



Review Article

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## A CASE REPORT: EFFECT OF BHRINGARAJ CHURNA IN THE MANAGEMENT OF URDHVAGA AMLAPITTA WITH NIDANA PARIVARJANA AND PATHYA-APATHYA

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### Abstract

#### Background:

Urdhvaga Amlapitta, a common gastrointestinal disorder, is characterized by *Amlodgara*, *Utklesha*, *Avipaka*, *Urodaha*, and *Chhardi*. Owing to faulty lifestyle and dietary habits, its prevalence is rapidly increasing. Modern medicines give symptomatic relief but often cause dependency. Ayurveda offers holistic management through *Nidana Parivarjana*, *Pathya-Apathya*, and *Pittashamaka dravyas* like *Bhringaraj*.

#### Objective:

To evaluate the effect of *Bhringaraj Churna* in the management of *Urdhvaga Amlapitta* with *Nidana Parivarjana* and *Pathya-Apathya*.

#### Methodology:

A 34-year-old female patient diagnosed with *Urdhvaga Amlapitta* was treated with *Bhringaraj Churna* 3 g twice daily with lukewarm water before meals for 21 days, along with *Pathya-Apathya* and *Nidana Parivarjana*.

**Result:**

Significant improvement (>75%) was observed in major symptoms such as chest burning, flatulence, indigestion, and vomiting. No adverse effects were noted.

**Conclusion:**

*Bhringaraj Churna* acts by pacifying aggravated *Pitta dosha* and normalizing *Agni*, showing a marked role in *Urdhvaga Amlapitta*. Combined with *Pathya–Apathya* and *Nidana Parivarjana*, it offers a safe and effective management strategy.

**Introduction**

Lifestyle-induced disorders are on the rise globally, and *Urdhvaga Amlapitta* (acid reflux disorder) is one among them. Ayurveda describes *Amlapitta* as a condition resulting from *Pittavrita Samprapti* in *Annavaha Srotas*, manifesting symptoms like *Amlodgara*, *Utklesha*, *Avipaka*, and *Urodaha* (Madhava Nidana 51/1–5). The disease is categorized as *Urdhvaga* and *Adhoga* based on the direction of vitiated *Pitta*.

Modern medicine correlates it with *Gastroesophageal Reflux Disease (GERD)* or *acid dyspepsia*. The pathology involves hypersecretion of gastric acid and regurgitation into the esophagus causing burning and discomfort. While allopathic drugs like proton pump inhibitors suppress acid secretion, long-term use may alter normal digestion and gut flora.

Ayurveda emphasizes *Agni deepana*, *Ama pachana*, and *Pitta shamana*. *Bhringaraj* (*Eclipta alba* Linn.), a classical *Rasayana* and *Pittashamaka* herb, is described in *Bhavaprakasha Nighantu* under *Haritakyadi Varga* for its *Tikta–Katu rasa*, *Laghu–Ruksha guna*, and *Kaphapittahara* action. This case report aims to explore the clinical efficacy and mode of action of *Bhringaraj Churna* in *Urdhvaga Amlapitta*.

**Case Presentation****Patient Details:**

- **Age/Sex:** 34 years / Female
- **Duration of illness:** 3 months
- **Chief complaints:**
  - Burning sensation in chest (*Urodaha*)
  - Abdominal flatulence (*Adhmana*)

- Heaviness in body (*Gaurava*)
- Indigestion (*Ajeerna*)
- Occasional vomiting (*Chhardi*)

**Clinical diagnosis:** Urdhvaga Amlapitta

**Modern correlation:** Gastroesophageal Reflux Disorder (GERD)

#### Treatment Plan

- **Drug:** *Bhringaraj Churna*
- **Dose:** 3 g twice daily
- **Anupana:** Lukewarm water
- **Time:** Before meals
- **Follow-up:** Every 07 days
- **Duration:** 21 days
- **Supportive management:** *Nidana Parivarjana* and *Pathya–Apathya* (modified as per lifestyle)

#### Detailed Pathya–Apathya

As per Samhita references:

Source	Pathya (Wholesome)	Apathya (Unwholesome)
<b>Charaka Samhita (Ch. Su. 27/238–245)</b>	Light, warm, easily digestible foods; use of ghee; intake of old rice, green gram ( <i>Mudga</i> ), bottle gourd ( <i>Lauki</i> ), pomegranate juice; timely meals.	Sour, salty, and spicy foods; fried and stale food; curd; alcohol; overeating; suppression of natural urges.
<b>Madhava Nidana (51/5)</b>	Lukewarm water, mild exercise, early dinner, and avoidance of stress.	Anger, anxiety, irregular eating habits, and consumption of incompatible foods ( <i>Viruddhahara</i> ).
<b>Ashtanga Hridaya (Su. 8/13–16)</b>	Sattvic diet, proper rest, mental calmness, seasonal regimens.	Late-night meals, excessive fasting, or day sleep after meals.

**As per modern lifestyle:**

- **Recommended:**

Oatmeal, rice gruel, boiled vegetables, green gram soup, cow's ghee, buttermilk (diluted), and maintaining regular meal timing.

- **To be avoided:**

Coffee, tea, cold drinks, processed food, junk food, tomato sauce, citrus fruits, and tight clothing post-meals.

**Observations & Results**

Symptom	Before Treatment	After 21 Days	% Improvement
Chest burning	Severe	Mild	80%
Flatulence	Moderate	Absent	100%
Heaviness	Moderate	Absent	100%
Indigestion	Moderate	Mild	75%
Vomiting	Occasional	Nil	100%

**Overall relief:** >75%

**Adverse effects:** Nil

**Probable Mode of Action of Drug (Bhringaraj Churna)**

*Bhringaraj* (*Eclipta alba* Linn.) possesses *Tikta* and *Katu rasa*, *Laghu–Ruksha guna*, *Ushna veerya*, and *Katu vipaka*, making it *Kaphapittashamaka* in nature.

- **Pittashamana & Agni Deepana:** The *Tikta rasa* balances *Pitta dosha* and regulates hypersecretion of acid by stabilizing gastric mucosa. *Ushna veerya* supports *Agni deepana* without aggravating *Pitta* due to its *madhura vipaka*.
- **Pachana and Amapachaka:** The *Ruksha guna* assists in digestion of *Ama* (undigested metabolites), reducing heaviness, nausea, and flatulence.

- **Rasayana & Hepatoprotective Role:** *Bhringaraj* is renowned as *Yakrituttejaka* and *Rasayana* (Bhavaprakasha, Haritakyadi Varga 165–168). Its antioxidant and hepatoprotective phytoconstituents (wedelolactone, ecliptine) improve liver metabolism and Pitta regulation.
- **Anti-inflammatory and Gastroprotective Actions (Modern Perspective):** Pharmacological studies show *Eclipta alba* reduces oxidative stress and inflammation in gastric mucosa, thereby reducing acid reflux and mucosal irritation (Sharma et al., 2018).

Thus, by correcting *Agni*, pacifying *Pitta*, digesting *Ama*, and rejuvenating the mucosa, *Bhringaraj Churna* provides sustained relief in *Urdhvaga Amlapitta*.

## Discussion

In *Urdhvaga Amlapitta*, vitiated *Pitta dosha* moves upward, producing classical symptoms like heartburn, sour belching, and nausea. Management focuses on *Pitta shamana* and restoration of *Agni*. *Bhringaraj Churna* effectively alleviated symptoms within 21 days, showing its potency as a single-drug therapy. The improvement in *Urodaha* and *Amlodgara* indicates correction of the *Pitta–Agni* axis.

The herb's *Tikta–Katu rasa* provides *Deepana–Pachana* effects, while *Laghu–Ruksha guna* clears *Ama*. Its *Rasayana* property supports mucosal healing and prevents recurrence. Moreover, *Pathya–Apathya* and *Nidana Parivarjana* played a vital role in sustaining results by removing causative factors.

The absence of any adverse reaction supports the safety of *Bhringaraj Churna* in gastric disorders, making it a promising herbal alternative to modern antacids and PPIs.

## Conclusion

*Bhringaraj Churna* has shown remarkable improvement (>75%) in *Urdhvaga Amlapitta* within 21 days through *Pitta shamana*, *Agni deepana*, and *Ama pachana*. Its holistic action, when combined with *Pathya–Apathya* and *Nidana Parivarjana*, offers sustainable management and prevents recurrence. Further clinical studies with larger sample sizes and biochemical parameters can validate its efficacy scientifically.

**Conflict of Interest:** Not any

**Clinical Evidence:** OPD registration slip and patient record (showing age, diagnosis, and treatment details) have been documented and preserved for reference. A scanned copy of the OPD slip is attached as *Figure 1*

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