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A Case Study on the Effect of Pathyadi Churna with Masthu as Anupana in Dyspepsia

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ABSTRACT
Amajirna is a common clinical condition that has symptoms such as – Yadhabhukta Avidagdha Udgara, Praseka, Utkleda, Gatra Gaurava, Akshikoota sotha. As per classics, the treatment of Amajirna includes Dipana and Pachana. Amajirna has resemblance with dyspepsia. Dyspepsia or indigestion is a common gastro-intestinal disorder with symptoms like nausea, bloating, early satiety, postprandial fullness, abdominal discomfort etc. There are various causes for the occurrence of dyspepsia including micro-organisms. The present case report is of a 41 years old male with onset of symptoms such as nausea, bloating, abdominal discomfort, early satiety, Yadhabhukta Avidagdha Udgara (burping with the same taste of food consumed), Praseka (excess salivation) and Utkleda (nausea) since one or two weeksin every month for the last 6 months. He was taking antacids while coming to the OPD, and got temporary relief. Gradually, even after taking his normal diet, the symptoms started to re-occur and effect of his medications lasted for only a few weeks. The patient was given Pathyadi Churna with Masthu as Anupana for 7 days. It was observed after the completion of treatment that all the symptoms disappeared after7days. Also, no reoccurrence forthe next 4 months. This shows the Pathyadi Churna with Masthu has a significant effect in relieving the symptoms of dyspepsia/Amajirna.

KEYWORDS: Dyspepsia, Amajirna, Pathyadi Churna, Masthu, Probiotic.

I. INTRODUCTION

Ajirna is the Ayurvedic term indicated for indigestion[1]. Ajirna is generally classified into 6 via, Ama, Vidagdha, Vishtabdha, Rasasesha, Dinapaki and Prakrutha[2].Among these 6, Amais the most common type of indigestion which is caused by Kapha Dosha[3]. Due to Nidana seva, the increased Kapha diminishes the Jadharagni and cause Amajirna[4].

Dyspepsia is a possible modern correlation for Amajirna.Thetermdyspepsiastands forbad digestion or improper digestion[5]. Dyspepsia is a clinical condition associated with a complex of upper abdominal symptoms including abdominal discomfort/pain, abdominal fullness, early satiety, bloating, belching and nausea[6].

Pathyadi Churna is a classical herbo mineral preparation mentioned in both, Chakradutta[7] and Bhaishajya Ratnavali[8]. The ingredients of Pathyadi Churna are Pathya (Terminalia chebula Retz.)[9],Pippali (Piper longum L)[10], and Souvarchala Lavana (black salt)[11]. This medicine is advised to take either with Ushna Jala or Masthu (curd water)[12]. As per the text, this medicine is beneficial in 4 types of Ajirna via Ama, Vidagdha, Vishtabdha and Rasasesha[13].

As Amajirna and dyspepsia are correlated, the present case was treated with Pathyadi Churnawith Masthu as Anupana considering the probiotic effect of Masthu in dyspepsia[14].

Patient information

A 41 years old male patient working as shop keeper of Indian citizen approached Kayachikitsa OPD of Vishnu Ayurveda College, Shoranur, Palakkad dist, Kerala, India on November 16th of 2021 with symptoms nausea, bloating, early satiety, abdominal discomfort, Yadhabhukta Avidagdha Udgara, Praseka and Utkleda. For the last 3 years, patient has these symptoms lasting one or twoweeks in every month and aggravated very much since last 10 days. Symptoms get worse while he takes curd, sweets and oily food items. Taking light foods like Kanji reduced the symptoms for a short period. On physical examination, the patient was moderately built, anxious, pale and had coated tongue. The blood pressure was 134/78mm Hg, pulse was 84bts/min, respiratory rate was14 per minute. Body temperature was 98.6°F. On abdominal examination, no significant symptoms like tenderness were present. The patient had Kapha-

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Pitta Prakruthi. The patient had no history of any other major systemic diseases. The patient was non-alcoholic and non- smoker. There was no significant family history. When the patient came for consultation, he was taking Pan D capsules and Gelusin tablets in the last10days, but with not much relief (table 2). The differential diagnosis includes GERD, gastric ulcer and peptic ulcer. From Ayurvedic point of view, Vidagdhajirna, Vishtabdh-ajirna and Urdhwaka Amlapitta are included in the differential diagnosis (table 1).

Table 1: Differential Diagnosis of Dyspepsia and Amajirna

S.No.	Disease	Inclusion	Exclusion
1	GERD[15]	Regurgitation of food, abdominal discomfort, early satiety	No nausea. Chest pain and sensation of lumb in the throat present
2	Pepticulcer[16]	Abdominal discomfort, loss of appetite	Pain relieved by food intake and increased pain between meals
3	Gastriculcer[17]	Bloating, nausea, fullness of abdomen	Symptoms of gastriculcer such as vomiting and pain in the abdomen are absent
4	Dyspepsia	Early satiety, abdominal discomfort, nausea and bloating	
5	Vidagdhajirna[18]	Udgara, Aruchi, no Bhaktakamksha	No Praseka, Utkleda and Yadhabhukta Avidagdha Udgara
6	Vishtabdhajirna[19]	Adhmana (distention), Aruchi, no Bhaktakamksha	No Praseka, Utkleda and the patient have Vibandha
7	Urdhwaga[20]Amlapitta	Aruchi, Yadhabhukta Avidagdha Udgara	Patient do not have symptoms like Chardi, Daha, Sirashoola
8	Amajirna	Yadhabhukta Avidagdha, Udgara, Praseka, Utkleda	

The patient had symptoms such as nausea, bloating, early satiety, abdominal discomfort, Yadhabhukta Avidagdha Udgara, Praseka and Utkleda. In view of similarity of symptoms and comparability established in previous published work the case was diagnosed as Amajirna (dyspepsia).

Ayurvedic Management

The patient was assessed by Dasavidha Pareeksha and Ashtasthana Pareeksha before planning the Ayurvedic treatment. Noconventional medicines were administered during this period. Advised and notified the patient about the importance of Pathya (diet) during the treatment. Patient's consent was collected before the starting the treatment. 5gm of Pathyadi Churna with 60ml of Masthu (curd water) was given to the patient2hours before the breakfast, on the 1st day of treatment. For around 2 hours, patient had Yadhabhukta Avidagdha Udgara and later, when the pureburping started, patientwas given Laja Peya[15]with a pinch of Saindhava Lavana. Advised to take Kanji (rice gruel) for lunch and not to take any pickle and oily food items. Evening at around 6.30pm, 5gm of Pathyadi Churna with 60ml of Masthu was given to the patient. Avidagdha Udgara continued for around 2 hours. At around 8.30pm, he took rice and garlic Rasam fordinner. For the next 7 days, the medicine with its Anupana[16]continued 2 hours before food twice a day via morning and evening 2 hour before food. A special diet chart was given forthe first 3 days of treatment (table 3). After7 days of medications, the patient examination was conducted to check any symptoms still persisting and also advised him about the do's and don'ts for the next 1 month.

Outcome

The follow up of the patient through telephone was done for next 4 months. The effect of the treatment was assessed based on the subjective parameters and QoL scale [17]. After the treatment, the patient didn't report the reoccurrence of symptoms till 4 months. Overall condition of the patient was improved. The symptoms of Amajirna like YadhabhuktaAvidagdha Udgara, Praseka and Utkleda[18] were completely disappeared in 7 days

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of treatment along with the symptoms of dyspepsia[19] like early satiety and nausea. Abdominal discomfort and bloating were disappeared after 10days of medications. The QOL (Quality of Life) changed from 10 to 100 in7 days.

II. DISCUSSION

Table 2: Course of the Disease

Date/Year	Incidence
2019May/June	Patient felt very much bloated after drinking soft drink in the afternoon and by night, he started feeling pain in the abdomen. Consulted doctor next dayand took Pantoprazole tab and symptoms reduced gradually.
2019December	Again, he started feeling bloated and abdominal discomfort after having Biriyani. He didn't consult doctor, but took Pantoprazole tab and symptomstemporarily relieved.
2020August	Already he had mild bloated feeling, but he observed after eating non-vegetarian food, oily food and curd, the symptoms got worse. Then he consulted doctor and took LFT (19/08/20) and the results were normal.
2021January	Continues bloating and discomfort in the abdomen. Whenever he takes sweets and oily food, the started getting Utkleda/Nausea, Praseka, Yadhabhukta Avidagdha Udgara. Then he reduced intake of sweets and oily food items. Other than bloating and discomfort, other symptoms gradually reduced. Didn't consult any doctor.
2021June	After taking fish curry and rice, already persisting bloating and abdominal discomfort got worse. Also, the symptoms like Nausea, Utkleda, Praseka, Yadhabhukta Avidagdha Udgara, early satiety etc. started. Symptoms continued for more than 8 days and then he consulted doctor and LFT doneon 13/06/2021 and the results were normal.
2021November	Abdominal discomfort and bloating got very worse. Recurrent on set of other symptoms like Nausea, Utkleda, Praseka, Yadhabhukta Avidagdha Udgara, Early satiety etc. appeared. Then he consulted at Kayachikitsa OPD of Vishnu Ayurveda College on 16/11/2021. LFT taken and the results were normal. QoLscale showed the value 10 (scale is ranging from 0-100).

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Table3: Timeline of Ayurveda Management

Time/Date	Incidence	Intervention
Day1: 16/11/2021	Patient consulted at Kayachikitsa OPD of Vishnu Ayurveda College, Shoranur, Palakkad, Kerala. The symptoms like nausea, bloating, earlysatiety, abdominal discomfort, Yadhabhukta Avidagdha Udgara, Praseka and Utkleda were presentat the time of visit. LFT taken.	5 m Pathyadi Churna + 60ml of Masthu given at 11 am and advised to take Laja Peya for lunch. Evening at 6.30pm, 5gm of Pathyadi Churna + 60ml of Masthu taken. Dinner taken at 8.30pm. Only ricegruel without any pickle was taken. No tea and snacks were taken in the evening.
Day2: 17/11/2021	Bilirubin (Total)-0.9mg/dl, Bilirubin (Direct)-0.3mg/dl, Bilirubin (Indirect)-0.6mg/dl, SGOT-37 IU/L, SGPT- 40 IU/L, Alkaline Phosphate- 64 IU/L, total protein- 7.0gm/dL, Albumin-4.1gm/dL, Globulin- 2.9 gm/dL, A/G ratio- 1.4 All symptoms still per sistQoL=15	5gm Pathyadi Churna+ 60mlMasthu at 7am. Breakfast at 9.30am- Laja Peya+ Dadima. Lunch- Rice + Rasa. 6pm- 5gm Pathyadi Churna+ 60ml Masthu.Dinner at 8.30pm. 3 Idly.
Day3: 18/11/2021	Nausea, Utkleda and Praseka absent. Other symptoms like early satiety, Abdominal discomfort, bloating, Yadhabhukta Avidagdha Udgara present. QoL= 30.	5gm Pathyadi Churna+ 60ml Masthu at 6.30am and 7pm Breakfast: Idly Lunch: Rice and Rasa Dinner: Kanji/Rice gruel
Day4: 19/11/2021	No continues bloating present. Abdominal discomfort still present. no early satiety. Duration of Yadhabhukta Avidagdha Udgara reduced 50%. QoL=50	5gm Pathyadi Churna+60ml Masthuat 7am and 6pm. No special diet given. But advised not to take oily food and non-vegetarianitems.
Day5: 20/11/2021	Only persisting symptoms are Bloating and abdominal discomfort. All other symptoms are absent. QoL= 70	5gm Pathyadi Churna+ 60ml Masthu at 6.30am and 6pm. No special diet.
Day6: 21/11/2021	Only occasional bloating present. no significant abdominal discomfort felt. QoL= 90	5gm Pathyadi Churna+ 60ml Masthu at 7am and 6.30pm.Normal diet started. Minimal quantity of oily food items and non-vegetarian food.
Day7: 22/11/2021	No symptoms present. also felt good appetite. QoL= 100	5gm Pathyadi Churna+ 60ml Masthu at 6.30am and 6pm. Normal diet with minimal oily and non-vegetarian food recommended.

Dyspepsia is a very common, with surveys reporting a point prevalence of 25-40% [21,22,23]. This would only be important if dyspepsia resulted in a reduction in the length or quality of life. Unfortunately, although the usual causes of dyspepsia are rarely fatal, it may be associated with a reduction in quality of life [24]. Investigations and treatments for dyspepsia continue to be more sophisticated and expensive. Resources however are limited and health care decision makers are increasingly under pressure to contain costs[25].

The modern management of dyspepsia with several drug classes like proton pump inhibitors, H2 blockers, prokinetic drugs etc., have been performed frequently without validated disease specific test instruments for the outcome measurements[26]. Also, there occurrence of the symptoms is very common.

In the present case, the patient has symptoms such as nausea, abdominal discomfort, early satiety, bloating, Yadhabhukta Avidagdha Udgara, Praseka and Utkleda. These symptoms

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come under dyspepsia in modern view and Amajirna in Ayurvedic view.

Agni has an important role in the physiological functioning of body [27].Agni converts Ahara into Dhatu and nourishes the body[28]. Ajirna is a pathological condition in which the diminished Agni causes improper digestionof food. Amajirnais one among the 6 types of Ajirna which has Kapha predominance.The main organ involved in the manifestation ofAjirna is Grahani[29].

The general treatment protocol for Ajirna is Langhana[30]. Langhana is of 12 types[31]. Upavasa, Dipana, Pachana etc. are some of them. Generally, if Amais very excessive in quantity, Sodhana is done [32]. If Ama is moderately present, Pachana and Dipana medicines are consumed[33]. If the Ama formed is very less, Upavasa or fasting is enough [34].

When we closely observe the ingredients of Pathyadi Churna, all three of them are AgniDipana and Ama Pachanain nature. The other properties of ingredients, like Laghu Guna, Ruksha Guna, Ushna Virya, Katu Rasa, Anuloma Guna helps to digest the Ama quickly and increase the digestive fire (Jadharagni).[35]

The antimicrobial activities, especially antibacterial and antifungal activity of Pathya has been discovered [36] which may help to cure dyspepsia. An active content in Pippali called Piperine is found to have antimicrobial activities [37]. Also, a content called Piperlongumine is found to have antispasmodic effect [38]. These may help to relieve the symptoms of dyspepsia.

Both Ushna Jala and Masthu are indicated as Anupana for Pathyadi Churna[39], but preferred Masthu over Ushna Jala for the patient because of theprobiotic nature of Masthu/curd water. Masthu hasthe same properties of Takra, like Laghu Guna, Kashaya-Amla Rasa, Dipana and Kapha-Vatahara[40]. These qualities help to digest the Amaand increase the Jadharagni. Masthu/curd water is rich in Lactobacillus bacteria [41]. It helps to promote digestion, so when consumed with Pathyadi Churna, it helps to cure dyspepsia/Amajirna.

Pathyadi Churna with Masthu is prescribes before food, because it helps to increase the activity of probiotic organisms and secretion of digestive enzymes. By that way, the Ama will be digested and appetite is restored

III. CONCLUSION

This case report demonstrates clinical improvement in dyspepsia/Amajirna with Pathyadi Churna with Masthu as Anupana. As this is a single case study, this may be a new path to the clinicians and researchers to explore the herbo-mineral preparations added with probiotic ingredients as an option for the treatment of dyspepsia/Amajirna.

Limitations

To establish the treatment as preferred one, a large sample size should be taken. As one third of the ingredient is Salt, it may adversely affect those who have hypertension. Also, there may besome adverse effect for Pathya or Pippali in some people.

Declaration of Patient consent

The authors certify that they have obtained all appropriate patient consent forms.

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