

Role of chitrakadi vati in gastrointestinal disorder- a review article

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Abstract

Introduction: Chitrakadi Vati, an Ayurvedic formulation primarily containing Chitrak (*Plumbago zeylanica*), is traditionally used for gastrointestinal disorders. It is known for its carminative, digestive, and anti-inflammatory actions, with relevance in conditions like dyspepsia and irritable bowel syndrome (IBS). **Methodology:** Literature from Ayurvedic texts, and modern scientific databases were reviewed to assess the pharmacological mechanisms and clinical applications of Chitrakadi Vati. **Results:** Findings suggest that Chitrakadi Vati enhances gastric motility, promotes bile secretion, and regulates digestion. Clinical studies indicate benefits in reducing abdominal discomfort, bloating, and irregular bowel movements. Antioxidant activity further supports gut health by reducing oxidative stress. **Discussion:** Chitrakadi Vati shows promise as a complementary therapy for gastrointestinal ailments. While traditional use aligns with preliminary evidence, large- scale clinical trials are needed to validate efficacy and establish safety in modern practice. **Conclusion:** Chitrakadi Vati emerges as a significant Ayurvedic formulation in the management of gastrointestinal issues, offering a holistic approach to enhancing digestive health. Its carefully selected blend of herbal ingredients provides various therapeutic benefits, including carminative, anti-inflammatory, and digestive-stimulating effects.

Introduction

Gastrointestinal disorders are among the most prevalent health issues worldwide, affecting millions and significantly impacting quality of life. Conditions such as dyspepsia, irritable bowel syndrome (IBS), and inflammatory bowel diseases can lead to chronic discomfort, impaired digestion, and nutritional deficiencies. India, recent data suggests a high prevalence, with 7 out of 10 people experiencing digestive discomfort and 59% having issues at least weekly. A significant portion of the global burden of disease comes from digestive conditions, accounting for 10.9% of all DALYs (Disability-Adjusted Life Years). [1]

The immense effects of Chitrakadi Vati is observed when it comes to the therapeutic properties involved with it. It is well understood when the properties are deeply studied.

In recent years, there has been a growing interest in complementary and alternative medicine, particularly in the context of chronic conditions. Among these alternative approaches, Ayurveda, an ancient system of medicine originating from India, has gained recognition for its holistic perspective on health and wellness. Central to Ayurvedic practice is the belief in balancing the Doshas to promote health and prevent disease. Within this framework, various herbal formulations are employed to address specific ailments, with Chitrakadi Vati being one of the most notable for gastrointestinal issues. Chitrakadi Vati is a traditional Ayurvedic formulation that consists of several key herbal ingredients, primarily Chitrak (*Plumbago zeylanica*), along with other potent herbs such as Pippali (*Piper longum*), Shunthi (*Zingiber officinale*), and others.[2] This formulation is valued for its multifaceted therapeutic properties, which include carminative, digestive, antiinflammatory, and antioxidant effects. These attributes make Chitrakadi Vati particularly effective in enhancing digestive functions, promoting bile secretion, and alleviating various gastrointestinal symptoms.

Aim:

To evaluate the therapeutic significance of Chitrakadi vati in the management of gastrointestinal disorders with reference to both classical Ayurvedic literature and contemporary scientific research.

Objectives:

1. To analyze the composition of Chitrakadi Vati and the pharmacological actions of its key herbal ingredients.
2. To assess the therapeutic properties of Chitrakadi Vati-carminative, digestive, anti-inflammatory, and antioxidant-in relation to gastrointestinal health.
3. To correlate traditional Ayurvedic claims with available modern scientific studies on Chitrakadi Vati.
4. To highlight the relevance of Chitrakadi Vati as a complementary approach in the management of chronic digestive disorders.

Methodology:

Literature from Ayurvedic texts, and modern scientific databases were reviewed to assess the pharmacological mechanisms and clinical applications of Chitrakadi Vati

.Observation And Results Ingredients of chitrakadi vati -The formulation of Chitrakadi Vati is composed of the following ingredients. The combination of the following drugs when mixed together in proper proportions adds up to the formation of

Ingredient
<i>Chitak</i> – Plumbago Zeylanica
<i>Ajmoda</i> – Apium Graveolens
<i>Black Pepper</i> – Piper Nigrum
<i>Chavya</i> – Piper Chaba
<i>Hing</i> – Asfoetida
<i>Pippali</i> – Piper Longum
<i>Sambhar Salt</i>
<i>Samudra Lavana</i> – Common Salt
<i>Sarjika Kshara</i>
<i>Sauvchal Lavana</i> – Black Salt
<i>Sendhava Lavana</i> – Rock Salt
<i>Vida Lavana</i> – Ammonium Salt
<i>Suntha</i> – Zingiber Officinale
<i>Yava Kshara</i> – Hordeum Vulgare
Lemon Juice or Pomegranate Juice

Chitrakadi Vati.

Table 1: Ingredients of Chitrakadi Vati [3]

Method of preparation [4]

- The herbs Chitraka, Ajamoda, Maricha, and Pippali root and fruit are washed with water.
- They are then kept under the sun for 4-5 days until all the moisture content gets removed.
- Each of the sun-dried herbs is powdered separately and passed through sieve no.100 to get a fine powder.
- Equal proportions of the powder are taken a large mixing bowl.
- Add dried ginger (i.e. Sonth), Hing and both the Kshars and Lavana (i.e. salt) in the mentioned quantity to the herbal mixture.
- Thoroughly mix all the ingredients to get a homogeneous mixture.
- Pass the herbal mixture again through sieve no. 10 to remove impurities and uneven particles.
- Add the lemon or pomegranate juice as per the requirement to bind the powder particles.
- When reached a semisolid state, the mixture is rolled into small Vatis or tablets, on to your palm or tablet punching machines are used to manufacture on large scale.

Ayurvedic Indications of Chitrakadi Vati with modern correlation [5]

1. Agnimandya (Weak digestion / low digestive fire) – stimulates Agni and improves metabolism.
2. Ajirna (Indigestion) – relieves heaviness, nausea, and incomplete digestion of food.
3. Adhmana (Bloating / abdominal distension) – reduces gas and flatulence.
4. Shoola (Colicky abdominal pain) – pacifies Vata-related colic.
5. Aruchi (Loss of appetite / anorexia) – enhances appetite by kindling digestive fire.
6. Ajeerna-janya udgara (Foul belching due to indigestion) – improves digestion and

reduces ama.

7. Grahani roga (Irritable bowel syndrome / malabsorption syndrome) – regulates bowel movements and strengthens digestion.
8. Ama-vikara (Disorders due to accumulation of ama) – helps in digestion and removal of toxic metabolites.
9. Vata-kapha dominant disorders of GIT – balances vitiated Vata and Kapha in the gastrointestinal tract.
10. Mandagni-related skin and metabolic disorders (secondary indication) – by correcting digestion, it indirectly benefits Kushtha (skin disorders), Prameha (metabolic issues), etc.

Therapeutic properties of Chitrakadi vati

- 1. Improves Digestion [6]: Chitrakadi Vati is primarily used as a digestive tonic. Chitrak (Plumbago zeylanica), the main herb in the formulation, is renowned for its ability to stimulate the digestive fire (Agni) in Ayurveda. In traditional Ayurvedic medicine, Agni is considered the cornerstone of health and vitality, as it governs all metabolic processes in the body. When Agni is weak, it leads to digestive disturbances like indigestion, bloating, and constipation. Chitrakadi Vati is used to strengthen the digestive fire, thereby improving digestion and preventing the accumulation of toxins (Ama).
- 2. Enhances Metabolism[7]: The formulation supports metabolism by balancing the Pitta Dosha (the principle responsible for digestion and metabolism in Ayurveda). This results in improved nutrient absorption and utilization by the body. Herbs like Pippali (Piper longum) and Shunthi (Zingiber officinale) are well-known for their ability to stimulate enzymatic activity, enhance gastric secretions, and boost the absorption of nutrients from food. Regular use of Chitrakadi Vati helps in maintaining a high metabolic rate and contributes to overall vitality.
- 3. Supports Detoxification: According to Ayurvedic principles, accumulation of Ama (undigested food particles and toxins) is a root cause of many diseases. Chitrakadi Vati plays an essential role in clearing out toxins from the digestive system. The inclusion of Triphala and Haritaki (Terminalia chebula) ensures proper elimination of waste from the body. These herbs have natural purgative properties that help in flushing out toxins, reducing the chances of gastrointestinal infections and inflammation.
- 4. Treats Constipation and Digestive Disorders: Chitrakadi Vati is effective in treating chronic constipation, a common problem due to irregular digestion and poor absorption. The combination of herbs in this formulation has a mild laxative effect, promoting regular bowel movements without causing dependency. Herbs like Haritaki

and Bibhitaki support bowel regularity by softening stools and enhancing peristalsis. Moreover, it reduces bloating, a common complaint in individuals with digestive issues.

- 5. Treats Acidity and Gas: Another significant benefit of Chitrakadi Vati is its ability to control acidity, heartburn, and excessive gas. Ajwain (*Trachyspermum ammi*), a well-known carminative herb, aids in relieving gas, bloating, and indigestion. It also has the ability to neutralize excess acid in the stomach, preventing conditions like acid reflux and gastritis. Shunthi (*Zingiber officinale*) also plays a role in reducing acidity by promoting the secretion of digestive enzymes that regulate the stomach's acidic environment.
- 6. Improves Appetite: In Ayurveda, Chitrakadi Vati is considered an excellent remedy to enhance appetite. It stimulates the Agni (digestive fire), which helps in improving hunger and digestion. Individuals suffering from a lack of appetite or those experiencing poor digestion can benefit from the revitalizing effect of this formulation.
- 7. Treatment for Irritable Bowel Syndrome (IBS): Chitrakadi Vati is often recommended as a therapeutic agent for managing conditions like Irritable Bowel Syndrome (IBS), which is characterized by symptoms like abdominal pain, bloating, diarrhea, and constipation. The herb Chitrak is particularly beneficial in treating Vata and Kapha imbalances, which are commonly associated with IBS. By improving digestion and metabolism, it provides relief from the discomfort and irregular bowel movements associated with IBS. •

Dosage of Chitrakadi Vati[8]

2 Tablets/Day (each tablet 250mg).

Time of administration of drug[9]

Drug to be taken in appropriate quantity after lunch and dinner.

Anupana[10]

- * Lukewarm water

* Buttermilk

SR. No	Dravya	Rasa	Guna	Vīrya	Vipaka	Karma
1	Chitraka	Katu, Tikta	Lghu, Ruksha, Tikshna	Usna	Katu	Kapha-vata hara
2	Pippali Moola	Katu	Lagh, Snighdha, Tikshna	Anushnashita	Madhura	Kapha-vata hara
3	Yava Kshara	Katu	Lagh, Snighdha, Sara	Usna	Katu	Kapha-vata hara
4	Sarji Kshara	Katu	Lagh, Ruksha, Tikshna	Usna	Katu	
5	Saurvachala Lavana	Lavana, Madhura	Lagh, Sukshma, Snighdha, Vishada	Usna	Katu	Kapha-vata hara
6	Saindhava Lavana	Lavana	Lagh, Sukshma, Snighdha	Sita	Madhura	Tridosahara
7	Vida Lavana	Lavana, Kshara	Lagh, Sukshma, Tikshna, Vyavayi	Usna	Madhura	Kapha-vata hara
8	Samudra Lavana	Lavana, Kshara, Madhura, Tikta	Guru, Snighdha	Anushnashita	Madhura	Kapha-vata hara
9	Audhbhida Lavana	Lavana, Tikta, Katu, Kshara	Lagh, Tikshna	Usna	Madhura	Kapha-vata hara
10	Shunthi	Katu	Lagh, Snighdha, Tikshna	Usna	Madhura	Kapha-vata hara
11	Maricha	Katu	Lagh, Tikshna, Ruksha	Usna	Katu	Kapha-vata hara
12	Pippali	Katu	Lagh, Snighdha, Tikshna	Anushnashita	Madhura	Kapha-vata hara
13	Hingu	Katu	Lagh, Snighdha, Tikshna	Usna	Katu	Kapha-vata hara
14	Ajamoda	Katu, Tikta	Lagh, Tikshna, Ruksha	Usna	Katu	Kapha-vata hara
15	Chavya	Katu	Lagh, Ruksha	Usna	Katu	Kapha-vata hara
16	Matunga	Amla	Lagh, Tikshna, Snighdha	Usna	Amla	Kapha-vata hara
17	Dadima Rasa	Madhur, Amla	Lagh, Snighdha	Anushnashita	Madhura	Kapha-vata hara

Table 2: Rasapanchak of Ingredients of Chitrakadi Vati[11]

Adverse Effects Observed From The Intake Of Chitrakadi Vati[12]

Chitrakadi Vati, while generally considered safe when used as directed, can have potential adverse effects, particularly if misused or if an individual has specific health conditions. Here are some of the noted adverse effects:

1. ***Gastrointestinal Irritation*:** Some individuals may experience gastric irritation, leading to symptoms such as nausea, vomiting, or diarrhea, particularly if taken in excess.
2. ***Allergic Reactions*:** Allergic reactions to any of the herbal components can occur. Symptoms may include rashes, itching, or swelling.
3. ***Dosage Sensitivity*:** Overdosing or prolonged use without medical supervision can lead to toxicity or exacerbation of symptoms. It's essential to adhere to recommended dosages.

Discussion

The historical use of Chitrakadi Vati in Ayurvedic texts reflects its long-standing reputation as a remedy for digestive disorders. Its ability to stimulate appetite, improve gastric motility, and reduce gastrointestinal inflammation has been documented for centuries. Modern studies have begun to corroborate these traditional claims, indicating that the

active compounds within Chitrakadi Vati may contribute to its therapeutic effects. Research suggests that these compounds can enhance the bioavailability of nutrients, mitigate oxidative stress in the gut, and improve overall gut microbiota health.

Conclusion

Chitrakadi Vati emerges as a significant Ayurvedic formulation in the management of gastrointestinal issues, offering a holistic approach to enhancing digestive health. Its carefully selected blend of herbal ingredients provides various therapeutic benefits, including carminative, anti-inflammatory, and digestive-stimulating effects. These properties make it particularly effective for alleviating common gastrointestinal complaints such as dyspepsia, bloating, and irregular bowel movements. The historical use of Chitrakadi Vati, supported by emerging scientific evidence, underscores its potential as a complementary treatment for individuals seeking alternative therapies. While it shows promise in improving digestive function and overall gut health, attention to proper dosage and individual health considerations is essential to mitigate potential adverse effects. As interest in integrative and holistic medicine grows, further research is needed to validate the efficacy and safety of Chitrakadi Vati within the broader medical community. Such studies could pave the way for its inclusion in standard treatment protocols, allowing healthcare practitioners to offer patients a well-rounded approach to managing gastrointestinal disorders. By bridging traditional knowledge with modern scientific inquiry, Chitrakadi Vati can play a vital role in enhancing digestive wellness and improving quality of life for those affected by gastrointestinal ailments.

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