

## Effect of *avipattikaracūrṇa* in the management of *amlapitta* symptoms

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*Amlapitta* is a vital issue in the medical field. Day by day, the number of patients who are suffering from *Amlapitta* has been increased. The symptoms of *Amlapitta* resemble the hyperacidity in the stomach. Acid eructation, burning sensation, belching, loss of appetite, constipation, heart pain, flatulency, headache, nausea, vomiting are the main signs and symptoms of *Amlapitta*. Several pharmaceutical preparations are used for *Amlapitta* in Ayurveda. *Avipattikaracūrṇa* was introduced in ancient Ayurvedic text and it has been used as a very effective drug for *Amlapitta* for a long time.

Forty patients with *Amlapitta* were selected on the basis of above symptoms and treated with the herbo-mineral drug of *Avipattikaracūrṇa* for a period of three months. 8 grams of the drug was administered with (4g before meal and 4g with meal) lunch and dinner using water. A series of hypotheses have been carried out to study the effect of treatment. There was 94.7% relief from acid eructation, 91.4% relief from burning sensation, 85.7% relief from loss of appetite and 88.9% relief from constipation. Further heart pain relief was 91.4%, 91.4% relief from flatulency, 83.9% relief from headache, vomiting relief was 96.7% and nausea relief was 92.1%. All the p values in the comparison of before and after fifteen days of treatment were less than 0.05. Hence, the effect of treatment was statistically significant for the symptoms of patients at 5% level. There was no untoward side effects observed in any stage of the treatment.

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