

## A FUNDAMENTAL STUDY OF SAMUTTHATWA KALPANA FROM AYURVEDIC POINT OF VIEW W.S.R TO AMLAPITTA VYADHI.

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### Abstract:

In Ayurveda diseases are classified in various ways but most importantly they are classified on the basis of their origin from amashay or pakvashay. Accordingly, diseases having origin from amashay are called as “Amashay Samuth”,while diseases originating from pakvashay are named as “Pakvashay samutha”.Here is an attempt to classify the Amlapitta vyadhi as per samuthtva.

**Key Words-** Amlapitta, Aamashay samuthtva,Pakvashay samuthatva

### 1. Introduction

In Ayurveda, the patients can have same diagnosis but have different prakruti, saar, satmya, Aahar, Vihar etc.

So even if disease & aetiology are same there is variability in signs & symptoms.

Samprapti changes according to dosha & sthan involved. So assamprapti varies the line of treatment changes accordingly.

Because breaking down the samprapti is “shudha Chikitsa”

## **2. Classification of diseases according to the Aashray sthan :**

1. Aamashayasamutha

2. PakvashaySamutha

On the basis of Aashray sthan(origin of disease) the treatment changes. Though only 2 types i.e. Aamashaya & Pakvashaya samuttha are described in the classification of jwar, but practically this type of classification is applicable to many other diseases. On the basis of this classification, we will discuss the concept of samutthatva w.r.t Amlapitta Vyadi.

In Amlapitta, Aamashaydusti is important, but even treating amlapitta as aamashaysamuttha vyadi (e.g.-vaman as shodhan upakram) there is no relief to the patient. No changes are seen in signs & symptoms. In such cases, we should consider the doshas & sthan because samprapti changes according to sthan and as mentioned earlier if samprapti changes treatment changes. So it is a need to focus the concept of samutthatva sankalpana though not mentioned in Samhita.

## **3. Research Questions-**

Whether Amlapitta is having samutthatva avastha?

Whether samutthatva concept can be evaluated with the help of Amlapitta Vyadhi ?

Whether aetiopathogenesis of amlapitta is having any relation with Aamashaya samutthatva & Pakvashayasamutthatva?

## **4. Aim:**

To determine appropriate treatment for amlapitta vyadhi by studying its samutthatva on the basis of its hetu, purvaroop, Roopa, Samprapti, upashay- anaupashaya etc.

## **5. Objectives:**

To complete amlapitta vyadhi in scientificmanner.

To study aetiopathogenesis of amlapitta with referenceto samutthatva.

To study the classical concept ofsamutthatva.

To study the concept of samutthatva w.s.r. toAmlapitta vyadhi.

**6. Study design:**

-Type of Study

Fundamental Study

**7. Material & Methodology:**

To study the concept of samuthatva, we have to overlook & think about vyadhi Hetu, Purvaroop, Roopa, upadrava, samprapti, mala-parikshan, upashaya- Anupashya

**8. Discussion:** Factors involved in Aamashaya Samutthatva Amlapitta.

**8.1. Aetiology** – 1) Guru- snigdha Aahar

2) Amla- katu Rasa sevan

**8.2. Purvaroop-** 1) Hrullas(Nausea)

2) Agnimandya (loss of appetite)

3) Aruchi (Anorexia)

**8.3. Roop:**

1. Hrullas(Nausea)

2. Chardi (vomiting)

3. Ura- Kantha Daha (Burning sensation in throat & chest region)

4. Jwar (Pyrexia)

**8.4. Stool examination-**

Undigested food particles found along with stool.

Watery inconsistency

Presence of Helminths(worms)

Typar of samprapti- either sanga or Atipravrutti

**8.5. Pathophysiology:**

Pitta prakopak Ahar like Guru, snigdha, Amla, Katu ras diet.



Pachak Pitta Dusti & Ultimately dosha prakop in Aamashaya



Agnimandya- Leading to vidagdhatta & Shushktata to diet



Amlapitta

If the aetiology is not corrected & continued, it results in dhatugat avastha to Amlapitta. Here, the amlpaitta is Aamashaya samutha, There are clinical features of Mamsa dhatugat avastha like - Aamashaya kshobha (Gasnitis), Aamashaya vrana (Gastric ulcer) Seen in form of upadrava.

### 8.6. Line of treatment Choice of upakram :

Most of the time, after vomiting the s/s subsides. In such diseases, Vaman & Virechan are the chief shodhan upakram which helps to remove the vitiated pitta from the body.

For Example- The utensil storing curd can be used to store milk after proper cleaning & washing. Same way, after vaman upakram, amashaydusti is reduced & hence, Amlapitta subsides.

Post shodhan upakram-

Laghan, then laghubhojan ( kashyap samhita ).

**The drug of choice for this samprapti is:** 1. SuvarnaShekhar

2. SadhaSutshekhar

3. Kaamdudha.

### 9. Pakvashaya Samuthatva Amlapitta:

Factors involved in pathogenesis of pakvashay samutha Amlapitta are as follows :

#### 9.1. Aetiology:

Katu rasa sevan (spicy food)

Mala mutraavarodh

Rukshay Abhishyanda Aahar

#### 9.2. Purvaroop- Mala avastham (constipation)

#### 9.3. Roop- 1) Udarshool (Abdominal Pain)

2) Amlatikta udgaar

3)Shirshool

#### 9.4. Examination of stool

Hard inconsistency

Ruksha (dry) stool in form of pellets

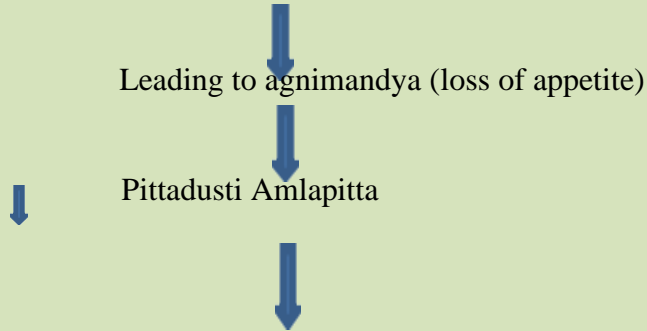
Krushna vaivarnya (Blackish Stool ) Patients gets relief after Deafeacation.

#### 9.5. Types of samprapti – Vimarg-gaman

#### 9.6. Types of Dushti- Apanavrutta Samaan

#### 9.7. Pathophysiology–

Vata & Kapha prakopak Hetu Apan Vayu dusti Samaanavrutta & Pittavrutta vat



Shortly, Here Pratilome Samprapti is achieved.

If the Hetu Sevan is continued, there is Astidhatugat Avastha.

In this avastha, Patient experiences- joint pain , Decrease in bone density etc,

After study, it is found that sandhishool is originated from astidhatugat Avastha of Pakvashaya samutha amlapitta.

### 9.7. Line of Treatment-

In such cases, Guggula- Kalpas are not sufficient.

**Choice of upakram-** Virechan ( purgation therapy )

- Basti (Enema) - Aasthapan Basti
- Anuvasan Basti

**Drug of Choice** – Pravar Panchamrut

- Shankha basma
- Parpati Kalpa

Also Amlapitta Shamak drugs & drugs used for nutrition of bone & acting on pakvashaya.

### 10. Summary

While giving treatment, an ideal vaidya should not only consider the sign & symptoms but also consider doshas, sthaan, Aashaya, samprapti etc. patients treated with such methods & ideas will definitely have better results.

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