

CLINICAL TRIAL OF "ACIDEN V"
**Evaluation of the efficacy of "ACIDEN V" in the management of Hyper Acidity
and other complications"**

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Reason: (HETU)

Ayurved is a science that considers any disease from its origin to its treatment. It is to prevent disease from its recurrence. This is the need of today's mankind suffering from various diseases to get treated by natural way of healing. So is our step further to use modern technology, knowledge available, diagnostic help combine with Non Toxic, Non Narcotics, Non Metallic, Non Animal ingredient, purely Herbal Ayurvedic formulations to achieve this goal.

Introduction:

Acidity is a term used for a set of symptoms caused by excess production of acid by the gastric glands of the stomach. The stomach normally secretes hydrochloric acid which is required for the breakdown and digestion of food we eat. Acidity causes symptoms like dyspepsia, heartburn, gastric inflammation and ulcers in the stomach. Acidity is generally a consequence of several external factors like eating habits, fad diets, stress, smoking and alcohol consumption, lack of physical activity, irregularity in eating pattern. The incidence of acidity is higher in countries where individuals eat more of non-vegetarian, oily and spicy foods. Certain medications also predispose individuals to gastric acidity. People suffering from acidity feel a burning sensation after eating a meal. Sour belching is also commonly seen. Sometimes, constipation and indigestion is also seen in people having acidity.

Causes

To understand acidity, it is important to first understand the normal process by which food is broken down and used by the body for energy. Several things happen when food gets digested.

Our stomach produces gastric acids to aid digestion. But, their corrosive effects are neutralised by the production of natural bicarbonate and prostaglandins secreted in the mucous lining. When the production of these chemicals is interrupted then it leads to damaged stomach lining which causes acidity.

1. Stress
2. Consumption of spicy and non-vegetarian foods
3. Smoking and alcohol
4. Stomach ailments like peptic ulcers, gastro-esophageal reflux disease, stomach tumours, etc.

5. Medications like non-steroidal anti-inflammatory drugs are the most common causes of acidity.

The Facts on Acidity

Acid reflux symptoms most often occur:

- After eating a heavy meal
- When bending over or lifting an object
- When lying down, especially on your back

People who have frequent acid reflux symptoms most often experience them at night.

Acidity also produces the most pain. However, the level of pain does not always indicate the degree of damage to your esophagus. More than half of all pregnant women experience heartburn during pregnancy. Increased hormones and pressure from a growing foetus can combine to produce this acid reflux symptom. In most cases, heartburn goes away after delivery.

Cause: (KARAN)

- ❖ Citrus fruits
- ❖ Chocolate
- ❖ Caffeinated drinks or alcohol
- ❖ Spicy, fatty, or fried foods
- ❖ Garlic and onions
- ❖ Peppermint
- ❖ Tomatoes
- ❖ Obesity
- ❖ Pregnancy
- ❖ Lack of exercise
- ❖ Excess food intake
- ❖ Certain medications

Predisposing factors: (NIDAN):

- ❖ History of gestational acidity
- ❖ Use of certain medications

Symptoms and Complications (LAKSHAN and Upadrav)

- ❖ Burning sensation in the stomach.
- ❖ Heartburn
- ❖ Feeling of Nausea
- ❖ Dyspepsia
- ❖ Burping
- ❖ Lack of interest in foods

- ❖ Sour blenching
- ❖ Ulcers in mouth, Stomach, Duodenum
- ❖ Constipation, Piles, Fissure.

Pathogenesis: (SAMPRAPTI)

Ruksh, Ushna, Tikshna, Viruddh ahar, Undigested food material, mal baddhata, excess spicy food, alcohol, Tobacco, some medication and many other causes increases the koshthagat vaat and disturbs the agni vah strotas. Where the dushit vaat increasing the pitta dosh which causing the symptoms of acidity.

Investigations: (PARIKSHAN)

- ❖ Acidity is diagnosed by personal history, symptoms
- ❖ Acidity can be diagnosed by Barium X-Ray
- ❖ Acidity can also be diagnosed by Endoscopy

Prevention: (NIDAN PARIVARJAN)

Acidity can be prevented by adopting lifestyle changes that include eating a healthy diet and exercising.

More than most conditions, treating acidity require a significant amount of real effort on the person's part. Coping with acidity is a lifelong challenge

In addition, many studies have shown that certain oral Ayurvedic anti acidity medications may play a role in preventing and development of acidity for people who are at the risk of it.

Lifestyle changes and medications may prevent approximately 40% to 80% of acidity.

This prevents the symptoms of acidity and the long-term complications of the condition.

Treatment: Chikitsa

- Make lifestyle changes such as diet and exercise
- Use medication
- Monitor food intake
- Regular walk and exercise
- Getting distressed
- Mental relaxation
- Ayurvedic Medications are very effective at treating acidity and reducing the symptoms and long-term effects of the condition.

Ayurvedic treatment: (CHIKITSA)

Apart from various drugs available in Ayurved we have selected a patented Ayurvedic herbal medicine named “ACIDEN V”, manufactured by “VeerHealth Care”, Ahmedabad, India.

Drug review: (AUSHADHI VIVECHAN)

Contains of ACIDEN V TABLET

Hindi Name	Weight	Botanical Name	Properties
GULAB	104.10 mg	Rosa Centifolia	Helps to reduce acidity and stomach heat. It also helps in treating ulcers and prevents swelling in the intestine
VALO	31.20 mg	Vetiveria ziziniodi	It is regarded as an antibacterial, aromatic, blood purifier, cooling, diaphoretic, diuretic, emmenagogue, febrifuge, refrigerant, and stimulant & stomachic. It removes excess heat from the body and gives a cooling effect
VARIYALI	63.20 mg	Foeniculum vulgare	It is coolant for stomach, hyper acidity, heart burn etc. Its acts as blood purifier also.
DHANA	134.20mg	Coriandrum sativum	It is used traditionally for digestive, gastric and complaints of the upper abdomen.
JETHIMADH	104.10 mg	Glycyrrhiza glabra	Used for treating stomach ulcers, heartburn, upset stomach, constipation and acid reflux. The flavonoids and chalcones in the herb help in decreasing the irritation and the swelling of the mucus lining of the stomach and intestinal tract
JIRA	63.20 mg	Cuminum cyminum	Being palatable, appetizer, digest, carminative, analgesic astringent and anthelmintic anorexia, emesis, loss of appetite, indigestion, flatulence, pain in abdomen, sprue and hemorrhoids

Method:

The clinical study was planned by **VAIDYA VINOD C MEHTA, BAMS (MUMBAI UNI)** and **DR MANAN V MEHTA, MBBS (MUMBAI UNI)**, in and around Mumbai and Ahmedabad.

Plan of Study:

The study was planned by the doctors and volunteers to evaluate the clinical efficacy of "ACIDEN V" Tablet in the management of Acidity.

Inclusion criteria:

Patients suffering from acidity at least from 6 or more months.

Exclusion criteria:

Patients with severe dehydration, Toxic symptoms, sub or unconscious, Renal failure, sever hypoglycaemia.

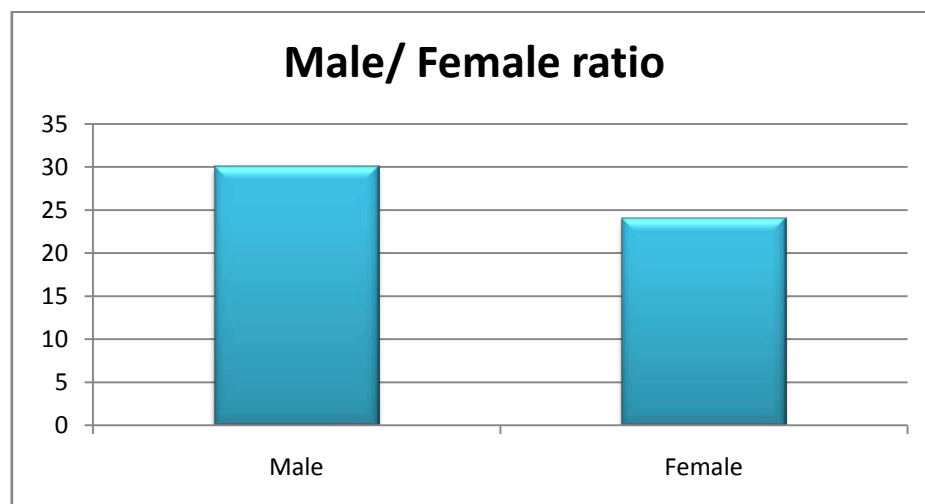
Study procedure:

Total 54 patients were selected for the study.

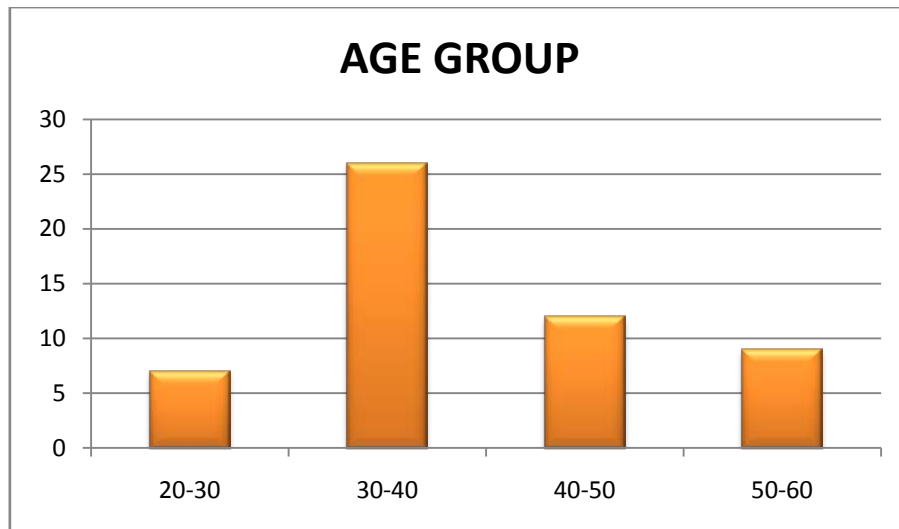
Each patient's complete medical history including personal data, a description of symptoms was taken. All the patients underwent a thorough clinical and pathological examination.

Gender:

Male	30
Female	24
Total	54

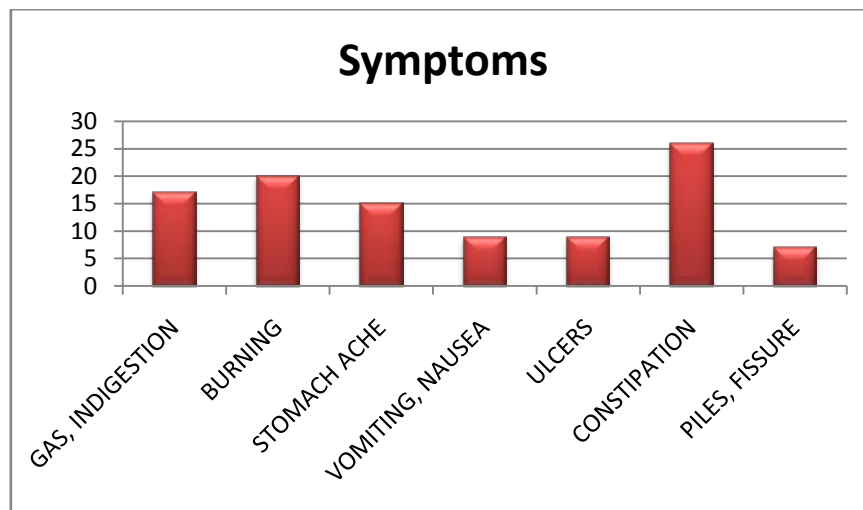
**Age:**

20 to 30	7
30 to 40	26
40 to 50	12
50 to 60	9
Total	54



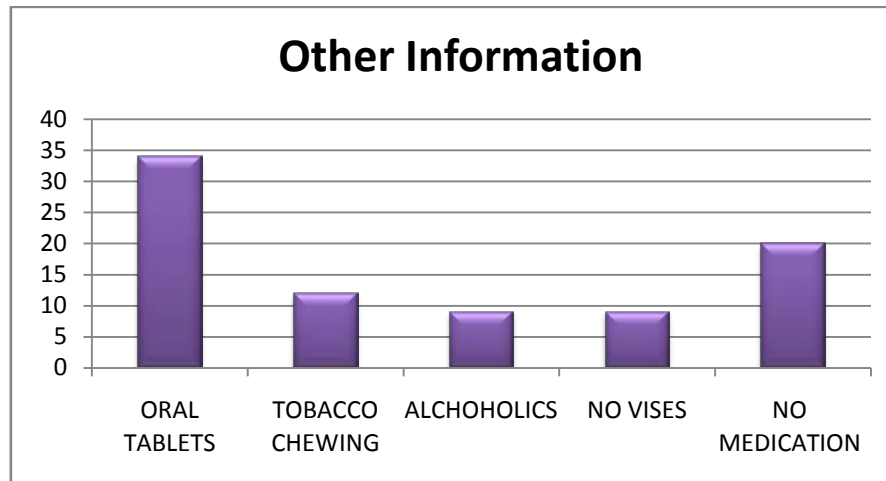
Symptoms

SYMPTOMS	NO OF PERSONS	%
GAS, INDIGESTION	17	31.48 %
BURNING	20	37 %
STOMACH ACHE	15	27.77 %
VOMITING, NAUSEA	9	17.64 %
ULCERS	9	17.64 %
CONSTIPATION	26	48 %
PILES, FISSURE	7	12.9 %
TOTAL PERSONS	54	



OTHER INFORMATION

ORAL TABLETS	34	62.96 %
TOBACCO CHEWING	12	22.22 %
ALCHOHOLICS	9	17.64 %
NO VISES	9	17.64 %
NO MEDICATION	20	37.03 %
TOTAL PERSONS	54	



Dosage:

2 tablets of "ACIDEN V" were given to every one 2 times a day with water, after Lunch and After Dinner.

Health Plan: (VIHAR)

Physical activity is crucial for a person with acidity

- it helps control blood glucose
- it helps keep weight down
- it helps keep blood pressure down
- it helps raise good alkaline levels
- it helps lower Acid level
- Fast walking
- Swimming
- Regular exercise
- Increased water intake
- Proper meal timings
- Proper sleep

(AHAR): To have: (PATHYA)

Three things were explained to patients.

- What they eat
- How much they eat
- When they eat

- A diet plan was tailored according to patients diet habit, working condition, daily routine, weight, age and gender.
- At the base there are foods rich in carbohydrates, such as grains, fruit and vegetables, Fibre, Dark green leafy vegetables was suggested.

Diet not to have: (APATHYA)

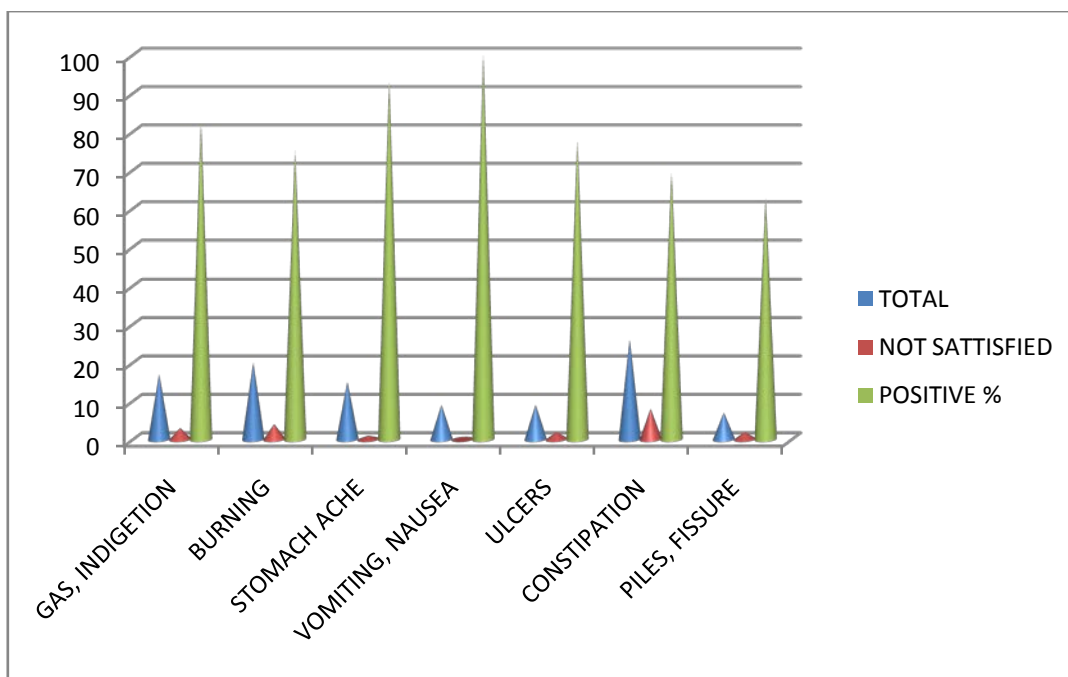
- × Fried food
- × Excess chillies
- × No onion , garlic, green chillies
- × No Chutney, Papad, Pickles
- × Eggs, Fish, Mutton, Chicken
- × Fried, stalled food
- × Outside eatables
- × Late night diner

Assessment of result: (UPSHAY)

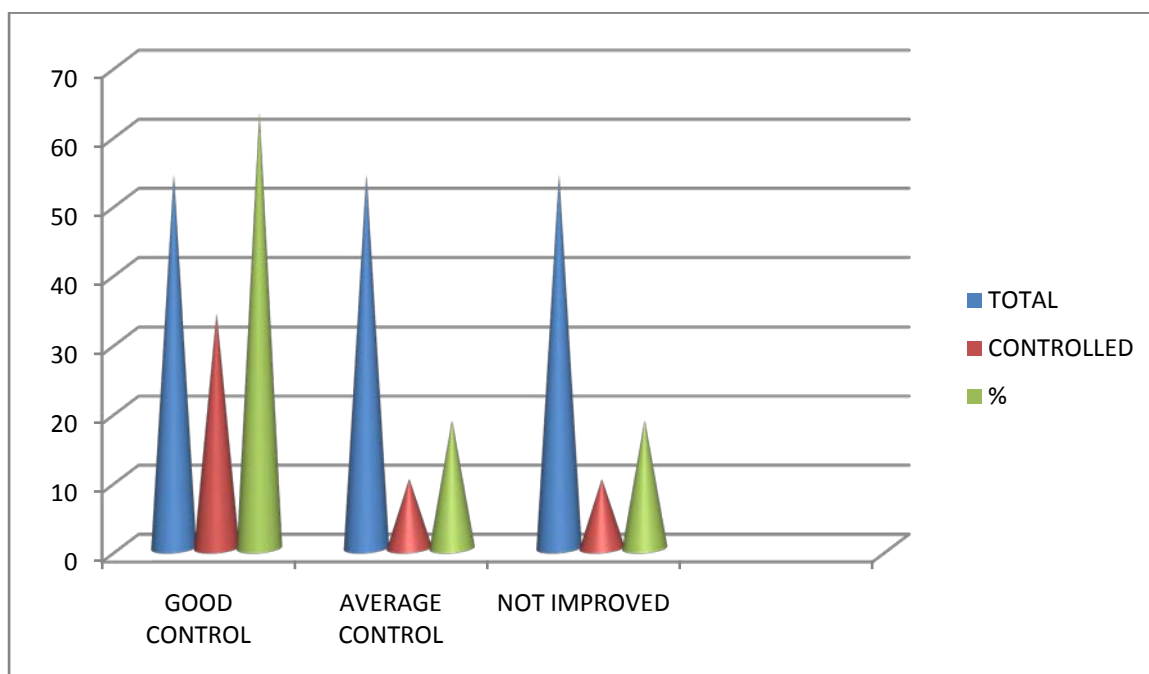
After administration of ACIDEN V for 30 days, the following result was achieved.

SYMPTOMS

SYMPTOMS	NO OF PERSONS (CURED/TOTAL)	DECREASED %
GAS, INDIGESTION	3/17	82.35 %
BURNING	4 / 20	75 %
STOMACH ACHE	1 /15	93.33 %
VOMITING, NAUSEA	0 / 9	100 %
ULCERS	2 / 9	77.77 %
CONSTIPATION	8 / 26	69.23 %
PILES, FISSURE	2 / 7	71.42. %
TOTAL	20 / 54	62.96 %

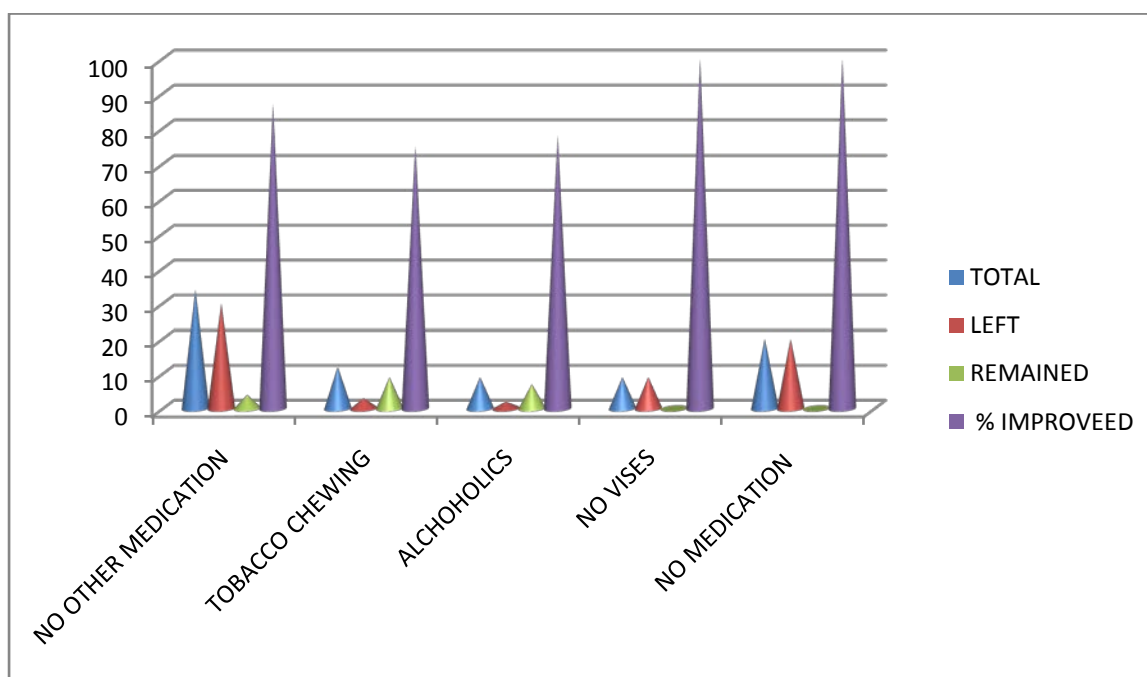


GOOD CONTROL	34	62.96 %
AVERAGE CONTROL	10	18.51 %
NOT IMPROVED	10	18.51 %
Total	54	100 %



OTHER MEDICATION

		IMPROVED
NO OTHER MEDICATION	30/34	87 %
TOBACCO CHEWING	3/12	75 %
ALCHOHOLICS	2 / 9	78 %
NO VISES	9 / 9	100 %
NO MEDICATION	20 / 20	100 %



Conclusion:

According to result data it is established that "ACIDEN V"

Is effective in curing Acidity in 63 % of patients, shown average control in 18 % and was not found effective in 18 %. 87 % patients became independent of any other medications. 75 % Patients left chewing tobacco and 78 % patients gave up alcohol after reasonable counselling, diet, exercise, and encouragement.