

**A CRITICAL REVIEW OF PHARMACODYNAMICS PROPERTIES OF INGREDIENTS
OF *PATOLA VISHVADI KASHAYA* FOR TREATING *AMLAPITTA* (GASTRITIS)**

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Gastritis is an inflammatory disease of the gastric mucosa. According to the World Health Organization, the global prevalence of gastritis was around 1.8-2.1 million cases annually in 2012. In Ayurveda, gastritis can be correlated with *Amlapitta*, which is caused by vitiated *Agni* and *Pachakapitta*. This high prevalence underscores the need to explore diverse treatment options, including traditional remedies like Ayurveda decoctions. This study aims to critically review the pharmacodynamics properties of the ingredients in *Patola vishvadi kashaya*, focusing on their effects on *Amlapitta*. The medicinal prescription was selected from Cakradatta, *Chikithsa Sangraha*, and pharmacodynamics properties collected from authentic texts, previous research, journal articles, and websites. The ingredients include *Dummella* (*Tricosanthus cucumerina*), Dry Ginger (*Zingiber officinale*), *Rasakinda* (*Tinospora cordifolia*), and *Katukarosana* (*Picrohiza kurroa*). The *Rasa* of *Kashaya* contains 50% *Tikta*, 33% *Katu*, and 17% *Kashaya*. Among the *Guna*, 50% are *Laghu*, 38% *Ruksha*, and 12% *Snigdha*. Additionally, 75% of the drugs have *Ushna Veerya*, while 25% have *Sheetha Veerya*. Regarding *Vipaka*, 50% is *Katu*, and the rest is *Madhura*. Analysis reveals properties such as *Tridosha shamaka*, *Kapha pitta shamaka*, *Kushtaghna*, *Krimighna*, *Daha prashamana*, *Agni deepana*, *Ama pachana*, and *Rasayana*. According to modern science, it contains phytochemicals like alkaloids, tannins, glycosides, and flavonoids, which exhibit anti-inflammatory, antimicrobial, anti-ulcerative, and blood-purifying actions. Based on these properties, *Patola vishvadi kashaya* can be recommended for treating *Amlapitta*. Moreover, scientific research and clinical trials are needed to fully understand and maximize the benefits of this valuable medicine.

Keywords: *Patola vishvadi kashaya*, *Amlapitta*, pharmacodynamics properties