

Role of Shatavari Ghana Ksheerapaka in Management of Vidagdhajeerna: Critical Review

Swati Choube¹, Kare Bhagyesh Dadasaheb¹¹Department of Kriya Sharir, PDEA's College of Ayurved and Research Centre, Sector No.25, Nigdi, Pune, Maharashtra, India. PIN - 411044.

Corresponding Author:

Kare Bhagyesh Dadasaheb

E-mail: drbhagyesh12@gmail.com



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Abstract :

Definition of health is considered as umbrella term encompassing various aspects of well being and not just absence of disease but psychological well being. Balanced state of Agni is equally important factor to maintain this equilibrium or healthy status. The etiology or the initiative cause of all diseases is Agnimandya as per Ayurved perspective. Vitiated or deranged state of Agni is a root cause of Ajeerna (Indigestion). Ajeerna due to Pitta Prakop or predominance of Pitta is considered as Vidagdhajeerna, which is compared with Hyperacidity as signs and symptoms resembles in both conditions. In this report, a 40 year old male patient diagnosed with Vidagdhajeerna was managed with Shamana Chikitsa for which Shatavari Ghana Ksheerapaka was used on Abhaktakaala. Significant relief in symptoms was noted and the formulation found to be beneficial in Vidagdhajeerna (Hyperacidity). Many patients suffering from Vidagdhajeerna can be treated with this simple formulation.

Keywords : Agni, Agnimandya, Vidagdhajeerna, Ksheerapaka

Introduction

Vidagdhajeerna, classified under *Ajeerna* (indigestion), is described in classical Ayurvedic texts as indigestion caused by *Vidagdha Pitta*—a pathological state of aggravated Pitta dosha in the gastrointestinal tract. Symptoms include *Amlodgara* (sour belching), *Urah-Kantha Daha* (burning sensation in chest and throat), *Chhardi* (vomiting), and *Aruchi* (loss of appetite)^(1,2,3).

The *Sushruta Samhita* and *Charaka Samhita* emphasize the role of dietary indiscretions, excessive intake of spicy foods, and irregular eating habits in precipitating Vidagdhajeerna^(4,5). *Madhavanidanam* further elaborates on its pathogenesis, linking it to deranged *Agni* (digestive fire) and disturbed *Annavaha Srotas* (gastrointestinal channels)^(3,5).

Shatavari (*Asparagus racemosus*), a well-known *Rasayana* drug, is described in *Dravyaguna Vidnyana* as having *Sheeta virya* (cool potency), *Snigdha guna* (unctuous quality), and *Madhura rasa* (sweet taste), making it particularly effective in Pitta-dominant disorders⁽¹⁰⁾. The *Ghana Ksheerapaka* preparation—where Shatavari extract is decocted in milk—enhances mucosal protection, cooling potency, and bioavailability⁽⁶⁾.

Results

By Day 4, the patient reported reduction in sour belching and burning sensation. By Day 7, symptoms had resolved completely. Appetite improved, bowel movements normalized, and no adverse effects were noted.

Symptom Resolution Timeline

Symptom	Day 1	Day 4	Day 7
Amlodgara (sour belching)	Present	Reduced	Absent
Urah-Kantha Daha (burning)	Severe	Mild	Absent
Chhardi (vomiting)	Occasional	None	None
Appetite	Poor	Improved	Normal
Bowel Movement	Irregular	Regular	Regular

Discussion

This case highlights the therapeutic potential of Shatavari Ghana Ksheerapaka in Vidagdhajeerna. Classical texts describe Vidagdhajeerna as arising from *Vidagdha Pitta* lodged in the *Amashaya* (stomach), leading to sour belching and burning sensations^(1,2,3).

Shatavari's pharmacological profile—*Sheeta virya*, *Snigdha guna*, and *Madhura rasa*—directly counteracts aggravated Pitta⁽¹⁰⁾. Milk, as an *Anupana* (vehicle), enhances Shatavari's cooling and nourishing effects⁽⁶⁾.

Critical review of classical references shows:

- *Sushruta Samhita* emphasizes dietary causes and symptomatic manifestations^(1,4).
- *Charaka Samhita* elaborates on therapeutic interventions including Pitta-pacifying drugs^(2,7,9).

- *Madhavanidanam* provides detailed nosological descriptions linking Vidagdhajeerna to deranged digestive fire^(3,5,8).
- *Bhaishajya Kalpana Vidnyana* outlines the rationale for Ghana and Ksheerapaka preparations, ensuring potency and palatability⁽⁶⁾.
- *Dravyaguna Vidnyana* validates Shatavari's role in gastrointestinal disorders, highlighting its mucoprotective and Rasayana properties⁽¹⁰⁾.

This case demonstrates rapid symptomatic relief, aligning with classical descriptions and modern pharmacological evidence. However, limitations include the single-case design, absence of biochemical markers, and lack of comparative analysis with conventional antacids.

Conclusion

Shatavari Ghana Ksheerapaka offers a safe, effective, and holistic intervention for Vidagdhajeerna. Its dual action—Pitta pacification and mucosal healing—makes it a valuable alternative to synthetic antacids. Further randomized controlled trials are warranted to validate efficacy, standardize dosage, and establish its role in integrative gastroenterology.

Source of Support: Nil

Conflict of Interest: Nil

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