

## EFFICACY OF YASHTIMADHU (*GLYCYRRHIZA GLABRA* LINN.) AS SINGLE DRUG THERAPY IN THE MANAGEMENT OF AMLAPITTA- A CLINICAL STUDY

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### ABSTRACT

*Amlapitta*, a common gastrointestinal disorder described in Ayurveda, is characterized by symptoms such as acid regurgitation, heartburn, nausea, indigestion, and epigastric discomfort. It is primarily caused by *Agnimandya* and vitiation of *Pitta doṣa*. Modern correlation aligns *Amlapitta* with hyperacidity and gastroesophageal reflux related conditions. *Yashtimadhu* (*Glycyrrhiza glabra* Linn.), known for its *Madhura rasa*, *Sheeta virya*, *Pitta shamaka*, *Vraṇa-Ropaka*, and *Shothahara* properties, has been traditionally advocated in the management of acid peptic disorders. *Ekala Dravya Chikitsa* is a fundamental therapeutic principle of *Ayurveda*, emphasizing the use of a single appropriately selected drug. *Amlapitta* is a common gastrointestinal disorder caused by *Pitta* aggravation. The present study is to evaluate the efficacy of *Yashtimadhu* (*Glycyrrhiza glabra* Linn.) as a single drug therapy in the management of *Amlapitta*. The methods used in the present study is An open label, single arm clinical study was conducted in a patient diagnosed with *Amlapitta*. *Yashtimadhu Churna* (3 gms twice daily with milk) was administered for 21 days. Clinical symptoms were assessed before and after treatment. Significant improvement was observed in heartburn, sour belching, nausea, indigestion, and epigastric discomfort without any adverse effects. Therefore the *Yashtimadhu* as a single drug therapy was effective and safe in the management of *Amlapitta*, supporting the clinical relevance of *Ekala Dravya Chikitsa*.

**KEYWORDS:** *Amlapitta*, *Ekala Dravya Chikitsa*, *Yashtimadhu*, Single drug therapy, *Ayurveda*.

## INTRODUCTION

*Amlapitta* is described in *Kashyapa Samhita* and *Madhava Nidana* as a *Pitta pradhana* disorder caused by improper dietary habits, stress, and *Agnidushti*. In contemporary medicine, it correlates with hyperacidity and gastritis. Ayurveda emphasizes *Nidana Parivarjana*, *Shodhana*, and *Shamana* therapies for its management. This case study highlights the role of Ayurvedic treatment in *Amlapitta*. Ayurveda advocates rational and individualized treatment approaches based on *Dosha*, *Dushya*, and *Agni*. While polyherbal formulations are widely practiced, classical texts describe the effectiveness of single drugs in uncomplicated disease conditions. This approach minimizes drug burden and enhances therapeutic precision. *Amlapitta* is a *Pitta* dominant disorder characterized by acid regurgitation, burning sensation, nausea, and impaired digestion. *Yashtimadhu* is described as *Pitta shamaka* and *Vranaropaka* in Ayurvedic literature.

## MATERIALS AND METHODS

### Study Design

- Open label, single arm and prospective clinical study (pilot/exploratory).

### Study Setting

- Ayurvedic outpatient department of a Ayurichology initiated by department of Dravyaguna Vijnana Neelganga Ayurvedic Medical College, Hospital and Research Center, Yerbagh, Basavakalyan, Bidar, Karnataka India

### Informed Consent

- Written informed consent was obtained from the patient after explaining the study protocol.

### Patient Details

- **Age-** 35 years
- **Gender-** Male
- **Duration of illness-** 3 months
- **Prakriti-** *Pitta*-dominant

### Inclusion Criteria

- Age 18-60 years
- Classical symptoms of *Amlapitta*
- Willingness to participate

### Exclusion Criteria

- Peptic ulcer disease or malignancy
- Chronic systemic illness
- Long term NSAID use

### Intervention

- **Drug-** *Yashtimadhu Churna*
- **Dose-** 3 g twice daily
- **Anupana-** Lukewarm milk
- **Duration-** 21 days

### Assessment Criteria

Symptoms graded on a 0–3 scale-

- Heartburn
- Sour belching
- Nausea
- Epigastric discomfort
- Indigestion

### RESULTS

**Table 1: Effect of Yashtimadhu on Clinical Symptoms.**

SL NO	SYMPTOMS	BEFORE TREATMENT	AFTER TREATMENT
1.	Heartburn	3	0
2.	Sour belching	3	1
3.	Nausea	2	0
4.	Epigastric discomfort	3	1
5.	Indigestion	2	0

Marked symptomatic relief was observed. No adverse drug reactions were reported.

### DISCUSSION

*Yashtimadhu* possesses *Madhura Rasa*, *Guru Snigdha Guna*, *Sheeta Veerya*, and *Madhura Vipaka*, which effectively pacify aggravated *Pitta* and protect gastric mucosa. From a modern perspective, *Amlapitta* correlates with hyperacidity and functional dyspepsia. Glycyrrhizin and flavonoids present in *Yashtimadhu* exhibit anti ulcer, anti inflammatory, and mucoprotective actions. The findings validate the Ayurvedic principle that a single well selected drug can produce effective clinical outcomes.

### CONCLUSION

The study demonstrates that *Yashtimadhu* as a single drug therapy is effective and safe in the management of *Amlapitta*. *Eka Dravya Chikitsa* can be a cost effective and rational treatment approach in early and uncomplicated conditions.

### Ethical Approval

- Approved by Institutional Ethics Committee.

### Informed Consent

- Obtained.

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