



TREATMENT OF AJIRNA W.S.R TO DYSPESPIA WITH SHANKHAVATI - A CASE STUDY

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ABSTRACT

In the 21st century, sedentary lifestyles have become a major contributor to numerous health issues. With modernization, people are increasingly inclined towards habits such as staying up late for parties, consuming junk food, drinking alcohol and sugary beverages, and eating highly processed foods loaded with preservatives. These lifestyle changes have made individuals more susceptible to digestive disorders, particularly dyspepsia. Dyspepsia, also known as indigestion or Ajirna in Ayurveda, is one of the most common health concerns today. According to modern medicine, dyspepsia is a condition marked by upper abdominal discomfort, which may include symptoms like bloating, early satiety (feeling full too soon), nausea, loss of appetite, heartburn, acid reflux, and excessive belching. While modern medical science offers various treatments such as antacids, antiemetics, prokinetic drugs, and acid-suppressing therapies, these options often provide only temporary relief and can be expensive. In contrast, Ayurveda offers a more holistic and cost-effective approach. For the treatment of dyspepsia, we utilize Shankhvatī, a classical Ayurvedic formulation known for its effectiveness in restoring digestive health.

KEYWORDS : dyspepsia, Ajirna, indigestion, Shankhvatī

INTRODUCTION

In recent times, increasing health awareness has led many individuals to adopt high-protein diets and consume various chemical supplements without adequate knowledge of their potential side effects. Such practices can place an excessive burden on the digestive system, often resulting in indigestion. Furthermore, the fast-paced modern lifestyle has led to irregular eating habits and a lack of physical activity, both of which contribute significantly to a wide range of health issues. It is, therefore, essential to adopt a more balanced and mindful approach to health. Ayurveda, with its holistic principles, offers a natural and sustainable solution for managing dyspepsia, aligning with nature's inherent healing mechanisms. Always gives us preventative and healing therapies along with various methods of purification and rejuvenation. In this article, we are presenting a single case study on dyspepsia treated with *Ayurveda*. In the present era out of 10 individuals, every 9 individuals face this problem every day. The worldwide prevalence rate of dyspepsia is varying between 7% - 45%, depending on geographical location ⁽¹⁾ dyspepsia is a lifestyle disease caused due by lack of physical activity, eating unhealthy food, the increased habit of eating junk food, drinking alcohol and smoking. Dyspepsia is characterized by symptoms such as pain, a burning sensation, or discomfort in the upper abdomen, feeling full too quickly during a meal, a sense of uncomfortable fullness after eating, bloating, burping, and nausea. In Ayurveda, dyspepsia is referred to as *Ajirna*. This condition has been described in detail by *Acharya Charaka* in the *Charaka Samhita*, as well as by *Acharya Vagbhata* in the *Ashtanga Hridaya*. According to *Acharya Charaka*, the causes of *Ajirna* include irregular eating habits, consumption of incompatible foods, overeating, intake of food that is too hot or too cold, and consumption of food inappropriate for the place, season, or time (*Dasha-Kala-Ritu Vaishamya*). Additionally, suppression of natural urges (*Vegavidharana*) is also considered a contributing factor.

These factors lead to a loss of appetite and improper digestion, resulting in the accumulation of toxins (*Ama*) in the body, which can be harmful to the gastric mucosa. The symptoms of *Ajirna* as described by *Charaka* include indigestion, mental fatigue, nausea, sour or bitter belching, and anorexia.

Although modern medicine offers several treatments for dyspepsia, including antacids, prokinetic drugs, and acid-suppressive therapies, these typically provide only temporary symptomatic relief. In contrast, Ayurveda recommends the use of *Shankhvatī*, a classical formulation, as an effective and holistic remedy for managing dyspepsia.

CASE PRESENTATION:

A 40-year-old male patient reported to the OPD of Kayachikitsa, Department of Carc College of Ayurveda and Research centre Nigdi, Pune, on 10th MARCH 2025 complaining of excessive belching, bloating, pain in abdomen, and feeling the fullness of stomach after eating only a small amount of food, and occasionally vomiting for 3 months.

History of present illness (*Vartaman vyadhi Vrutanta*):

The patient was all right before 4 months later on she started above complaints, she took some allopathic medicine for same and got symptomatic relief but when medicine dose gets over, she started above complaints again so for further management she comes to CARC Hospital in hope for better treatment with Ayurveda.

History Of Past Illness (*Purva vyadhi Vrutanta*):

No history of past illness

Treatment History (*Purva chikitsa Vrutanta*):

Tb.Dompan for 10 days. Syrup.mucajin gel SOS (as per need)

Family history (*Kulvrutta*)

Matru Kul: Normal, Pitru Kul: Normal, Swa Kul: Normal.

Personal history (*vaiyaktik vrutanta*):

Aahara: Pure vegetarian, *katu-amla rasa pradhan aahar sevan*, *Vihara*: Guard, *Nidra*: *prakrut*, *Jivha*: *saam*, *Vyasana*: No, *Mala*: 1 time in a day, some times never on that day. hard stool, constipation occasionally, *Mutra*: 3-4 times in a day. Physical examination: Built Moderately built. Mental disposition: Irritability, *Krodha*. B.P: 110/70 mm of Hg, Pulse: 80 /min, Temperature: Normal, Respiratory rate: 19/Min, Height: 165cms, Weight: 70kgs, Conjunctiva: Normal

Dashavidha Pariksha:

Prakruti: Pittavata, *Sara*: Madhyama, *Samhanana*: Madhyama, *Pramana*: Madhyama, *Satwa*: Avara, *Ahara Shakti*: Madhyama, *Vyayama Shakti*: Madhyama, *Vaya*: Madhyama

Systemic Examination: CNS: Conscious and well Oriented, CVS: S1 S2 normal, RS: A₂B₂ clear, PA: distended, soft and non-tender.

Treatment:

Tab. *Shankh vati* 2 BD after a meal with Lukewarm water for 10 days., further we explain to the patient what the cause of the disease is and explain him Some *Pathya-Apathya*, like the patient has to take simple, non-spicy, non-oily, and light diet, avoid excess eating, avoid eating too cold or too hot food, and strictly advised him to take food at the regular time. And advised him to come for a follow-up after 10 days.

RESULTS:

When the patient comes for follow-up after 10 days remarkable changes are seen, the patient gets complete relief from her complaints like pain in the abdomen, excessive belching, bloating, feeling the fullness of stomach and appetite of the patient also improved. The patient is completely happy with the *Ayurveda treatment*.

DISCUSSION

After taking a history of the patient and after doing a physical examination, we observed that the *Prakruti* of the patient is *pitta*

pradhan vata, and the age of the patient is *madhyam* and the patient is not punctual to him diet habits. So here is one cause of dyspepsia is aggravated *pitta dosha* due to patient's bad habits of diet, and also, we have to decrease symptoms of *pitta prakopa* by *ayurvedic* medication, so we gave patient Tab. *Shankhvati*⁽⁷⁾ is well explained in *Bhaishajyaratnavali*.

The action of *Shankh Vati*:

It is a well-known drug for gastrointestinal tract diseases, *rogadhikar* of *Shankhvati* is *agnimandya*, *grahani*, *panktishul*, *kshayrog*⁸. contents of *Shankhvati* is *chinchakshar*, *panchalavan*, *shankhabhasma*, *hinga*, *trikatu*, *shuddha parad*, *nshudha vatsanabh*, *shuddha gandhak*, so all of above contents having properties like *deepan*, *pachan*. So helps to decrease- symptoms of *pitta prakopa* and digestive system which helps indigestion. It also reduces symptoms like bloating, and abdominal distention etc. it helps in improves appetite. So, helps to decrease- symptoms of *pitta prakopa* and digestive system.

CONCLUSION

Dyspepsia (indigestion), known as *Ajirna* in Ayurveda, is a *Pitta-prakopak vyadhi* that arises due to the consumption of *Pitta-aggravating aahar* and *vihar*. It can be effectively managed with *Shankh Vati*, as described in Ayurvedic texts, showing 100% results without the need for excessive medications. The action of Ayurvedic remedies focuses on treating the disease from its root rather than merely offering symptomatic relief, which is why Ayurveda is truly a valuable gift to us.

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