



Review Article

Critical Analysis of Drugs of “Shatpushpa-Shatavari Kalp” in Kashyap Samhitā w.s.r. to Artavkshyaya

Dr. Sujata Mishra^{1*}, Dr. Arun Kumar Das²

¹Prof. & H.O.D., Department of Prasuti Tantra Evam Stree Roga, Shubhdeep Ayurved Medical College & Hospital, Indore, M.P

²Guide & Principal, Gopabandhu Ayurveda Mahavidyalaya, Puri, Odisha, India

Corresponding Author: * Dr. Sujata Mishra

DOI: <https://doi.org/10.5281/zenodo.13855954>

Abstract	Manuscript Information
<p>In Ayurvedic Samhita, drugs possess great significance. It has been stated that- as such nothing in this world is there which doesn't have any of the therapeutic effects. The French word DROUGG, a dry herb, is the source from which the word DRUG is derived. WHO stated that a drug is a substance or a product that produces biological effects when administered in a living organism. According to Charak, a drug is one of the vital parts of Chikitsa <i>Chatushpada</i>, which includes <i>Bhishag</i>, <i>Dravya</i> (drug), <i>Upasthata</i> (attender), <i>rogi</i> (patient) as four components. The four qualities of perfect medicine are described as – 1. it should be in sufficient quantity, 2. it should be capable of treating the diseases, 3. it can be prepared in many forms like Swaraj, kalka, kwath, vati, etc., 4. the drug should contain all its natural properties. The selection of the drug with consideration of factors like Nidan, Rupa and samprapti perfectly fits into the purpose of treatment of any disease. The proper and suitably selected drug will never deceive the path of success of the doctor.</p> <p>In Artavkshyaya there is vitiation of two doshas, vata and kapha. It results in srotodushti, yoni vedana, irregular and scanty flow as all three cardinal signs. With the help of Pitta vardhak dravyas mainly ajenya dravya in the chikitsa, it removes the Srotas avarodh by purifying the artavvahasrotas and results in normal menstrual flow while taking care of vayu simultaneously. Taking into consideration all the principles of Ayurvedic texts, Kashyap samhita's 'Shatapuspa-Shatavari kalpa has been taken into consideration for the present analysis with special reference to its application in alleviating <i>Artava kshyaya</i> condition.</p>	<ul style="list-style-type: none"> ▪ ISSN No: 2583-7397 ▪ Received: 13-06-2024 ▪ Accepted: 15-07-2024 ▪ Published: 29-09-2024 ▪ IJCRM:3(5); 2024: 129-132 ▪ ©2024, All Rights Reserved ▪ Plagiarism Checked: Yes ▪ Peer Review Process: Yes
	<p>How to Cite this Manuscript</p>
	<p>Sujata Mishra, Arun Kumar Das. Critical Analysis of Drugs of “Shatpushpa-Shatavari Kalp” in Kashyap Samhitā w.s.r. to <i>Artavkshyaya</i>. International Journal of Contemporary Research in Multidisciplinary. 2024; 3(5):129-132.</p>

KEYWORDS: *Artava kshyaya*, Satapushpa, Shatavari, *Artava vaha srotas*.

INTRODUCTION

In order to understand the Samprapti of *Artava* Kshaya, one must know about the formation of Rasa dhatu. *Artava* is described to be the Upadhatu of Rasa dhatu, the Kshaya of Rasa dhatu resultantly leads to Kshaya of *Artava*. Rasa dhatu formation is dependent on Jataragni. So atharagni-mandata leads to

Artavkshyaya as well. This Mandagni with vitiated Doshas impact on the formation of Ahara Rasa by producing Ama. Utpatti of Rasa Dhatu is affected badly due to mandagni as it is formed from Ahara Rasa. Again, normalcy of Apana vayu helps in discharge of *Artava* and also has got impact on Dhatwagni that is responsible for its production as well. There are two Mulas for

Artava vaha srotas - Garbhashaya & *Artava* vahini dhamani. Injury to *Artava* baha srotas results in *Nast Artava*. Some times Aratavavaha srotas get obstructed by the Vikruta Apana vayu & Kapha, resulting in *Artava* Kshaya. To achieve normal functioning of Agni & Vayu, elimination of vikruta Kapha is the basic line of treatment. In Ayurvedic classics both Shodhana & Shamana Chikitsa as per dospredominance has been advocated for *Artava* Kshaya. Dalhana has advised Vaman karma under Shodhana Chikitsa which helps to remove only the Soumya dhatu and facilitates the functioning of Pitta which is required for *Artava* Utpatti. Cakrapani advised the use of both Vamana & Virechana karma as per the need of the individual with response to dosha aggravation states. Acharya Kashyapa has mentioned Basti as best treatment modality. Shamana Chikitsa is based on application of 'Agnaya dravyas'. Agneya dravyas are used as they are Pittavardhakar in nature. Agni is potentiated by application of such drugs which helps in digestion of Ama and formation of Rasa dahatu, from which the *Artava* is produced. Agneya dravyas help in increase of *Artava* in quantity because *Artava* is also Pitta pradhana. Ayurvedic texts are of opinion that the concept of "Samanyam vrudhikaranam" – that is intake of Samana Guna dravyas causes the increase of same Guna dhatus and upadhatus in body. Thus, the Agneya dravyas are of prime importance in producing *Artava*. Agneya dravyas are of Ushna virya, which maintains the normalcy of Sheetaguna of Vata, and Rukhya gunas of such drugs take care of Snigdha & Pichhila Guna of Kapha. The detailed study regarding both Shatapuspa and Shatavari is hence taken for consideration concerning their use in the condition of *Artava* kshaya. In a nutshell property of Shatapuspa is Ushna veeryatmak, Vata-Kapha shamak, Anulomak, Deepan pachan whereas that of Shatavari is Sheet veeryatmak, Madhura-Tikta Rasatmak, moreover it acts as Garbhashaya Balyakar besides the property of Dhatu Prasadana.

DRUG ANALYSIS

1. Shatpushpa

Latin Name: *Anethum Sowa*

Peucedanum Gravelons

Sanskrit Name: Shatpushpa, Shatahya, Satakshi

Hindi Name: Soya

English Name: Dill seed

Varga: Ashtapana gana, Shatpushpadi varga

Family: Umbelliferae

Gana: Ashthapana (Sushruta)

Synonyms: Shatvaha, Madhura, Mishi Charvi, Pitika, Chhatra

Swarupa: Height - 1'-2', kshupa

Habitat: Found all over India

Useful part: Seed

Rasa Panchak

Rasa: Madhura, Tikta, Katu

Guna: Tikshna, Ruksha, Laghu

Virya: Ushna

Vipaak: Katu

Effect on Doshas: Kapha vata Shamak

Mahabhuta: Jala, Agni and prithvi

Function: Agnivardhan, Anulomak, YoniShukra vishodhani, Ritupravartan.

Chemical composition

Shatpushpa contain 2.4 to 4% of Volatile oils and about 20% each of fixed oil. It also possess' proteins, D- limonen, Alpha phellanadrene, I- dihyorocarvone, B- sitosterol. But among all this, the chief constituent of all the volatile oil is aromatic liquid, which is also known as carvone and it is about 43 to 63%.

It contains pentosan, pectin, anethole, French one, starch, vit A 139 I.u./100gm. Ascorbic acid 9-31mg/100gm, Riboflavin 36v/100gm, thiamin36v/100gm, niacin 0.37mg/100gm, sweet and bitter oil. Some traces of aluminum, lithium, copper, magnetize, titanium, silicon, and barium are also been noticed. It has an aromatic odour and aromatic taste.

Functions and its uses

Shatpushpa is vata kapha shamak due to the Gunas of ushna and tikshna. It also possess Characteristics like deepen, pachana, kramignhna, anulomak, hence it can also be used for treatment of Aruchi, Agnimandhya, Udarroga, karmi, Ajeerna etc. Shatpushpa has. Artavjanan and Stanyajanak properties in female reproductive cycle. It also helps to alleviate the conditions like Rajorodha, Yonishoola, Stanyanaash, prasuta jwara, Kasht*Artava*. It is also an effective uterine stimulant drug. Its seeds are dry, koshttha gata Vatahara, Shoth- Pachan and Viliyan, Mutra and Artav janana as they have heat generating potency. It is also implemented for abdominal distension. / Colic, Sandhishoola.

Pharmacological properties

The extracted oil from the fruit of Shatpushpa is technically in I.P. as Dill oil. The oil with its amalgamation in water is contemplate as anthelmatic, antifatulent and stomachic.

2. Shatavari

Latin Name: *Aspharagus Racemosus*

English Name: Wild Aspharagus

Family: Liliaceae

Gana: Vayasthapana, Balya, Madhurskanda, prajasthapana, **Bhiru**, Shukrajanan, (Charak)

Vidarigandhadi, Kantak panch moola, pitta shamak

Synonyms: Satavirya, Narayani, Shatmul, Shatavirya, Bahumula, Bhiru, Bahushuta, Atisara, Satamul

Swarupa: Climber

Habitat: Found all over India

Useful Part: Roots

Rasa Panchak

Rasa: Tikta, Madhura

Guna: Guru, Snigdha

Virya: Sheet

Vipaak: Madhura

Effect on Doshas: Pitta vata Shamak

Functions- Garbhaposhak, Stanyajanana, Balya, Rasayan, deepan, anulomak, Shukral

Chemical composition

The roots of Shatavari have four components of saponins that are Shatavari 1 to 4 (0.2%) Leaves restrain diosgenin and quercetin while the Fruits and flowers accommodate quercetin.

Pharmacological properties

Many pharmacological constituents are present in the leaves and fruits with their extracts as anti-oxytocin, demulcent, refrigerant, alternative, antiseptic, diuretic, anti-cancerous, gastric sedative, galactagogue, phagocytic, cardiotoxic, hypotensive, aphrodisiac, enzymatic to contractions of uterus, anti-viral, cardiotoxic, anticoagulant, spasmodic to uterus, antiamoebic, Anti-diarrhoeal, Anti dysenteries, Hypoglycaemic, anti-hepato-toxic antioxidant, stomachic, tonic. Immuno modulator, anti ulcer, antiabortifacient, anti-oxytocin, teratogenic. A definite development of lobule alveolar tissues is found to be produced due to the alcoholic extract found in Shatavari. And the evidence for the mammary secretion in estrogen-primed and post-partum rats. (Indian.J. Pharma. 28(12):341, no. 36,1966. Ho ho ho.

The crude alcoholic distillate of roots manifested gaining weight of mammary gland in postpartum and estrogen-primed rats and in oestrogen primed group of animals, it resulted into a weight gain of uterus. On adrenal glands, it increases the weight and reduce the quantity of S colic acid and also the release of pituitary adrenocorticotrophic hormone. Oligospirostanoside referred as immunoside

- * **Polycyclic alkaloid** - Asparagamine.
- * **Furan compound** - racemofuran
- * **Carbohydrates**- polysaccharides
- * **Cyclic hydrocarbon** - racemosol, dihydrophenartherene
- * **Sterols**- sitosterol is found in roots, undecanyl cetanoate, and benzaldehyde.
- * Trace minerals are found like zinc, cobalt, copper, magnese, calcium, magnesium, potassium, zinc, and selenium in roots.
- * Essential fatty acids are found such as gamma linoleinic acids, vitamin A, and diosgenin.

Other functions

1. Functions on the uterus

Ethyl acetate extract of the roots, it blocks spontaneous motility of the virgin rats, uterus despite of having the cholinergic effect of a racemosus on Guinea pig's ileum. In the uterus, alcoholic extract individually blocks the pitocin-sensitive receptor. It confirms that the Shatavari receptors might be useful as a uterine sedative.

2. Galactogouge function

To increase the milk secretion in the woman, the root extract of Shatavari is given in Ayurveda during the lactation period. Shatavari, with other herbal substances in combination in the form of rica lax tablet, has seen the effect of enhancement of milk production in females who were complaining of deficient milk production.

3. Versatile tonic

Shatavari in Ayurveda is considered a versatile female tonic. It is a type of rejuvenate medicine and it is beneficial in treatment,

treatment of infertility females. It can also be used in Mennorrhoea and Leuchorrhoea treatment

4. Anti-inflammatory function

ACE any beats topical swelling in the mouse ear, administration of 200 MG per KG, which leads to substantial reduction of the skin, thickness, and the weight of the tissues, cytokine inflammatory production, neutrophil mediated myeloperoxidase activity, And different histopathological indicators.

5. Diuretic function

There is no fatality due to the acuity study with the highest dose, and with the dose of 3200 MG per KG, a significant diuretic activity is revealed.

6. Adaptogenic function

These are useful as anti-stress agents that promote non-specific resistance of the body.

7. Anti-bacterial function

Methanolic extraction from the roots shows significant in vitro anti-bacterial activity against *Ecoli*, *Shigella dysenteriae*, *shigella flexineri*, *shigella sonnet*, *Vibro cholera*, *salmonella typhimurium*, *salmonella typhoon*, *bacillus subtilize*, *staphylococcus aureus*, *pseudomonas putida*. Despite all these, it has functions like anti-Ulcer, anti-protozoal, antidepressant, anti-Secretary, antioxidant, hypoglycaemic effect, antitussive, antilithiatic, cytotoxicity, analgesic, antidiarrhoeal, anti-hepatotoxic, activities are also studied in by Sashi Alok *et.al.*, in review article - plant profile, phytochemistry and pharmacology of Shatavari. Shatavari is a safe medicine for long-term use, even during lactation and pregnancy period. systematic administration of larger doses of Shatavari does not produce any abnormality in the behavioral pattern of mice and rats. (Asian Pacific Journal of Tropical Disease (APJTD)- 2,013: June 3 (3):242-251- Plant Profile, phytochemistry, and Pharmacology of Shatavari a review- Sashi Alok *et.al.*)

CONCLUSION

In conditions like *Artavkshaya*, there is vitiation of two doshas, vata and Kapha as known from the samprapti vighatana. Vitiates doshas produce manifestations as yoni vedana, irregular and scanty flow which are the three cardinal signs described. The production of *Artava* from Rasadhatu needs two components. The primary one is the Rasadhatu whose production is grossly dependent on Jatharagni. The second one is the normal functioning Dhatwagni which is responsible for the production of *Artava* as upadhatu from rasadhatu by action of Rasadhatwagni. Moreover, with the application of Pitta vardhak dravyas mainly with agenya guna in such condition, Srotas avarodh is removed which also results in normal menstrual flow. Keeping all the principles in mind Shatavari Churna and Sathpushpa Churna have been selected for evaluation and found effective in the management of *Artavkshaya*.

REFERENCES

1. Dutta DC. Textbook of Gynaecology. 4th ed. Calcutta: New Central Book Agency (P) Ltd; 2003. p. 175.
2. Bhatla N. Jeffcoat's Principles of Gynaecology. 5th ed. London: Arnold Publishers; 2001. p. 558.
3. Tewari P. Ayurvediya Prasuti Tantra evam Stri Roga. Part II. 2nd ed. Varanasi: Choukhamba Orientalia; 2000. p. 163.
4. Tripathi B. Carak Samhita, Carak Chandrika Hindi commentary. Part II. Varanasi: Choukhamba Surbharti Prakashan; 2001. p. 553.
5. Sastri A. Sushrut Samhita. Part I. 11th ed. Varanasi: Choukhamba Sanskrit Sansthan; 1997. p. 53.
6. Upadhyaya Y. Ashtang Hridayam, Vidhoutini commentary. 14th ed. Varanasi: Choukhamba Sanskrit Sansthan; 2003. p. 89.
7. Goud S. Ayurvediya Sarira Kriya Vijnan. Rohtak, Haryana: Nath Pustak Bhandar; p. 133.
8. Tewari PV. Kaumarbharitya in Ayurveda. 2nd ed. Varanasi: Choukhamba Viswabharati; 2006. p. 7.
9. Sharma S, Singh V. Abhinav Stree Roga Vijnan. 1st ed. Jaipur, Rajasthan: Ayurved Sanskrit Hindi Pustak Bhandar; 2016. p. 60.
10. Sharma P. Dravyaguna Vijnan. Vol II. Varanasi: Choukhamba Bharti Academy; 2015. p. 403.
11. Sharma P. Dravyaguna Vijnan. Vol II. Varanasi: Choukhamba Bharti Academy; 2015. p. 562.

Creative Commons (CC) License

This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY 4.0) license. This license permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.