

## Review of Ayurvedic Drugs on Acid-peptic Diseases Regarding Its Personalized Management

Anshul<sup>1\*</sup>, Ravina Yadav<sup>2</sup>

### Abstract

*Acid-peptic disease (Amlapitta) is an illness widespread all around the world. In Ayurveda, Vidahi (which cause burning) and Pitta (dosha responsible for metabolic activities) aggravating diet and stressful sedentary lifestyle has been stated as one of the leading causes for acceleration of Amlapitta. Detailed reviewing of drugs given in Ayurvedic texts are done according to specific stage of disease, Amlapitta Dosha predominance, chronicity, associated conditions, dosage, Anupana etc. Screening the classical texts of Ayurveda extensively resulted in 85 formulations comprising different combinations as per Dosha and Vyadhi stages. These formulations were presented with different dosage forms such as Ghrita (9), Tail (1), Vati (10), Churna (11), Awaleha (16), decoction (16) and herbo-mineral (22) formulations. A total of 63 herbal preparations were taken for analysis. Herbo-mineral drugs were excluded from the analysis. Formulas can be varied according to requirement of personalized management as emphasized in Ayurveda. Generally, Tikta Rasa have Srotoshodhan and Pitta pacifying effect. Since disease has dominant association of Kapha and Pitta Dosha, so Tikta Rasa enriched drugs in combination with Deepan-pachan drugs are described along with some other drugs according to associated conditions. Dosage forms are also changed according to nature and chronicity of disease. Artificial intelligence tool can be implemented to prevent and manage this disease more specifically and error free according to various conditions such as mode of action of drugs, percentage relief according to specific conditions etc.*

**Keywords:** Ayurveda, acid-peptic disease, Amlapitta, Pachan, Srotoshodhan

### INTRODUCTION

*Amlapitta (acid-peptic disease) is a widespread illness all around the world. Vidahi (cause burning) and Pitta (dosha responsible for metabolic activities) aggravating diet and stressful sedentary life-style has been stated as one of the leading causes for acceleration of Amlapitta. Prakupita Pitta (imbalanced*

*pitta) combines with Shukta Anna (fermented food) and causes Sama Pitta (doṣa associated with āma). Vitiated or disturbed Agni (digestive factor) in terms of its composition, quantity and function produces āmaviṣa which again comes in contact with Vidagdha Pachaka Pitta which evolves as Vidagdhajirna. If the condition is neglected, it establishes their affinity in Amashaya (stomach) and Grahani (receptacle for digested food/duodenum), the vitiated Doshas (regulatory functional factors of the body) lead to the condition of Amlapitta [1, 2].*

*It is preferable to scrutinize Amlapitta as a disorder (acid reflux syndrome) [3] rather than a specific gastrointestinal disease due to the same*

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causative components with alike signs and symptoms as in *Ayurvedic* parlance firmly resembling gastritis [4], non-ulcer dyspepsia [5], and hyperchlorhydria [6]. In chronic stage, it may have ascendancy to peptic ulcer disease [7]. Changes such as acid reflux, cause injury to the esophageal membrane, and also potentially foster harm to the membrane of larynx with successive occurrence of respiratory system-related illnesses [8].

Reflux disease is escalating and it has been related to ageing and obesity all over the world. In age-standardized prevalence, years of life occupied with ailment shot up by 67.1% from 1990 to 2017, which revealed its surged prevalence in grey-haired generation [9].

The frequency and intensity of acid problems remarkably affects the health-linked standard of life in reflux-related disease. The consequences of reflux disease are most noticeable on means of pain, mental health, and social work which is linked to decreased work efficiency for influenced individuals in the labor force [10].

Existing treatment modalities may enhance probability of acquiring a contamination in intestines or lungs leading to diarrhea and pneumonia, respectively. It can also have adverse effects such as increased bowel habits, constipation, headache, nausea, or vomiting, enhanced risk of cracking of bones [11].

Some of the combination of single drugs with their dosage form, dose and *Anupana* (co-administers with medicine) are mentioned in *Ayurvedic* texts. They must be understood according to *Trisatambha* (three pillars of treatment) that is, *Hetu*, *Ling*, and *Aushadha* in the management of *Amlapitta* and associated conditions. For better management of *Amlapitta*, *Hetu Viparita* (opposite to etiological factor), *Vyadhi* (disease) and *Dosha Pratyanyika* (opposite to regulatory factors responsible for disease) that is, *Kapha-Pittahara* therapy should be done. Therefore, detailed reviewing of drugs given in contexts is done according to specific stage of disease, *dosha* predominance, chronicity, associated condition, dosage, *Anupana* etc.

### **Aim of Present Study**

To review Ayurvedic texts along with researches carried out on single drugs and formulations mentioned for the management of *Amlapitta* and understand them for personalized management.

### **METHODOLOGY**

The data (information) was collected from two sources—first one from the formulations given in *Ayurvedic* text books with different dosage form and second from the clinical/experimental studies on *Ayurvedic* formulations. The search from *Bharat Bhaisaja Ratnakar* was carried out on “*Amlapitta*” manually and cross checked from Ayurvedic text books such as *Bhaisajya ratnavali*, *Chakradutta*, *Yog Ratnakar*, *Sharangdhar*, *Kashyapa*, and *Madhav Nidana*. Classical symptoms carrying similarities with that of *Amlapitta* are described by Charaka and Sushrut Samhita with other name. Duplicate material was excluded. Only herbal preparations were taken for analysis. Herbo-mineral drugs were excluded from the analysis.

### **RESULTS**

Out of 85 formulations, 22 herbo-mineral drugs were excluded from the analysis and 63 herbal preparations were taken for analysis. These formulations were presented with different dosage forms such as *ghrita* (9), oil (1), *vati* (10), *churna* (11), *awaleha* (16), and decoction (16). Out of 63 herbal preparations, 28 formulations showed to be given with *Anupana*. Maximally used *Anupana* was honey that is, in 19 formulations.

*Ghrita* is mentioned in *Vatika Amlapitta* [12], *T.chebula* as *Awaleha* form is prescribed in *Amlapitta* with increased *Vata* and *Malawarodha* (constipated bowel) [13]. Decoction is mentioned most commonly in *Pitta-Kaphaja Amlapitta* [14–18]. *Churna* (powder), *Ghrita*, and decoction is mentioned in chronic *Amlapitta* [19]. Decoction and *Vati* is described in *Kaphaj Amlapitta* and conditions related

to it [20–29]. Combinations of different drugs in decoction form are given in case of rheumatic disease, respiratory illness, skin disease etc. with *Amlapitta*. In *Kapha-paittika shool*, *Shaktu* is described [30]. *Virechana* with *Ghrita* is described in chronic *Amlapitta* associated with skin disease [31]. *Virechaka* (*P. kurroa*), *Triphala*, *A. paniculata*, and *Deepan-Pachan drugs* (*P. zeylanica*, *C. rotundum*, *C. sativum*, dry *Z. officinale* etc.) are also described [19]. *Katu drugs* such as *P. longum*, *P. zeylanica*, and *Tikta Rasa* drugs (*T. dioica*, *A. indica*, *A. vasica*) etc were also given. *Ghrita*, *Guda* and *P. longum* in combined form are used frequently in *vata* dominance [12]. In *Pitta* and *kapha* dominancy, *Z. officinale*, *T. dioica* and *Ghrita* is used as one combination [14]; and *Guda*, *P. longum*, *T. chebula* as another combination. In *Pitta* dominancy, *P. zeylanica*, *R. communis*, dehusked *Barley*, *A. camelorum* and *P. kurroa*, *T. dioica*, *Z. officinale* are described. In presence of *Ama* (*agnimandhya*) associated with *Pitta* disease, *T. dioica*, *C. sativum*, *Z. officinale*, and *C. sacariosus* were used (Tables 1 & 2).

## DISCUSSION

*Ayurveda* therapeutics emphasizes on a personalized approach with different combinations of herbs and prescribes different dosage forms to target specific host factors and disease stages etc. The present review intended to systematically search *Ayurvedic* formulation literature through texts and clinical studies regarding personalized therapeutics of *Amlapitta*. The research findings collectively point to the possibility that *Ayurveda*-based practices may significantly improve a range of factors important for the management and prevention of acid-peptic diseases, including pH control of gastric juice, enhancing mucosal protection by gastroprotective activity, antioxidants, and anti-inflammatory activity.

Currently, treatments are focussed on plant-based formulations because of some benefits namely chemical free, no side-effects, ecofriendly, etc. According to the findings, the majority of the study included *khand* preparations that is, 10 in their intervention protocols. Other formulations that were included in the intervention protocol of the studies were *Avipattikar churn* (three times), *narikela khand* (three time), and *khand kushmanda* (three times). Table 3 summarizes the formulations included in the present research. Symptoms of *Amalpitita* that is, *Avipaka* (indigestion), *Klama* (fatigue), *Utklesha* (nauseatic sensation), *Tiktamlodgara* (sour acid reflux), *Gaurav* (heaviness) significantly reduced in clinical studies included in the present study. Possible mechanism underlying the effect of drugs and formulations on *Amlapitta* is shown in schematic diagram of Figure 1. A 30-day *C. nucifera* intervention, which comprised of *khand* and other contents in *Awaleha* form resulted in a significant improvement in symptoms [35]. A 2009 study by Pramod et al. found anti-ulcer activity of *Narikela Khanda* and *Narikela Khanda granules* by increasing gastric juice pH and significant decrease in total acidity and peptic activity [36]. So they are used in the preparation of herbal antacids. Dehusked *H. vulgare L.* and *T. aestivum* plays an imperious role in rejuvenating and protecting the breached mucosa [39, 53]. In ulcerative condition, it can be used as dehusked *Yava* (*Hordeum vulgare L.*) and *Godhuma* (*T. aestivum*) have *Sthairyakar* and *Sandhankar* properties which may help in healing breached mucosa. In the mean time, *Pitta* vitiation is balanced by *Kashaya*, *Madhur*, *Sheet*, *Laghu* properties carried by *Lajsaktu*. *Avipattikar churn* [38, 41, 51] and *Kushmaand khand awaleha* [35, 37, 41, 45] cause neutralization of excess *pitta* in the body by excretion from the body, decreasing over secretion of gastric juice and increase in pH. They help in the gastric mucosa barrier homeostasis and working of liver properly, which regulates acid secretion levels and rejuvenation of gastric cells.

Most common ingredients of shortlisted herbal formulations were *T. dioica* and *B. hispida* (five times each), *P. longum* Linn. (four times), *T. cordifolia* (three times). Others were *Z. officinale*, *Glycyrrhiza glabra*, *E. officinalis* etc. *P. longum* [34, 49, 50, 54, 55] and *Z. officinale* [37, 47, 56] carry anti-oxidants, antisecretory, anti-inflammatory [56] properties and both can enhance the bioavailability of structurally and therapeutically diverse drugs, possibly by modulating membrane dynamics due to their easy partitioning and increase in permeability of other drugs such as vasicine [33, 37]. Therefore, they form the essential component of *Ayurvedic* formulations for antacids. *Glycyrrhiza glabra*, *E. officinalis* and *T. cordifolia* are known for anti-ulcer, anti-inflammatory, cytoprotective and anti-oxidant activity and suited for ulcerative condition and gastroprotective effect via increasing the pH of gastric juices [39, 40, 57]. Therefore these constitute the components of *Ayurvedic* antacid formulations.

**Table 3.** Clinical and experiment study carried with different *Ayurvedic* formulations (interventions) on *Amalpitta*.

Author	Population	Intervention (Group- A)	Comparator (Group-B)	Outcome	Time duration	Reference
Umapati C	138	<i>Dashanga kwatha ghana vati</i>	Placebo group	A better than B	56 days	[32]
Mithun KK, Bhatt R	60	<i>Vasadi dashanga kwatha</i>	<i>patoladi kwatha</i>	Significant result	30 days	[33]
Anshul	50	<i>Virechana</i>	<i>Khanda pippali avaleha</i>	Significant result in both the groups	60 days	[34]
Yadav D	50	<i>Khanda Kushmanda Avaleha</i>	<i>Narikela khanda avaleha</i>	Significant result in both the groups	30 days	[35]
Baragi PC	Pyloric ligation induced gastric ulceration in rats (18)	<i>Narikela khanda</i>	<i>narikela khanda granules</i>	In Group B, significant increase of gastric juice pH and significant decrease in total acidity and peptic activity; moderate anti-ulcer activity Weak anti-ulcer activity	7 days	[36]
Ghosh K, Baghel MS	77	<i>Shunthikhanda</i>	<i>vasakhanda kushmandaka granules,</i>	Significant result in both the groups A better than B	30 days	[37]
Amruta	30	<i>Agnitundi Vati</i>		Significant result	30 days	[38]
	60	<i>Haritaki Bhrungaraj Guda Yoga</i>	<i>Laghusutshekha ra rasa, Avipattikar churna</i>	Both were effective	15 days	
	30	<i>Patola Churna</i>		Good results	60 days	
	30	<i>Nagarmotha Vati</i>	<i>Ranitidine</i>	Trial drug was more effective	30 days	
Patil A	54	<i>Yavadi ghana vati</i>	<i>Guduchyadi ghana vati</i>	Significant result in both the groups B better than A	28 days	[39]
Solanki U	70	<i>Guduchyadi yoga (syrup and ghanavati.</i>	<i>Guduchyadi ghana vati</i>	Significant result in both the groups and similar results	28 days	[40]
Suresh A	60	<i>Kushmanda khand</i>	<i>Avipattikar choorna</i>	A better than B		[41]
Chaitrika H	40	<i>Khandamalki raşayana</i>	<i>Guda-kushmandaka rashyan</i>	B better than A	30 days	[42]
Nagalakshmi AS	40	<i>Patoladi kwatha</i>	<i>Paaribharadi kwatha</i>	Significant result	14 days	[43]
Shashikant M	40	<i>Jethimala</i>	<i>Yashtimadhu</i>	Significant result in both the groups A is better on <i>Aruchi</i> .		[44]
Chhimpa R	30	<i>Khanda kushmanda avaleha</i>	<i>patoladi kwatha</i>	Significant result	30 days	[45]
Dambal B	30	<i>Katuki and sita capsules</i>	<i>Placebo capsules</i>	A better than B	30 days	[46]
Dipanja J	30	<i>Jeerakadya ghrta snehapana in virechana</i>	<i>patolashunti ghrta snehapana in virechana</i>	Group A is better than B	14 days	[47]
Choudari SM	30	<i>Placebo capsule</i>	<i>jeerakadhya ghrta</i>	Group B is better than A	30 days	[48]
Singhal P	31	<i>shatavari mandoor</i>	<i>pippali ghrta</i>	Group A is better than B	3 months	[49]

Anupama B	30	<i>Pippalighrita mandoshna dugdha</i>	-	Significant	30 days	[50]
Vijay S	30	<i>Avipattikar churna</i>	-	Significant	21 days	[51]
Chaturvedi GN	20	<i>Adhatoda vasica</i>	-	Reduced the total and free HCl in the patients of hyperacidity and hyperchlorhydria	6 weeks	[52]
Raj G	15	<i>Eladi churna</i>	<i>Yavadi kwath</i>	B is better than A	30 days	[53]
Singh R	30	<i>Pippali Khanda</i>	-	Significant	15 days	[54]

Some of the Ayurvedic antacids consist of *khanda*, *H.vulgare L.*, *B. hispida*, *T.cordifolia* etc. which are known to have anti-oxidant and anti-inflammatory properties and also enhance the mucosa barrier homeostasis [35, 39, 41, 42, 53]. There are numerous medicinal plants that possess dual usage as a therapeutic and also as protective agents.

### Insight of Doshika Dominance

If *Kapha* dominance is there, then *Z.officinale* along with *Sarkara* is given because of their *amapachaka* property (*Bhavaprakash Nighantu*). If *Pitta* dominance is there then *B. vasica khand* can be administrated.

Insight of *Prakriti* Dominance: *Amlapitta* associated with *paitika prakriti* that is, *Adhog amlapitta* can be treated with drug having *tikta*, *madhur rasa*, *madhur vipaka*, *sheet viriya* with *rechaka* effect such as *A. vasica kanda*, *aviptikar churna*. *Ushanta*, *dravta*, *daha* can be pacifying with drug carrying *drava soshak* properties such as dry *Z.officinale*, *G. glabra* etc. *Amlapitta* associated with *Kapha prakriti* that is, *urdwaga amlapitta* can be treated with drugs having *ama pachan*, *laghu ruksha* properties along with *Kapha pittahar* action such as *Triphala*, *Chhinodbhavadi kashaya*, etc. *Vatika Amlapitta* can be treated by processed *Ghruta* so that properties of processing drugs such as *Pippali* (*P.longum Linn.*), *Jeeraka* (*C.cyminum*) etc can also be achieved [12, 13] and *Ghrit* itself have *Medhya* effect (neurotonic) and *Vata- pitta* balancing properties.

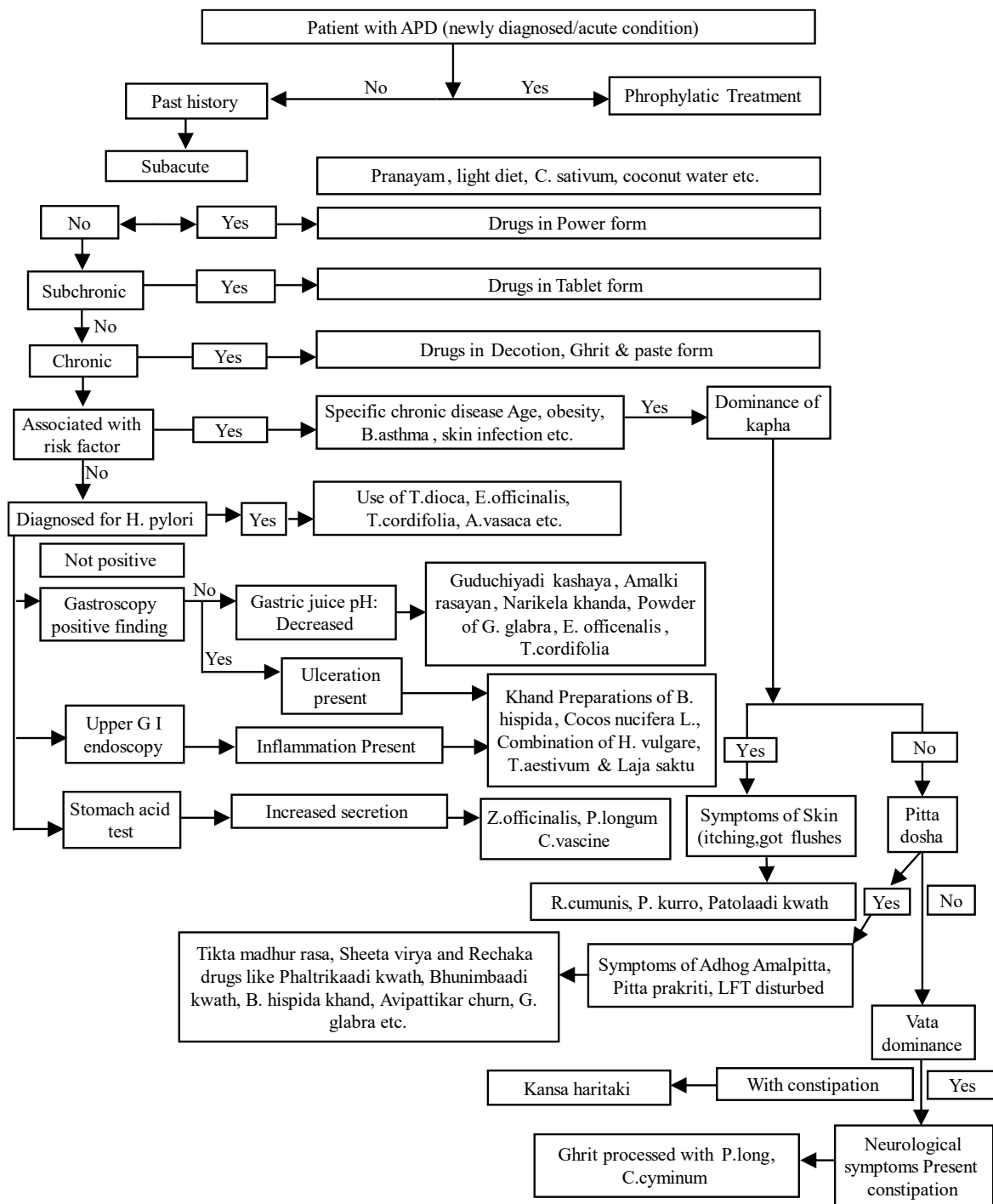
Only *Haritaki* (*T.chebula Retz*) is contraindicated in *ajeerna*, *ruksha bhojana* etc. so *Awaleha* form can subside these boundaries. Beside this, due to *Agni deepan*, *Vata anuloman*, *indriya prasadani* property and pacifying effects on *Santarpana krit* disease (for example *jwar*, skin diseases, indigestion, *buddhi moha*, over thinking, obesity) of *Haritaki* (*T.chebula Retz.*) when used with *Z.officinale*, *guda*, *dashmoola* and other *Deepan* drugs [used in *Kansh Haritaki* (*T.chebula Retz.*)] can pacify *Amlapitta* and other associated diseases with it such as constipation, increased *Vata* etc. Drug used and dosage form can be changed in proportion to individualized requirement. Where there is moderate-to-severe vitiation of *Dosha* linked with hepato-biliary disturbed functioning such as skin diseases (*Kotha*, *Kustha*, itching etc), *Erysepelias*, *gout*, *Shoola*, *Jwar* etc. *Virechaka* drugs [19] such as *P.kurroa*, *Triphala*, *A.panniculata* etc. and *Phaltriakaadi kwatha* [24] drugs can be used as it does *srotoshodhan* providing ignition of *Agni*.

Generally speaking, *Vati/Gugglu* (tablets) are preferred in persistent long-term ailments and in considerably steady state where repeated alternation of prescription are not mandatory [58]. After all, weight of every *Vati* remains alike; so the exact dose of herbs can be undertaken more effortlessly by forbearing than intake of decoctions or powders. Moreover, *Vati* is an absolute choice for drugs which have a potent scent or a displeasing flavor, or who leads to the annoyance to the abdomen. *Churna* (powders) are usually practiced in sub-acute, chronic and mild patient. Main drawback is that effects of *Churna* are less in potency in comparison to decoctions [59]. Decoction form [59] of drugs is utilized mainly in critical/severe and acute state found in *Pitta-Kaphaja Amlapitta* as symptoms such as hot flushes from palms and soles, severe anorexia, fever, itching, acid reflux etc. Honey as *Anupana* is used as it alters the flavor/tang of the herbal drugs. Besides it is essential to modulate and maintain the potency of the

drugs used in the combination. *Vati*/tablets where honey used are mainly appropriate for chronic (persistent/long term) state [59]. The Supplementary Tables 1 and 2 depicts the formulation of *Amlapitta*.

**Future Directions**

Artificial intelligence (AI) tool can be implimented by utilizing data collected to find out mode of action of drugs, percentage relief according to specific conditions etc. AI can help in prevention and treatment of *Amlapitta* which requires multiple inter-playing factors such as *Prakriti*, *dosha*, *vikruti* etc for decision making process by making it specific and error free. The present review was an attempt to simplify the approach and summarize the available recommendations through flow charts given in Figure 1.



**Figure 1.** Treatment option for treatment as per *Ayurvedic* texts.

## CONCLUSION

*Tikta Rasa* enriched drugs having *Pachana* potential can be used preferably when planning for management of *Amlapitta*. Composition of polyherbal formulations are designed keeping in view the patient host factors (*Prakriti*, age, etc.) and presenting disease pathogenesis stages (*dosha-dushya smmurchachana, Kala* etc).

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### SUPPLEMENTARY TABLES

**Table 1.** Formulations according to conditions associated with *Amlapitta*.

	Conditions	Formulations
1	<i>Vata Amlapitta</i>	Ghrita processed with <i>Guda</i> ( <i>Baccaurea pubescent</i> ), <i>jirak</i> ( <i>Cuminum cuminum</i> Linn.), <i>Pippali</i> ( <i>Piper longum</i> Linn.) - Bharat Bhaisaj Ratnakar (Bha.Bhai.R.) Ghrita processed with <i>Guda</i> , milk, <i>Pippali</i> ( <i>P.longum</i> Linn. )
2	<i>Amlapitta</i> with increased <i>Vata</i> and <i>malawarodha</i>	Kansh Haritaki Bhaisajya Ratnavali (Bhai. R.)
3	<i>Pittaja, Kaphaja Amlapitta</i>	Modak prepared from equal parts of <i>Guda</i> ( <i>B.pubescent</i> ), <i>Pippali</i> ( <i>P. longum</i> Linn.), <i>Harad</i> ( <i>Terminalia chebula</i> Retz. ) Dose : 6 masha–1 tola With <i>ushna jala</i> , early morning
4	<i>Pitta-Kaphaja Amlapitta, Daha, Agnimandhya, vomiting</i>	Decoction of <i>Patola</i> ( <i>Trichosanthes dioica</i> Roxb.), <i>Neem</i> ( <i>Azadirachta indica</i> L.), <i>Katuki</i> ( <i>Pickorhiza kurrooa</i> Royle ex Benth.), <i>Guduchi</i> ( <i>Tinospora cordifolia</i> Willd.)
5	<i>Pitta</i> and <i>Kapha</i> pacifying	<i>Ghrita</i> processed with <i>kalka</i> of <i>T.dioica</i> and <i>shunthi</i> ( <i>Zingiber officinale</i> Rosc.) or only with <i>patola</i> ( <i>T.dioica</i> ) (Chakradatta–patolshunthi ghrita)- Ch.D., Yog Ratnakar ( Yo.R.)
6	<i>Sleshma pitta amlapitta</i>	<i>T. chebula</i> , <i>P. longum</i> , <i>Draksha</i> ( <i>Vitis vinifera</i> L.), <i>Sita</i> (sugar), <i>Dhanyaka</i> ( <i>Corriander sativum</i> Linn.), and <i>Vasaka</i> ( <i>Adhatoda vasica</i> Nees.) made into powder and licked with honey cured burning sensation in the throat and slesmapitta-Bhaw Prakash (BP) Decoction of <i>T. dioica</i> , <i>Yava</i> ( <i>Hordeum vulgare</i> L.), <i>C. sativum</i> , <i>P. longum</i> and <i>Amalaka</i> ( <i>Phyllanthus emblica</i> L.) added with honey and consumed cures <i>Sleshmapitta</i>

		<p>Equal quantities of <i>P.longum</i>, <i>khanda</i> (sugarcandy) and <i>pathya</i> cooked and made into <i>modaka</i> (bolus) and consumed cures <i>Sleshmapitta</i> and weak digestive fire.</p> <p>Decoction of fresh <i>Z. officinale</i> and <i>T.dioica</i> (added with honey) cures <i>Sleshmapitta</i>, <i>Vami</i> (vomiting), itching (<i>kandu</i>), skin rashes (<i>kotha</i>, <i>visphota</i>) and burning sensation (<i>daha</i>), stimulates hunger and its digestive (<i>deepan-pachan</i>).</p> <p>Decoction of <i>T.dioica</i> leaves, dry <i>Z. officinale</i>, <i>T. cordifolia</i>, and <i>P. kurroa</i> <i>Kapha-Pittaja Amlapitta</i>, <i>Shoola</i>, <i>Bhrama</i>, Anorexia, <i>Madagni</i>, <i>Daha</i>, <i>Jwara</i>, Vomiting</p> <p><i>Kalka</i> of <i>Triphala</i> in <i>Kantalauha</i> container for one night and take after mixing with honey and sugar [16].</p>
7	<i>Kaphaja Pittaja</i>	Decoction of <i>C. sativum</i> , <i>Z. officinale</i> , and <i>nagarmotha</i> ( <i>Cyperus scariosus</i> ) <i>Mandagni</i> , <i>Paittika</i> disease, <i>kaphaja</i> , <i>daha</i> , vomiting, <i>jwara</i> , <i>amavata</i> , and <i>shoola</i>
8	Severe (~druttar) Vomiting of <i>Amlapitta</i>	Decoction of dehusked <i>Yava</i> (Barley), <i>Godhuma</i> (Wheat) not processed with strong things (pungent spices such as <i>Sarsapa</i> [ <i>Brassica campestris</i> Linn.], <i>Maricha</i> [ <i>Piper nigrum</i> Linn.] etc.) and <i>Laja Saktu</i> (paste of flour of parched rice- <i>Oryza sativa</i> Linn.) added with sugar and honey should be taken.
9	Vomiting developed from <i>Amlapitta</i>	Decoction of equal parts of dehusked <i>yava</i> (Barley), <i>vasa</i> ( <i>Justicia adhatoda</i> Nees.), <i>Phyllanthus emblica</i> Gaertn. with <i>Trigandha Churna</i> ( <i>Dalchinni-Cinamomum verum</i> Breyn), <i>Ilaichi-Elletaria cardamomum</i> L., <i>Tejpatra-Cinamomum tamala</i> Buch.-Ham. T. nees and Eberm.) and <i>madhu</i> . Food with <i>mudga</i> ( <i>Vigna radiata</i> Linn.) <i>yusha</i> during intake of this preparation.
10	Chronic <i>Amlapitta</i>	<p><i>T.dioica</i> leaves and <i>Triphala</i>, <i>Trayanti</i>(<i>Gentiana Krroo</i> Royle., <i>P. kurroa</i>, <i>A. indica</i> and <i>Yashtika</i> (<i>Glycyrrhiza glabra</i> L.), <i>Masura</i> (<i>Lens esculentum</i> Medik.) are used for decoction; thereafter, processed with <i>Ghrita</i>. Induce <i>Virechana</i> (purgation ). Indicated for <i>Vata-Paittika</i> <i>Jwara</i>, <i>Kushta</i>, <i>Vispota</i>, <i>Visarpa</i>, <i>Vatashonita</i>, <i>Rakta gulma</i> [19] - <i>Kashyapa</i></p> <p>Decoction of <i>A. vasaca</i>, <i>T. cordifolia</i>, <i>Parpata</i> (<i>Fumaria indica</i> var.), <i>A.indica</i>, <i>Bhunimba</i> (<i>Andrographis paniculata</i> Burm. f.), <i>Markava</i> (<i>Eclipta prostrata</i> Linn.), <i>Triphala</i> and <i>T. dioica</i>) added with honey and consumed cured <i>Amlapitta</i> (<i>Vasadi</i> <i>Kashaya</i>).</p> <p>Equal parts of <i>E.cardamomum</i>, <i>Vanshlochana</i> (<i>Bambusa arundinacea</i> Retz.), <i>C. verum</i>, <i>T. chebula</i>, <i>P.emblica</i>, <i>P. longum</i>, <i>Chandan</i> (<i>Santalum album</i> L.), <i>C. tamala</i> and <i>C. sativum</i> with <i>Sharakara</i> (equal to all)- <i>Eladi Churna</i> Early morning (<i>Praudh amlapitta</i>- chronic)- YR</p>
11	<i>Kaphaj Amlapitta</i>	<p><i>A. vasaca</i>, <i>A. indica</i>, <i>T. dioica</i>, <i>Triphala</i>, <i>Asan</i> (<i>Terminalia elliptica</i> Willd.) and <i>Jwasa</i> (<i>Alhagi camelorum</i> Fisch.)- <i>Vasadi Kwatha</i> with <i>Vasa Gugglu</i> - Ch.D</p> <p>Decoction of <i>T.chebula</i>, <i>A. indica</i>, <i>T. dioica</i>, <i>Triphala</i>, <i>T. elliptica</i>, <i>Dhanvyas</i> (<i>Fagonia cretica</i> Linn.) with <i>Gugglu</i>-<i>Vrihat Nighantu</i> Ratnakar</p>
12	Severe <i>amlapitta</i> ( <i>Daruna</i> )	Decoction of <i>T. cordifolia</i> , <i>A. indica</i> and <i>T. dioica</i> leaves added with honey and consumed ( <i>Pitam Anek Rupam</i> ) cures severe <i>Amlapitta</i> , just as lightning destroys <i>Tala</i> tree ( <i>Borassus flabellifer</i> L.) even though very tall- Ch. D.
13	Different kinds of <i>Amlapitta</i>	Cold decoction of <i>T. cordifolia</i> , <i>A.indica</i> , <i>T. dioica</i> <i>Patra</i> , <i>Triphala</i> with honey <i>Chhinodbhawadi Kwatha</i>
14	<i>Amlapitta janit pitta-kaphaja jwara, vomiting, daha, shoola</i>	Decoction of <i>T. dioica</i> , <i>Triphala</i> and <i>A. indica</i> with honey
15	<i>Amlapitta</i> of patient using acidic diet.	<i>Hingwaadi Yog</i>
16	<i>Amlapitta Janita Kosta Daha, Pitta</i> alleviating	<i>Chitrakadi Kwatha</i> ( <i>Chitraka</i> , <i>Erandamula</i> , <i>yava</i> , <i>yavasaka</i> )-YR
17	<i>Amlapitta Janita Daha</i> and <i>Anna Janya Daha</i>	<i>Pathayadi churna</i> - <i>T.chebula</i> Retz. and <i>E. alba</i> powder with <i>jirna guda</i>
18	<i>Amlapitta</i> and <i>jwara</i>	<i>Phaltrikaadi Kwatha</i> <sup>1</sup> - <i>T.chebula</i> Retz., <i>Vibhitaka</i> ( <i>Terminalia bellerica</i> Roxb.), <i>P.emblica</i> , <i>T. dioica</i> , <i>P. kurroa</i> decoction with <i>misri</i> , <i>G.glabra</i> , and honey

19	<i>Amlapitta janita vomiting</i>	Decoction of <i>T. cordifolia</i> , <i>Chitraka (Plumbago zeylanica L.)</i> , <i>A. indica</i> , <i>T. dioica</i> with honey
20	Anorexia, <i>Amlapitta</i> , vomiting	Decoction of <i>H. vulgare</i> , <i>P. longum</i> , <i>T.dioica</i> leaves with honey
21	Other combinations in <i>Amlapitta</i>	Decoction of <i>T. cordifolia</i> , <i>G. glabra</i> , <i>Daruhridra (Berberis aristata DC.)</i> , <i>Khadir (Acacia catechu L.)</i> with honey
22		Decoction of <i>A. vasaca</i> , <i>T.cordifolia</i> , <i>F. indica</i> , <i>A. indica</i> , <i>A. paniculata</i> , <i>E.alba</i> , <i>Triphala</i> , <i>Kulatha (Dolichos biflorus Linn.)</i> - <i>Dashang Kwatha</i> mixed with honey
23		Decoction of <i>Kantakari (Solanum virginianum L.)</i> , <i>T.cordifolia</i> - <i>kantakaryadi Kwatha</i> with honey- Ch.D <i>Amlapitta</i> associated with <i>kasa</i> , <i>swasa</i> , <i>jwara</i> , vomiting- <i>Vrihat Nighantu Ratnakar (Vri. Ni.r.)</i>
24		<i>T.chebula</i> , <i>P.longum</i> , <i>Munakka (Vitis vinifera L.)</i> and <i>F. cretica</i> decoction - <i>Abhyadi kashaya</i> With honey- <i>Vangsen (V.Se.)</i>
25		<i>T. cordifolia</i> , <i>Z.officinale</i> , <i>Nagarmotha (Cyperus rotundus L.)</i> and <i>Chirayata (Swertia chirayita Roxb. Ex. Flem.)</i> - <i>Amritadi Kashya- V.Se.</i>
26		Equal parts of <i>C.sativum</i> , <i>S. album</i> , <i>Musta (Nagrmotha)</i> , and <i>H. vulgare</i> powder with honey 1–3 masha BD or TDS – <i>Rasa Ratnakar (R.R.)</i>
27		Equal part of <i>P. emblica</i> , <i>Shatavari (Asparagus racemosus Wild.)</i> , honey, <i>Sharkra</i> With <i>Ghritaa</i> or milk ( <i>Dhatrichattussama</i> )- <i>V.Se.</i>
28		<i>Panchnimbaadi shaktu yog [30]</i> - Powder of <i>Panchang</i> of <i>A.indica</i> (1 part), <i>Vidhara (Argyria nervosa Burm. F.)</i> (2 parts), <i>Sattu</i> (10 parts) mixed with <i>Sharkara</i> (in <i>Kapha-pitta shoola</i> ) or honey (in <i>Amlapitta</i> ). Take with cold water.
29	<i>Kapha-pitta</i> dominancy in disease, <i>pama</i> , <i>agnimanthya</i> , <i>itching</i> , <i>shola</i>	<i>T. dioica</i> , <i>Z. officinale</i> , <i>C. sativum</i> decoction

**Table 2.** Description of formulation.

	<b>Formulations</b>	<b>Dose, Anupana, Grahan Kal</b>	<b>Indications</b>
	<i>Jeerakadhaya ghrít</i>		<i>Kapha-paittika</i> disease, <i>mandagni</i> , <i>aruchi</i> , vomiting
	<i>Pippali ghrít</i>	With honey; Early morning	
	<i>Vasa Gugglu</i>		<i>Amalpitta</i>
1	<i>Shri Bilwa Tail</i>		Burning of head, palm and soles, all kind of pain, <i>sutika roga</i> , <i>shukra vardhnam</i> , <i>grahni</i> , <i>gulma</i> , bleeding disease etc.
2	<i>Shankh bhasma</i>		All kinds of pain ( <i>shoola</i> ) especially abdominal pain, <i>amalpitta</i> , <i>agnimandhya</i> , <i>vistambha</i>
3	<i>Shankha vati</i>	Tablets of 125 mg	<i>Grahni amalpitta</i> , <i>shoola</i> , <i>ama</i>
4	<i>Shankhadi churn</i>	1 masha (1 g) with cold water	<i>Gulma</i> , <i>ajirna</i> , <i>amalpitta</i> , <i>mandagni</i>
5	<i>Shatavari mandoor</i>		<i>Tridoshaja shoola</i> , severe <i>amalpitta</i> , vomiting, <i>aruchi</i> etc.
6	<i>Sarvatobhadra lauha</i>	Start from 250 mg increases according to strength	<i>Amalpitta</i> of complicatory stage, <i>panktishoola</i> , <i>shoola kukshi</i> , all diseases, <i>garvisa</i> , <i>gridhrishi</i> , jaundice, piles, fistula in ano
7	<i>Sita mandoor</i>	1/2 g–1/2 tola (approx 6 g) (ॐ) 1 <sup>st</sup> day- 1/2 g than increases daily upto 1 g with cold Cow milk	Disaeses developed from incurable ( <i>asadhya</i> ) <i>amalpitta</i> such as <i>Shoola</i> , vomiting, <i>daha</i> , <i>anaha</i> , <i>moha</i> etc., bleeding diseases

8	<i>Suta sekhar rasa</i>	250 mg for 40 days with Honey and <i>ghrit</i>	<i>Amalpitta, gulma, vomiting, sholla, grahnai, udavarta, mandagni, kasa, rajyakshma</i>
9	<i>Surya paka tamram</i>	3 <i>ratti</i> Increased from 125 mg to 1 g (maximum) with piper bettle ( <i>pana</i> ) without <i>chuna</i> Do's: <i>lauha</i> intake	Vomiting, <i>amalpitta, jwar, Agnimandhya, anaemia</i>
11	<i>Kshudha vati Gugglu</i>	3-3 tablets in morning before food (500 mg) <i>Kanji</i> Don't: milk, coconut	<i>Amalpitta, anaemia, edema, tuberculosis (yakshma), swas rog, abdominal distension, amvata, spleen diseases</i>
12	<i>Kshudhavati gutika (swalpa)</i>	4 <i>ratti</i> (500 mg) <i>Kanji/varibhakta</i>	<i>Amalpitta, parinaam shoola, Agnimandhya, amvata</i>
13	<i>Kshudhavati gutika</i>	1-1 tablet ( <i>badarasthi sama</i> ) <i>Kanji/varibhakta</i> and water In the morning Don't: sweet substances especially milk and <i>sharkara</i> (sugar)	<i>Ajirna, bhasmaka, parinam shoola, amalpitta</i>
	<i>Kshudhavati gutika (vrihat)</i>	3-3 tablets (practically 4 <i>ratti</i> ) in the morning In starting of food with <i>kanji</i> Do's: <i>varibhakta</i> (cooked semisolid rice) and <i>kanji</i> Don't: commonly all sweet subjects ( <i>madhur padarth</i> ), especially coconut and milk	<i>Amalpitta, parinaam shoola, pandu, udar rog, Agnimandhya, aruchi, anaha, chronic severe amvata disease</i>
14	<i>Shatavari ghrit</i>	1-2 <i>tola</i> (12-24 g)	<i>Santapa, vatapittaja disease, raktapitta, thirst, murcha, shwas</i>
15	<i>Shunthi khand</i>	6 <i>masha</i> (6 g) with milk	<i>Shoola, heart diseases, vomiting, amavata diseases</i>
16	<i>Saubhagya Shunthi modak</i>	1-1 tablet of <i>Tol Praman</i> (approximately 12 g) with milk and water	<i>Amalpitta, Reeling of head (bhrama), aruchi, vomiting, throat burning, shirah shoola, burning epigastrium etc.</i>
17	हिनवादि योग <i>Hingwadi yoga</i>	1/2-2 g	Can cure <i>amalpitta</i> of patient using acidic diet.
18	<i>Haritakydsaadi churn</i>	Honey	Burning throat, <i>kapha</i> and <i>pitta</i>
19	<i>Samsaptak churn</i>	Licking with honey/ <i>ghrit/sita</i> Drink with milk Do's: <i>snigdha anna</i>	<i>Parinama shoola, piles, anaemia, aruchi</i>
20	<i>Madhu Pippali yog</i>	In the evening time <i>Pippali churn</i> with honey	
21	<i>Leelavilas rasa</i>	Tablet of 125 mg 5 <i>ratti</i> (625 mg) Milk, <i>kushmanda rasa, amalki churn, and sugar</i>	<i>Chardi, shoola, hrid daha</i>
22	<i>Rasendra gutika</i>	125 mg tablet	<i>Kasa, kshaya, shwasa, raktapitta, aruchi</i>
24	<i>Rasaamrit churn</i>	<i>Vidalpad matra</i> (Approximately 12 g) Lick with honey and <i>ghrita</i> then cold water and finally cow milk	<i>Agnimandhya, parinam shoola</i>
25	<i>Vasaadi kashaya</i>	Honey	<i>Amalpitta, cough, swasa, jwara, vomiting</i>
26	<i>Vasaadi kashaya</i>	Guggulu	<i>Kaphaja amalpitta</i>
27	<i>Yavadi Kwatha</i>	Honey	<i>Aruchi, Vaman</i>
28	<i>Yavadi Kwatha</i>	<i>Trigandha</i> and <i>madhu</i>	<i>Amalpitta janita Vaman</i>
29	<i>Tryaushanadi mandoor</i>	In the starting, mid and end of the food	<i>Tridoshaj shula, prinam shoola</i>

30	<i>Triphala mandoor</i>	After mixing with honey and <i>ghrita</i> <i>Anupana – sheetal jala</i>	<i>Amalpitta janita shoola</i>
	<i>Triphalaadi mandoor</i>		<i>Amalpitta</i>
31	<i>Tamra druti rasa</i>	125 mg–1 g <i>Ghrit</i> and honey	<i>Darun/severe amalpitta, sangrahani, jaundice, anaemia, etc.</i>
32	<i>Gudadi ghrit</i>		<i>Vataj amalpitta</i>
	<i>Gudadi modak</i>		
	<i>Kans Haritaki</i>		<i>Amalpitta</i> with obstructed bowel/ constipated bowel ( <i>malavarodh</i> )
33	<i>Trikatwadi churn</i>	Cold water or honey	<i>Ativisam amalpitta</i>
34	<i>Triphaladi Kwatha</i>		<i>Vaman, amalpitta, jwara</i>
35	<i>Chhinodbhawadi kwath</i>	Honey <i>Sheetal kwath</i>	
36	<i>Chinnadi kwath</i>	Honey	
37	<i>Chitrakadi kwath</i>		<i>Pitta, kostha daha, amalpitta</i>
38	<i>Guduchyadi Kwatha</i>	Honey	Vomiting of <i>amalpitta</i>
39	<i>Bhaskaramritabhra</i>	1–1 ratti (125 mg)	<i>Shoola, annadrava shoola, prinama shula, aruchi, nausea</i>
40	<i>Baladi mandoor</i>	1 masha (1 g)	<i>Asadhya amalpitta, severe shoola</i>
41	<i>Paniya bhakta vati</i>	1–1 tablet In morning <i>Kanji / bhaktvaari</i>	<i>Grhni dosha, vistambh, trodoshaja amalpitta, panktishoola, bastikukshiguda rujam, parshwshula, hrichshula</i>
42	<i>Panchanan vati</i>	Tablet of 1–1 g	<i>Amalpitta, panktishoola</i> etc.
43	<i>Pato shunthi ghrit</i>		<i>Kapha</i> and <i>pitta</i> pacifying
44	<i>Narayan ghrit</i>		<i>Amalpitta, daha, chardi</i>
45	<i>Drakshadi ghri</i>	भोजन के साथ All seasons	<i>Grahnai, amalpitta, kapha</i> and <i>pitta</i> pacifying
	<i>Vasa ghrit</i>		
	<i>Tikataka ghrit</i>		
46	<i>Pippali khand</i>	6 masha (6 g)	Nausea, anorexia, vomiting <i>amalpitta</i> etc.
47	<i>Dhanyakadi prayog</i>	शहद 1–3 masha (1–3 g) BD or TDS	<i>Amalpitta, Aruchi, Jwara</i>
48	<i>Dhatri chatussamawaleha</i>	दूध या घृत	<i>Vali-Palit, Amalpitta, chakshusya, ayushya</i>
49	<i>Drakshadi gutika</i>	<i>Jala</i> 1 Tola (approximately 12 g)	<i>Hritkantha daha, bhrama, murcha, amavaata</i>
50	<i>Panchnimb churn</i>	शहद Churn and <i>sarkara</i> mixed cold water	<i>Amalpitta</i> <i>Pitta-kaphaja shoola</i>
51	<i>Bhunimba Kwatha</i>	शहद	<i>Amalpitta</i>
52	<i>Paathadi Kwath</i>		<i>Pittakaphaj amalpitta, agnimanthya, jwara, aruchi, daha, vomiting</i>
53	<i>Dashang kwath</i>	शहद	<i>Amalpitta</i>
54	<i>Kutajawaleha</i>	Goat buttermilk, milk, curd, <i>ghee</i> and water	Piles, diarrhoea, anorexia, <i>grahani</i> , anaemia, jaundice, etc.
55	<i>Amalpittantak rasa</i>	शहद 1 masha (1 g)	<i>Amalpitta</i>
56	<i>Amalpittantak modak</i>		Vomiting, <i>daha</i> , bronchial asthma, all kinds of diseases ( <i>vataj, pittaja, kaphaja, sannipataja</i> ) etc.

57	<i>Kantakayadi kashaya</i>	Honey	<i>Amalpitta</i> , vomiting, <i>jawara</i> etc.
	<i>Avipattikar churn</i>	8 <i>masha</i> (8 g) Before meal with cold water/ coconut water <i>Ksheeraudana</i>	<i>Shoola</i> , piles, renal stone etc.
58	<i>Eladi churn</i>	प्रातः Morning	<i>Amalpitta</i>
59	<i>Narikela khand</i>	यथाबल <i>Yatha bala</i>	
60	<i>Narikela khanda (leha)</i>	1 <i>pala</i> or half <i>pala</i> /daily Cures hyperacidity, bleeding diseases, <i>parinam shoola</i> (duodenal ulcer)	
61	<i>Vrihat Narikela khanda</i>	1 <i>pal</i> ( 48 g), daily morning Cures hyperacidity, fever of <i>pitta</i> origin, bleeding diseases, loss of taste/appetite, gout, thirst, burning sensation, jaundice, anaemia, <i>kshaya (pthisis)</i> , <i>parinam shoola</i> (duodenal ulcer)	
62	<i>Abhayadhyavaleha</i>	मधु <i>Honey (madhu)</i>	Burning of heart and throat, <i>murcha</i> , <i>kaphaja amalpitta</i>
63	<i>Amalpittahar paka</i>	1 <i>tola</i> (approximately 12 g) with milk/water	<i>Amalpitta</i> , <i>aruchi</i> , <i>shoola</i> , <i>Vaman</i> , headache etc.
64	<i>Elaadi leha</i>	<i>Mishri</i> (Sugar)	<i>Amalpitta</i> , <i>aruchi</i> , burning
65	<i>Khand kushmand awaleha</i>	½ <i>pala</i> /1 <i>pala</i> (48 g or 24 g) 20 G Best in curing <i>amalpitta</i>	<i>Amalpitta</i>
66	<i>Kushmand khand awaleha</i>	3 <i>tola</i> (approximately 36 g)	<i>Amalpitta</i>
67	<i>Khand Pippali</i>		Vomiting, <i>amalpitta</i> , <i>agnimaanthy</i>
68	<i>Khand Pippali awaleha</i>	Morning <i>Yatha bala</i> (according to strength of patient)	<i>Amalpitta</i> , nausea, vomiting, thirst, <i>daha</i> , <i>shoola</i>
69	<i>Khand shunthi</i>		Nausea, vomiting, <i>amvata</i>
70	<i>Agnimukha tamram</i>	1 <i>ratti</i> (125 mg)–1 <i>Shana</i> (4 g) (increase 1 <i>ratti</i> daily)	<i>Darun pankti shoola</i> , <i>amalpitta</i> , <i>shoola</i>
71	<i>Amrit ras</i>		<i>Pankti shoola</i> , <i>amalpitta</i> , <i>mandagni</i> , anaemia, jaundice
72	<i>Abhayadi Kwatha</i>	मधु व मिश्री <i>Honey /mishri</i> (sugar)	<i>Amalpitta</i> , throat burning
73	<i>Amritaadi Kwatha</i>		<i>Amalpitta</i>
74	<i>Abhraka bahsma</i>	<i>Ushna jala</i> (lukewarm)	<i>Amalpitta</i> , <i>shoola</i> , vomiting
75	<i>Shivpalpindi avaleh</i>	20 mg b.d before meals with milk/honey <i>Amalpitta</i> , loss of appetite, <i>jawara</i> , <i>daha</i> (burning sensation).	
76	<i>Kamadudha Rasa</i>		