

Role of *Praval Panchamrut* in *Amlapitta*

J. Pawar^{1*}, Sandeep B. Kale²

^{1,2}Department of Sharirkriya, Govt. Ayurved College, Nanded, Maharashtra, India

Abstract

This study aims to study the effect of *Pravalpanchamrut* (PP) in the management of *Amlapitta*. It is the disease which occurs due to vitiated *pitta dosha*. It is caused due to improper digestion of food which is the result of faulty food habit. When *pitta* is increased in the body by *amlaguna* it is called as *Amlapitta*. According to Ayurved PP is *sheetal*, *pittashamak* and it is indicated for *Amlapitta*, *chhardi*, *raktapitta*, *mootravikar*, *jwara* etc. PP contains calcium carbonate (CaCO₃) which rapidly neutralizes oesophageal acid and may prevent reflux, suggesting another mechanism of action independent of acid neutralization. These useful properties of PP and need of time for the management of *Amlapitta* made this experiment successful.

Keywords *Amlapitta*, *Pravalpanchamrut*, Calcium carbonate



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INTRODUCTION

These days incidences of life-style-related diseases are alarmingly high. *Amlapitta* is one among them and it seems that the management of these diseases demands a holistic approach, where medicines, diet restriction and exercises are advised to yield the desired results. According to *doshabala* it is of three types as *Vatanubandhi*, *Pittanubandhi*, *kaphanubandhi*. As per *Gati* it is of two type i.e *Urdhvag* and *Adhog*¹. Due to modernization, life style and food habits are changing day by day such as taking junk food, and late night dinner has become common. Such habit causes indigestion and gastric problems.

In modern sciences so many drugs are described for this disease but side effects produced by them cannot be neglected. In Ayurveda so many drugs are described for this disease such as *Suvarnasutshekhara*, PP, *Avipattikarchurna*, *Bhunimbadikwath* etc. PP contains Mukta, Shankh, Shukti, Prawal and Kapardic, which are sheeta and pitta shamak dravyas². All these dravyas are having madhur tikta rasa, madhur vipaka. Sheeta guna and madhur vipaka of these dravyas helps in reducing vidagdha pitta⁴. Chemically PP contains calcium carbonate

(CaCO₃) which rapidly neutralizes oesophageal acid and may prevent reflux, suggesting another mechanism of action independent of acid neutralization. Calcium carbonate is a good antacid and it also provides calcium, which is desirable³.

AIMS AND OBJECTIVES

To study the effect of *Praval panchamrut* in *Amlapitta*.

MATERIALS AND METHOD

1. Volunteers

Thirty subjects were selected randomly from our O.P.D belonging to the age group between 21-40 years. Diagnosis of *Amlapitta* was done clinically by taking history and chief complaints.

2. Exclusive Criteria

Patient having complains of hematemesis, bleeding ulcers, pregnancy and any major systemic disorder.

3. Drug: *Praval panchamrut* Table 1)

The drug was purchased from local market of Dhutpapeshwar Co.

Dose: 1 tab bd.

Duration: 30 days.

Table1 Contents of *Praval panchamrut*

| No. | Sanskrit name | Latin name |
|-----|----------------------|-------------------------------|
| 1 | <i>Mouktikbhasma</i> | <i>Mytilus margaritiferus</i> |

| | | |
|---|-----------------------|--------------------|
| 2 | <i>Pravalbhasma</i> | Corallium librum |
| 3 | <i>Shauktikbhasma</i> | Avicula |
| 4 | <i>Kapardikbhasma</i> | Calcium carbonate |
| 5 | <i>Shankhabhasma</i> | Tritonium |
| 6 | <i>Arkaksheer</i> | Calotropis procera |

Indications

Anah, Gulma, Udar, Pleeha, Kas, Shwas, Mandagni, Ajeerna, Udgar, Hrudroga, Gruahani, Atisar, Mutrarog⁶.

OBSERVATIONS

With the help of CRF following observations were done.

Table 2 Sex wise observation of patients

| Sex | No. of patients |
|--------|-----------------|
| Male | 16 |
| Female | 14 |

Table 3 Age wise observation of patients

| Age | No. of patients |
|-------|-----------------|
| 21-30 | 13 |
| 31-40 | 17 |

Table 4 Agni wise observations of patients

| Agni | No. of patients |
|---------|-----------------|
| Tikshna | 8 |
| Manda | 9 |
| Visham | 13 |

Table 5 Koshta wise observation of patients

| Koshta | No. of patients |
|---------|-----------------|
| Mrudu | 7 |
| Madhyam | 11 |
| Krura | 12 |

Table 6 Prakruti wise observations of patients

| Prakruti | No. of patients |
|--------------|-----------------|
| Vatpradhan | 11 |
| Pittapradhan | 13 |
| Kaphapradhan | 6 |

Table 7 Symptom wise observation and result

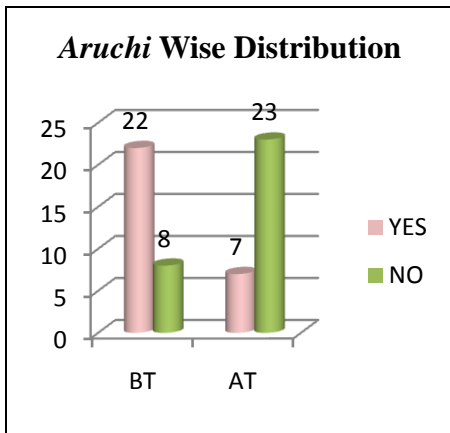
| Symptoms | BT | | AT | |
|-----------------|-----|----|-----|----|
| | Yes | No | Yes | No |
| <i>Aruchi</i> | 22 | 8 | 7 | 23 |
| <i>Amlodgar</i> | 26 | 4 | 6 | 24 |

| | | | | |
|-----------------|----|----|---|----|
| <i>Chhardi</i> | 12 | 18 | 5 | 25 |
| <i>Hratshul</i> | 21 | 9 | 6 | 24 |
| <i>Udarshul</i> | 18 | 13 | 8 | 22 |

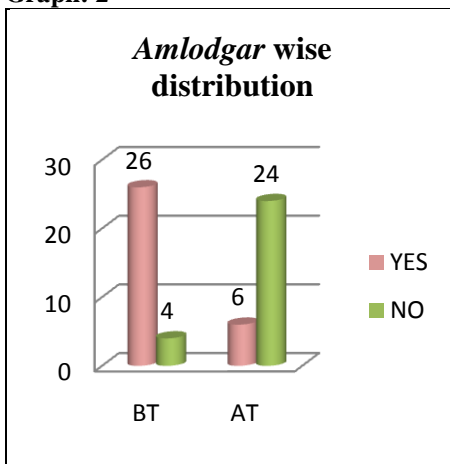
RESULTS

1. As per *Aruchi* wise observation of patients, before treatment it was presents in 22 (73.3%) patients. And after treatment it was present in 7 (23.3%) patients. (Graph no.1)
2. As per *Amlodgar* wise observation of patients, before treatment it was present in 26 (86.6%) patients. And after treatment it was present in 6 (20%) patients. (Graph no.2)
3. As per *Chhardi* wise observation of patients, before treatment it was present in 12 (40%) patients. And after treatment it was present in 5 (16.6%) patients. (Graph no.3)
4. As per *Hratshul* wise observation of patients, before treatment it was present in 21 (70%) patients. And after treatment it was present in 6 (20%) patients. (Graph no.4)
5. As per *Udarshul* wise observation of patients, before treatment it was present in 18 (60%) patients. And after treatment it was present in 8 (13.3%) patients. (Graph no.5)

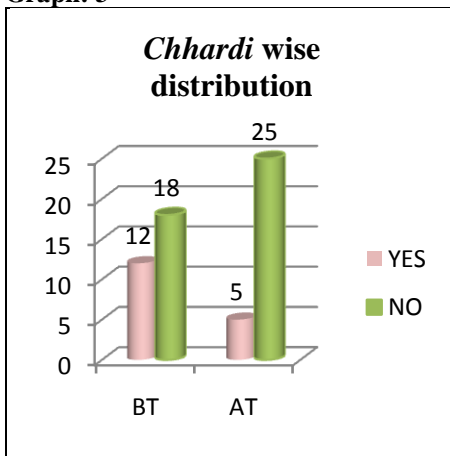
Graph: 1



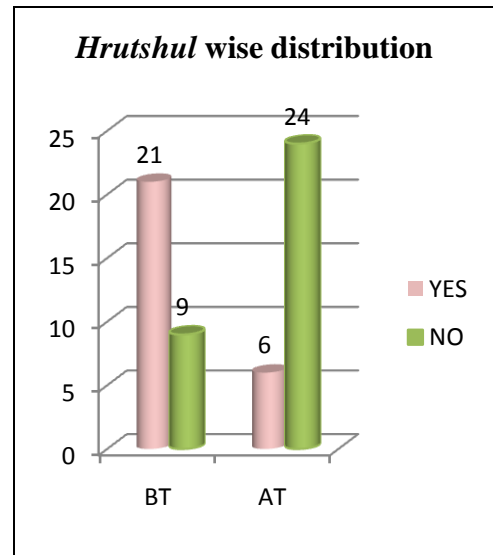
Graph: 2



Graph: 3



Graph: 4



Graph: 5

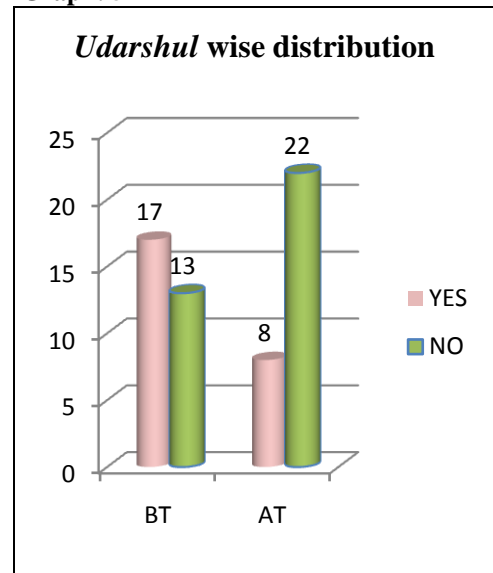


Table 8 Drug effect

| Result | No of patients | Percentage |
|---------------------|----------------|------------|
| Complete remission | 14 | 46.6 |
| Improvement | 10 | 33.3 |
| Partial Improvement | 04 | 13.3 |
| Unchanged | 02 | 06.6 |

DISCUSSION

Amlapitta is commonly occurring disease worldwide. Change in life style and food habits such as taking fast food, alcohol consumption and stress are causing many health problems. While treating *Amlapitta* the drug should be *sheeta veeryatmak, madhur, tikta rasatmak* and *madhur vipaki*. *Praval panchamrut* is an effective medicine in *Amlapitta* as it is *shitaveeryatmak, madhur, tiktarasatmak, and madhurvipaki*⁽⁴⁾. In *amlpitta*, due to increase in *drava guna* of *pitta*, there is *anna vidah* and indigestion, so symptom such as *amlodgar, hrutshul, udarshul* is increased. Due to sheet *veerya, madhur vipak* and *ruksha guna* of *Pravalpanchamrut* it is very effective in reducing these symptoms. As it contains calcium carbonate (CaCO_3), it rapidly neutralizes oesophageal acid and may prevent reflux, suggesting another mechanism of action independent of acid neutralization.

In this study male patients were 53% (Table no.2); it may be due to faulty dietary habits, stress, and smoking and Alcohol consumption. *Praval panchamrut therapy* has provided statistically highly significant relief in symptoms of *Amlapitta*.

As per age wise distribution maximum numbers of patients i.e. 56.6% were from

the age group between 31- 40 years (Table no.3).

As per agni wise distribution maximum numbers of patients i.e. 43.3% were of visham agni (Table no.4).

As per koshta wise distribution maximum numbers of patients i.e. 40% were of the krura koshta. (Table no. 5).

As per prakruti wise distribution maximum numbers of patients i.e. 43.3% were of the pitta prakruti. (Table no. 6).

As per symptom wise distribution of patients before treatment, (Table no. 7).

Aruchi lakshana was present in 73.3%. After treatment it was reduced to upto 23.3%.

Amlodgar lakshana was present in 86.6%. After treatment it was reduced to upto 20%.

Chhardi lakshana was present in 40%. After treatment it was reduced to upto 16.6%.

Hratshul lakshana was present in 70%. After treatment it was reduced to upto 20%.

Udarshul lakshana was present in 60%. After treatment it was reduced to upto 26.6%.

CONCLUSION

It can be concluded from the above study

that *Praval panchamrut* is an effective medicine in *Amlapitta*, as there is complete remission⁸ in 46.6%. It is effective in *Amlapitta*, when *drava guna* of *pitta* is increased. *Pravalpanchamrut* has significant results in symptoms of *Amlapitta* such as *Aruchi*, *amlodgar*, *chhardi*, *hrutshul*, *udarshul*. *Praval panchamrut* is cheaper easily available and can be prepared easily so it is very useful drug for the treatment of *Amlapitta*. *Pravalpanchamrut* can be prepared in tablet form while maintaining its therapeutic efficacy for easy Palatability and maintenance of the dosage.

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