

ROLE OF SHAMAN SNEHA OF SHATAVARI GHrita IN MANAGEMENT OF  
URDHAVGA AMLAPITTADr. Perna Vishvasrao Gadhe<sup>1\*</sup> and Dr. Maya Vivek Ghokhale<sup>2</sup><sup>1</sup>MD Scholar Panchakarma, Sumitibhai Shah Ayurved Mahavidyalay, Hadpsar, Pune.<sup>2</sup>HOD SSAM Department of Panchakarma, Sumitibhai Shah Ayurved Mahavidyalay, Hadpsar, Pune.

\*Corresponding Author: Dr. Perna Vishvasrao Gadhe

MD Scholar Panchakarma, Sumitibhai Shah Ayurved Mahavidyalay, Hadpsar, Pune.

Article Received on 06/08/2024

Article Revised on 26/08/2024

Article Accepted on 16/09/2024

## ABSTRACT

Amlapitta is prevalent Gastrointestinal Disorder with significant impact on patient quality of life. As per Ayurveda, in amlapitta excessive secretion of Amlaguna of Pitta takes place and causes symptoms like heart burn, headache, Abdominal pain, loss of Appetite etc. Shamana Snehapana is unique type of Abhayantara Snehapan in this type, Sneha is given to pacify the doshas and a not to expel out them. Shatavari Ghrita is an Ayurvedic formulation is traditionally used in the management of Amlapitta as it is powerful rasayana, Hridya promoting strength, memory and also vatapittahara. A case of Age 37 yrs, female diagnosed as Amlapitta come to Panchkarma OPD, shamana Snehapana of Shatavari Ghrita for 7 days along with Sutshekhar Ras were given. Results obtained were fruitfull.

**KEYWORD:** Amlapitta, Shatavari Ghrita, Sutshekhar Ras, Shamana Snaha.

## INTRODUCTION

Ayurveda is the science that imparts all the knowledge of life. According to Ayurveda "रोगा सर्वेऽपि मन्देश्चनौ" It means all diseases of body occurs due to disturbed digestion and Amlapitta is very possible disease occurs soon due to indigestion.

Amlapitta has become a common ailment in the today's world due to unhealthy lifestyle. it is common disease of Annava srotas which is classified into two categories Uradhvaga and Adhoga Amlapitta.<sup>[1]</sup> The present case study is specially on Uradhvaga Amlapitta. The description of Amlapitta as a separate disease is not mention in Bruhatrayi but in Kashayapa samhita, details of Amlapitta are described. Kashayapa has accepted the dominance of Tridosha in Amlapitta.<sup>[2]</sup>

The symptoms of Amlapitta include Avipaka (Indigestion), hruta kanta daha(burning in chest and Throat), Tiktamloudgar (sour and bitter belching), Utklesha (Nausea), Aruchi (tastelessness).<sup>[3]</sup> Treatment of Amlapitta Includes Vamana, Virechana, Basti<sup>[4]</sup> and Aacharya Vangsen has describe the use of Dughda ,Ghrita and Avleha.<sup>[5]</sup>

Shaman Snehapana.<sup>[6]</sup> is type of Abhayantara Snehapan in which shamana sneha is consumed empty stomach early in the morning, when there is urge to take food. In Clinical Practice Shaman Sneha can be used to treat various diseases. Shatavari Ghrita is Pittahara in nature

this case study reveals the effectiveness of Shatavari Ghrita sneha in the management of uradhvaga Amlapitta.

## MATERIAL AND METHODS

Case study- A 37 year old female patient visited outpatient department having complaints

- Tiktamlodgara (sour, bitter belching)
- Shirshool (Headache)
- Udarshool (Abdominal Pain)
- Uradaha (burning sensation in chest)
- Utklesha (Nausea)
- Hruda Kanta daha (burning of heart and Throat)

## History of present Illness

The patient was normal 4 years back after that patient had started suffering from Headache, Nausea, Burning sensation in chest for this patient had taken antacid but there was only temporary relief so she came to our centre for the treatment.

## CASE REPORT

Patient Name –A.B.C, Age 37years, Gender-Female

On Examination-

Pulse - 82/min

B.P. -110/70 mm hg

RS - AEBE Clear

CVS - S1S2 Normal

CNS - Conscious, Oriented

Weight – 54 kg.

Asthavidha Parikshan	Dashvidha Parikshan
Nadi - Pittapradhan Vata	Prakruti – Vatpittaj
Jivha – Niram	Vikruti - Annava, Rasvaha
Mala – Samyaka	Satva - Madhyam
Mutra – Samyaka	Sar – Madhyam
Shabda - Prakruta	Sahnan – Madhyam
Sparsha – Anushnasheet	Satmya – Shadrassa
Druka – Prakrut	Praman – Madhyam
Akruti – Krusha	Vaya – Madhyam
	Aharshakti – Madhyam
	Vyayanshakti – Madhyam

**Treatment Plan – The Details of the treatment are given below**

**Table 1: Pachana Chikitsa.**

Kalpa	Dosage	Kala	Anupana
Sutshekhar Ras	250mg	2 times a day after food	Luke warm water

**Table 2: Shaman Chikitsa.**

Procedure	Dosage	Kala	Anupana
Shaman Snehapana	25 ml	Morning ( when urge to take food)	Luke warm water

## OBSERVATION

**Table 3: Effect of the Treatment.**

Nature of chief Complaints	Day 0	Day 7
Hruta Kanta Daha	+++	-
Tiktamlodgara	++	-
Udarshool (after eating )	+++	-
Shirshool	+++	+ ( yadakada)
Utklesha	+	-
Aruchi	-	-
Avipaka	-	-

## DISCUSSION

Amlapitta is wide spread condition that affects approximately 30% of Population India.<sup>[7]</sup> Amlapitta is primarily Pitta Disorder. Though it also involves imbalances of kapha and vata. Vitiated pitta is the primary root cause of this disease.

Improper diet and lifestyle (Mithya Ahara Vihara) weaken digestive fire, primarily affecting pitta and kapha doshas this lead to formation of Ama (toxins). Due to the impaired digestion and Subsequent Stagnation of food in the Amashaya. The vitiated dosha combine with essence of Indigested Aahara Rasa to create an altered substance (Vidagdha Anna) which undergoes fermentation and manifests symptoms of Amlapitta.

Shatavari Ghrita, Madura Rasa (sweet tasting) formulation considered remarkably safe for oral administration. Its digestive properties i.e. dipan and pachana are primarily exerted in the stomach where it enhance Pachak agni (digestive fire). As a rasayana, balya, agnivardhaka Shatavari ghrita exerts a holistic effect. beyond treating specific ailments, it promotes overall wellbeing including medhya (mental clarity) and Vrushya (reproductive health). Shatavari Ghrit effectively neutralizes PH to 2.75 up to 110min as demonstrated by Rossett Rice test, this is particularly

beneficial in Amlapitta characterized by excessive gastric acid secretion proving that it is best drug in Uradhwaga Amlapitta.

Sutashekhar Rasa is cornerstone in management of Amlapitta. By balancing Pitta and reducing acidity Sutshekhar Rasa helps to improve Agni. It effectively alleviates a range of symptom associated with pitta imbalance, including heartburn, nausea, vomiting, abdominal pain, epigastric tenderness, and headache. One of the content Dhatura, a potent anticholinergic, blocks the effect of acetylcholine. Shankha Bhasma, a calcium carbonate compound functions as an antacid by neutralising gastric acid through its reaction with Hydrochloric Acid. Takan also reacts with hydrochloric acid to maintain acid balance.

Going through all the observation we can say that shaman sneha of Shatavari Ghrit along with Sutshekhar Rasa are highly effective in Uradhwaga Amlapitta.

## CONCLUSION

Shatavari Ghrita along with Sutshekhar Rasa has provided significant result on Uradhwaga Amlapitta. based on present case study it can be concluded that above formulation is efficacious for management of Uradhwaga Amlapitta.

**REFERENCE**

1. Murthy K.R, Madhav-Nidan of Madhavkara, part 1, Chapter 5/11, Chaukhamba orientalia, Varanasi 8th, edition, 2007.
2. Tiwari P.V. Kashyap Samhita, Khilsthan 16/3-6, Chaukhamba Vishwabharti, Varanasi, edition, 2008; 630.
3. Shastri L, Yogratnakar, Chaukhamba Prakashan, Varanasi 7th edition (Uttardha), 1999; 237.
4. Shastri L, Yogratnakar, Chaukhamba Prakashan, Varanasi (Uttardha), 1999; 239 28/56.
5. Saxena N, Vangsena samhita, Amlapitta Aadhaya-1, Chaukhamba Sanskrit series office, Varanasi, 1st edition, 2004; 2: 765.
6. Joshi Y.G.edited charaka Samhita by Acharya charaka Vaidyamidra prakashan. pune 6th edition, Sutrasthana chapter 13/81, 2016; 2: 195.
7. Anil Mangal, AD Jadhav, RG Reddy. Study on Avipattikar churna and Kapardika bhasma in the management of hyperacidity (amlapitta). International Journal of Applied Ayurved Research, Apr., 2016; II(6): 714-719.