



## A Review Article – Shatavari Ksheerapaka In Shushkakshipaka

Dr. Prerana Yeole <sup>1</sup>

Dr. Mugdha Sawle <sup>2</sup>

Dr. Ashwini Patil <sup>3</sup>

Dr. Manjiry Kouskiya<sup>4</sup>

Dr. Abhyuday Joshi <sup>5</sup>

1. P. G. Scholar final year, Department of Shalakya Tantra, D.Y. Patil school of Ayurveda, Navi Mumbai, Maharashtra.
2. Associate Professor & Guide Department of Shalakya Tantra, D.Y. Patil school of Ayurveda, Navi Mumbai, Maharashtra.
3. HOD and Professor Department of Shalakya Tantra, D.Y. Patil school of Ayurveda, Navi Mumbai, Maharashtra.
4. P. G. Scholar final year, Department of Shalakya Tantra, D.Y. Patil school of Ayurveda, Navi Mumbai, Maharashtra.
5. P. G. Scholar final year, Department of Shalakya Tantra, D.Y. Patil school of Ayurveda, Navi Mumbai, Maharashtra.

**Abstract:** *Shatavari*, *Asparagus racemosus* is one of the most important herbal drug used by *Ayurvedic Vaidyas* since ancient days. The drug is having wide range of therapeutic activity and mentioned as a *Rasayan* by ancient Ayurvedic texts. The main part (*prayojyanga*) used by Ayurvedic doctors is a root. *Shatavari ksheerapaka*, prepared using *Asparagus racemosus* in cow milk, offers potential therapeutic benefits due to its *Snigdha* (unctuous), *Sheeta* (cooling), *Rasayana* (rejuvenative) & *Chakshushya* (pleasant to eyes) properties. Due to its *Chakshushya* property *shatavari* is traditionally used in the treatment of Dry eye disease according to ayurvedic texts.

**Keywords:** *Shatavari*, *ksheerapaka*, *Rasayan*, *Chakshushya*, *Prayojyanga*.

Introduction: *Shatavari* is a prominent *Rasayan* drug referenced in *Ayurveda* literature. It is also called as Queen of herb in folklore medicine.<sup>1</sup> This drug exhibits a broad spectrum of therapeutic properties & is widely accessible across India. *Shatavari* (*Asparagus racemosus*) is an Ayurvedic herb that is believed to possess adaptogenic, anti-inflammatory, and antioxidant properties.<sup>2</sup> *Shatavari* is rich in active constituents such as steroidal glycosides, saponins, polyphenols, flavonoids, alkaloids (*racemosol*), and vitamins.<sup>3</sup> *Shatavari* has *balya*, *rasayana*, *Vayastapana*, *agnivardhaka* & *Chakshushya* properties. Several Ayurvedic preparations of *A. racemosus* is readily available in the market. *A. racemosus* is one of the cost effective herbal drug. The major advantage of this drug is that it can be used both as a single drug as well as in polyherbal combination. In *Ayurveda* classics, *Shatavari* is considered as beneficial even for ocular health and in managing eye diseases. *Shatavari* has *madhura rasa*, *sheetaveerya* and *guru*, *snigdha* property, which helps in reducing the symptoms of aggravated *pitta* and *vata* in *Shushkakshipaka*.

*Ksheerapaka Kalpana* is one of the most important & unique Preparation found in *Ayurveda*. It is an ayurvedic procedure in which *Shatavari* ( medicinal herb) are boiled with water & milk for certain time till milk part is remain.<sup>4</sup> Milk (cow) has *Madhur rasa*, *Madhura vipaka*, *sheeta virya* & *guru*, *snigdha* property which are *vata pitta shamak*. *Ksheerapaka* has *Madhur*, *Snigdha*, *Guru*, *Sheet*, *ropan* properties. So *Shatavari ksheerapaka*, when applied as *Parisheka* locally, is effective in alleviating the symptoms of aggravated *pitta* & *vata* in *Shushkakshipaka*.

The *Kriyakalpa* Procedure *Parisheka* is the foremost ocular therapeutic procedure explained by *Sharangadhara* alone and is also termed as *Netra Seka* (Ocular irrigation on closed eyes). The etymology of *Seka* goes like *Seka*-- sich + ghanch= *sechanam* which means sprinkling or watering.<sup>5</sup> It is indicated in acute condition of the diseases. It can be clearly defined as "Medicine poured on closed eyes (on closed eye lids) continuously from the height of 4 *Angulas*, for a specific time, according to *Doshas*. In other words *Parisheka* also means *Sechanam* (to sprinkle) in the form of *Sukshma dhara* (thin stream) on the lids and is called *Pariseka*. Hence *Parisheka* is also termed as *Netra Dhara*. *Parisheka* is mentioned among *Shashti upakrama*'s as the *Bahir-parimarjana chikitsa* (External therapies) in *Shotha* (Swellings). *Acharya Charaka* says, *Drava sweda* is best in relieving the *Pitta samsrasta vyadhi* which is indirectly called as *Seka*.<sup>6</sup> So *Shatavari Ksheerapaka Parisheka* is effective in *Shushkakshipaka*.

*Sushkakshipaka* is characterized by *Kunita*, *Daruna* & *rukshavartma*, *Aaviladarshanam*, *Sudaruna-pratibodhna*, *Toda / Bheda* & *Daha*. *Sushkakshipaka* can be correlated with Dry eye disease. Dry eye disease (DED) is a multifactorial condition characterized by a loss of homeostasis of the tear film and accompanied by symptoms such redness, irritation, foreign, body sensation, feeling of dryness, itching, non specific ocular discomfort, blurring of vision.<sup>7</sup>

## Method of Preparation-

References of *Ksheerapaka Kalpana* are available in *Sharangdhara Samhita*, *Dravyaguna Vidhnyan*, *Ashtang Sangraha*, *Charaka Samhita* and *Chakradutta*. The ratio of drug, milk and water differ in each treatise.

According to *Acharya Sharangadhara*, *Ksheerapaka* (medicated milk) is prepared with one part of *Shatavari* 60gm, eight parts of milk 480ml(approx. 500ml) and 32 parts of water 1920ml(1:8:32). Mixture is heated on moderate heat and boiled till only milk part remains(480ml).<sup>8</sup>

According to *Yadavaji Trikamaji Acharya*, for one part of drug 15 parts of milk and 15 parts of water (1:15:15) are to be added and heated till only the milk part remains for the preparation of *Ksheerapaka*.<sup>9</sup>

According to *Acharya Charaka*<sup>10</sup>, and *Chakrapanidutta*<sup>11</sup>, (1:4:4) proportion of drug, milk and water is taken respectively for the preparation of *Ksheerapaka* and it reduces till milk part is remain.

Among all preparation methods of *Ksheerapaka Kalpana*, now a days preparation method described by *Acharya Sharangdhara* is preferred.

**Discussion:** Dry eye disease is characterized by symptoms such as redness, irritation, foreign, body sensation, feeling of dryness, itching, non specific ocular discomfort, blurring of vision, there is involvement of *Ruksha*, *Khara guna* of *Vata* and *Ushna*, *Teekshna guna* of *Pitta dosha* in pathophysiology. So the principle of the treatment is *Vatapittaghna*, *Pittaagnivardhak*, *Chakshushkya*, *Balya*, *Jeevaniya*. *Shatavari* has anti-inflammatory and antioxidant properties may help in reducing ocular surface inflammation and improving tear production. *Shatavari* (*Asparagus racemosus*) possesses *Madhura* (sweet) and *Tikta* (bitter) *Rasa*, *Madhura Vipaka*, *Sheeta Virya*, and is endowed with *Guru* (heavy) and *Snigdha* (unctuous) *Gunas*. Similarly, cow's milk is characterized by *Madhura Rasa*, *Madhura Vipaka*, *Sheeta Virya*, and is also *Guru* and *Snigdha* in nature. Both are known to pacify *Vata* and *Pitta doshas*.

When combined in the form of *Shatavari Ksheerapaka*, the formulation synergistically enhances these qualities, making it particularly effective in the management of *Shushkakshipaka* (Dry eye Disease), by providing nourishment, reducing dryness, and alleviating inflammation.

Prolonged use of artificial tear drop which having preservatives may have adverse effect on ocular health, like redness, watering, dryness.

*Ksheerapaka* enhance absorption & bioavailability of drug while also providing lubrication & nourishment, further counteracting ocular dryness. So *Shatavari ksheerapaka* is effective in *shushkakshipaka* & it is cost effective & safe to use.

**Conclusion:** *Shatavari ksheerapaka* is a safe, effective & holistic formulation in management of *shushkakshipaka*. By addressing the root through *Rasayana* & *Dosha* pacifying effects, it provides long term relief from symptoms of dry eye disease.

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