AMALAKI (Emblica Officinalis) AS ADJUVANT FOR REDUCING DOSHIC IMBALANCE INDUCED BY CURD: A CASE SERIES

Priyanka BV 1*, Mallika Kurut Jayavarma 2, Manjunatha Adiga 3
1Assistant Professor, Sri Dharmasthala Manjunatheshwara, College of Ayurveda and Hospital, Hassan, Karnataka, India
2Professor, Department of Samhita and Siddhanta, Sri Dharmasthala Manjunatheshwara, College of Ayurveda and Hospital, Hassan, Karnataka, India
3Associate Professor, Department of Ayurveda, Sri Dharmasthala Manjunatheshwara, College of Ayurveda and Hospital, Hassan, Karnataka, India

ABSTRACT

Curd is prohibited indifferent ways with various rationales. Based on the review of available literature in Ayurveda, pilot case studies have been conducted in villages around Hassan district, Karnataka to ascertain the effect of curd taken without rules. Out of 436 subjects, 79% presented increased symptoms of Kapha after the intake of curd at night, which re-established the concept “Na Naktam Dahti Bhanjeta” means Curd is prohibited at night time. Based on this primary data of survey, the subjects with increased symptoms of Kapha and Pitta were advised to consume 6g of deseeded Amalaki (Emblica officinalis) powder g with curd at night as per their habit of consumption. The subjects were interviewed after 30 days. All the twelve Kapha and six Pitta increased symptoms were reduced significantly (p=.001). After discontinuity of adjuvant Amalaki, the symptoms reappeared with the mean of 4.76 days. This ascertains the benefit of Amalaki as adjuvant to the individual who consumed curd as a habit for long term.

Keywords: Ayurveda, Curd, Adjuvant, Night Time, Amalaki, Dhatu Samya ha Vruddhi.

INTRODUCTION

The classical texts of Ayurveda, prohibits Curd at night time without addition of adjuvant like honey, Ghee, Powder of Amalaki (Indian Goose Berry). Consumption of curd alone is specified as cause for the ailments like skin disease, jaundice, herpes and bleeding disorders. This study was aimed to elicit the ethnicity of dietary habit in a particular demographical area, based on conceptual background. Here the efficacy of Amalaki powder (Emblica officinalis) in reducing the symptoms of increased Dosha (bodily humour) and variation in the equilibrium of bodily tissue in the subjects who are habituated for the curd consumption during night time was assessed.

MATERIALS AND METHOD

The study design was open label randomized cross sectional double arm clinical trial. It was conducted in two Phases after receiving Institution Ethics Committee approval (Ref. No. SDMCAH/IEC/04/2010-11). Using convenient basis and who are willing to participate in the study were administered with the self-structured questionnaire including the increased symptoms of Kapha and Pitta Dosha and equilibrium state of Dhatu (bodily tissues).

Acharya Gangadhara has commented on the symptom of Dhatu Samya as Vikara Upashamana (reduction in symptoms of diseases) as Yantrapushamana (reduction in discomfort). Here Dhatu word can be used for Dosha, Dhatu(tissues), Mal(waste products) and Srotas(Channels) but only when they are in normalcy. Curd is enlisted as cause for increase Kapha and Pitta. Hence the study was designed to analyze the effect of Amalaki to achieve Dhatu Samya and normalizing the Kapha and Pitta.

Kapha and Pitta Vruddhi(increased symptoms)

- Agnisadana- diminished Agni
- Praseka- Excessive Salivation
- Alasya – Lazy
- Gourava- Heaviness
- Shvasa- Breathing Difficulty
- Kanda- Itching
- KanteKapha-Feeling of Kapha in throat
- Kamala-Jaundice
- Kasa- cough
- Atinidrata- Excessive sleep
- Brama-Giddiness
- Daha-Burning Sensation
- Kusit- increased hunger
- Sotha – Inflammatory Swelling
- Trusha-Thirst
- Alpanidrata-Less Sleep
Dhatu Samya Lakshana (Symptoms of equilibrium state of Dhatu)

Rugupashamanam- alleviation of pain
Svara Yoga- Normal Voice
Varna yoga-Normal Complexion
Samyak jarana- Proper digestion
Vaikarika Svapna Adarshana – absence of bad dreams indicating signs of Arista
Sukena Pratibhodana- Satisfied sleep
Mana, Bhuddhi & Indriya Auyapatti– Disease free state of Mind, intellect and sensory organ
Shareeropacaya-Nourishment of body
Abhyavaharana Abhilasha-desire for food
Ruci aharakale – appetite
Nidra labha- sleep at appropriate time
Vata muki – Proper elimination of flatus
Pureeasha Mukti – Proper elimination of stool
Mutra Mukti – Proper elimination of Urine
Retasam Mukti – Proper elimination of Semen

The subjects presented with minimum of six among twelve Kapha increased symptoms(50%)and three symptoms(50%) out of six Pitta increased were included in the study. Based on the observations in Pilot study the symptom of Kantopalepa-subjective feeling of constriction in throat was included even though not mentioned in text as increased symptom of Kapha. Similarly the increased symptoms of Pitta like Peeta Vit, Mutra, Netra (yellow discoloration of stool, urine and eyes) was not included as these symptoms were not found.

Closed ended questionnaire with three graded Likert Scale i.e. Severe 3, Moderate 2 and Nil1 was prepared based on the pilot study. The Height, Weight and Body Mass Index (BMI) of all the subjects were assessed.

Based on primary data collected, subjects who consumed curd during night and having the symptoms of increased Kapha and Pitta were grouped into A & B. Deseeded powder of Amalaki in the dosage 6g and 6g of Starch powder as Placebo with curd at night time was administered for 30 days respectively to the Group A and B. After the study period of 15 days subjects were interviewed for the presence or absence of the symptoms.

**OBSERVATION AND RESULT**

In this study N= 836, among them439 subjects (52.5%) were of occasional curd consumers and 343 subjects (41%) were daily curd consumers. Majority 42.4%(n=332) were consuming curd daily at noon, 28.2% (n=221) at night and 23.0% (n=180) at morning. The subjects (49.9 %) who were consuming curd at night showed symptoms of increased Kapha. (Table 1). 10.64% of occasional and 9.14% of daily consumers was observed with symptoms of increased Pitta (Table 2)

**Table 1: Distribution of 782 volunteers based on Kapha Vruddhi Lakshana**

| Symptoms | Occasional curd consumer | Daily curd consumer |
|----------|--------------------------|---------------------|
| Gouwra   | 153                      | 26.2                |
| Kapha in throat | 88          | 16.9                |
| Kandu    | 30                       | 6.9                 |
| Kasa     | 84                       | 19.4                |
| Pratishyaya | 107        | 24.8                |
| Aloasa   | 129                      | 29.9                |
| Shvasakrura | 46          | 10.6                |
| Alpajeeerna | 33         | 7.7                 |
| Atitnara | 157                      | 36.3                |

**Table 2: Distribution of 782 volunteers based on Pitta Vruddhi Lakshana**

| Lakshana | Occasional curd consumer | Daily curd consumer |
|----------|--------------------------|---------------------|
| No       | %                        | No                  |
| Trushna  | 52                       | 12.0                |
| Atikshuda | 44                      | 10.1                |
| Urudaha  | 36                       | 8.3                 |
| Daha     | 40                       | 9.2                 |
| Bruma    | 59                       | 13.6                |

In Group A (Subjects with Amalaki Group)the components of equilibrium of tissues like complexion, nourishment, desire for food, appetite, digestion and proper elimination of flatus was significantly improved with p value < .001, whereas in Group B (Placebo Group)desire for food, appetite are found significant at P value <0.001, 0.14 respectively after intervention.

In group A all the symptoms of increased Kapha significantly reduced at p value <.001, Excessive sleep and decreased digestive capacity found significantly reduced at p value <.05 on addition of deseeded Amalaki powder along with curd. The symptoms of increased Pitta were reduced significantly in Group A at p value <.001 and in Group B except tiredness, giddiness and decreased sleep there was no significant improvement in other parameters(Table 3, 4).
which should be consumed regularly and method advised is Amalaki adjuvant other than the statement powder of five tastes except salt, cold in potency and sour post digestion also possesse Phala Varg were assessed for increased symptoms of DISCUSSION

Agni Buddhi Indriya Shareeropacaya Abhyasam Samyak Pratishyaya Gourava Ruci

Buddhi Gruhana Buddhhi Dhavana Buddhhi Smarana Indriya Vyapatti Nidralaba Vaikarika Swapana Sukhena Pratibhodana Ruci

Amalakihi is considered as Nityam Sarvarga Abhyasaam- sweet, sour, salt, spice, bitter and astringent”. Amalaki is endowed with six tastes devoid of salt taste. This supports the above concept.

Thus it might be due to usage of Amalaki in the form of food and not as medicine. Therefore in this study daily dosage of 6 g was recommended as in Ayurveda Formulary of India(AFI) in powder form for the subjects in Group A.

Between the groups significant improvement was observed in the following criteria’s -Normal Complexion, Nourishment of body, desire for food, Proper digestion, Proper elimination of flatus, sticky stool, pleasantness of mind, grasping and retention power, sleep at appropriate time, absence of bad dreams, satisfaction of sleep was found to be highly significant at p value < .0001. Appetite and proper elimination of urine were found significant at p value < 0.05

In the context of rules of consumption of curd there is no specification for dose and forms of Amalaki to be used as adjuvant other than the statement Amalakaihi Vino- without Amalaki. In “Aagataayakshana Adhyaya” of Sushruta Samhita Amalaki is considered as Nitya Sevana Dreyna – the substance which should be consumed regularly and method advised is before, middle and at the end of food. This unique method of consumption may be due to order of Rasa to be consumed as per rules for consumption of food- one should consume Shadrasa daily-“Nityam Sarvarasa Abhisayasam- sweet, sour, salt, spice, bitter and astringent”. Amalaki is endowed with six tastes devoid of salt taste. This supports the above concept.
**Amalaki** being a drug with rejuvenation property predominated with *Apmahabhuta* (Predominance of water) significant improvement of complexion may be observed in present study.

Group of sour taste is known for its proper expulsion of flatus and increasing digestion properties. Hence there might be improvement observed in desire for food and proper digestion. Both curd and *Amalaki* enhances the metabolic process and produces the *Rasayana* (rejuvenation) effect. Also the *Sara* and increasing digestion properties of *Amalaki* may be reason for significant reduction of both sticky and hard stool. The sour taste being *Hrudya*, significant improved quality of sleep might be observed.

The symptoms of *Dhatu Samya* like desire for food, appetite, timely sleep and absence of bad dreams were same in both the groups. Hence all these cannot be attributed to benefit of *Amalaki* only.

The increased symptoms of *Kapha* like feeling of mucus coating at throat, laziness, excessive salivation, decreased digestive fire, running nose, cough, heaviness, drowsy and excessive sleep were reduced significantly at p value < .001. Among increased symptoms of *Pitta* increased body heat, thirst, hunger, burning sensation, tiredness and giddiness was reduced significantly at p value < .001 and decreased sleep, subjective feeling of puffiness of face and itching at p value < .05.

As *Amalaki* is having properties reducing three *Dosha* it overcomes the increased symptoms of *Kapha and Pitta*. Among all the symptoms, breathlessness and skin diseases like eczema were not reduced even after intervention. It was found during survey that curd was acting as triggering factor of both the above symptoms. As duration and dosage was minimum the effect of *Amalaki* in reversing the state of disease was not observed. All the 12 increased symptoms of *Kapha* and six *Pitta* increased symptoms were reduced significantly (p<.001) in group A (*Amalaki*). In 16 parameters in group B when compared to group A, ties were found. Hence reductions of symptoms are found significant in *Amalaki* Group.

However after completion of course of intervention, reappearance of symptoms was seen in the mean of 4.76 days (Maximum of 7 days and Minimum of 2 days). After discontinuation of *Amalaki* due to influence of night *Kala Vashat* - Influence of time) and nature of curd, symptoms reappeared.

**CONCLUSION**

The twelve *Kapha* and six *Pitta* increased symptoms were reduced significantly after addition of *Amalaki* powder. With the mean of 4.76 days, symptoms reappeared on discontinuation of adjuvant *Amalaki*. This ascertains the usefulness of *Amalaki* as adjuvant to curd as habit.

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