



## COMPARATIVE CLINICAL EVALUATION OF SHATAVARI GHRITA AND SHATAVARI CHURNA IN THE MANAGEMENT OF AMLAPITTA

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## ABSTRACT

**Objectives:** This study compared the efficacy of Shatavari Ghrta with Shatavari Churna (Asparagus racemosus Willd) in managing Amlapitta. **Materials and Methods:** A Comparative randomized, clinical study was conducted at the Government Ayurvedic Hospital Erragadda, Hyderabad. Patients presenting with the signs and symptoms of Amlapitta and aged between 20 and 60 years were selected at randomly and divided into 2 Groups Group -A and Group -B, each group had 20 patients. Group -A received 10 ml of Shatavari Ghrta orally before meals with lukewarm water twice daily, while Group-B received 5 gms of Shatavari Churna orally before meals with normal water, followed every 15 days for 45 days of time period. **Results:** The Group-A of Shatavari Ghrta, Excellent improvement in 25% of patients, Good improvement in 65%, and moderate improvement in 10%. Group-B of Shatavari Churna resulted in good improvement in 20% and moderate improvement in 80%. From these results, it can be concluded that Shatavari Ghrta had a more beneficial effect on patients with Amlapitta compared to Shatavari Churna. **Conclusion:** Based on the findings of this study, concluded Shatavari Ghrta more significant result than Shatavari Churna.

**Keywords:** Shatavari ghrita, Shatavari churna, Amlapitta.

## INTRODUCTION

Ayurveda is the science of life, in which health maintenance and disease eradication are the two aims achieved through suitable ahara and vihara. Amlapitta is one of the common of lifestyle disease. According to **Charaka**, Kulutta has been considered chief etiological factors for Amlapitta<sup>(1)</sup> and Amlapitta disease caused by viruddhaahara<sup>(2)</sup>, **Susrutha** while describing the disease of Amlika due to excessive use of lavana rasa.<sup>(3)</sup> **Madhava Nidana** describes etiopathogenesis and signs and symptoms of amlapitta<sup>(4)</sup>. It occurs due to altered diet patterns and habits like smoking, alcohol, etc., which are not suitable for the physiology of digestion. Willful medications like NSAIDs, steroids, some vitamin supplements, etc., are causing gastric irritation and hyper gastric secretions leading to the onset of Gastritis. In India, 25-30% of people are suffering from gastritis. Gastritis is a common medical problem. Up to 10% of people who come to a hospital emergency department with abdominal pain have Gastritis. Long-standing Gastritis may lead to an ulcer in the stomach, which may again lead to complications like perforation, which may need surgical attention. Hence, if we can arrest the disease in its initial stages, it may not lead to any complications, and surgical interventions can be avoided. So here an attempt is made to keep a control Amlapitta, provide a good quality of life and minimize further complications of

Amlapitta, with easily available herbal drugs are Shatavari ghrita and shatavari churna, both have unique therapeutic benefits, to compare the efficacy of Shatavari Ghrita, with shatavari churna in Amlapitta.

## MATERIALS AND METHODS

**Source of data:** The patients were selected from outpatients of Dr. BRKR Govt Ayurvedic College, Er-ragadda, Hyderabad, India.

### Sampling method:

The 40 patients were diagnosed with Amlapitta and randomly divided into two groups. Group A was divided by 20, and Group B was divided by 20.

### Criteria for the selection of the patients :

#### Inclusion criteria:

- ❖ Patients with signs and symptoms of Amlapitta, like *Avipaka, Klama, Utklesa, Tiktamlodgara, Hritkantadaha, gourava, Aruchi*.<sup>(5)</sup>
- ❖ Patients were irrespective of sex, occupation, and socio economical status.
- ❖ Patients Age group Between 20 -60 years

#### Exclusion criteria

- ❖ The patient age group below 20 - 60 years is excluded.
- ❖ Patients suffering from chronic systemic illnesses such as cardiac conditions, respiratory issues, HIV, HBsAg, and carcinoma are excluded, as well as complications like perforation.

**Table-1 Study Design**

Subjects	Group -A	Group-B
Number of the patients	20	20
Age group	20-60	20-60
Drug name	Shatavari ghrita	Shatavari churna
Route of administration	Oral	Oral
Dose of the drug	10ml twice daily before food	5gm twice daily before food
Anupana	Lukewarm water	Normal Water
Duration	45 days	45 days
Follow up	1 <sup>st</sup> ,15 <sup>th</sup> ,30 <sup>th</sup> ,45 <sup>th</sup> days	1 <sup>st</sup> ,15 <sup>th</sup> ,30 <sup>th</sup> ,45 <sup>th</sup> days

### Collection of the drug

For this Clinical study, Shatavari roots were collected from Nuziveedu, Andra Pradesh. They were natural habitat, good-quality material free from worm infection. Afterwards washed, dried in the shade, and stored in an airtight container. The powder was prepared by pulverising it and packed it in a Zip-lock polythene bag. Course powder was used to prepare the Ghrita. Ghrita was prepared using traditional Ayurvedic methods.

### Method of Ghrita Preparation

#### Shatavri Ghrita Reference <sup>(6)</sup>

*Chakradatta Amlapitta Chikitsa Chapter 52/57-58*

#### Ingredients -

Shatavri root ( kalka )-2kgs

Cow ghee - 8 kgs

Cow milk-32 liters

**Theoretical propagation of strong herbal Ghee -1:4:16**

(Kalka:Ghrita: Drava Dravya)

#### Procedure

After adding the water churna dravya soaked,and prepared kalka form,Murchitha ghrita in stainless steel vessel and heat mildly,added the increment of shatavari kalka, stir

thoroughly while adding the godugdha(cow milk),heated 3 hrs with constant stirring maintained the temperature between 50 -90 degrees during the first hour of heating, stopped heating and allowed to stand overnight.Continued the process of heating next day.constantly checked the kalka by rolling between the fingers.Stop the heating when kalka easily rolls into a varthi without sticking (madhyama paka laxanas) to the fingers.Expose the varthi and ghrita to flame and conform the absence of crackling sound indicating absence of moisture.Filtered while hot ( about 80 degrees) though a muslin cloth and allow to cool Stored it in glass container and packed to protect from light and moisture <sup>(7)</sup>

#### Assessment Criteria :

The results will be analyzed statistically before and after treatment. The effect of the treatment was assessed in terms of cured, markedly improved, and unchanged. The details are as follows:

**Excellent Response:** When the signs and symptoms are relieved about 76 % -100%

**Good Response :**When the signs and symptoms are relieved about 51-75%

**Moderate Response: :**When the signs and symptoms are relieved about 50-25%

**Mild Response:** When the signs and symptoms Relived up to < 25%

**Table-2 criteria for assessment effects on treatment**

S No:	Symptoms	Score and Details
1	<i>Avipaka</i> (Indigestion)	0- No indigestion(Absent ) 1- Digest normal usual diet in 09 hrs(mild ) 2- Digest normal usual diet in 12hrs(Moderate) 3- Digest normal usual diet in 24hrs.(severe)
2	<i>Klama</i> (Tiredness)	0- No tiredness(Absent) 1- Feel tiredness after exhaustion(Mild) 2- Feel tired after normal work(Moderate) 3- Feel tiredness after taking rest(severe)
3	<i>Utklesha</i> (nausea)	0-No nausea(Absent) 1-Feel nausea after eating food(mild). 2-Feel nausea after eating all kinds of food(moderate). 3-Full day nausea not related to eating(severe).
4	<i>Tikthamlodgara</i> (acid eructation)	0-No sour or bitter belching(Absent) 1-Sour or bitter belching after taking spicy food.(Mild) 2-Sour and bitter belching after taking any type of food(moderate) 3-Sour and bitter belching having no relation with food(severe).

5	<i>Hrthkantadaha</i> (burning sensation of the Heart and Throat)	0- No burning sensation(Absent) 1- Burning sensation after taking spicy food(mild) 2- Feeling of burning sensation even after taking of normal food(Moderate). 3- Burning sensation even in empty stomach(severe)
6	<i>Gouravam</i> (heaviness)	0- No feeling of heaviness in the body(Absent) 1- Heaviness after taking more quantity of food(mild) 2- Heaviness even after eating light food(moderate) 3- Heaviness even on empty stomach(severe)
7	<i>Aruchi</i> (anorexia)	0- No anorexia(Absent) 1- Eat food only two times without any snacks in between(Mild). 2- Eat only once(moderate). 3- I have no feeling of appetite(severe).

## RESULTS

### Group -A

Patients were treated with 10 ml of Shatavari ghrita twice daily with the an Anupana of Lukewarm water before food for 45 days. It was closely monitored and reviewed for 15 days to assess the response to the treatment, and it was documented.

### Group -B

Patients were treated with 5 grams of shatavari churna twice daily, with an Anupana of normal water before food,for 45 days of time period.

### General observations of the patients in Groups A & B

**Age:** The majority of the patients belong to the age group of 41-50 years. i.e. 32.5%

### Gender

*The incidence was higher in males,67.5%, than in females, 32.5 %. It may be due to improper diet habits,and increased stress, which are all prone to cause disease.*

### Occupation

A maximum number of patients, i.e 15% were software people and business i.e 12.5%. This may be due to stress.

### Socio economical status

Economic imbalances also play a significant role in stressful conditions.Patients belonging to the middle

**Table-3 Showing the total Symptomatic difference before and after treatment with Shatavari ghrita**

Symptoms	B.T	A.T	Difference	Percentage
<i>Avipika</i>	45	19	26	57.77
<i>Klama</i>	41	18	23	56.09

class 57.5 % were more affected by the disease of Amlapitta.

### Ahara

It may be due to spicy or junk food, which quickly leads to pitta vitiation,finally leads to Amlapitta. The maximum number of patients, i.e, 77.5%, were on a mixed diet while the non-vegetarian food. Patients had a habit of an irregular food intake,leads to Agnimandya and vitiation of dosha, which also to the cause of this disease.

### Vihara

People an addiction to tea or coffee 15%, had an addiction to alcohol smoking habits 25%.These factors are primarily irritant to the Gastric mucosa and thus cause *Dourbalya Amashaya* along with the vitiation of the Doshas mainly Pitta Dosha.

### Prakruthi

Vata Pitta Prakruti patients showed maximum intensity as 45% because they are easily prone to pitta vitiation due to *mithya ahara* and *Vihara*. 41.66% have a regular sleep history, while 58.33% patients have irregular sleep. It shows that irregular sleep and lack of sleep also cause for Amlapitta. All the cases taken up for the study had the Samanya Lakshana of Amlapitta mentioned in classics.

**Statistic:** Group-A and Group-B were compared statistically to evaluate the efficacy of the drugs and Analyzed the statistical data with paired t-test.

<i>Utklesha</i>	36	13	23	63.88
<i>Thikthaamlodgara</i>	45	16	29	64.44
<i>Hritkantadaha</i>	52	11	41	78.84
<i>Gauravam</i>	28	10	18	64.28
<i>Aruchi</i>	35	14	21	60

% of relief = Before treatment - after treatment / before treatment X 100

**Table-4 Showing the total symptomatic difference before and after treatment with Shatavari churna**

Symptoms	B.T	A.T	Difference	Percentage
<i>Avipika</i>	45	28	17	37.77
<i>Klama</i>	43	27	16	37.20
<i>Utklesha</i>	51	31	20	39.21
<i>Thikthaamlodgara</i>	45	26	15	56.58
<i>Hritkantadaha</i>	49	31	18	36.73
<i>Gauravam</i>	35	18	17	48.57
<i>Aruchi</i>	41	16	25	60.97

## DISCUSSION

### **Probable mode of Action:**

In Amlapitta also the samana therapy is advised and various pitta samaka recipes has been prescribed. The samana drug should be of madhura and Tiktha rasa, snigha guna and sitha virya which are opposite to pitta. Thus by overcoming the vidagdha, Amlapitta is also corrected. *Asparagus racemosus* is generally used to relived dyspepsia. *Asparagus racemosus* Willd (Shatavari) is known reduce the gastric emptying time.

Ghrita has more digestible fats and it has property of snehana, agni deepana daha nasana, and pacify vata, pitta dosha so it helpful in gastrointestinal disorders, as it provide cytoprotection to lining of stomach, reduce the inflammation, no injury to lining of epithelium, and it provide lubrication to the lining of stomach so causes abrasions. When ghrita prepared with shatavari roots it is enhance the potency of Ghrita with shatavari. compared to single shatavari churna.

### **Shatavari effects on digestive system :**

Relieving the pain and discomfort caused by acid matter in the stomach, it is wonderful, it seems to remove the irritating effects of acids in a better way than alkalies, it is used as pitta samaka, srotas involved in the Amlapitta are Annavaha and rasa vaha srotas. Due to formation of Ama in Amlapitta srotas is blocked, sroto sanga - srotodusti is found which also causes vimargagamana - srotodhusti. Tiktha rasa is Srothosamana and sroto shodana i.e channel cleansing, it clears the srotas absorbing the fluid by vata and thus vacating the space on account of Akasa Vata pitta Samaka due to madhura vipaka and madhura rasa helping to alleviate conditions associated with heat and inflammation..

### **Shatavari ghrita( group -A)**

After treatment the results of shatavari ghrita on 45 days of treatment, the main complaints of a highly significant relief was seen on the symptoms of *Hrthkantdaha* by 78.84% on the symptoms like *Tikthamlodgara*-64.44%, *Gourava*-64.28%, *Utklesha*-63.88%, *Aruchi* - 60%, *Avipaka* - 57.7 %,

Klama -56.09%.

**Shatavari churna (group-B)**

In the group -B by the administration of shatavari churna showed an in significant relief in the management of *Hrthkanta daha-* 36.73%,*Tikthamlogara*-56.58%,*Gourava* 48.57 %, *Uthklesa*-39.21%, *Aruchi*-60.97%, *Avipaka*-37.77%, klama 36.73%. *Aruchi* showed significant with good relief by 60-70 % Among the main symptoms of Amlapitta, *Hrit-kanthadaha* and *Tikta- amlodgara* were found in all the patients (100%) of each group and other symptoms like *Avipaka*, *Utklesha*, *Aruchi*, were also seen in 60-90% patients

**CONCLUSION**

In present clinical study 40 patients selected randomly from the OPD, Dr. BR. K. R of Govt Ayurvedic College And Hospital and divided into two groups A & B each group 20 patients. The results were documented and

above compared to evaluate the efficacy of the Shatavri Ghrita and Shatavri churna

Group-A and Group-B and compared statistically to evaluate the efficacy of the drugs. The assessment was done for parameters by the using of paired t test between these two groups.

**Group-A**

Maximum numbers of patients i.e Excellent improvement was observed in 5 patients i.e 25 %, Good improvement was observed in 13 patients i.e, 65% observed. Moderate improvement was observed in 2 patients i.e, 10%.

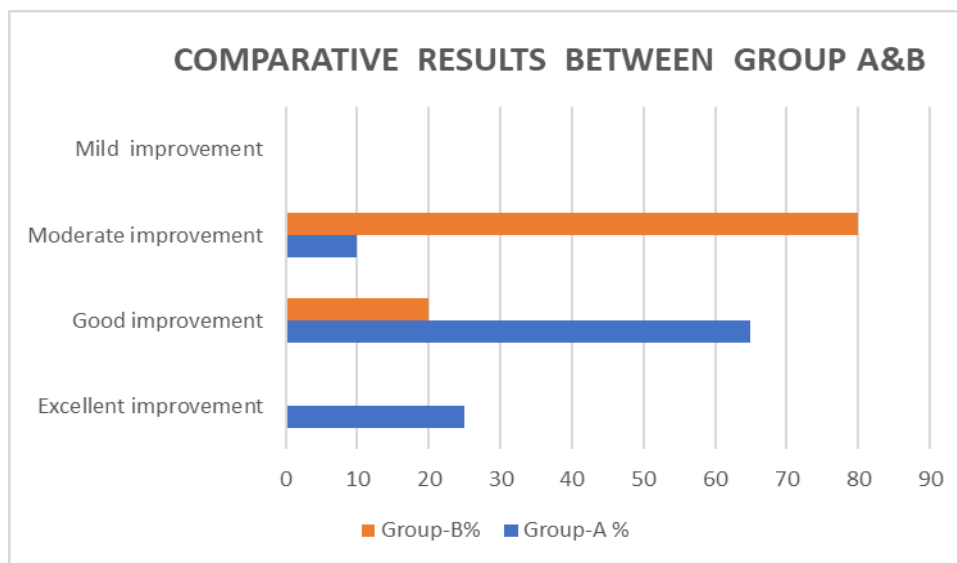
**Group-B**

The results from Shatavari churna good improvement was observed in 4 patients i.e, 20%. Moderate improvement was observed in 16 patients i.e, 80%.

**Table-5 Comparative Results between Group - A & Group – B**

Results	Reduced parameters %	Group-A %	Group-B%
Excellent improvement	76-100	25	0
Good improvement	51-75	65	20
Moderate improvement	50-25	10	80
Mild improvement	<25	0	0

**Graph No-1**



### Acknowledgement

The institutional ethical committee of Dr.BRKR Govt Ayurvedic Medical college Hyderabad obtained the Ethical clearance. **Approval No: IEC DRBRKRGAC/2021-22/28.**

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