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A Clinical Study to Assess the Effect of Pippalyadi Taila Matra Vasti in the Management of Udavarta

Maitray maniyar¹ Rajalakshmi Ravindran²

- 1 Professor, HOD, Department of Panchakarma I, Indian Institute of Ayurveda Research and Hospital Rajkot Gujarat
- 2 Professor, HOD, Department of Prasooti Tantra and Stree Roga


Email Id: serviceheb@gmail.com

Abstract

Udavarta is a classical Ayurvedic disease entity characterized by the *Pratiloma Gati* (upward movement) of *Vata*, predominantly involving *Apana Vata* dysfunction. Contemporary lifestyle patterns such as irregular dietary habits, suppression of natural urges (*Vegadharana*), sedentary lifestyle, psychological stress, and excessive consumption of processed foods have significantly contributed to the rising prevalence of gastrointestinal disorders resembling *Udavarta*, including gastroesophageal reflux disease (GERD), functional constipation, dyspepsia, and abdominal bloating. Ayurvedic classics advocate *Vasti Karma* as the prime therapeutic modality for *Vata* disorders, among which *Matra Vasti* is considered especially beneficial in chronic gastrointestinal conditions. *Pippalyadi Taila* was prepared according to classical Ayurvedic pharmaceutical procedures and administered in a dose of 72 ml through *Guda Marga* immediately after lunch. Assessment criteria included subjective disease parameters such as *Kukshishula*, *Adhmana*, *Hrullasa*, *Agnimandya*, *Vibandha*, Gastrointestinal Symptom Rating Scale (GSRS), QoLRAD scale, and Visual Analog Scale (VAS).

Statistical evaluation was performed using paired t-test analysis. The study demonstrated statistically highly significant improvement in both groups across all assessment parameters ($p < 0.001$).

In Group A, the mean GSRS score reduced from 61.43 to 10.41, showing an 83.05% improvement, whereas in Group B it reduced from 73.29 to 2.76, indicating 96.24% relief. Significant improvement was observed in reflux symptoms, abdominal pain, indigestion, constipation, appetite, digestion, and bowel evacuation.

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