

## **A Clinical Study on Ajirna vis-à-vis Dyspepsia and its Management with a Polyherbal Compound Formulation**

Bharat Krushna Khuntia\*, N. C. Dash\*\* and B. K. Das\*\*\*

### **Abstract**

It has been estimated that at least 20 -25 percent of all patients consulting physicians at clinic & hospitals, complain principally of symptoms referable to gastrointestinal disorders tract. Amongst various GIT disorders Dyspepsia is the most common manifestation. The clinical features are although not fatal but very well disturbing to the patient more or less in acute manner. In spite of tremendous advances in the field of diagnosis and treatment the magnitude of disease is not decreased markedly. Therefore researches are still going on to formulate an effective medicine in treating cases of Ajirna or Dyspepsia. Ayurveda has advocated the use of many herbal drugs such as Swarnapatri, Haritaki, sunthi, Maricha etc which when used in combination acts synergistically to counteract the Ajirna disorder. Traditional polyherbal formulation used in coastal Orissa was tried on patients of Dyspepsia owing to different etiologies.

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\*Research Advisor and Managing Director, \*\*Lecturers in Department of Microbiology, \*\*\* Senior Lecturer in Microbiology.