

Ayurvedic Management of Gastric Upset in a Buffalo: A Detailed Case Report

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Abstract—Background: Anorexia, dullness, and immobility in buffaloes are common presentations in field veterinary practice and are often linked to gastrointestinal disturbances, Aam formation, metabolic exhaustion, or Vata-Kapha aggravation. Many cases initially receive conventional veterinary treatment; however, some do not respond adequately, leading to prolonged morbidity. Ayurveda provides a holistic framework for diagnosing and managing such conditions through Deepana, Pachana, Srotoshodhana, and Rasayana interventions.

Case Description: A female buffalo presented with 5-day history of anorexia, complete refusal of feed, inability to rise from her place, clumsy behavior, and general dullness. The animal had already undergone conventional veterinary treatment by a local veterinarian, with no notable improvement. The condition alarmed the owner due to progressive weakness.

Intervention: Based on Ayurvedic principles, treatment was initiated using *Hingwashtak Churna* 100 g twice daily for 3 days, followed by *Aampachak Churna* for 3 days to enhance Deepana–Pachana action and relieve Aam. Thereafter, fresh *Shatavari* (*Asparagus racemosus*) shoots were administered to restore strength, replenish Dhatus, and promote convalescence.

Results: Within 48 hours, the buffalo showed mild improvement in responsiveness and partial appetite. After 6 days of Deepana–Pachana therapy, bowel movements normalized, the animal attempted to stand, and appetite returned by 40–50%. After administration of *Shatavari* shoots, rapid improvement in vigor, feeding behavior, and activity was observed. By Day 10, the buffalo regained normal appetite, regular bowel habits, and independent mobility. No relapse occurred during the following one-week observation period.

Conclusion:

This case highlights the effectiveness of Ayurvedic Deepana–Pachana therapy and Rasayana support in managing refractory anorexia and lethargy in buffaloes. The intervention was safe, economical, and provided

comprehensive functional recovery. More structured research on Pashu-Ayurveda interventions is needed to create integrative veterinary health models.

Index Terms—Ayurveda; Buffalo anorexia; Hingwashtak; Aampachak; Shatavari; Deepana–Pachana; Veterinary Ayurveda; Aamotpatti.

I. INTRODUCTION

Livestock health forms a crucial component of rural and semi-urban economies in India. Among various diseases affecting cattle and buffaloes, anorexia, dullness, and immobility are among the most frequently observed symptoms. These signs are non-specific and may arise due to gastrointestinal disturbances, toxicities, metabolic imbalances, infectious disease, fodder changes, or rumen dysfunction. In buffaloes, such conditions rapidly compromise energy levels, resulting in collapse, refusal to stand, and weakened digestive activity.

In conventional veterinary practice, treatment typically involves digestive stimulants, liver tonics, multivitamins, IV fluids, antibiotics, or anti-inflammatory drugs. While many cases respond, some remain refractory, requiring alternate holistic approaches.

Ayurveda explains similar pathologies under the concepts of *Agnimandya* (loss of digestive fire), *Aamotpatti* (formation of toxic metabolites), *Srotorodha* (channel obstruction), *Vata-Kapha* aggravation, and *Dhatu-Kshaya* (tissue depletion). Classical veterinary Ayurvedic texts such as *Pashu-Ayurveda*, *Mriga-Ayurveda*, and sections of *Sushruta Samhita*, *Charaka Samhita*, and *Atharva Veda* highlight gastrointestinal irregularities as prime causes of systemic weakness in cattle.

This case study presents the Ayurvedic management of a buffalo suffering from severe anorexia, immobility, clumsy behavior, and failure of conventional treatment. The combination of *Hingwashtak Churna*, *Aampachak Churna*, and *Shatavari* produced remarkable results, making the case relevant to practitioners and researchers interested in integrative veterinary sciences.

II. MATERIALS AND METHODS

Case Details

- Species: Buffalo (female)
- Age: Adult
- History:
 - 5 days of complete anorexia
 - Stopped getting up from her place
 - Dullness, clumsy behavior, lack of responsiveness
 - Previous treatment by a certified veterinary doctor with no improvement
 - Complete refusal of feed and water
- Environment: Rural household, stall-fed, moderate hygiene

Ayurvedic Assessment

1. *Samprapti* (Pathogenesis)

Based on the clinical presentation, the following Ayurvedic mechanisms were inferred:

- *Agnimandya*: Reduced digestive fire led to incomplete digestion.
- *Aamotpatti*: Improperly digested food material formed *Aam*, causing heaviness and metabolic obstruction.
- *Vata-Kapha Vriddhi*:
 - *Vata* caused loss of mobility and weakness.
 - *Kapha* caused dullness, heaviness, clumsiness, and anorexia.
- *Srotorodha*: *Aam* and *Kapha* obstructed gastrointestinal and metabolic channels.
- *Dhatu-Kshaya*: Prolonged anorexia led to decline in strength and inability to stand.

2. *Vikriti* Observed

- *Jivha*: Dry, coated
- *Netra*: Dull
- *Deha*: Weakness, heaviness

- *Agni*: Mandagni
- *Malas*: Scanty, dry at first, later sluggish
- *Cheshta*: Poor active movement
- *Chetana*: Dull

3. Ayurveda-Based Diagnosis

The overall condition correlated with:

- *Amajanya Vyadhi*
- *Agnimandya-janya Vata-Kapha* imbalance
- *Pashu-Udararoga*-like condition described in classical sources.

Treatment Plan

The treatment was implemented in three phases:

Phase I: *Deepana-Pachana* (Day 1–3)

Medicine: *Hingwashtak Churna*

Dose: 100 g twice daily (mixed with jaggery water or warm water)

Rationale:

- *Hingwashtak* contains *Hingu*, *Pippali*, *Maricha*, *Shunthi*, *Jeeraka* and others.
- It is known for:
 - Enhancing digestive fire (*Deepana*)
 - Digesting *Aam* (*Pachana*)
 - Relieving *Vata* (*Vatanulomana*)
 - Clearing gastrointestinal obstruction

Expected Actions in Buffalo:

- Activation of rumen microbial activity
- Reduction of gas, bloating, heaviness
- Stimulation of appetite
- Relief from dullness caused by *Aam*

Phase II: *Aam Pachana & Srotoshodhana* (Day 4–6)

Medicine: *Aampachak Vati*

Duration: 3 days

Rationale:

Once the initial stage of *Agni* stimulation began, removal of residual *Aam* became essential. *Aampachak Vati* ensures:

- Complete *Aam* digestion
- Clearing *Kapha*-related obstruction
- Smooth movement of *Vata*
- Restoration of gastrointestinal motility

Phase III: *Dhatu-Pushti & Rasayana* (Day 7 onwards)

Medicine: Fresh *Shatavari* (*Asparagus racemosus*) shoots

Dose: A handful of fresh shoots daily (crushed/softened for easy intake)

Rationale:

After *Deepana–Pachana* therapy, the digestive system becomes receptive to strengthening agents.

Shatavari acts as:

- *Balya* (strength-promoting)
- *Rasayana* (restorative)
- *Pittashamaka*, cooling, soothing
- Tissue regenerative (*Dhatu-poshaka*)

Expected Outcomes:

- Enhanced recovery
- Improvement of muscle strength
- Restoration of immune function
- Better appetite and vitality

Results

The results were recorded daily through direct observation:

Day-wise Clinical Progress

Day 1 (Start of Hingwashtak):

- Animal dull, inactive
- No feed intake
- Slight response to stimuli
- Rumen movements weak

Day 2:

- Mild interest in surroundings
- First signs of partial appetite
- Attempted to chew soft fodder
- Rumen motility improved

Day 3:

- Appetite 20–30% improvement
- Animal tried to move forelimbs
- Passed better-formed feces
- Dullness reduced

Day 4 (Start of Aampachak):

- Clear signs of digestive activation
- Clumsy posture slightly improved
- Reduced abdominal discomfort
- Started accepting warm water

Day 5:

- Appetite improved to 40–50%

- Animal attempted to stand using support
- Feces became more regular
- Better alertness

Day 6:

- Could stand with minimal help
- Behavioral improvement noticeable
- Eyes appeared brighter
- Mobility increased slightly

Day 7 (Start of Shatavari):

- Major improvement in strength
- Actively chewed fodder
- Rumen contractions regular
- Walked a few steps

Day 8:

- Appetite returned to nearly normal
- Movements smoother
- No signs of discomfort

Day 9:

- Feeding independently
- Walking normally around the shed
- Energetic and responsive

Day 10:

- Fully functional recovery
- Normal feeding, defecation, and mobility
- No relapse signs

III. DISCUSSION

Ayurveda provides a well-structured understanding of digestive disorders in animals and humans alike. This case highlights how traditional concepts remain highly practical in modern veterinary scenarios.

1. Understanding the Disease Through Ayurveda

Agnimandya (Impairment of Digestive Fire):

In buffaloes, weak Agni can appear as:

- Anorexia
- Sluggish rumen
- Coated tongue
- Weak bowel movements

Aam Otpatti (Formation of Toxins):

Aam blocks the channels leading to:

- Dullness
- Refusal to move
- Clumsy behavior

Vata-Kapha Imbalance:

- *Kapha* → heaviness, dullness, static behavior
- *Vata* → weakness, poor mobility

Thus, the buffalo's symptoms correlate strongly with Ayurvedic descriptions.

2. Why Hingwashtak Worked First?

Hingwashtak is specifically recommended for indigestion, gas accumulation, sluggish gut, and weak Agni. Its properties include:

- *Deepana* → stimulates digestive enzymes
- *Pachana* → resolves Aam
- *Vatanulomana* → restores mobility
- *Grahi* → improves absorption
- *Shoolahara* → relieves discomfort

Its rapid action in buffalo physiology explains why appetite returned so soon.

3. Why Aampachak Was Needed?

While Hingwashtak triggers digestion, Aampachak focuses on:

- Total *Aam* clearance
- Breaking *Kapha-Aam* clumps
- Preventing relapse
- Strengthening and clearing channels

This ensured deeper therapeutic action.

4. Role of Shatavari in Final Recovery

Shatavari's Rasayana action was crucial because:

- After 6 days of anorexia, the animal was weak
- Tissue nutrition was needed
- Strength had to be rebuilt
- Recovery had to be stabilized

Shatavari shoots are known in both Ayurveda and rural veterinary practice for quick restoration of body vitality.

5. Comparison with Conventional Treatment

The animal had already received:

- Tonics
- Injectables
- Supportive veterinary care

Yet, no improvement occurred, indicating that root pathology (*Agnimandya* + *Aam*) remained unaddressed. Ayurveda directly targeted this cause.

IV. CONCLUSION

This case demonstrates the profound impact of classical Ayurvedic treatment in buffaloes suffering from anorexia, immobility, and digestive shutdown. Hingwashtak and *Aampachak* effectively reversed Aam formation and stimulated Agni, while Shatavari restored systemic strength.

The therapy was:

- Simple
- Low-cost
- Non-invasive
- Fast-acting
- Easily replicable in rural settings

This case supports the potential of Pashu-Ayurveda as an integrative veterinary health model and encourages further research and clinical trials.

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