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EFFICACY OF SADDYO VAMAN IN URDHVAGA AMLAPITTA CAUSED BY AGNIMANDYA: A CASE STUDY

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ABSTRACT
Urdhvaga Amlapitta, a condition characterized by excessive acid production in the upper gastrointestinal tract, is often linked to Agnimandya . This case study evaluates the efficacy of Saddyo Vaman (therapeutic emesis) in managing Urdhvaga Amlapitta caused by Agnimandya. A 38 year old male patient presented with symptoms of Urdhvaga Amlapitta, including Hrudadaha(heartburn), regurgitation, and Hrullas (nausea), Shiroshool,Aruchi, Avipaka, AmlaUdgara since 1.5 years attributed to Agnimandya. He underwent Saddyo Vaman therapy by using Dugdha, Lavanodaka,Yashtimadhuphantaa, Madanphala pippali churna and Madhu. After Saddyo Vaman, the patient showed significant improvement in symptoms, with reduced Hrudadaha(heartburn), regurgitation, and Hrullas (nausea), Shiroshool,Aruchi, Avipaka, AmlaUdgara improved digestion, and relief from discomfort. Saddyo Vaman therapy appears effective in managing Urdhvaga Amlapitta caused by Agnimandya, offering a potential treatment approach for this condition.

KEYWORDS - *Urdhvaga Amlapitta, Agnimandya, Saddyo Vaman, Therapeutic Emesis.*

INTRODUCTION
"Rogo sarveapi mandeagnau" Acharya Vagbhaṭa has described that all the diseases are caused by MandAgni.In Ayurved main cause of all disease is MandAgni.[1] Generally 80% of the top ten life threating diseases in the world are due to inappropriate dietary habits.[2] Amlapitta explained as separate disease by Acharya Kashyap, Yogratnakar, Bhavprakash, Madhavnidan. Charak explained Shuktapaka in purvarupa of Grahani which is sampitta/Amlapitta related.[3] In Madhav nidan Due to increase in amla gun there is increase in pitta so it called as Amlapitta. In Sharangdhara pratham khanda according to gati bheda amlapiita divided as Urdhvaga and Adhoga.[4] As per Acharya Sushruta, improperly digested food becomes poisonous or toxic (shukta/ anna-vish), this toxic-juice / shukta combines with pachaka-pitta and creates a variety of pitta-dominant diseases.[5] Madhavkar explained Causes of Amlapitta in madhav nidan chap51/1.[6]

विरुद्धदुष्टाम्लविदाहिपित्तप्रकोपिपानान्नभुजो विदग्धम् ।
पित्तं स्वहेतूपचितं पुरा यत्तदम्लपित्तं प्रवदन्ति सन्तः ॥१॥
Symptoms of Amlapitta given in Madav nidan 51/2.[7]
अविपाकक्लमोत्क्लेशतिक्ताम्लोद्गारगौरवैः ।
हृत्कण्ठदाहारुचिभिश्चाम्लपित्तं वदेद्भिषक् ॥२॥
Symptoms of Urdhvaga Amlapitta given in Madav nidan 51/4-6.[8]
वान्तं हरित्पीतकनीलकृष्णमारक्तरक्ताभमतीव चाम्लम् ।
मांसोदकाभं त्वतिपिच्छिलाच्छं श्लेष्मानुजातं विविधं रसेन ॥४॥
भुक्ते विदग्धे त्वथवाऽप्यभुक्ते करोति तिक्ताम्लवमिं कदाचित् ।
उद्गारमेवंविधमेव कण्ठहृत्कुक्षिदाहं शिरसो रुजं च ॥५॥
करचरणदाहमौष्ण्यं महतीमरुचिं ज्वरं च कफपित्तम् ।
जनयति [1] कण्डूमण्डलपिडकाशतनिचितगात्ररोगचयम् ॥६॥
In Amlapitta the root cause is Agnimandya and formation of Aama. In Yogratnakara Amlapitta chikitsa given as[9]

पूर्वं तु वमनं कार्यं पश्चात् मृदु विरेचनम् ।
कृतवान्ति विरेकस्य सुस्निग्धस्य अनुवासनम् ॥

A CASE REPORT
Patient Name- ABC
Age- 38years
Sex- Male
Address - Khaparidev chs parel, Mumbai
C/O- Hrudadaha(heartburn), regurgitation, and Hrullas (nausea), Shiroshool,Aruchi, Avipaka, AmlaUdgara since 1.5 years. Taken oral medication for same complaints but got only temporary relief. Hence to take Ayurvedic Panchakarma treatment he came to our OPD of Panchakarma department.

Personal History-
Occupation- Pharma Company MR
Addiction- Tea 5-6 per day
Family History - No any evidence of such symptoms in family.
Past History - No H/O- HTN/DM/KOCH'S
No Any surgical history

General Examination-
General condition- Good
Bp- 130/80mmhg
P- 84/min
Spo2- 98%on RA
Pallor- Absent

Systemic Examination-
CVS - S1S2 normal
CNS- conscious oriented
RS- AEBE clear
P/A- Soft,Non tender

Ashtavidh Parikshan-
Nadi- PittaKapha
Mala- prakrut
Mutra- Samyak pravrutti
Jivha- Ishat saam
Shabda – Spashta

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Sparsha – samashitoshana
Drik- Prakrut
Aakruti- Madhyam

Samprapti Ghatak
Dosha - Pitta Pradhana, Kapha anubandhi.
Dushya -Rasa Dushti.
Strotodushti- Annavaha Strotas, Purishvaha Strotas, Rasavaha Strotas.
Vyadhi Avastha- Sama Avastha, Dosha Urdhwagati
Saddyosaddyotva- Kashta Saddyo
Vyadhimarga- AbhyantarMarga
Vyadhi Nidana - Urdhwaga Amlapitta, Samawastha Dosha Urdhwagati.

Diagnosis-
Based on Symptoms the patient was diagnosed with Urdhvaga Amlapitta.

Material and Method
Saddyo Vaman

Material-
Vaman Pitha ,Chair, Bucket, Madanphal pippali churna, Makshik, Yashtimadhu Phanta,Lavnodaka,Dugdha.Glass2-3, Bowl, til tail.

Pre-procedure (Purva Karma)
- ✓ Informed written consent was taken from the patient after thoroughly explaining the details of the Vaman procedure.
- ✓ Local Snehan Swedan at chest region done.
- ✓ Dugdhapan[10] given to patient approx. 250-500ml.

Procedure (Pradhan Karma)
- ✓ As Vaman yog given Madanphala[11] pippali churna with makshik.
- ✓ Then after waiting for 10 min we given Yashtimadhu phanta.[12]
- ✓ After that Vaman vega started .
- ✓ Approx 2lit of Yashtimadhu phanta used .
- ✓ After that approx 500ml Lavnodaka given.[12]
- ✓ The dormant urge may be excited by tickling the throat with two fingers[13].
- ✓ At the last vega pitta darshana observed.[14]
- ✓ During procedure patient was vitally stable.

Post-procedure (Paschat Karma)
- ✓ After the therapy has been well-administered, the patient was asked to wash his hands, feet and face with warm water.
- ✓ Dhumpan(herbal smoking) given to patient.[15]
- ✓ Then patient was asked to rest in a room which is not exposed to the wind.
- ✓ Patient asked to take rest for some time.
- ✓ Patient adviced to follow sansarjan kram for 5 days.

Results/ Observation
After Saddyo Vaman, the patient showed significant improvement in symptoms, with reduced Hrudadaha(heartburn), regurgitation, and Hrullas (nausea), Shiroshool,Aruchi, Avipaka, AmlaUdgara improved digestion, and relief from discomfort.
Manki Parikshan- Total intake 3000ml (Dugdha 500ml,Yashtimadhu Phanta 2000ml,Lavnodaka 500ml)
Total outcome – 3200ml
Antiki Parikshan- Pittanta vaman
Laigiki Parikshan- Strotoshuddhi, Shirolaghavta,Kanthashuddhi.[16]
Vaigiki Parikshan- 7 uttam vega, 3 madhyam vega.
After assessment Samyak vaman karma (mandhyam shuddhi) is seen in patient.



Vaman Karma

Assessment-

		After Vaman		
Symptoms	**Before vaman**	**0th day**	**7th day**	**21thday**
Hrudadaha(heartburn)	+++	-	-	-
Hrullas (nausea)	++	-	-	-
Aruchi	+	-	-	-
Avipaka	+	-	-	-
AmlaUdgara	++	-	-	-
Regurgitation	+++	+	-	-
Shiroshool	++	-	-	-

DISCUSSION
After Saddyo Vaman patient got relief from symptoms and after taking follow up for one month patient had no any recurrence in same symptoms.In this case due to irregular schedule and improper diet habbit agnimandya occur and after that due to continue vidahi diet intake symptoms of amlapitta occur, As samprapti given in kashyapa khilsthan 16/7-13.

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Hetu sevan

(Irregular meal Time/Fast food/Vidahi annapan/Tea)

↓

Tridosha Prakopa (Pitta Pradhana)

↓

Agnimandya

↓

Anna Vidagdhata

↓

Pittataprakop (vitiation)

↓

Amla and Drava Guna dominance

↓

Amlapitta.

Breakdown Of Pathogenesis and Urdhvaga Amlapitta with Vaman

Procedure Effect

↓

Urdhvaga Amlapitta Occur in Amashaya

↓

Amashayastha Dosh Sanchit Avastha

↓

Dosha Expulsion by vaman therapy

↓

Agnimandya

↓

Anna vidagdhata

↓

Pitta prakop, amla, drava gun

↓

Amlapitta Upashaya

Vaman Dravyas are having the properties Vyavayi and Vikasi by virtue of Veerya (Potency) they circulate quickly in to large and small capillaries of the body. It circulate all over the body. Doshas started melting in the body due to Ushna Guna, we can observe the perspiration (Swede Pradurbhava) on patient's forehead or sometimes whole body. Because of its Vikashi Guna, it detaches the Malas from Dhatus. Owing to the presence of Sukshma Guna and Anupravana properties the Malas or Doshas float because already body has got Samyak Snigdhata (internal oleation) and pass through smallest capillaries and ultimately Malarupi Kapha reaches to stomach due to which agnimandya happened. Vamana Karma is radical therapy to treat Kapha disease. Vamana karma corrects the pathology by eliminating disease causative factor Kapha from its main site of accumulation. Vamana cleanses the different types of toxic materials from the body. Vamana karma one of the purification therapies restores the Agni(impaired metabolism) by acting at cellular level, there by correcting acid secretion and vamana action.[17] after the vamana therapy, no recurrence of any symptom was observed during follow ups. Shodhan Chikitsa(Purification Therapy) facilitates the expulsion of vitiated Dosha from the body, there by cures the disease from root. Thus Shodhan Chikitsa can prevent the recurrance in future.[18]

CONCLUSION

Based on this case Saddyo Vaman therapy appears effective in managing Urdhvaga Amlapitta caused by Agnimandya, offering a potential treatment approach for this condition.

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