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**Kamadugha Rasa An Effective Ayurvedic Formulation For
Amla Pitta (Hyperacidity/Acid Peptic Disorder)- A Review**

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Abstract

At the present time Amlapitta(Hyperacidity) is common problem in societies due to various behavioral and environmental factors. Further excessive use of NSAID's (non steroidal anti inflammatory drugs) and infection of Helicobacter pylori also contribute major part in pathogenesis of Hyperacidity. In Ayurveda, it is equivalent to amlapitta (acid peptic disorders) and is common throughout the world and prevalence has been estimated to approximately 11–14% for men and 8–11% for women. The usage of synthetic drugs such as antacids, H₂ receptor blockers and proton pump inhibitors have abbreviated due to their side effects. These crises lead to the search for natural products from plant or mineral origin possessing potential anti-ulcer activity. Rasaushadhis (mineral and herbo-mineral ayurvedic medicines) are unique dosage forms having benefit of longer shelf life, better therapeutic efficacy at low dose. Kamadugha Rasa is one of them and effectively used for anti ulcer activity.

Key word- Hyperacidity, Kamadugha rasa, Ayurvedic, Acid Peptic Disorder.

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INTRODUCTION

In Ayurveda, acid peptic disorders known as amlapitta. Kamadugha Rasa is effectively used for anti ulcer activity.

The ingredients of Kamadugha Rasa like bhasmas (Powder obtained by

calcinations of mixture of minerals and herbs or any one) of Mukta (Pearl),

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Pravala (Coral: *Corallium rubrum*), Shankha (Conch shell), Shukti (Oyster shell) and Varatika (Cowries shell: *Cypraea moneta* Linn.) are the sudha varga dravyas (calcium containing group) which are known for their importance in the management of Amlapitta, Pittaja vikara, (disorder related to biological fire or metabolic catabolic enzymes), Jirna Jwara (Chronic Fevers) and Somaroga (The condition in which there is an excessive urination in women). In the present review, an attempt was made to understand the possible mode of action of Kamadugha Rasa as a gastro-protective and for its anti-ulcer activity.

What is Pitta

- In Ayurveda, Pitta pertains to fire and water elements and governs metabolism.
- It is situated between the stomach and the smaller intestine and digests all food and drink.
- Pitta is hot (ushna), light (laghu), quickly penetrating (Saram), liquid (Dravam), slightly viscid (Sneha), active (Teekshna), slightly foul smelling (Visrum).
- Pitta is the source of all internal heat including digestion, hunger, thirst, intelligence, imagination, understanding, memory, etc.
- Its main function is to produce heat.

- The imbalance of Pitta causes burning sensation in the body, hyperacidity, sleeplessness, erratic digestion, constipation or diarrhea, vomiting, etc.
- Excess of salty and acidic food can vitiate pitta.
- Astringent, sweet and bitter fruits and vegetables balances Pitta (e.g. patola, amla, honey, ghee).
- Kamdudha Ras Moti Yukt/with pearl is used for treating Amlapitta (hyperacidity), bleeding disorders (rakta pitta) and other pitta-vikar.

Ingredients of Kamdudha Ras Moti Yukt-

- The complete list of Kamdudha Ras with Pearl in given below:
- Mukta pishti (pearl *mytilus margaritiferus*) 1 Part
- Praval (coral) Pishti 1 Part
- Shauktik Mauktik (Shell *Mytilus margaritiferu*) Pishti 1 Part
- Kapardik Bhasma (Calcinated and purified *cypraea moneta* shells) 1 Part
- Shankh Bhasma (Calcinated and purified *turbinella rapa* shells) 1 Part
- Shudh Gairik (Calcinated and purified ochre) 1 Part
- Guduchi Satva (*Tinospora cordifolia* extract) 1 Part

Benefits of Kamadudha Ras (Mauktik Yukta)

- It is useful in all pitta-vikar.

- It gives relief in bleeding disorders.
- It is a cooling in nature.
- It pacifies excess pitta.
- It helps in faster wound healing.
- It gives relief in the burning sensation due to excess pitta.
- It improves iron and calcium level in blood.
- It is mild and well tolerated.

Therapeutic Use of Kamdudha Ras Moti Yukt -

- Disorder of Pitta Dosha
- Hyper acidity/Amlapitta, peptic ulcer
- Fever (Pitta jwar)
- Burning sensation
- Bleeding from nose, urethra, vagina, rectum, etc.(rakta pitta)
- Burning sensation in palms and soles, eyes, urination
- Syncope
- Bhrama (Vertigo)
- Headache
- Somaroga (Polyuria in females)
- Pradar (Excessive vaginal discharge)
- Raktapitta (Bleeding disorder)
- Mukhapaka or Stomatitis

- Urticaria

The Dosage of Kamdudha Ras Moti

Yukt- 250 mg twice a day after the meal with Mishri/Jeera powder/Amalki Churna or Ghrita or take as directed by a physician. Please note, the doses of Ayurvedic medicines are not fixed. The exact dose depends on the age, strength, digestive power of the patient, the nature of the illness, the state of the viscera and humours, and the properties of individual drugs.

Ayurvedic medicines containing detoxified, toxic material/ poisonous substances, heavy metals should be taken only under medical supervision. You can buy this medicine online or from medical stores.

This medicine is manufactured by Baidyanath (Kamdudha Ras Moti Yukt), Dabur (Kamdudha Ras with Moti), Patanjali Divya Pharmacy (Kam Dudha Ras (A.F.I-II)), Shri Dhootapapeshwar Limited (Kamadugha with Mouktiky ukta Gutti-Vati), and many other Ayurvedic pharmacies.

Table 1: Kamadugha Rasa in classical Ayurvedic tex

	Jwaradhikara (Hariprapannaji, 1999)	Amlapittad hikara (Hariprapa nnaji, 1999)	Amlapittadhikara (Hariprapannaji, 1999)	Rtana Pradhan Yoga (Joshi & Rao, 2003)
Ingredie nts	Swarana Gairika, Ghrita, amalaki Swarasa	Guduchi Stava, Swarana	Mukata Bhasma, Praval Bhasma, Shukti Bhasma,	Swarana Gairika, Guduchi Satava, Sharkara, Amalki

		Gairika, Abharaka, BhasmaKarsa	Kapardika Bhasma, Shankha Bhasma, Shuddha Gairika, Guduchi Satva, all in equal quality.	Swarasa.
Preparations	Bharjana (frying) of Swarana Gairikais done with Grita, powdered and 7 Bhavanas (trituration) with amalaki swarasa.	All the ingredients are finally powdered and mixed well.	All the ingredients are taken in equal quantity and triturated homogenously.	Shodhit swarana gairika triturated with amalaki swaras for 21 days, dried and powdered. Add equal guduchi satava & sugar to it & grind well
Indications	Pitta roga, prameha (diabetes), Pradara, Pandu, (anaemia), Kamala (jaundice), Daha.	Prameha, Pradara.	Jirna Jwara, Bhrama, unmada, pitta roga, amlapitta & Somaroga	Rakta pitta, trishna, Daha, bhrama, murcha

As long as samprapti (etiopathogenesis) of Amlapitta is concerned, it is explained with the help of samprapti of grahani roga mentioned by Charaka. In Amlapitta the Nidanas (etiology) are predominantly from the non compliance of dietetic code of selection and eating. However psychological status of a person also plays an important role. The etiological factors like Ati snigdha ahara, Ati ruksha ahara, Vishamashana, Akale bhojana, Akale anashana Veganigraha (suppression of natural urges) Vidahi anna sevana, Vidahi pana sevana, Dusta anna sevana and seasonal variation etc. cause the vitiation of Dosha (especially liquidity of Pitta) and Agni which

results in Agnimandhya (digestive weakness).

Once Agnidushti occurs it results in Ajirna (indigestion). In this state of whatsoever food material are consumed by an unwise person, become Vidagdha (acidic) and are converted into Shukta (acid) form which leads to formation of Amavisha. Thus, Amavisha (acidic dietary toxins in the body) produced disturbs the Grahani and once it happened it further produces the Amadosha (excessive accumulation of dietary toxins) and vicious cycle starts.

Amavisha Produced by this Samprapti when mixes with Pitta, it will produce Amlapitta (Jadavji, 2004). In the present review an attempt has been made to understand and explore the possible mode of gastro-protective

and anti-ulcer activity of Kamadugha Rasa.

Mode of Action of Kamadugha Rasa Ayurvedic Perspective

Some of the ingredients of Kamadugha Rasa such as pravala and mukta have dipana (appetizer) and pachana (digestive) properties (Kulkarni, 2006) maintain the normalcy of agni (digestive fire) and thus help in curing and preventing the production of ulcers (Ghosh and Baghel, 2011). The kshariya (alkaline) nature of these drugs would reduce the amliyata (acidic nature) and help in vrana ropana (promotes wound healing). These are sita virya dravyas (the drug having cold potency or cooling effect usually resembles to endothermic) which does Pitta shamana (pacify the biological fire) and Vrana ropana. Shankha Bhasma being Sita Virya, alkaline in nature, Grahi (absorption enhancing), it is indicated in gastrointestinal disorders like Amlapitta, Parinama Shula, Grahani (Irritable bowel syndrome) and Agnimandhya (Shastri, 1989) which is clinically proved (Pandey, 2000). Gairika is another ingredient which is madhura (Sweet), kashaya (Astringent), snigdha (smooth), hima (cold), rakta pitta hara (effective in bleeding diathesis) and Vrana ropaka. These properties are very necessary in the

healing of ulcer. Guduchi Satva being another important ingredient is known for its Rasayana property (Upadhyay et al., 2010). It is having tikta (Bitter), kashaya rasa with madhura vipaka (post digestive effect which is sweet in nature), snigdha guna and is tridosha shamaka (pacify three Bio energy Principles, Vata, Pitta, and Kapha), dipaniya. These all would support in the anti ulcer activity along with Rejuvenation. Pitta is having tiksna (sharpness), usna (heat), sara (mobility), laghu (lightness), snigdha, etc. properties by which it brings biochemical changes at the cellular and tissue levels. Pitta maintains digestion, thirst, appetite energy production and body temperature, colour, complexion. Pitta is Drava (liquid) in consistency, inspite of which, it performs actions similar to Agni, in the course of process of digestion, largely due to its actual Teja (heat) component (discarding its liquidity-Drava). This fact is inferred from the way in which Pachaka Pitta (digestive component of biological fire) performs pachana (digestive) Karma (action). The capacity of digestion also depends on the qualitative increase of Usna Guna of Pitta. Conceptually it was concluded that substances having the properties like ruksha, kasaya, laghu had the effect to

decrease the drava guna of pitta and maintaining the proper function of agni. Similarly substances having madhura, sita properties, decreased the usna property of pitta to maintain the proper function of agni.

Modern Perspective :

Kamadugha Rasa mainly contains calcium compounds chiefly calcium carbonate (CaCO_3), calcium oxide (CaO) and some amount of calcium silicates. Calcium carbonate is widely used in the treatment of peptic ulcer (Loevenhart and Crandall, 1927; Meletis et al, 2008). It is a fast acting antacid and reduces gastric acidity resulting in an increase in the pH of stomach (Akhter, 2007). Calcium being the main ingredient plays an important role in many physiological activities not only related to bones but also includes blood clotting, nerve conduction, muscle contraction, regulation of enzyme activity and cell membrane function. It takes part in production of many enzymes and hormones which regulate digestion process and metabolism. (Piste et al., 2013). Calcium is essential for the normal transport of nutrients through membranes, blood coagulation and muscle functioning (Piste et al., 2013). Calcium also helps in regulating potassium and magnesium balance in the

body (Swaminathan, 2003). It prevent blood loss if ulcers are bleeding, heal the ulcers by muscle contraction and hardening and also reduces the pain by regulating nerve function (Piste et al., 2013) and perhaps most importantly, Calcium is the main buffer used in the body to neutralize acids and maintains the proper pH (Akhter, 2007). Even it is evident that excess intake of calcium leads to production of peptic ulcers instead of healing. The administration of calcium both orally or intravenously, stimulates acid secretion and increases circulating concentration of gastrin (Petersen et al., 1984). Stimulation of acid secretion by the parietal cells occurs by at least three major pathways: the cholinergic transmitter such as acetylcholine, histamine, which is locally released in the gastric epithelium and the hormone gastrin. The effect of histamine is mediated by increasing adenylate cyclase activity, whereas the effects of the acetylcholine and gastrin seem to involve an increase in cytosolic free calcium (Zhou et al., 1997). Kamadugha Rasa contains not only calcium but also other minerals thus reducing excess absorption of calcium. Magnesium is one of the minerals which is said to reduce the absorption of calcium in the intestine. However, the action of

magnesium is very weak; hence it may not hinder the absorption of calcium to large extent. Kamadugha Rasa also contains many elements like iron, oxygen, sodium, zinc, aluminium, silicon potassium and others which are essential minerals for the maintenance of healthy body. The presence of zinc, aluminium and magnesium also helps in the ulcer healing process (Varas et al., 1991; Frommer 1975; Watanabe T, et al., 1995; Itoh et al., 2004; McIntosh and Sutherland, 1940). Kamadugha Rasa displays gastroprotective activity against different ulcer inducing agents, as well as it has ability to decrease gastric secretion (Chandra et al., 2010). Ingredients of Kamadugha Rasa are individually useful in peptic ulcer. Kirtikumar et al., 2010 performed a comparative clinical study between Jala Shukti Bhasma and Mukta Shukti Bhasma with reference to Amlapitta (Parmar, 2010; Chouhan et al., 2010) which justifies this claim. The study conducted by Pandya (1968) assesses the effectiveness of Pravalapanchamrita (formulation containing Mukta Bhasma, Shankha Bhasma, Shukti Bhasma, Varatika Bhasma and Pravala Bhasma) in patients of Amlapitta and conclude that it is a highly effective medicine (Pandya, 1968). Momin Ali (1970) evaluated the

effect of Shukti Bhasma against Amlapitta to observe its clinical efficacy (Ali, 1970). Shankha Bhasma acts like antacid. Its acid neutralizing capacity, speed of antacid action and prolonged buffering action were excellent (Pandey, 2000). Shankha Bhasma causes noteworthy decrease in ulcer index in both the indomethacin and cold resistant stress models for studying PUD. Thiobarbituric acid reacting substances (TBARS) of stomach in the indomethacin treated rats were also reduced by Shankha Bhasma, but serum calcium level was not altered (Pandith et al., 2000). Guduchi satva is the most effective drug against hyperacidity as observed in pylorus ligated (Shay) rat model (Prashanth et al., 2011). Treatment with a formulation containing guduchi has been shown to reduce ulcer index and total acidity, with an increase in the pH of gastric fluid in pylorus-ligated rats and in the ethanol-induced gastric mucosal injury in rats. (Bairy et al., 2001; Kaur et al., 2012; Chandan et al., 2013)

CONCLUSION

In the present era, various types of allopathic drugs are used to treat PUD, but the most important lacunas in them are their side effects. Some alternative therapies from the natural sources are used in the treatment of peptic ulcer

disease. Kamadugha rasa, a herbo-mineral formulation is widely used for the treatment of PUD in common practice. It is expected that this formulation would be beneficial for society to eradicate this problem and their further use would also be expected. The advanced research may discover its exact mechanism in PUD. In context to the present review, it can be concluded that the ingredients of Kamadugha Rasa can be regarded as the contributing factors in the treatment of peptic ulcer disease. It is worthy of exploring the opportunity of employing the therapeutic advantages of Kamadugha Rasa.

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