

STUDY OF *TRISUTRA* IN *URDHVAGA AMLAPITTA* AND ITS MANAGEMENT BY VASAGHRITA. W. S. R. TO CHAKRADUTTA.

.1Introduction1-

Ayurveda is an ancient science of life which emphasises on basic aim “*Dhatushamyata*”¹ for long and healthy life. *Ayurveda* has so many concept for balance of dhatu and management of disease but it's only depend on basic concept of *Trisutra* mentioned by *Acharya Charak*, it has three basic pillar (*Hetu*, *Linga*, *Aushadha*²) who help in the understanding the disease symptoms and its management. *Trisutra* have three components *hetu* as causative factors and *Linga* as specific symptoms and *aushadha* as drug and management of disease.

Concept of Trisutra -

Hetu - (Etiological factors) Factors which manifest disease is called *hetu/Nidan*.^[3] *Nidana* means one which aggravates *vatadi doshas*. It may be due to intake of incompatible dietetics and improper activities. ^[4] In *Madhav nidana Ch.1 panchanidana laksanam adhayaya*, *Acharya* describes causative factors of the diseases. A factor which is capable of manifesting the development of disease either quickly or after a certain period is called *hetu*. *Hetu*, *nimitta*, *ayatana*, *karaka*, *karta*, *karana*, *pratyaya*, *samuttanam*, *mulam*, *yonis* are the synonyms of *nidana*.^[4] *Hetu*- it performs multi dimensional actions in the initiation of the disease process by aggravating *vatadi dosha*. *Nimitta*- certain signs manifested in the body, act as causative factors for the disease. *Ayatana*- it indicates the place of origin of disease. *Karaka*- disease producing agents. *Karta*- main culprit to bring in equilibrium state of doshas *dusyas* etc for the production of disease. *Karana*- the factors which disturbs the normal functions and capable of manifesting disease are called *karana*.etc.

Classification of Hetu.

Type -1. 1) *Asatmyendriyarthasamyoga* 2) *Prajnaparadha* 3) *Parimana*.

Type -2. 1) *Sannikrasta hetu* 2) *Viprakrushta hetu* 3) *Vyabhichari hetu* 4) *Pradhanika hetu*

Type -3. 1) *Dosha hetu* 2) *Vyadhi hetu* 3) *Ubhaya hetu*

Type -4. 1) *Utpadak hetu* 2) *Vyanjak hetu*

Type -5. 1) *Bahya hetu* 2) *Abhyantar hetu*.

Type-6 .1) *Prakrta hetu* 2) *Vaikrta hetu*.

Type-7. 1) *Anubandhya* 2) *Anubandha*

Type-8 .1) *Prakrti* 2) *Vikrti*

Type-9 .1) *Kasya* 2) *Sthana* 3) *Vrddhi* etc

Linga

Symptoms which are observed or seen are called *Linga /Lakshana*⁵. These are important part of *Trisutra* which aids in the identification of health and in the diagnosis of disease in ill patient. sage *Charaka* mentioned the symptoms of healthy person as one who is well proportionate in flesh, well-knit in figure, firm of senses, able to endure hunger and thirst, heat and cold, the strain of exercise and has normal digestive and assimilative powers is *swastha purusha*⁶. As per by sage *Sushruta*, equilibrium state of *dosha*,

dhatu, mala & agni with the normal functions of body and pleasant *Atma, Mana & Indriya* are the symptoms of healthy person⁷. Similar definition of health stated by WHO: health is a state of complete physical, mental and social well being and not merely the absence of disease. Characteristics of *Prakriti* of a man as described by sage Caraka can also be considered as the features of *Swastha Purusha* of that particular *Prakriti*⁸. The *Dashavidha Pariksha* has been explained in detail to examine the *bala* (stamina) & *dosha*(elements) of a person (could be *swastha* or *atura*), in which the *Vikriti pariksha* is only for *atura* and not for *swastha*. *Prakriti, Satva, Sara, Sanhanan, Satmaya, Pramana, Aharashakti, Vyayamashakti* and *Vaya* defines the body constitution of a person and its health⁹. *Kashyapa* has stated *Swastha lakshana* as desire of having food, proper digestion of ingested food, proper *Urdhvag Amlapitta* tion of faeces, urine and flatus, lightness in the body, pleasant sense organs, proper sleep, to gain strength & complexion, pleasant mind and normal gastric fire¹⁰. Thus, examining these features one can be judged whether healthy or not.

Aushadha-

Aushadha is stated to be „*karana*“ in *Ayurveda*. *Aushadha* is used to maintain and promote health in a healthy person (*swasthivritta & panchkarma*) and to cure disease by *shodhan* and *shaman* therapies or both. The main principle of *ayurvedic* treatment is to harmonize the three *sararik* humors and control two *manas* humors. *Aushadha* are the measure or way that used to maintain the health i.e. the food and lifestyle along with the medicine that is used to alleviate the disease. Following are the synonyms of *bheshaja*. *Chikitsha*(tool for treatment), *vyadhihara* (tool to get rid of disease), *pathya*(the wholesome regime which is beneficial to maintain health or to treat illness), *sadhana, aushadha, prayashchitta*(balancing), *prakritisthapana, hita*(one which is beneficial).^[11] *Bheshaja* are of two types in *charak chikitsha* 1. *Swasthasya urjaskara-* to maintain health of the healthy, to improve immunity and *qUrdhvag Amlapitta* lity of health etc. 2. *Arthasya Roganut-* to relieve the disease in the patient. Types of *abheshaja* are of two 1. *Badhana-* those which causes miseries immediately after their use, which cause quick side effect. 2. *Sanubadhana-* those which produce disease after they are used constantly for a long time. [12] *Aushadha* helps in *swasthya rakshana*(maintenance of health), *Ojavidhana*(promotion of health) and *vikara prashmana*(cure of diseases) by treatment principles and drugs for specific diseases and conditions. [13] *Charak* also maintain different types of *aushadha* 1.*daiva-vyapashraya* (divine) 2. *Yukti-vyapashraya*(scientific) 3.*Satvavajaya* and also 1. *Antah parimarjana* 2. *Bahi parimarjana* 3. *Shastra pranidhan*. [14]

Amlapitta is a frequent digestive system illness. *Amlapitta* has become a very awful condition in recent years as a result of changing lifestyles and eating habits. If left untreated, it can lead to a variety of problems.¹⁵ According to a population-based research, up to 15% of people suffer heartburn and/or regurgitation at least once a week, and 7% have symptoms on a regular basis, which are characteristic *Amlapitta* signs.¹⁶

One of the most essential and difficult areas of general practise is digestive system disruption. It's significant since it's responsible for a new consultations and covers almost a quarter of all consultations.¹⁷ *Amlapitta* is linked to hyperacidity,¹⁸ which is caused by the stomach secreting too much gastric juice. Bacterial infection, neurogenic stimulation, and elevated serum gastrin levels in response to eaten food in an atonic stomach are all factors that contribute to excessive gastric acid production.¹⁹

Hence assessing the *Urdhavg Amlapitta* by the *trisutra* concept described in *ayurveda* classics and its management by *vasaghruta* is planned for the study.

Vasa is helpful in dyspepsia, gastritis, and acid reflux. It reduces the quantity of stomach acid generated.²⁰ In the study, scientists discovered that it reduces free and total HCl in individuals with non-ulcer dyspepsia, hyperacidity, and gastritis.²¹ *Vasa* is bitter, pungent, astringent, easy to digest, rough, and powerful. It increases *vata* while decreasing *kapha* and *pitta* effects.²² The root, leaf, and flower are among the components used. Understanding *Ayurveda*, helps us to have a deeper knowledge of our own unique constitution to create awareness and maintain our health via lifestyle changes.

1.2 NEED OF STUDY

In the present era of modernization and urbanisation people do not have time to take food on time and forget about balanced and proper digestive diet. Due to busy schedule people are unable to follow *ritucharya*, *dincharya*, *sadvritta* and proper diet plan which results in improper functioning of *agni* because of that there is improper digestion of food.

It is more psychosomatic disorder because of dietic indiscretions and mental stress the line of treatment varies according to severity of disease. Though *panchakarma* which is *shodhan* therapy is effective but as it needs indoor management it is not possible mostly to recommend as routine for managing *urdhvag amlapitta vyadhi*. A small *hetu* *sevan* can relapse the *lakshanas* noted in *amlapitta vyadhi* therefore study is needed to concentrate on *trisutra* of this *vyadhi* along with its proper plan of *chikitsa*. Hence with respect to *trisutra*, *shaman* therapy is chosen for the study to determine the beneficial effects of *vasaghrita* in *samprapati vighatan* of *urdhvag amlapitta vyadhi*. *Vasaghrita* is an ayurvedic formulation, so there are less no. of chances for its side effects or adverse reactions if administered by physician by knowing *trisutra* of *urdhvag amlapitta*.

Rapidly spreading rate of *urdhvag amlapitta* attract attention of researchers. Therefore an attempt has been made to plan the study in order to determine whether the recipe prepared with help of *vasa* in form of *vasaghrita* is beneficial in the management of *urdhvag amlapitta*.

1.3 Research Question:

Whether *Vasaghrita* has beneficial effects in *urdhvag Amlapitta*?

1.4] Hypothesis

Null Hypothesis –

Vasa Ghrita has no beneficial effects on *urdhvag Amlapitta*.

Alternative Hypothesis –

Vasa Ghrita has beneficial effects on *urdhvag Amlapitta*.

1.4 Research Question:

Whether *Vasaghruta* has beneficial effects in urdhvag *Amlapitta*?

1.4] Hypothesis

Null Hypothesis –

Vasa Ghrita has no beneficial effects on urdhvag *Amlapitta*.

Alternative Hypothesis –

Vasa Ghrita has beneficial effects on urdhvag *Amlapitta*

2.1] Previous works done:

1.5 Research Question:

Whether *Vasaghruta* has beneficial effects in urdhvag *Amlapitta*?

1.4] Hypothesis

Null Hypothesis –

Vasa Ghrita has no beneficial effects on urdhvag *Amlapitta*.

Alternative Hypothesis –

Vasa Ghrita has beneficial effects on urdhvag *Amlapitta*

2.1.2] List of published articles with brief conclusions:

- **Dr. Neha Karnavat and Dr. Abhilasha Sahu, an Ayurvedic Management of *Amlapitta* A Review:-P.G. Student, Dept. of Kayachikitsa, Govt. Dhanwantari Ayurvedic Medical College & Hospital, Dist. Ujjain, Madhya Pradesh, India.**

Conclusion- People nowadays are very busy with their jobs, so they have to eat quick, greasy, and fermented foods, and they do not maintain a healthy lifestyle, therefore they suffer from hyperacidity. We can successfully control *Amlapitta* with Panchakarma and follow Dinacharya and Ritucharya principles, as well as certain shaman chikitsa, using Ayurveda.

- **Vd. Ganesh Keshaorao Kale and Vd. Vijay R. Potdara, *Amlapitta* W.S.R. To Hyperacidity: A Classical Review, World Journal Of Pharmaceutical And Medical Research, Wjpmr, 2020,6 (1), 66-69**
- **Conclusion-** As part of the review, a traditional Ayurvedic text was used. It is shown in the *Charak Samhitas*, *Vagbhata*, as well as current aspects, that, as we all know, prevention is better than treatment, therefore everyone should follow the guidelines of food intake and behaviour to avoid *Amlapitta* or Hyperacidity. Excess salty, sour, spicy, pungent foods should be avoided, and GIT [gastrointestinal tract] and *Jatharagni* should be kept natural as seasoning, *Prakruti*, and other practises as taught by the scripture. Excess salty, spicy food, irregular meal intake, alcohol as well as NSAIDs, steroids, night shift work schedules, furious temperament, irritable bowel nature, and repression of natural impulses are the most prevalent causes of irritability.
- **AnkitGupta,P.K.Prajapati, A clinical review of different formulations of Vasa (Adhatoda vasica) on Tamaka Shwasa (asthma), Lecturer,Department of Rasashastra and Bhaishajya Kalpana, Govt.Ayurvedic College, Atarra (Banda), Uttar Pradesh.**
Conclusion -Since the time of Acharya Charaka and Sushruta, numerous formulations of Vasa have been utilised for the treatment of Shwasa, according to the findings. All of the formulations in this study had positive effects, although the *Vasa* extract (*Ghana*), *Vasa Ghrita* (1), and *Vasa* Avaleha (*Swarasa/ Kwatha*) were the most consistent.
- **Pathak sandhya,Girbhide Santosh,Clinical study of Pipali ghrita in Urdhvag amlapitta ,R A podar medical (ayurvedic) college mumbai**
Conclusion- On the basis of this study pipali ghrita is found to be effective in relieving sign and symptoms of urdhvag amlapitta

2.2] Research Gaps Analysis

- There are many studies done on *Urdhvag Amlapitta* by using *shamana chikitsa*. But no literature study related to trisutra of urdhvag amlapitta and its management with *vasaghrut* is noted till date. *Vasa Ghrita* is a recipe which is easily palatable for patients.
- Palatability of *Vasa Ghrita* is easy and can be used on regular basis for pacification of pitta as well as in maintaining the balance of tridoshas, dhatus, agni and mala. Till date there is no work done on *Vasa Ghrita* and its beneficial effects in the management of urdhvag *Amlapitta*.
- *Vasa Ghrita* is cost effective routine formulation for the patients In ancient, medieval and modern era progressively lifestyle has changed a lot. *Amlapitta vyadhi* is of concern now a days. *Vasa Ghrita* is mentioned in *chakradutta*, but in today's era how much it is effective is a research gap and data regarding its beneficial effects is not available. So *vasaghrut* is drug of choice for the planned study which is beneficial for the management of *urdhvag amlapitta*.

3] AIM AND OBJECTIVES

3.1] Aim: - To study *Trisutra* (*Hetu,Linga,Aushadha*) related to *Urdhvag Amlapitta* along with its management by *Vasaghrit*.

3.2] Objectives:

- To find out the *hetu* from different ayurvedic classics related to *Urdhvag Amlapitta*.
- To find out the *lakshana* from different ayurvedic classics related to *Urdhvag Amlapitta*.
- To find out the *aushadha* described in various ayurvedic classics related to *Urdhvag Amlapitta*.
- To determine the beneficial effects of *vasaghrit* in *Urdhvag Amlapitta*.

4] MATERIAL AND METHODS

4.1] Source of Data –1. Ayurvedic texts for literature study 2.Interventional study

Literary source:

The Study includes **Disease Review of Amlapitta in the form of trisutra (hetu, ling, Aushadh)** will be reviewed and collecting information from *Charak Samhita* ,*Sushruta Samhita*, *Ashtanga Hrudaya* other ayurvedic classics some peer reviewed publication And journals and Text books.

Plan of clinical study

The study will be carried out at the MGACH and RC Salod (H.) Wardha. Total 60 patients of *urdhavag Amlapitta* will be registered for the present research work. The cases will be randomly selected irrespective of their age, sex, religion, occupation, socioeconomic status, *Prakriti* and *Agni* etc. Clinical history and physical examination on the basis of specially prepared *Performa* incorporated with the *Astavidha* [8] , *Dashvidha* [4] , *Srotas* [4] and *Dosha Pariksha*. All the manoeuvres described above will be repeated before and after the treatment.

4.2] Type of Study:-Literature and Interventional study.

4.2.1] Study Duration – 15 days for each patient and 2 followup , till the total number of patients included in the study is achieved with in 1.8yr

Literature review of Urdhavags Amlapita

Clinical study

Assessment of patient as per inclusion and exclusion criteria

Inform consent

Treatment duration 14 days through oral route

vasa ghrut 10ml in the morning along with
nidanparivarjan and pathyapathya

2 visits during treatment each after 7 days

2 Follow up after 7 days each after treatment

Generation of statistical data

Statistical analysis

Discussion

Conclusion and Summary

4.4] Collection/authentication: -

- The material will be collected and authenticated from, Department of dravyagun for *Samhita and Siddhant* of MGACH & RC, Salod (H), Wardha.
- *Vasa ghrut* will be prepared at duttatreya rasa sala MGACH and RC.
- **Vasa Ghruta Preparation According to Bhaishajya Kalpana**
- To collect the Vasa Plant Panchanga i.e. leaves, Flower, Branches, and Roots, with four Prastha quantity (64 Pal or 16 tola) and take 8 times (32 Prashtha) water and should remaining last Asthanasha Part i.e. (16 Tola) with filter, to keep in Iron vessel. Then take this Kwatha contain Murchhita Goghruta of one Prastha (64 Tola) and Vasa flower Kalka having 4 Pal mixed properly and make this ghruta with proper methodology. After complete paka of ghruta take into the glass ware. And this ghruta having mixed with ½ tola to 1 tola with odd quantity of honey, and take every day. Those who are suffering from indigestion should take Go -Ghruta or goat milk. To take this medication for some days, then this ghruta properly stopes this blood related disease like Raktapitta from the route of Urdhwa and Adho marga. This ghruta is also useful in Kasa, Shwasa, Pittaja Jwara, Shoola, Gulma, Yakruta, and Pleeha enlargement, Kamala, Timira, Vishrpa, etc. (13 Chapter, Bhaishajya Ratnavali Slok no. 124)

4.5] Detail of *Dravya*:-

Vasa Ghrita [Trial Drug]²³

1. *Vasa Panchanga – Kwatha*
2. *Vasa Pushpa – Kalka*
3. *Go –Ghruta*

4.6] Sampling procedure:

Simple random sampling.

4.7] Sample size (Including sample size calculation): 60 Patients .

4.8] Grouping & Posology:

| Group | Sample size | Intervention | Dose and Frequency | <i>Anupan</i> | Duration | Follow up |
|------------|-------------|-------------------------|--------------------|----------------|----------|---|
| Trial drug | 60 | <i>Vasaghrita</i> 10 ml | 10 ml once a day | Lukewarm water | 14 Days | 2 visits during treatment each after 7 days and 2 follow up each after 7 days of treatment. |

4.8] Data collection tools and process:-

From the OPD & IPD Of Mahatma Gandhi Ayurved college hospital and research centre, Salod, Wardha.

4.8.1] Inclusion criteria–

- Patient of age above 20 yrs and below 65 yrs both sexes will be selected.
- Patient suffering from typical signs and symptoms of *Amalpitta*

4.8.2] Exclusion criteria –

- 1. Patient of age group below 20 yrs and above 65 yrs was excluded from the study.
- 2. Pregnant and lactating mother.
- 3. Patient suffering from chronic diseases such as diabetes, hypertension, IHD, chemotherapy and major operative procedure etc, were excluded.
- 4. Irregular patients not providing proper data were excluded.

4.8.3] Criteria for Diagnosis

Subjective parameters for the patients of *urdhavag amlapitta*.

The patients showing following symptoms were diagnosed as *Amlapitta* patients.

Grading and scoring for symptoms and signs

1] Symptoms²⁴.

1. *Vanti*
2. *Shirorujha*
3. *Kar-charana Daha*
4. *Sarvanga Daha*
5. *Hridkanth Daha*
6. *Tikta-amloudgar*
7. *Kandu*
8. *Aruchi*
9. *Jwara*
10. *Mandal*
11. *Pidika*

4.8.4]Diet and restriction

The patient will be advised to follow the nidhan parivarjan and restricted to the use of Amla, Katu and Lavana Rasa, Ushna, Tikshna Guna, Abhisyandi and Paryushita Ahara due to their provocative nature. Drug – Vasa ghrita. Vasa ghrita prepared by method as described in Bhashajya Ratnavali.

Pathapathya will be advised to patients .

4.9] Investigations: N/A

4.10]Gradations of symptoms.

| Sr.no | Sign/Symptoms | Grading |
|-------|---------------------------|---|
| 1 | <i>Vanti</i> - | 0 - absent 1 -once/week or less quantity 2-2-3 times/week or moderate 3- > 3 times/week or profuse |
| 2 | <i>Shiroruja</i> , | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 3 | <i>Kar - charandaha</i> , | 0 - Absent 1- Occasional |

| | | |
|-----------|--------------------------|--|
| | | 2- Intermittent 3- Continuous affecting routine work |
| 4 | <i>Sarvangdaha</i> | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 5 | <i>Hridkanthadaha</i> | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 6 | <i>Aruchi</i> | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 7 | <i>Tikta - amlaudgar</i> | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 8 | <i>Kandu,</i> | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 9 | <i>Jvara -</i> | 0– absent 1- 99° - 100°F 2--101°-103°F 3 - >103°F |
| 10 | <i>Mandal</i> | 0 - absent 1 - 1-2mm |

| | | |
|-----------|---------------|---|
| | | 2 - up to 3mm 3 - up to 5mm |
| 11 | <i>Pidaka</i> | 0 - skin colour 1 - hyperemic 2 - red 3 - dark red |

4.11]Assessment Criteria: The effects of vasa ghrit will be assessed in regards to the clinical signs and symptoms on the bases of grading and scoring system before,during and after over all treatment.

5] ANALYSIS PLAN:

With help of SPSS Software, all data will be analyzed. By applying Wilcoxn`s sign rank Test.

6] Observation and results:Will be drawn after analysis.

7] Discussion and Conclusions:Will be based on observation and results data obtained.

8] Scope and Implications of the proposed study

This Study will be helpful to understand the literature and Clinical Intervention of Vasa Ghrita in *urdhvag Amlapitta* Patients.

9] Translatory Component (For Project and Ph.D. synopsis only): N/A

10] Ethical consideration:

- After obtaining ethical clearance from IEC study will be started.

11] Gantt chart (in quaterly based, only for PG synopsis)

| | | | | | | |
|---|--|-----------|-----------|-----------|-----------|-----------|
| Scholar/Investigator | Dr Deepak Yadav | | | | | |
| Title | <i>Study of Trisutra in Urdhvag Amlapitta and its management by vasa ghrit w.s.r Chakradatta</i> | | | | | |
| Steps | Q1 | Q2 | Q3 | Q4 | Q5 | Q6 |
| Literature review of Vasaghrut and Amlapitta | | | | | | |
| Collection of Data of patients | | | | | | |
| Analysis of collected data | | | | | | |
| Writing thesis in parts up to methods | | | | | | |
| Correlation of concept and analytical data | | | | | | |
| Writing of rest of thesis and its completion | | | | | | |
| Submission | | | | | | |

12] Budget: - 18000 Rs

| Sr. | Parameter | Require Unit | Cost per unit | Total unit | Total cost |
|-------|-------------|---|---------------|------------------------------|------------|
| 1 | Vasa Ghrita | 10 ml X 15 days = 150 ml 150mlx60pts.= 9000 ml | 2000/liter | 9 liter X 2000 = 18000 | 18000 |
| Total | | | | | 18000 |

13] References:

1. Dr. Chaturvedi Gorakha natha Pt. Shastri Kashinatha,; Charaka Samhita; published by Chaukhamba Bharti Academy; Chikitsashasthana; chapter 1st; verse 4,5; page 3.
2. Dr. Chaturvedi Gorakha natha Pt. Shastri Kashinatha,; Charaka Samhita; published by Chaukhamba Bharti Academy; Chikitsashasthana; chapter 1st; verse 24; page no.8
3. Dr. Chaturvedi Gorakha natha Pt. Shastri Kashinatha,; Charaka Samhita; published by Chaukhamba Bharti Academy; Nidan sthana; chapter 1st; verse; page.
4. Murthy K.R.Srikantha,; Astanga Samgraha of Vagbhata; published by Chaukhambha Orientalia; nidansathana; chapter 1st; verse 7; page no.142.
5. Sengupta Shri Narendranath, Sengupta Shri Balaichandra; Jalpakalpataru commentary on Charaka Samhita by Gangadhara; published by Vidyavilas press; Sutrasthana; chapter 1st; commentary on verse 7; page 20.
6. Dr. Chaturvedi Gorakha natha Pt. Shastri Kashinatha,; Caraka Samhita; published by Chaukhamba Bharti Academy; Sutrasthana; chapter 21st; verses 18-19; page 413,414.
7. Dr. Shastri Ambikadutta; Sushruta Samhita; published by Chaukhambha Sanskrit Sansthana; Sutrasthana; chapter 15th; verse 48; page 84.
8. Dr. Chaturvedi Gorakha natha Pt. Shastri Kashinatha,; Caraka Samhita; published by Chaukhamba Bharti Academy; Vimanasthana; chapter 8th; verse 95; page 772.
9. Dr. Chaturvedi Gorakha natha, Pt. Shastri Kashinatha,; Caraka Samhita; published by Chaukhamba Bharti Academy; Vimanasthana; chapter 8th; verse 94; page 771.
10. Sharma Hemaraj; Kashyapa Samhita; published by Chaukhambha Sanskrit Sansthana; Khilasthana; chapter 5th; verse 6-8; page 256.
11. Dr. Chaturvedi Gorakha natha, Pt. Shastri Kashinatha,; Charaka Samhita; published by Chaukhamba Bharti Academy; Chikitsashasthana; chapter 1st; verse 3; page 2.
12. Dr. Chaturvedi Gorakha natha, Pt. Shastri Kashinatha,; Charaka Samhita; published by Chaukhamba Bharti Academy; Chikitsashasthana; chapter 1st; verse 4,5; page 3.

13. Dr. Chaturvedi Gorakha natha, Pt. Shastri Kashinatha,; Charaka Samhita; published by Chaukhamba Bharti Academy; Chikitsashasthana; chapter 1st; verse 5,6; page 4.
14. Dr. Chaturvedi Gorakha natha, Pt. Shastri Kashinatha,; Charaka Samhita; published by Chaukhamba Bharti Academy; Sutrasthana; chapter 11th; verse 54-55; page 238,239
15. <https://vikaspedia.in/health/ayush/ayurveda-1/ayurveda-for-common-disease-conditions/hyperacidity>
16. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6140167/>
17. <https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/general-practitioner-gp/general-practice-gp>
18. <http://ccras.nic.in/sites/default/files/viewpdf/faq/HYPERACIDITY%20article%20%20and%20FAQ%20final.pdf>
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Annexure-1

Case sheet:
Mahatma Gandhi Ayurveda College Hospital & Research Centre,

Salod [H], Wardha-442001 Maharashtra

***“Study of Trisutra in Urdhvag Amlapitta and its management by vasaghrit w.s.r
Chakradatta”***

Case Performa

Serial No:
Name:
Sex: Male/ female
OPD No:
Address:
Occupation:

Date:
Age:
IPD No.:
Mob. No.

Chief Complaints with duration: -

History of Present illness:

Past History:

Family History:

Personal History:

Diet: -

Habit: - Tobacco / smoking / Alcohol / Tea

Sleep: - Adequate / Inadequate

ASHTAVIDHA PARIKSHA:

Nadi:

Mala:

Mutra:

Jihva:

Shabda:

Sparsha:

Drik:

Akriti:

Prakruti

Dosha Predominance

Assesment:- Symptoms gradation

| Sr.no | Sign/Symptoms | Grading |
|--------------|--------------------------|---|
| 1 | <i>Vanti -</i> | 0 - absent 1 -once/week or less quantity 2-2-3 times/week or moderate 3- > 3 times/week or profuse |
| 2 | <i>Shiroruja,</i> | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 3 | <i>Kar - charandaha,</i> | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 4 | <i>Sarvangdaha</i> | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 5 | <i>Hridkanthadaha</i> | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 6 | <i>Aruchi</i> | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 7 | <i>Tikta - amlaudgar</i> | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 8 | <i>Kandu,</i> | 0 - Absent |

| | | |
|-----------|----------------|--|
| | | 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 9 | <i>Jvara</i> - | 0– absent 1- 99°- 100°F 2--101°-103°F 3 - >103°F |
| 10 | <i>Mandal</i> | 0 - absent 1 1-2mm 2 up to 3mm 1 up to 5mm |
| 11 | <i>Pidaka</i> | 0 - skin colour 1 - hyperaemic 2 - red 3 - dark red |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Follow Up:

| | | | |
|--------------------------|--|--|--|
| During Treatment: | | | |
| Date : | | | |
| After Treatment: | | | |
| Date : | | | |

Diagnosis
Assessment:

Sign of Student

Sign of Guide

Annexure-3

Datta Meghe Institute of Medical Sciences [Deemed to be University]

[Accredited by NAAC with 'A+' Grade]

Mahatma Gandhi Ayurveda College, Hospital & Research Centre

Salod (Hirapur), Wardha (MS) 442001

College .07152-202632, Hospital 202631, Fax.287882

Email- mgayurvedcollege@gmail.com Web: www.mgachrc.org, www.dmims.edu.in

सांमतीपिकवैद्यकीयसांशोधनासाठी

पुरुषवमहिलाज्यांनीबाह्यरुग्णविभागवआंतररुग्णविभागालातपासणीसाठीआलेआहेत. आणिज्यांनास्वेच्छेने.
संशोधनप्रकल्पामध्येआमंत्रितआहे.

**संशोधनप्रकल्पाचीशीर्षक "Study of Trisutra in Urdhvag Amlapitta and its management by
vasaghrut w.s.r Chakradatta"**

संशोधनकल्प्याचेनाव- Dr. Deepak Yadav

महात्मागांधीआयुर्वेदकॉलेजहॉस्पिटलआणिसंशोधनकेंद्र

सालोड (हिरापुर), वर्धा, (महाराष्ट्र)

संशोधनप्रकल्पाचेनाव "Study of Trisutra in Urdhvag Amlapitta and its management by
vasaghrut w.s.r Chakradatt"

भाग-०१: माहितीपत्रक
प्रस्तावना

मीDr. Deepak Yadav महात्मागांधी आयुर्वेद कॉलेज हॉस्पिटल आणि संशोधन केंद्र, सालोड (हिरापूर), वर्धा, (महाराष्ट्र)
दत्ता मेघे आयुर्विज्ञान संस्थान (अभिमत विद्यापीठ). सध्या काम करत आहे.
आम्ही या व्याधीवर संशोधन करीत आहे जे दैनंदिन सद्यस्थितीमध्ये आपल्या देशामध्ये आहे,
मी तुम्हाला या संशोधन प्रकल्प बदल संपूर्ण माहिती आणि यामध्ये सहभागी होण्यास आमंत्रित करतो.
या बाबतीत तुम्ही स्वेच्छेने सहभागी होण्याचा निर्णय घ्या. पूर्वी तुम्हाला या संशोधन प्रकल्प विषयी माहिती द्यायची आहे.
ज्यामुळे तुमचे संशोधन प्रकल्पाबाबतीत शंका निरसन होईल.

संशोधन प्रकल्पचा उद्देश्य - Efficacy of Vasaghrut in the management of Amlapitta- A Randomized Controlled Clinical Trial

संशोधन प्रकल्प प्रकारचा हस्तक्षेप - Interventional clinical study

संशोधन प्रकल्पासाठी व्यक्तीची निवड -

| Sr.no | Sign/Symptoms | Grading |
|-------|-------------------|--|
| 1 | Vanti - | 0 - absent 1 - once/week or less quantity 2-2-3 times/week or moderate 3- > 3 times/week or profuse |
| 2 | Shiroruja, | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 3 | Kar - charandaha, | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 4 | Sarvangdaha | 0 - Absent 1- Occasional |

| | | |
|-----------|--------------------------|--|
| | | 2- Intermittent 3- Continuous affecting routine work |
| 5 | <i>Hridkanthadaha</i> | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 6 | <i>Aruchi</i> | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 7 | <i>Tikta - amlaudgar</i> | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 8 | <i>Kandu,</i> | 0 - Absent 1- Occasional 2- Intermittent 3- Continuous affecting routine work |
| 9 | <i>Jvara -</i> | 0– absent 1- 99°- 100°F 2--101°-103°F 3 - >103°F |
| 10 | <i>Mandal</i> | 0 - absent 1 - 1-2mm 2 - up to 3mm 3 3- up to 5mm |
| 11 | <i>Pidaka</i> | 0 - skin colour 1 - hyperaemic 2 - red 3 - dark red |

2. प्रक्रिया वर्णन

कालावधी- 28दिवस

फायदे- कमी होऊ शकतो.

खर्च परत फेड- काही दुष्परिणाम आढळल्यास परत फेड करण्यात येईल.

माहितीगुप्तता- तुमची सर्वप्रकारची माहिती गुप्त ठेवण्यात येईल.

नकारमागेण्याचा अधिकार- उपचार दरम्या नजर काही इजा झाली, तुम्हाला उपचार आवडलानाही , काहीकारणा स्तवतुम्हाला उपचार सोडा वाला गलातर तुम्ही नकारमागेऊ शकता.

कोणाशीसंपर्कसाधावा.

नाव- Dr. Deepak Yadav

पत्ता- , Wardha, Maharashtra-442001

दूरध्वनीक्रमांक - 7974154869

ई-मेल- dy3385640@gmail.com

हेसंशोधन प्रकल्प हा स्थानिक प्रस्थापनात्मकनीति शास्त्र समिती [दत्तामेघेआयुर्विज्ञानसंस्थान] (अभिमतविद्यापीठ) ने मंजूर वपुनरावलोकन केलेलेआहे. जी समिती सहभागी व्यक्तीला कुठल्या प्रकारचीइजा होऊ नयेयाबाबतीतकाळजीघेते. जरतुम्हालायाबाबतीतपुन्हाजाणूनघ्यायचेअसेलतरस्थानिकप्रस्थापनात्मकनीतिशास्त्रसमिती [दत्तामेघेआयुर्विज्ञानसंस्थान] (अभिमतविद्यापीठ) महात्मा गांधीआयुर्वेद कॉलेज हॉस्पिटलआणि संशोधन केंद्र, सालोड (हिरापूर), वर्धा, (महाराष्ट्र) लासंपर्ककरावा. सगळे संशोधन प्रकल्पा विषयी सगळी माहिती हि समिती देते.

जर तुम्हाला संशोधन प्रकल्पा विषयी प्रश्न आणि शंकाअसेल तर विचारू शकता. जर असेलतर काही प्रश्न आहेका?

संमतीपत्रक

मलाप्रस्तुतसंशोधनप्रकल्पाविषयीसंपूर्णमाहितीदिलीआहेमीत्यासंशोधनप्रकल्पामध्येमीकिंवामाझेपाल्य/ मुलगा/ मुलगी;
श्री/ श्रीमती/ कु./ कुमारी..... स्वेच्छेनेसहभागीहोण्यासतयारआहे.
मलायासंशोधनप्रकल्पाविषयीसगळीमाहितीसांगितलीआहे.
तरीसंशोधनचालूअसतानानवीनकाययाविषयीइतंभूतमाहितीदिल्याजाईल. किंवातेमलाअवगतकेलेजाईल.
मीसंशोधनकाळातकोणताहीप्रश्नविचारूशकतोहामाझाअधिकारआहे.
मीपूर्णस्वेच्छेनेयासंशोधनप्रकल्पातसहभागीम्हणूनभागघेण्यासतयारआहे.

सहभागीव्यक्तीचेनाव-

सहभागीव्यक्तीचेहस्ताक्षर

दिनांक-

असाक्षरव्यक्ती (असेलतर)

मीसाक्षदेतोकीसहभागीव्यक्तीनेआपल्यास्वेच्छेनेपूर्णसंमतीपत्रकवाचलेलेआहे.

मीसाक्षदेतोकीसहभागीव्यक्तीलाप्रश्नविचारण्याचीमुभाआहे. मीसाक्षदेतोकीसहभागीव्यक्तीनेकोणतेहीदबाव/
दडपणाखालीनयेतासहभागीहोण्याचीसंमतीदिलीआहे.

साक्षदेणाऱ्याव्यक्तीचेनाव-

साक्षदेणाऱ्याव्यक्तीचीसही- किंवा सहभागीव्यक्तीचडावाअंगठा

दिनांक-

संशोधनकल्याचेसंमतीपत्रक

मीसहभागीव्यक्तीलासंशोधनप्रकल्पाविषयीसंपूर्णमाहितीदिलीआहे,

आणिमलापूर्णविश्वासआहेकीसहभागीव्यक्तीलासंशोधनप्रकल्पाअंतर्गतखालीलमुद्द्यानुसारकार्यपद्धतीराहिल.

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मीपुष्टीदेतोकीसहभागीइच्छुकव्यक्तीलासंशोधनप्रकल्पाविषयीविचारलेलेप्रश्नवत्याचेसंभाव्यउत्तरे,
मीमाझ्यास्वक्षमतेनेदिलेआहे.
मीप्रमाणितकरतोकीसहभागीव्यक्तीनेकसलाहीसंकोचनकरतास्वेच्छेनेआणिमुक्तपणेसंमतीदिलीआहे.

प्रतिलिपी- सहभागीव्यक्तीलासंमतीपत्रकाचीप्रतिलिपीदिल्याजाईल.

संशोधनकर्त्याचेव्यक्तीचेनाव . DrDr.Deepak Yadav

संशोधनकर्त्याचेव्यक्तीचेहस्ताक्षर-.....

दिनांक-

Datta Meghe Institute of Medical Sciences [Deemed to be University]

[Accredited by NAAC with 'A' Grade]

Mahatma Gandhi Ayurveda College, Hospital & Research Centre

Salod (Hirapur), Wardha (MS) 442001

College .07152-202632, Hospital 202631, Fax.287882

Email- mgayurvedcollege@gmail.com

Web: www.mgachrc.org, www.dmims.edu.in

Informed Consent for Clinical Studies

Informed Consent for men and women who attend OPD/IPD MGACH & RC, and who we are inviting to participate in research on *Amlapitta* from The title of our research project “***Study of Trisutra in Urdhvag Amlapitta and its management by vasaghrut w.s.r Chakradatta***” in patients of *Amlapitta*.

**Mahatma Gandhi Ayurveda College, Hospital & Research Centre,
Salod (H), Wardha
DMIMS(Deemed to be University)**

Name of Proposal: “Study of Trisutra in Urdhvag Amlapitta and its management by vasaghrut w.s.r Chakradatta”

PART I: Information Sheet

Introduction

I am Deepak Yadav PG student Dept. of Samhita Siddhant, Mahatma Gandhi Ayurveda College, Hospital& Research Centre Salod (H), Wardha. We are doing research on *Amlapitta*, which is very common in this country. I am going to give you information and invite you to be part of this research. You do not have to decide today whether or not you will participate in the research. Before you decide, you can talk to anyone you feel comfortable with about the research.

Purpose of the research- “Study of Trisutra in Urdhvag Amlapitta and its management by vasaghrut w.s.r Chakradatta.”

Type of Research: - Interventional.

Participant selection:

- Subjects of either sex in the age group of 20-65 years.

Voluntary Participation

Information on the Trial Drug- *Vasa Ghrit*

Vasa Ghrit 10 ml once a day in morning

B. Description of the Process

Duration: 14 days

Side Effects: no any

Risks: no risk

Benefits: It may relieve *Amlapitta*.

Sharing the Results

The knowledge that we get from doing this research will be shared with you through community meetings before it is made widely available to the public. Confidential information will not be shared. There will be small meetings in the community and these will be announced. After these meetings, we will publish the results in order that other interested people may learn from our research.

Right to Refuse or Withdraw

You do not have to take part in this research if you do not wish to do so and refusing to participate will not affect your treatment at this clinic in any way. You will still have all the benefits that you would otherwise have at this clinic. You may stop participating in the research at any time that you wish without losing any of your rights as a patient here. Your treatment at this clinic will not be affected in any way.

OR

You do not have to take part in this research if you do not wish to do so. You may also stop participating in the research at any time you choose. It is your choice and all of your rights will still be respected.

Alternatives to Participating

If you do not wish to take part in the research, you will be provided with the established standard treatment available at the centre/institute/hospital.

Who to Contact

If you have any questions you may ask them now or later, even after the study has started. If you wish to ask questions later, you may contact any of the following:

Name- Dr. Deepak Yadav

Address-, Dist.- Wardha

Mobile number- 7974154869

E-mail –dy3385640@gmail.com

This proposal has been reviewed and approved by [IEC, DMIMS (DU)], which is a committee whose task it is to make sure that research participants are protected from harm. If you wish to find about more about the SRC, contact MGACH&RC DMIMS (DU). It has also been reviewed by the Institutional Ethics committee of the DMIMS (DU), which is funding/sponsoring/supporting the study. You can ask me any more questions about any part of the research study, if you wish to.

Do you have any questions?

PART II: Certificate of Consent

I have been briefed regarding the research studies for which myself in bring enrolled /or given consent to enrol I/my son/ daughter/..... I have reviewed all the information regarding the study and read the foregoing information, or it has been read to me. I have had the opportunity to ask questions about it and any questions that I have asked have been answered to my satisfaction. I consent voluntarily to participate as a participant in this research. Name of Participant_____

Signature of Participant _____

Date _____

If illiterate

I have witnessed the accurate reading of the consent form to the potential participant, and the individUrdhvag Amlapitta I has had the opportunity to ask questions. I confirm that the individUrdhvag Amlapitta I has given consent freely.

Print name of witness_____ AND Thumb print of participant

Signature of witness _____

Date _____

Day/month/year

Statement by the researcher/person taking consent

I have accurately read out the information sheet to the potential participant, and to the best of my ability made sure that the participant understands that the following will be done:

- 1.....
- 2.....
- 3.....

I confirm that the participant was given an opportunity to ask questions about the study, and all the questions asked by the participant have been answered correctly and to the best of my ability. I confirm that the individUrdhvag Amlapitta I has not been coerced into giving consent, and the consent has been given freely and voluntarily. A copy of this ICF has been provided to the participant.

Print Name of Researcher/person taking the consent –. Dr. Deepak Yadav

Signature of Researcher /person taking the consent_____

Date _____

Drug Brochure

औषधी माहिती पत्रिका

महात्मा गांधी आयुर्वेद कॉलेज हॉस्पिटल आणि सांशोधन केंद्र

सालोड (हिरापुर), वर्धा (महाराष्ट्र)

सशोधनकर्ता- *Study of Trisutra in Urdhvag Amlapitta and its management by vasaghrit w.s.r Chakradatta*"

नाव- Dr. Deepak Yadav

औषधीचेनाव- Vasa Ghrit

मात्रा- 10ml सकाळी

घ्यार्वयाचीकाळजी-

जेवनाआधि घयावे

स्वच्छ हाताने औषध घयावे

औषधी चि डबि उघड ठेऊ नये