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Research Article

PROBABLE ACTION OF SHUNTHI KHANDA ON AMLAPITTA

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ABSTRACT

Nowadays India is developing rapidly like the other western countries. This rapidly changing environment of India is continuously changing the human life style. In modern era the life style disorders are increasing day by day. Due to vitiated and irregular consumption of food, gastrointestinal problems it caused Amlapitta. This disease is as result of vitiation of pitta dosha and classical sign and symptoms are avipaka, klama, utklesha, tiktamlodgara, hridkantha, daha and aruchi. Amlapitta is described under context of disease arised from aama. When foods are imature or not completely digested it forms aama. Aama get mixed with pitta it forms samapitta and symptoms of it is resemble as Amlapitta. Shunthi khanda is very efective clsassical formulation for samprapti vighatan of amlapitta. Main constituent of this formulation is Sunthi which is one of the best aampachak and agneedipak. Ghrit, Dugdha, Aamalki, Haritaki, Pippali, Dhanyak, Vanshlochan, Nagar motha & Jeerak. It eliminate all the disease arised from Aama. Ghrit is very effective in agnideepan & aama pachan. Dugdha, Pippali & Haritaki are mriduvirchniya dravya so it is helpful to eliminate pitta dosha. Aamalki, Dhanyak, Vanshlochana & Nagar motha are agnideepak drugs so that it cures the agnimandya.

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INTRODUCTION

Nidanans of Amlapitta are now changing as changes in human life style, faulty dietary habbit, and stressful life are main causative factor for this disease. It causes vitiation of pitta dosha¹ and classical sign and symptoms are avipaka, klama, utklesha, tiktamlodgara, hridkantha, daha and aruchi².

Aachrya Charak described Amlapitta under context of disease arised from aama³. When food gets immature or not completely digested it forms aama⁴. Aama get mixed with pitta it forms samapitta and symptoms of it is resemble as amlapitta. Agnimandya and tridoshparakop are key factors in samprapti(pathogenesis) of Amlapitta. So drug having properties of Aampachk and agnideepak are beneficial for it.

Sl. No	Drugs Name	Latin Name	Family	R/G/Vi/VE	Part Used	Concerned karma acc. To samhita
1	Sunthi ⁶	Zingiber officinalis	Zingiberaceae	Kt/L,S/U/M	Mool Kanda (Rhizome)	Aampachan, Deepan, Pachan, Triptighna, Arshoghna, Anuloman
2	Harataki ⁷	Terminalia chebula	Combretaceae	Ks, Ma, A, Kt, Ti/L, R/U/M	Phala	Deepan, Pachan, Krimighna, Mriduvirechana, Shothahara
3	Aamalki ⁸	Emblica officinalis	Euphorbeaceae	Ks, Ma, A, Kt, Ti/L, R/U/M	Phala	Deepan, Pachan, Rochana, Anuloman
4	Dhanyak ⁹	Coriandrum sativum	Umbelliferae	K, Ti, M, Kt/LS/U/M	Phala	Sheetprashaman, Shoola, Shothahara
5	Elaichi ¹⁰	Elettaria cardamomum	Zingiberaceae	M, Kt/L, R/S/M	Beej	Deepan, Pachan, triptighna, Chhardi
6	Vanshalochan ¹¹	Bambusa arundinacea	Poaceae	Ks, M, L, R, Ti/S/M	Patra	Jwaraghna, Kasa, Swasahara
7	Nagarmotha ¹²	Cyperus rotundus	Cyperaceae	Ti, Kt, Ks/L, S/S/K	Kanda	Deepan, Pachan, Krimighna, Trishna Nigrahan
8	Jeerak ¹³	Cuminum cyminum	Umbelliferae	Kt, Ks/L, R/U/K	Beeja	Deepan, Pachan, Vatanuloman, Krimighna, Grahi
9	Pippali ¹⁴	Piper longum	Piperaceae	Kt, Ks/L, R/U/M	Phala	Deepan, Pachan, Rochan
10	Nagakeshar ¹⁵	Mesua ferra	Guttiferae	Ks, Ti/L, R/U/K	Punkesar	Deepan, Pachan, Grahi, Trishna Nigrahan
11	Twaka ¹⁶	Cinnamomum zeylanicum	Laureaceae	Ks, Ti, M/L, R, T/U/K	Twaka	Aampachan, Deepan, Pachan
12	Maricha ¹⁷	Piper longum	Piperaceae	Kt/L, T/U/K	Phala	Aampachan, Deepan, Pachan
13	Tejpatra ¹⁸	Cinnamomum tamal	Laureaceae	Kt, Ti/L, T/U/K	Patra	Deepan, Pachan, Grahi

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Shunthi khanda is one of the most effective formulation for Amlapitta mentioned in Bhaisajya Ratnawali⁵.

Its maximum ingredients have katu rasa, laghu ruksha guna, ushna veerya, aama pachan and agni deepan properties normalize the state of agni. Virtue of its rasapanchak it breaks the samprapti of Amlapitta.

DISCUSSION

Agnimandya and tridoshparakop are key factors in samprapti (pathogenesis) of Amlapitta. So drug having properties of Aampachk and agnideepak are beneficial for it.

Contents of Shunthi Khanda

Pancharasa Description

Guna Karma of content of shunthi khanda

Doshkarma

S no.	Dosha karma	No of drug	Percentage
1-	Vata	7	35%
2-	Pitta	8	40%
3-	Kapha	5	25%

On the basis of Doshagnata Shunthi Khanda has 40% Pitta Dosha, 35% Vata Dosha and 25% Kapha Dosha. Most of the drugs are piitta doshaj but instead of these its work on the basis of vatakapha shamak properties.

Rasa

Sno.	Rasa	No of drug	Percentage
1-	Madhur	7	21.21%
2-	Amla	2	6.06%
3-	Lavana	0	0
4-	Katu	11	33.33%
5-	Tikta	7	21.21%
6-	Kasaya	6	18.18%

On the basis of Rasa Shunthi Khanda contains 33.33% Katu Rasa, 21.21% Madhura and Tikta Rasa each and, 18.18% Kasaya Rasa and 6.06% Amla Rasa. Thus Katu, Madhura and Tikta Rasa are the main acting Rasa in the Shunthi Khanda.

Most of the drug of Shunthi Khanda having Katu Rasa. Katu Rasa is Laghu (light) easy to digest which kindles digestive power and digest the Amarasa. In addition to Katu Rasa Madhura, Tikta and Kasaya Rasa which are Pittashamak, Agni deepak and Aama pachak.¹⁹

Guna

Sno.	Guna	No of drug	Percentage
1-	Laghu	12	40%
2-	Ruksha	10	30.33%
3-	Snigdha	2	6.66%
4-	Tikshna	4	13.33%
5-	Guru	1	3.33%
6-	Sheeta	1	3.33%

On the basis of Guna Shunthi Khanda contains 40% Laghu, 30.33% Ruksha Guna, 13.3% Tikshna Guna, 6.66% Snigdha and 3.33% Sheeta and Guru Guna each. Maximum contents of the formulation are Laghu Guna. Laghu Guna mitigates kapha, srotoshodhak, (clears the passage) and makes the food easy to digest

Veerya

S. No.	Veerya	No of drug	Percentage
1-	Ushna	08	61.53%
2-	Sheeta	04	30.76%
3-	Anushna sheeta	01	7.6%

On the basis of Veerya Shunthi Khanda has Ushna Veerya dominance (61.53%) which is Agni Mahabhuta Pradhana. Ushna Veerya is Kapha Vata Shamaka, Srotoshodhak, Agni Deepak and Aam pachak.

Vipaka

S. No.	Vipaka	No of drug	Percentage
1-	Madhura	07	53.84%
2-	Katu	06	46.15%

On the basis of Vipaka this formulation has Madhura Vipaka dominance (53.84%) which is Aam pachak, Kleda nashak and srotoshodhak.

Probable action of Shunthi Khanda

Effect of dosha:- Amlapitta is pitta dominant tridoshaj vyadhi.

Probable mode of action on Dosha

Shunthi Khanda has Katu, Kashaya, Tikta Rasa, Laghu, Ruksha, Tikshna Guna, Ushna Veerya and Kaphavatashamak properties. It has Guru, Sheeta, Madhura, Snigdha, Picchila Guna.

Probable mode of action on Dushya

Indigestion and improper metallization of Rasa Dhatu due to mandagni. It is the basic pathological factor in Amlapitta. Shunthi Khanda contains Shunthi as main drug which has aampachan and agnideepan properties. By virtue of aampachan-agnideepan properties it properly digest aam rasa dhatu and improve mandagni. Hence the drugs are effective in Amlapitta.

Probable mode of action on Agni

Due to Aam Rasa formation mandagni occurs in Amlapitta leading to indigestion of rasa dhatu. By virtue of Deepana-pachan property and Ushna Veerya Shunthi Khanda eliminates Aam and improves the condition of agnimandya.

Probable mode of action on Srotas

In Amlapitta rasavaha and annavaha srotas get affected and there is sanga and vimargagaman type of srotodushti occurred. By properties of laghu guna it is srotoshodhak and agnideepak it clears sanga and corrects srotodushti.

CONCLUSION

Amlapitta is pitta nanatmaja vyadhi. Tridoshprakopa and agnidushti is main cause of this disease. In this disease dushya rasa is not completely metabolized in aamashaya and it produce aama which is measure cause for this disease. Probable action of Shunthi khanda is very helpful to reduce symptoms of Amlapitta. It has properties of srotosodhn hence it clears aama shanga in srotas.

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