A Case Report of Gudadimodak on Urdhvagamlapitta

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Abstract:

In the Present day, Due to fast and hectic life, mental stress in compatible food habit, excessive fried food intake are responsible for the origin of disease also, alcohol consuming, smoking, night shift duties work stress are also often exception, above these are the commonest causes of amlapitta, amlapitta is among the disease of digestive system formed due to vitiation of pittadosha. It is Commonly occurred disease of annavahastrotas( gastrointestinal system)

Introduction:

Amlapitta is not described in charaksamhita and Sushrut, &vaghbhatSamhitaSepreatly. This disease has been describe in Ayurvedik text like KashyapsahitaYogRatnakar and bhaishajyratnawali clinical menifation of amlapitta like avipke (Indigation) Klama (tiredness), Utklesh (Nausea), Amlaudgara (Sour and bitter belchinggaurata (haviness) hrit/kanthdaha (hurt and throat burning) and arichi excess formation of vitiated pitta is the main pathological mechanism behind manifestation critical study on this regards showed that the most of the symptom of NUD and alapitta are due to impairement of agni for the management ayurvedic compound and dietery therapy which are used heare is suspected to stimulate the jatharagni by remaining the saamavastha of annarasa beside use of medicine ayurved lays very great emphasis on pathya- apathy that is regulation of diet and regimen in diseese.

Case Report:

A 32 year old male patent come to the kayachikitsa OPD of Dr. VJD Gramin AyurvedRugnalayaPatur with the complaints of Aruchi Amlodggara, hrutkanthdaha, Aruchi, Gaurovta, since 15 days Patent did not received any treatment until he come to the OPD of Dr. VJD Gramin AyurvedRugnalaya. Patient was throughtlyexamend and detailed histry was taken

History:

Patient was teacher by occupation was taking spicy food from long time. Thise are the pitta prakopalehetus. On examination Patient was afebrile pulse rate was 82/min, regular and HTN/BA/IHD etc.

Treatment:

Patent was treated with Guladimodak 2 g.m. BD with water twice day after food. Patent experienced increase in appetide after 7 dayas of treatment and after 14 days of treatment patient experienced decrees in symptoms like Aruchi, Gauravta, Amloudgaar, patent was advise to take pittashamahkaahar and vihar
Discussion:-
In ayurveda increased intake of only spicy, hot and allcalin food are depicted for agreevation of pitta dosha. The aggrevatedpithha then impaires the blood. And cause the dises
Chakradatta has recommended Guladimodak in amlapittachikitsaparakaranam in order to break down pathophysiology of Acidity by using pitta shamaka and pitta sarakherb of which detailed description is given below.

Guladimodak:-

The drug description is summarized in the table given below:

<table>
<thead>
<tr>
<th>Dravya</th>
<th>Latin name</th>
<th>Guna</th>
<th>Rasa</th>
<th>Virya</th>
<th>Vipak</th>
<th>Upaktagna</th>
<th>Karmukata</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pippali</td>
<td>Piper lonum</td>
<td>Laghu, tikshna</td>
<td>Katu</td>
<td>Anushnasit</td>
<td>Madhur</td>
<td>Vatpittashamak</td>
<td>Raktshama k</td>
</tr>
<tr>
<td>Haritki</td>
<td>Termirnali achebula</td>
<td>Ruksha</td>
<td>Ushna</td>
<td>Madhur</td>
<td>Trishoghnta</td>
<td>Grahi, rechan</td>
<td></td>
</tr>
<tr>
<td>Puranaguda</td>
<td></td>
<td>Laghu</td>
<td>Madhur</td>
<td>Shit</td>
<td>madhur</td>
<td>Pittashamak</td>
<td>Rechan</td>
</tr>
</tbody>
</table>

Conclusion:-
Amlapitta since a paaitikerog, pitta prakruti people are mor prone to that which can be minimized by use of such pittghnaawshadhi and aahar like wheat, Jwar, Sugar can juice, laghusupachyaaahar etc. there a case of amlapitta is successfully treated with Guladhimodak and pattyapatty provides a very good and faster reliet in patient of amlapitta just 7-14 days

References:-

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