

Clinical Evaluation of RutuHaritaki Rasayana with special reference to Amlapitta

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ABSTRACT: A branch of Ayurveda that deals with the prevention of diseases as well as maintains the health of a healthy person is termed as Rasayan Chikitsa. The Rasayana (Rejuvenation) aims at attaining a healthy life as reflected by youthfulness, body strength, longevity of life, sharp memory, fair-complexion and superb performance by all the body organs.

The Rasayan Chikitsa is accomplished through the internal administration of various herbs like Amalaki, Bhringaraj, Ashwagandha, Punarnava, Chitraka and Haritaki.

Rutuharitaki Rasayana describes the Rasayana effect of Haritaki taken alongwith different Anupana suggested according to the different seasons.

Amlapitta, a disease of Annavaaha Strotas is commonly observed in these days of modernization and industrialization. 30% of the general population is suffering from gastro-oesophageal reflux and gastritis resulting in heartburn.

Haritaki alongwith Guda (Jaggery) is said to cure all types of Gastric disorders. The Dipana, Anulomana and Tridoshashamak properties not only eliminate the root cause of Amlapitta, but also rejuvenate the body.

The present research paper deals with the clinical Evaluation of Rutu Haritaki Rasayana with special reference to Amlapitta.

Keywords: Haritaki, Rasayana. Amlapitta, , Rutu, Hyperacidity

I. INTRODUCTION

Rasayana Chikitsa is one of the eight branches of Ashtanga Ayurveda which deals with the rejuvenation in a healthy person and cures the diseased person. The Ayurvedic philosophy deals with establishing a good health rather than curing diseases. Rasayana Chikitsa is basically aimed at fulfilling this basic philosophy of Ayurveda. The Rasayana offers the physical, mental as well as spiritual aid to the body. It also delays the aging process by boosting the Ojas (Vital Force) and the Immune system.

The Rasayanas are beneficial for the health in the myriad ways. The micronutrients, which are one of the key ingredients of Rasayanas improve health, vigor, vitality and immunity of the body. The stress-busters offer a great relief and hence is also supposed to rejuvenate the soul.

The Rejuvenate therapy improves the metabolic activities thereby resulting in the bio-transformation.

Three Modes of Rasayana

The rejuvenating action of the Rasayana drugs is accomplished through the following modes-

a) Consumption of Nutritious Herbs / Herbominerals-

The drugs like Shatavari (Asparagus racemosus), Ashwagandha (withania somnifera), provide rich nutrients to the body. Other sources like ghee, milk also provide the nutrients to the body.

b) By improving the Digestion and the Metaboloc activities-

This is attained through the administration of Bhallataka (Semecarpus anacardium) and Pippali (Piper longum), a known bio-availability enhancer.

c) By improving the Microcirculation (Strotogamitva)-

This is achieved through the usage of Guggulu (Commiphora mukul)- a known anti-lipidemic drug and Tulasi (Ocimum sanctum).

The Rasayana Chikitsa is done through the following two ways-

a) Vatatapika Rasayana (OPD Treatment)

The patients are given Rasayana treatment on OPD basis. The necessary dietary and lifestyle changes are suggested alongwith the Rasayana medication.

b) Kutipravesika Rasayana (IPD Treatment)

The patients are given Rasayana treatment on IPD basis. In this process the patient has to undergo a predetermined lifestyle as suggested by his physician. The Kutu (Hut) resembles an IPD, where the person is kept isolated. It provides a suitable atmosphere to a needy person. The rejuvenation achieved through this type provides glow, complexion, vigor, vitality alongwith a sound body and sound mind.

Amlapitta is probably a commonest digestive disorder. A drastic change in mankind has taken place mostly due to urbanization and industrialization. To cope-up with the speed of the modern era, one has to adopt junk food preparations, over-work and stressful duty schedule. The sedentary lifestyle especially in the field of BPO and KPO lead to lack of exercises. 30% of the general population suffers from gastro-oesophageal reflux and gastritis. The excessive use of Analgesics esp. NSAIDs, smoking, alcoholism, frequent consumption, hot drinks, spicy food, tobacco lead to the gastric complaints like heartburn, nausea and vomiting. These gastric complaints mimic the symptoms of Amlapitta.

The Amlapitta vyadhi is caused due to Viruddhashana and Pittaprakopaka bhojana and pana. The symptoms of the Amlapitta varies from avipaka, klama, utklesha, amlodgar, anga-gaurava, hridaya / kantha pradesha daha and aruchi.

Ayurved has provided a simple and cost-effective treatment for Amlapitta i.e. Haritaki. Haritaki, when administered alongwith Guda (Jaggery), it takes care of all the gastric disorders.

Haritaki due to its appetizing, laxative property and Tridoshahara effect, eliminates the symptoms of Amlapitta.

Haritaki alongwith different *Anupana* is prescribed for different seasons, as illustrated by the following table.

Rutu	Anupana
1) Varsha (July-Aug)	Saindhav Lavana
2) Sharad (Sept-Oct)	Sharkara
3) Hemant (Nov-Dec)	Shunthi
4) Shisheer (Jan-Feb)	Pippali
5) Vasant (Mar-Apr)	Madhu
6) Ghrishma (May-Jun)	Guda

The Anupanas have the following properties -

- Aampachana Properties
- Dipana Properties
- Improves dhatvagni
- Srotoshodhana
- Strotogamitva
- Pittashamana
- Kshara- Amla Neutrilising Properties

Anupana is a complementary substance taken alongwith the principle drug. They also serve as Catalytic agents, thereby nurturing the deeper tissues of the body.

II. AIMS & OBJECTIVES

- 1) To study the aetiopathogenesis of Amlapitta in the light of both Ayurvedic and Modern perspective.
- 2) To study the influence of seasonal Doshic variations in the Amlapitta patients.
- 3) To evaluate the efficacy of Rutuharitaki Rasayana in Amlapitta Patients.

III. MATERIALS & METHODS

- 1) A randomized single blind clinical trial conducted in experimental groups of Department of Kayachikitsa of Vidarbha Ayurved College, Amravati.
- 2) A total of 45 uncomplicated symptomatically diagnosed cases of Amlapitta were studied during this research work.

IV. INCLUSION CRITERIA

- 1) Diagnosed cases of Amlapitta of both the sexes in the age group of 21 to 60 years.

V. INCLUSION CRITERIA

- 1) The patients who are known cases of -

Peptic ulcers	Duodenal ulcer
Diabetes Mellitus	Tuberculosis
Ca-oesophagus	Chronic Smokers
Alcoholic patients	Pregnant women
- 2) Patients having Chronic consumption of NSAIDs and those on steroidal treatment.

VI. TREATMENT SCHEDULE

Medicine:- Haritaki Churna

Anupana- Guda

Dosage – 5g of Haritaki Churna alongwith 10g of Guda, twice daily

Duration of Treatment – 8 weeks

Follow-up – at weekly interval

VII. ASSESSMENT CRITERIA

The improvement in the patients was assessed mainly on the basis of relief in the signs and symptoms of the disease. For this purpose the main signs and symptoms were given a score according to their severity.

The details of the scores adopted for the main signs and symptoms in this study are as follows.

Symptoms noted

- | | | |
|------------------|------------|--------------|
| 1)Amlodgara | 2) Chhardi | 4) Netradaha |
| 3)Urahdaha | | Kanthadaha |
| 5)Amlaprachiti | 6) | Shiroshoola |
| 7)Malabaddhata | 8) | 10)Adhamana |
| 9)Hrullhasa | | 12)Angasada |
| 11)Udaragauravaa | | |

Symptomatic relief was assessed as per following gradation-

- | | | |
|--------------------------|------------------|------|
| <input type="checkbox"/> | No relief | + |
| <input type="checkbox"/> | Mild relief | ++ |
| <input type="checkbox"/> | Moderate relief | +++ |
| <input type="checkbox"/> | Excellent relief | ++++ |

Total effect of therapy was assessed as follows-

Cured: 100% relief

Markedly improved: More than 50% relief

Improved: 25 To 50% relief

Unchanged: Below 25% relief

VIII. OBSERVATIONS & RESULTS

- 1) Amlapitta is more common in Male (51.66%) than Female (48.34%)
- 2) The incidence of Amlapitta is highest in the age group of 31-40years (41.66%) and lowest in age group of above 50 years(11.66%)
- 3) In Vatakaphaja type of Prakruti, this disease has more incidence (36.55%) followed by Vatapittaja Prakruti (28.33%)
- 4) In Tamasika Manasaprakruti, this disease has more incidence (55%) and in Rajasika Manasaprakruti (45%)
- 5) The patients having Ratraujagarana-Vihara hetu have more tendencies to Amlapitta (41.66%) and Virrudhahara also precipitates the Amlapitta symptoms.

- 6) Occupationwise the highest sufferers were the housewives (56.66%) while the least sufferers were the in-service patients (18.34%)
- 7) According to Agnibala, patients with Tikshnagni (36.66%) & Samagni (11.66%) were the sufferers.
- 8) According to type- Vatakaphaja Amlapitta (36.66%), Paittik Amlapitta (3.34%)
- 9) According to direction- Urdhwaga Amlapitta (61.66%), Adhoga Amlapitta (38.34%)

IX. DISCUSSION

The Rutuharitaki Rasayana i.e. use of Haritaki along with Guda in the prescribed Rutu (season) plays an important role in the treatment of amlapitta disease.

The outstanding benefits of 6 Rutuharitaki Rasayana therapies were already described in the ancient scriptures. In the Charak Samhita it is said that, in a person who is purified by 'Haritakyadi shodhan' the Agni is stimulated, any imbalance is corrected, health is maintained, all the sensory organs achieve maximum efficiency, psychological and intellectual functions are improved, vitality, strength and immunity improves, potency, rejuvenation and antiageing effects are observed.

Rutuharitaki Rasayana, due to its Madhura, Tikta, Kashaya Rasa is Pittashamaka. It also clears the obstruction of Srotasas by Katu, Tikta, Kashaya Rasa thereby normalising the functions of Pachaka pitta.

It also has a Rasayana effect on the body.

The possible mechanisms by which the Rasayanas are acting-

Nutritive action	Hemopirotic effect
Neuroprotective action	Antiaging action
Anabolic action	Immunomodulatory action
Antioxidant action	Adaptogenic action

X. CONCLUSION

The seasonal variation, dietetic code and conduct affect the body. The Prakruti and Vikruti influence the condition of Amlapitta. The administration of Rutuharitaki Rasayana also supports the of basic principle of Ayurveda i.e. Lokatulyatvam Siddhanta, Panchabhautika Siddhanta and Shatakriyakal Siddhanta.

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