSTRACT

Amlapitta(Hyperacidity) is one of the commonest vyadhi of annavaha srotas (Gastrointestinal track disorder), caused by vitiated agni(Appetite). Amlapitta(Hyperacidity) is a condition where amla guna (Sour taste) of pachak pitta (Gastric juice) increases due to samata. Amlapitta considered as Pitta Kaphapradhana Tridosha Vyadhi... According to Ayurveda many disorders are due to vitiated Agni(appetite). Due to various factors in the progressive changes in lifestyle, adaptation of newer & newer food materials, junk foods, fast foods, changes in method of cooking, occupational hazards etc. have precipitated the increasing trend of the diseases. Along with those stimulating factors tremendous stress, anxiety have significantly aggravated the disease including Amlapitta(Hyperacidity) this is a life style problem & those who are addicted with tobacco,alcohol as well as excess of packaged food with rich in salt content can easily caught by this disease. The present case study is successful Ayurvedic management of a case of Urdhvaag-Amlapitta. A 38 year old female patient came to OPD with us a chief complaint of- Chhardi (Vomiting), Amlodgar (Regurgitation), Urodha (Burning sensation), Udarsheel(Pain in abdomen), Shirshool(Headache), Prasek(Excessive salivation) since 15 days. The recurrence of symptoms are occur thus the Patient want to take Ayurved Medicine for above complaints. The Traymanad Kwath is given for 28 days. Follow up done after each 7 days & Patient got a relief after 28 days with no recurrance of symptoms.

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digestive juice that breaks down food particles into their smallest form to aid digestion. When there is an excessive amount of hydrochloric acid in the stomach, the condition is known as hyperacidity.[8] Hyperacidity also called as Acid dyspepsia. Acid Dyspepsia manifest burning pain or discomfort in upper abdomen, usually epigastrum, postprandial abdominal discomfort characterized by fullness & nausea.[9]

According to Acharya Vagabhat Pachak Pitta(Gastricjuice) is act as Agni(Appetite) when its liquid form is lost, this Agni is important in Annapachan Prakriya(Digestion).[10] So this Pachak pitta(Gastricjuice) is correlated to HCL & Amalapitta is condition where Pachak Pitta(Gastricjuice) is increased by quantity hence Ayurvedic Amalapitta(Hyperacidity) disease entity can be correlate with Hyperacidity. To treat such patients with the simplest methods is our aim. Thus it was decided to study the efficacy of Triamanadi Kwath in Urdhwaga Amlapitta.[11]

A CASE REPORT AS FOLLOW: - The present case study is successful Ayurvedic management of a case of Urdhwaga-Amlapitta.

A 38 year old female patient came to OPD with us a chief complaint of
1) Chhardi (Vomiting)
2) Amlodgar (Regurgitation)
3) Urodha(Burning sensation)
4) Udarschool(Pain in abdomen)
5) Shirshool(Headache)
6) Prasek(Excessive salivation)

Patient had above complaint since last 15 days.

MATERIAL AND METHOD

<table>
<thead>
<tr>
<th>Sr No.</th>
<th>Drug</th>
<th>Latin Name</th>
<th>Usefull Parts</th>
<th>Form</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Trayaman</td>
<td>Gentiana kurroo</td>
<td>Mul</td>
<td>Bharad Churna</td>
<td>4 gms.</td>
</tr>
<tr>
<td>2</td>
<td>Patol</td>
<td>Trichosanthes</td>
<td>Patra</td>
<td>Bharad Churna</td>
<td>4 gms.</td>
</tr>
<tr>
<td>3</td>
<td>Katukrohini</td>
<td>Picrorrhiza kurroo</td>
<td>Mul</td>
<td>Bharad Churna</td>
<td>4 gms.</td>
</tr>
</tbody>
</table>

Kwatha Nirman Vidhi

The drugs were taken in an equal amount. Physiochemical analysis of TRAYAMANDI KWATHA will be done before its use. The raw materials which are to be used are collected from ISO certified company S.S.N.J Ayurved Rasashala Dr Vaidya help me a lot in this aspect. Kwatha nirman will be done as per procedure described in Sharangdhara samhita. Kwatha[12] is to be prepared freshly and given to the patient. All details about kwatha nirman vidhi will be described in dissertation work.
* Dose : 12 ml × Twice in a day.
* Aushadhi Sevan Kala : Bhojan-purva.
* Route of Administration : Oral.
* Duration : 28 days.
* Follow up : After every 7 day

<table>
<thead>
<tr>
<th>Symptoms Before Treatment</th>
<th>Day 1</th>
<th>Day 28</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chhardi (Vomiting)</td>
<td>2-3 vegas/day</td>
<td>Absent</td>
</tr>
<tr>
<td>Amlodgar (Regurgitation)</td>
<td>3-4 times /day</td>
<td>Absent</td>
</tr>
<tr>
<td>Urodha(Burning sensation)</td>
<td>Present</td>
<td>Absent</td>
</tr>
<tr>
<td>Udarschool (Pain in abdomen)</td>
<td>Present</td>
<td>Absent</td>
</tr>
<tr>
<td>Shirshool(Headache)</td>
<td>Present</td>
<td>Absent</td>
</tr>
</tbody>
</table>

DISCUSSION

In this case, patient came with sympotms of Chhardi (Vomiting), Amlodgar (Regurgitation), Urodha(Burning sensation), Udarschool(Pain in abdomen), Shirshool(Headache), Prasek(Excessive salivation), since15 days. This symptoms are purely Urdhwaga
Ideal treatment in this condition is *Aam-pachan*, *Dipan* & *Mruvirechana*. The properties of "Trayamanadi Kwath" is *Dipan*, *Pachan* and *Rechan*. Therefore This Kwath is very effective in treatment of Urdhwa amlapitta.

**RESULT**
The Urdhwa amlapitta shows complete resolution at the end of 28 days. Only oral remedy of "Trayamanadi Kwath" is very effective for above symptoms. Though on the basis of single case study, we can’t say that this hypothesis to be true but it could guide us for further clinical trials.

**REFERENCES**