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## A Comparative Clinical Study on effect of *Sudhakar Churna* and *Vasa Guggulu* in the Management of *Urdhwag Amlapitta*.

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### ABSTRACT:

Today's life style is completely changed. Most of the people cannot perfect in their food habits. They have bad food habits like irregular intake of food, eating of fried foods, excessive use of chillies & masalas in food etc. The improper living style and faulty diet habits generates the imbalance of the body elements *vata*, *pitta* & *kapha* and thus various disorders may occur. Due to this change life style, many people are suffering from dyspepsia.

**Study design** 20 patient in each group and both group subjected to *Urdhwag Amlapitta* treatment. In the first group doses of *Vasa Guggul* 500mg BID per day in divided doses for period of 30 days and in the 2<sup>nd</sup> group doses of *Sudhakar Churna* 1karsha twice a day (6 gm) BID per day in divided doses for period of 30 days.

**Result** In this chapter various observations of geographical elements like Age, Gender & Religion etc. Are presented in the form of diagrams. The result of both groups were analysed statically, compared and results were interpreted in the term of increase or decrease in the parameter. The statistical analysis revealed that both drugs are effective in *Urdhwag Amlapitta*.

**Keywords** *Urdhwag Amlapitta*, *Sudhakar Churna*, *Vasa Guggulu*, *Ajeerna*

## INTRODUCTION

Ayurveda has given more importance to dietary regimen and its variation as per the season, *agni*, *prakriti*, type of them in taken food and the disease condition.<sup>1</sup> Variations in the same, may lead to the diseases of the *koshta* or the GI tract. Depending on the three *doshas*, which gets disturbed with the pathology, the condition or the disease varies and is named accordingly, in the classics. *Charaka* and *Kashyapa* have clearly discussed that the *Grahani dosha* and *Amlapitta* occurs in the person, who could not verify the temptation of food in their life.<sup>2</sup> The *nidana* or the etiological factors create *agnimandya* or impaired

digestive mechanism and thus *ajirna* is developed and leads to the formation of *amavisha*. This *amavisha* mixed with the *doshas*, mainly the *Pitta dosha* and gets accumulated in the *amashaya*, then gradually resulting in the diseases like *Amlapitta*. Acharya *Kashyapa* was the first to mention a separate chapter to deal with the *Amlapitta*.<sup>3</sup> Then afterwards different acharya explains *Amlapitta* with their treatment. *Amloudagara*, *Avipak*, *Ajirna*, *Urodaha*, *Adhaman* are main symptoms can be occurred in *Amlapitta*<sup>4</sup>

In *Brihatrayees*, *Amlapitta* was not considered or grouped



under any specific disease, but the symptoms are mentioned. In *Laghutrayees* description regarding *Nidana*, *Samprapti* and *Laxanas*<sup>5</sup> are available. The disease under the heading *Amlapitta* with the symptoms like *Avipaka*, *Klama*, *Utklesha*, *Hritkantha daha*, *Tikta amlodgara* etc.<sup>6</sup>, makes the person to consult physician. Gastritis and non-ulcer The above symptoms of *Amlapitta* as explained in Ayurveda, are nearer clinical entity with symptoms of gastritis- a gastro intestinal disorder mentioned in modern science. The above symptoms of *Amlapitta* as explained in Ayurveda, are nearer clinical entity with symptoms of gastritis- a gastro intestinal disorder mentioned in modern science. The prevalence rate of gastritis in India is around 10 millions.<sup>7</sup> The remedies in biomedicine are acid suppressive agents like H2 receptor antagonists, Proton pump inhibitors etc.<sup>8</sup> Hence, we shall consider the *NidanaParivarjana* and *Sampraptivighatana* to overcome the disease *Amlapitta*. The selected drug *Vasa Guggulu*<sup>9</sup> in *chakradatta* is said to be *amlapitta shamaka*, where a *Sudhakar Churna* explained in *Abhinav Chintamani* is said to be *amlapitta ghan*. Present research work aims to compare the efficacy of *Sudhakar churna* and *vasa guggulu* in the management of *Urdhwag amlapitta*.

## MATERIALS AND METHODS

### Source Of Data :

### Literary Source :

Method of Collection of data : All the Ayurvedic, Modern literature, Journals, websites about the disease. *Amlapitta* and all the literature of both the drugs were reviewed & documented for the study.

The Patients of *Urdhwag Amlapitta* were randomly selected from OPD and IPD department of our hospital, irrespective of gender, economic status, religion, occupation, marital status.

**Ethical Clearance number-SDMT.AMC/808/2021-22 dated -25-03-2020**

### SAMPLE SOURCE

The patients were selected from OPD and IPD of SDM Trust's Ayurvedic Medical College, Padma hospital & Research center, Terdal

### Drug Source:

Raw drugs required were identified & collected from the pharmacy.

*Sudhakar Churna* and *vasa guggul* were prepared at SDM Trust's AMC in the dep. Of *Rasashastra* and *bhaishajya kalpana* in according to classical reference.

Evaluation of the patient was done after detailed examination and the data were recorded in a specially prepared proforma.

### Inclusion criteria:

1-Patients presenting with classical symptoms of *Urdhwag Amlapitta*.<sup>10</sup>

2-Patients between the age group of 18-60 years with irrespective of gender, religion, occupation and socioeconomic status.

### Exclusion criteria:

1-Pregnant women.

2-Patients having bleeding disorders.

3-Patients suffering from other history of any serious illness like DM, HTN.

4-Known case of Peptic Ulcer.

### Withdrawal Criteria:

During the course of treatment if any serious condition or any serious adverse effects occurs. Patient himself / herself wants to withdraw from the study- such patients may withdraw from the study.

a. Sample size : Total 20 patients for each group were recruited in the study .

b. Sampling techniques : Non probability Convenience sampling.

### Diagnostic criteria :

Diagnosis was done on the bases of signs & symptoms of *Urdhwag Amlapitta* as explained in the classical text. *Urdhwag Amlapitta* were diagnosed on the presence of 2-3 signs and symptoms are Performa.

### STUDY DESIGN

A Randomised Comparative Clinical study.

### Duration of Treatment-

*Sudhakar churna* was given for 30 days in both groups.

### Grouping

**Trial group :** *Sudhakar Churna*

No.of patients: 20

Drug:- *Sudhakar Churna*

Route of administration:-Oral

Dose:- 1 karsha twice a day.(12gm)

Duration of treatment:-30 days

Timing for the administration of drug:- before food.

Anupan: tender coconut jala( 50 ml)

Follow-up:- 30<sup>th</sup> day.

**Control group :** Vasa Guggul

No.of patients: 20

Drug:- Vasa Guggul

Route of administration:-Oral

Dose:- 500 mg twice a day. [General dose of guggulu is 1-3maasha<sup>1</sup> =1-3gms<sup>12</sup>]

Duration of treatment:-30 days

Timing for the administration of drug:- before food.

Anupan: *Koshnajala*

Follow-up:- 30<sup>th</sup> day.

**Assessment Criteria:Subjective Parameters:**

**Table No 1 Subjective criteria:-**

**Objective Parameters: No**

**Interventions:**

**Group‘A’ :** Patients under this group were treated by *Sudhakar Churna*1karsha twice aday.(12gm) BID before food with coconut jala(50ml)

**Group ‘B’:** Patients under this group were treated by *Vasa Guggul* 500 mg 2 BID [General dose of Guggul is 1-3 maasha=1-3gms] - before food with *Koshna Jala*(30ml)

**Laboratory Investigations:** No Specific investigations were carried out.

## **OBSERVATIONS AND RESULTS:**

### **Table No.2 Effect Of Therapy On Chhardi**

The above table shows the effect of the treatment *Urdhwag Amlapitta* of the patients in Group A and B. The mean score of the Chhardi present in Group A patients before treatment was 2.0 and after treatment it was reduced to 0.70. The Group A patients administered with treated with *Sudhakar Churna*. In case of Group B, the mean score of the patient before treatment was 1.65 and it reduced to 0.75 soon after the treatment. The Group B patients administered treated with treated with *Vasa Guggul* showed significant result soon after the treatment. (p<0.0005) The reduction of pain in the Group A was

significant when compared to Group B.

### **Table No.3 Effect Of Therapy On Tikta\_Amlodgar**

*Tikta-Amlodgar* was reduced by 64% in group A and 56.10% in group B, Both the group were highly significant since P <0.0001. In case of both group comparison the mean score of the patient before treatment was 2.08 and it reduced to 0.83 soon after the treatment showing overall improvement of 60% on over all study. The difference in the two group is significant 0.001. The reduction of pain of *Tikta-Amlodgar* in the Group A was significant when compared to Group B.

### **Table No. 4 Effect Of Therapy On Hritkanth Daha:**

*Hritkanthdaha* was reduced by 66% in group A and 57% in group B, Both the group were highly significant since P <0.0001. In case of both group comparison the mean score of the patient before treatment was 2.10 and it reduced to 0.80 soon after the treatment. The reduction of pain in the Group A was significant when compared to Group B.

### **Table No. 5 EFFECT OF THERAPY ON ARUCHI**

The above table shows the effect of the treatment *Urdhwag Amlapitta* of the patients in Group A and B. The mean score of the Aruchi present in Group A patients before treatment was 1.70 and after treatment it was reduced to 0.65. The Group A patients administered with treated with *Sudhakar Churna*. In case of Group B, the mean score of the patient before treatment was 2.10 and it reduced to 0.90 soon after the treatment. The Group B patients administered treated with treated with *Vasa Guggul* showed significant result soon after the treatment. (p<0.0005) The reduction of pain in the Group A was significant when compared to Group B.

### **Table No.6 EFFECT OF THERAPY ON SHIRSHOOL**

*Shirshool* was reduced by 67% in group A and 52% in group B, Both the group were highly significant since P <0.001. In case of both group comparison the mean score of the patient before treatment was 1.88 and it reduced to 0.75 soon after the treatment. The reduction of pain in the Group A was significant when compared to Group B.

### **Table No. 7 Overall Improvement (Group A)**

### **Table No. 8 Overall Improvement (Group B)**

### Table No. 9 Overall Effect

In this study we found that there are 5 patients (25%) marked relief in all complaints of group A is in whereas marked moderate relief in 12 patients (60%). 2 patient was marked mild improvement from group A. In group B we found that there is marked moderate relief of all complaints in 12 patients (60%) whereas 8 patients (40%) were get marked mild relief in all complaints. After comparing of both groups, we found that group A shows significant relief of all complaints than group B.

### Overall Effect Of The Therapy:

The total effect of treatment was assessed in the terms of Marked Improvement, Moderate Improvement, Mild Improvement and No Change. Table 10

## DISCUSSION

*Amlapitta* is a disease of the *Annavaha srotasa* (*G.I.tract*). In present time, most of the people are suffering from *Ajirna & Amlapitta*<sup>12</sup> due to mental stress and bad food habits. So in present *Amlapitta* is a burning problem of the society. In Modern medicine no permanent curative treatment is there. It gives only symptomatic relief. Some time complications of the modern medicine is also shows when it is taking from long duration. In Ayurveda, some common remedies & panchakarma can be give satisfactory result in this disease. Ancient Acharyas have given *shodhana therapy & shamana therapy* for it. *Sudhakar churna* may acts on stomach and modulates gastric juices. It may soothes the stomach lining and modulates the gastric secretion, which helps to reduce pungency and sharpness of gastric secretions. It alleviates burning sensation, regurgitation and dyspepsia. It also provide nutritional supplement to body. Deficiency of vitamin B<sub>12</sub> develops in stomach ulcer patients due to ulcer medication. It also beneficial to patient, as it does not hamper absorption of vitamins It has cooling action in body. It has antiulcer action. It prevents formation of ulcer. It may have significant antiulcer activity. Also has antioxidant action. It provides relief from heart burn, gastritis, peptic ulcer, GERD and hyperacidity.

*Vasa guggulu* was also found effective in the study owing the fact that maximum drugs are having, *tikta rasa* which

is *pitta shamaka* and Maximum drug are of *lagu* and *ruksha* property.

## CONCLUSION

In Group A (*sudhakar churna*) 5 Patients (25%) were shown marked improvement, 12Patients (60%) were shown moderate improvement, 2 patients (10%) were Marked mild improvement. 1 patients (5%) marked no Relief. In Group B (*Vasa guggulu*) 0 Patients (0%) were shown marked improvement, 12Patients (60%) were shown moderate improvement, 8 patients (40%) were Marked mild improvement, 0 patients(0%) marked no Relief. Based on observation it is noticed that both the group are comparable, Hence Both the Drugs gave good improvement in both groups. But test Group A (*sudhakar churna*) is slightly more effective than Group B (*Vasa Guggulu*).

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### Conflicts Of Interest- Nil

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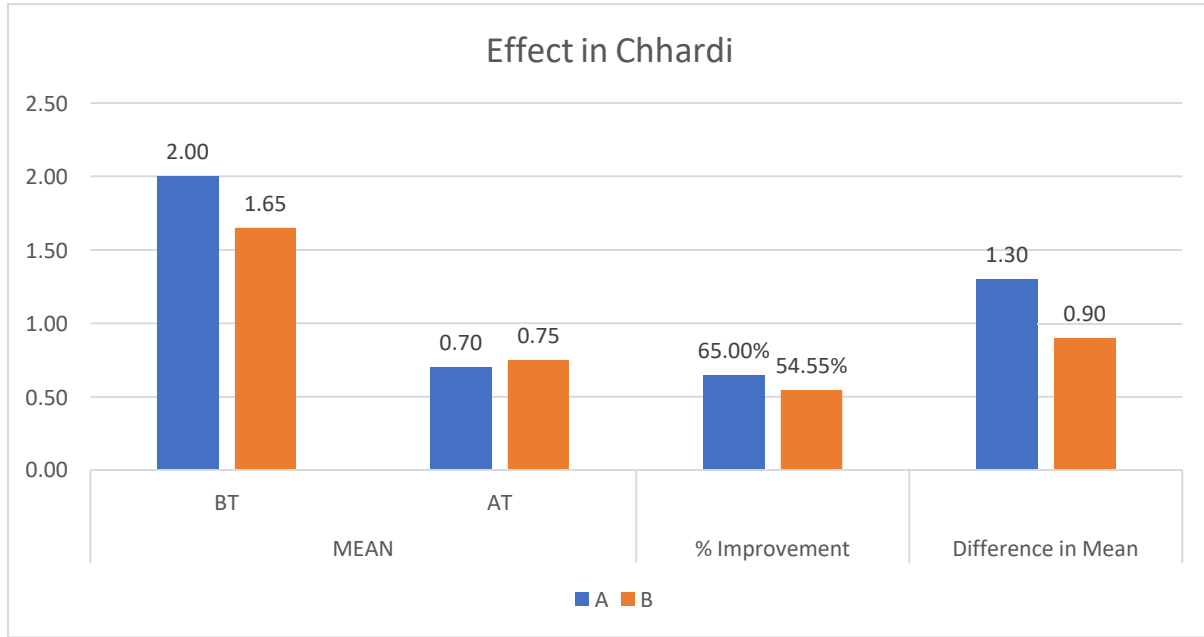
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DOI link- <https://doi.org/10.47223/IRJAY.2023.6301>

**Table No 1. Subjective criteria:-**

No	Symptoms	Grade	Lakshan
1	<b>Chhardi (Vomiting):</b>	0	Absent : Normal
		1	In relation with Specific food: mild
		2	In relation with normal food :moderate
		3	Associated with nausea (vomiting): Severe
2	<b>Tikta-Amlodgar (Sour bitterbelching):</b>	0	Absent :normal
		1	<i>Tiktaamlodagara</i> which subside in an hour :mild
		2	<i>Tiktaamlodgara</i> associated with <i>hrillsaa</i> (nausea) :moderate
		3	<i>Tiktaamlodgara</i> associated with <i>Kanthdaha</i> : severe.
3	<b>Hritkanthdaha (Heart &amp;short burn):</b>	0	Absent ,Normal
		1	Mild degree of <i>daha</i> (burning Sensation) in <i>hrudaya</i> and <i>knatha Pradesh</i> : Mild
		2	Moderate degree of <i>daha</i> that subsides after taking sweet /milk/antacids : moderate.
		3	Severe degree of <i>daha</i> which may relived after vomiting : Severe
4	<b>Aruchi (Anorexia)</b>	0	Absent : Normal
		1	Loss of interest in taking food : mild
		2	Aversion towards food : moderate
		3	Nausea after intake of food :server
5	<b>Shirshool(Headache )</b>	0	Absent :Normal
		1	Mild degree of <i>shiroshula</i> : mild
		2	Moderate degree of <i>shiroshula</i> :moderate
		3	Severe degree of <i>shiroshula</i> :severe

**Graph 1 EFFECT OF THERAPY ON CHHARDI:**

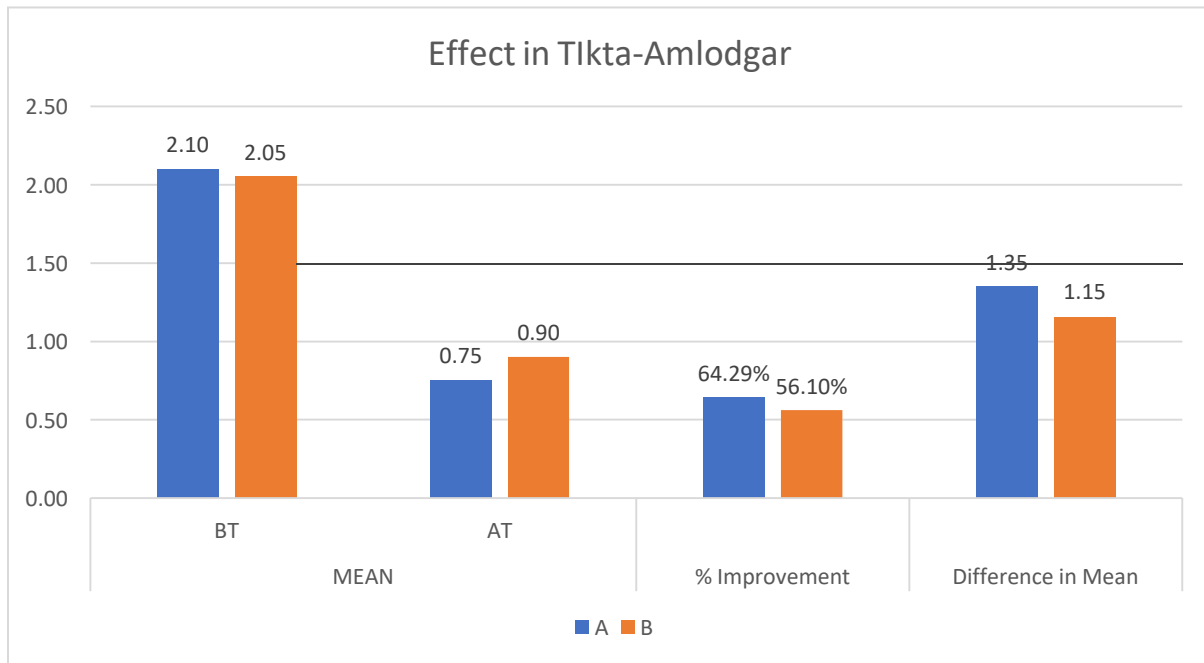


**Table No.2 EFFECT OF THERAPY ON CHHARDI**

Chhardi Group	MEAN		% Improvement	Difference in Mean	Paired 't' Test			
	BT	AT			SD	SEM	T	P
<b>A</b>	2.00	0.70	65.00%	1.30	0.85	0.19	6.77	<0.0001
<b>B</b>	1.65	0.75	54.55%	0.90	0.75	0.17	5.40	<0.001

Chhardi Group	MEAN		% Improvement	Difference in Mean	Unpaired 't' Test			
	BT	AT			SD	SEM	T	P
<b>A-B</b>	1.83	0.73	60.27%	1.1000	0.7327	0.1638	- 0.31	<0.001

**Graph No.2 EFFECT OF THERAPY ON TIKTA\_AMLODGAR:**



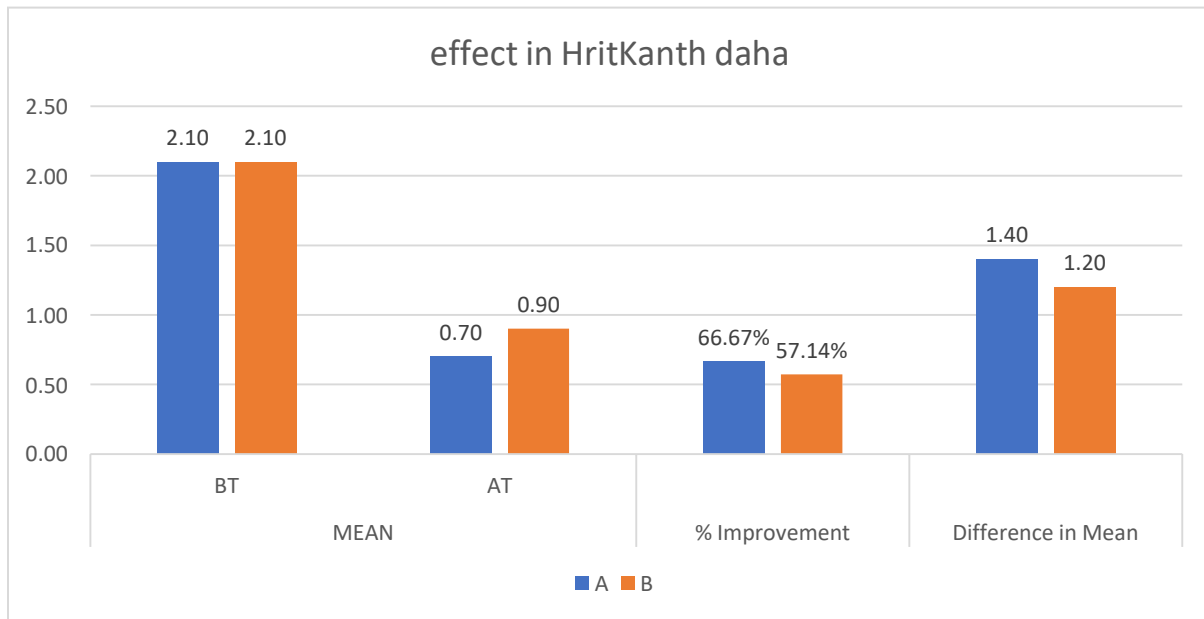
**Table No.3 EFFECT OF THERAPY ON TIKTA\_AMLODGAR**

<i>Tikta-Amlodgar</i>	MEAN		% Improvement	Difference in Mean	Paired 't' Test			
	BT	AT			SD	SEM	T	P
<b>A</b>	2.10	0.75	64.29%	1.35	0.85	0.20	7.08	<0.0001
<b>B</b>	2.05	0.90	56.10%	1.15	0.83	0.18	6.23	<0.0001

<i>Tikta-Amlodgar</i>	MEAN		% Improvement	Difference in Mean	Unpaired 't' Test			
	BT	AT			SD	SEM	T	P
<b>A-B</b>	2.08	0.83	60.24%	1.2500	0.4443	0.0993	- 1.51	0.001



**Graph No. 3 EFFECT OF THERAPY ON HRITKANTH DAHA:**

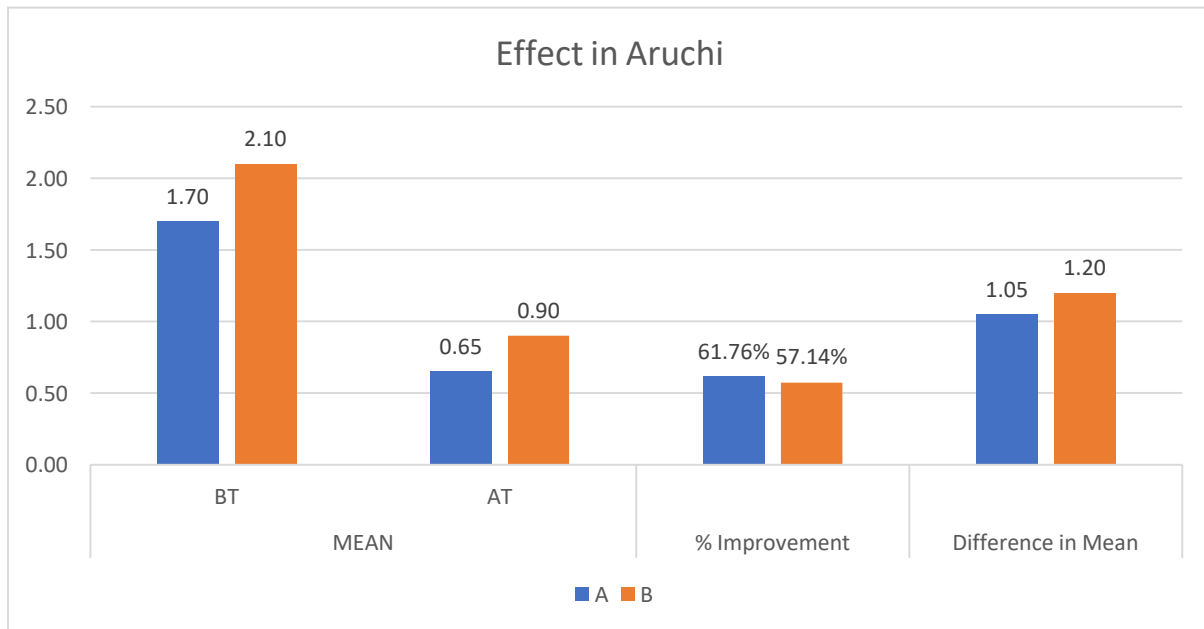


**Table No. 4 EFFECT OF THERAPY ON HRITKANTH DAHA:**

<i>Hritkanthdaha</i>	MEAN		% Improvement	Difference in Mean	Paired 't' Test			
	BT	AT			SD	SEM	T	P
<b>A</b>	2.10	0.70	66.67%	1.40	0.79	0.18	9.94	<0.00001
<b>B</b>	2.10	0.90	57.14%	1.20	0.85	0.19	6.30	<0.0005

<i>Hritkanthdaha</i>	MEAN		% Improvement	Difference in Mean	Unpaired 't' Test			
	BT	AT			SD	SEM	T	P
<b>A-B</b>	2.10	0.80	61.90%	1.3000	0.4702	0.1051	- 1.90	0.003

**Graph No. 4 EFFECT OF THERAPY ON ARUCHI:**

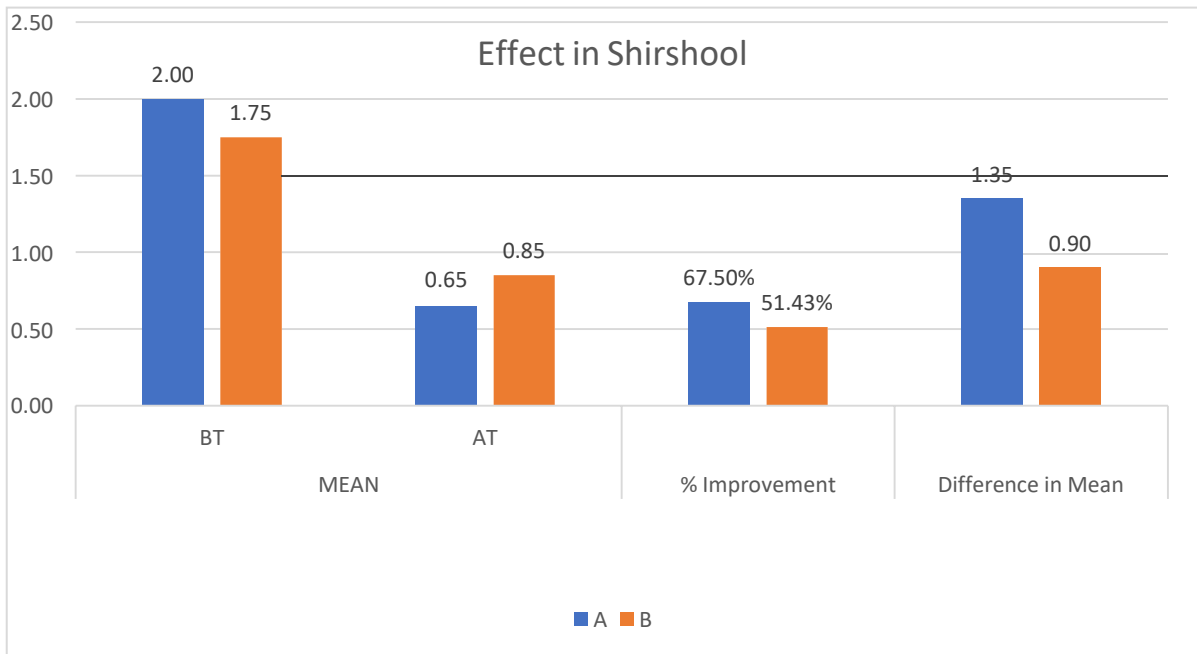


**Table No. 5 EFFECT OF THERAPY ON ARUCHI**

Aruchi	MEAN		% Improvement	Difference in Mean	Paired 't' Test			
	BT	AT			SD	SEM	T	P
<b>A</b>	1.70	0.65	61.76%	1.05	0.80	0.18	5.86	<0.00001
<b>B</b>	2.10	0.90	57.14%	1.20	0.72	0.16	7.47	<0.00001

Aruchi	MEAN		% Improvement	Difference in Mean	Unpaired 't' Test			
	BT	AT			SD	SEM	T	P
<b>A-B</b>	1.90	0.78	59.21%	1.1250	0.5871	0.1313	- 1.90	<0.001

**Graph No. 5 EFFECT OF THERAPY ON SHIRSHOOL:**



**Table No.6 EFFECT OF THERAPY ON SHIRSHOOL**

Shirshool	MEAN		% Improvement	Difference in Mean	Paired 't' Test			
	BT	AT			SD	SEM	T	P
<b>A</b>	2.00	0.65	67.50%	1.35	0.92	0.21	6.58	<0.00001
<b>B</b>	1.75	0.85	51.43%	0.90	0.85	0.19	4.73	0.001

Shirshool	MEAN		% Improvement	Difference in Mean	Unpaired 't' Test			
	BT	AT			SD	SEM	T	P
<b>A-B</b>	1.88	0.75	60.00%	1.1250	0.4894	0.1094	-1.83	<0.0001

**Table No. 7 Overall Improvement (Group A)**

<b>Group A Overall Improvement</b>				
SR.NO	BT	AT	% Improvement	Effect
1	9	3	67%	Moderate Relief
2	11	4	64%	Moderate Relief
3	9	2	78%	Marked Relief
4	10	4	60%	Moderate Relief
5	12	7	42%	Mild Relief
6	9	3	67%	Moderate Relief
7	7	5	29%	No Relief
8	10	4	60%	Moderate Relief
9	7	1	86%	Marked Relief
10	12	5	58%	Moderate Relief
11	10	3	70%	Moderate Relief
12	7	2	71%	Moderate Relief
13	9	3	67%	Moderate Relief
14	6	1	83%	Marked Relief
15	9	5	44%	Mild Relief
16	12	3	75%	Moderate Relief
17	14	3	79%	Marked Relief
18	13	3	77%	Marked Relief
19	13	5	62%	Moderate Relief
20	9	3	67%	Moderate Relief

**Table No. 8 Overall Improvement (Group B)**

<b>Group B Overall Improvement</b>				
SR.NO	BT	AT	% Improvement	Effect
1	9	4	56%	Moderate Relief
2	7	3	57%	Moderate Relief
3	10	5	50%	Mild Relief
4	10	6	40%	Mild Relief
5	12	4	67%	Moderate Relief
6	9	6	33%	Mild Relief
7	10	5	50%	Mild Relief
8	11	3	73%	Moderate Relief
9	5	2	60%	Moderate Relief
10	9	5	44%	Mild Relief
11	9	4	56%	Moderate Relief
12	11	3	73%	Moderate Relief
13	12	5	58%	Moderate Relief
14	9	3	67%	Moderate Relief
15	8	3	63%	Moderate Relief
16	11	5	55%	Moderate Relief
17	10	5	50%	Mild Relief
18	9	4	56%	Moderate Relief
19	10	5	50%	Mild Relief
20	12	6	50%	Mild Relief

**Table No. 9 Overall Effect.**

Overall Effect	No. of Patients		% of Patients	
	Group-A	Group-B	Group-A	Group-B
Marked Relief >75% relief of all complaints	5	0	25.00%	0.00%
Marked Moderate Relief 51% -75% relief of all complaints	12	12	60.00%	60.00%
Marked Mild Relief 25-50% relief of all complaints	2	8	10.00%	40.00%
Marked No relief 0%-25% relief of all complaints	1	0	5.00%	0.00%

**Table 10 OVERALL EFFECT OF THE THERAPY:**

Marked improvement	>75 % relief in the signs and symptoms
Moderate improvement	50-75 % relief in the signs and symptoms
Mild improvement	< 50% relief in the signs and symptoms
No response	no changes in the signs and symptoms

**Graph NO.6**

