



# Understand The Efficacy Of Shatapushpa In Various Gynecological Disorders

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## ABSTRACT:

*Shatapushpa* is one of the most important & a widely used herbal drug in various female disorders. It is the most useful, popular, important ayurvedic medicines for woman since ancient times. Ayurveda describes the *tridosha siddhanta* which originated and developed from the principles of *panchamahabhootas*. From these principles, the ideas of *dosha – dhatu-mala* were integrated after a study of the human body. Thus the science of *dosha – dhatu-mala* developed basic principles of this science like the principle of *samanya - vishesha* which based on *dravya*. In *Kashyapasamhita maharshi kashyapa* described the very wonder drug *shatapushpa* in *kalpasthana* under the heading of *shatapushpa shatawari kalpadhyaya*. In present era, because of change in life style, food habit, workload, women faces lots of stress and strain. This ultimately causes influence on hormones causing disorders related to reproductive organs. Various research studies at present reveal many major chemical constituent present in this drug are useful as described by *maharshi kashyapa*.

**KEYWORDS** -Ayurveda, Shatapushpa, Yonivyapat, Artava, Rutuchakra

## INTRODUCTION:

Ayurveda has the oldest and the most developed Ayurveda herbal system in the world. The herbs are viewed as the spiritual essence. Anthum genus is found in Europe. *A. graviolens* Linn is native to Mediterranean Europe. *A. sowa* Roxb. Ex Flem (Indian dill, sowa) is found in cooler climates throughout Indian subcontinent. *Shatapushpa* means hundred flowers. *Shatapushpa* is the one amongst the millions of plants having multiple benefits. However in relation with female it serves as the Ayurvedic rejuvenative for women. According to *Acharya Kashyapa* *Shatapushpa* is mentioned as, '*Rutupravartini Dhanya Yonishukravishodhanee*' thus it nourishes and cleanses the blood and reproductive organs. It means *Shatapushpa* is very potential plant should be cultivated in large scale and utilized in various health issues of

human being especially in female. As oestrogen is one of the major acting hormone in females. Its deficiency leads to many disorders in females. *Shatapushpa* contains natural component which is phytoestrogen which helps to restore oestrogen functions in female. *Dravya* is the instrument in the hands of the physician to fight the diseases pathology in the body. In *Charaka Shareera Sthana* emphasis is given about the knowledge of drug and clearly mentioned that the person who doesn't know about the drug is not a *Vaidya* but is a killer because without the knowledge the drug is poison. Any *dravya* becomes a *Bheshaja* when it issued in the right form and dose [1].

## AIMS & OBJECTIVES:

To study the efficacy of shatapushpa in various gynecological disorders as mentioned in *Ayurvedic* classics.

## MATERIALS & METHODS:

Original articles and research papers in published journals and in Pubmed central on Shatpushpa in relation to gynecological diseases were studied out and related articles and papers were taken into consideration. Ayurveda literature including samhitas and nighantu related to Shatpushpa) was also studied. Information regarding gynaecological disorders was collected from modern and Ayurveda literature. All the literature was especially studied for medicinal use of Shatapushpa in gynaecological diseases and taken in to consideration. More emphasis has been given on clinical trials carried out on Shatpushpa. Finally results were obtained from all the data and literature studied.

## DRUG REVIEW:

- *Madhura brimhani balya pushtivarnyaagnivardhanila*  
*Rutupravartni dhanya yonishukravishodhini* /  
*Ushna vataprashamani mangalya papanashini* /  
*Putraprada veeryakari shatapushpa nidarshita* //  
(Ka.K. 8/6)<sup>2</sup>

*Shatapushpa* is a having madura rasa,bruhmana property so it enhance the enegy of reproductive system & helps in development of body. It induces normal menstruation by clearing *apanavayu marga*.it having standard property to do *shodhana* of *shukra* & *shonita*.it do *vatashamana* by having *ushna guna*,it acts very well in both male & female infertility acts as *putraprada*'

- *Shatapushpa Katustikta Teekshnoshna Deepani Laghu* /  
*Pittala Kaphavataghni Medhya Snigdha Jwarapaha* //  
*Nihanti Shuladahakshirogatrishnavamivranan* /  
(Kaiyyadeva Nighantu)<sup>3</sup>

*Shatapushpa* is having *katu ,tikta rasa ,ushna veerya* so it acts as *deepanopaga dravya,Pittavardaka* it reduces provoked *kapha* from the body.It do *shamana* of *jwara*.

<b>DRAVYA</b>	<b>RASA</b>	<b>VIRYA</b>	<b>VIPAKA</b>	<b>GUNA KARMA</b>	<b>PARTS</b>
ShaShatapushpa	Katu Tikta	Ushna	Katu	Snigdha Laghu Vaataghna	Phala Taila

**Botanical name**<sup>[4]</sup>- *Anethum Sowa* Roxb.ex *Flem*, *Anethum graveolens* Benth

**Family**- Umbelliferae or Apiaceae

**Kingdom** – Plantae

**Division** – Magnoliophyta

**Class** – Magnoliopsida

**Order** – Apiales

**Family** - Apiaceae

**Indian Names** - Hindi, Bengali, Punjabi, Urdu-Sowa

Kannada-Sabbasige,

Sanskrit -*Satapushpa*.

**Pharmacology**<sup>[5]</sup>: The essential oil from seeds and its constituents viz carvone, dihydrocarvone, limonene, dillapiol showed antifungal activity. D and L- Limonene showed antidermatophytic and antibacterial properties. The seeds exhibited antibacterial activity. The aqueous extract of seed showed mutagenicity to salmonella typhemuram. The 50 per cent ethanolic extract of the fruits exhibited hypoglycemic effect in rats. Major functions: antifungal, anti bacterial, antispasmodic.

## Description of Shatapushpa in various samhitas

Charak Samhita	Aasthapanopag Anuovashanopag	25-26
Sushrut Samhita	Kapha Shanshaman	9
Kashyap samhita	Shatapushpa Shatavari kalpadyaya	280-281
Dhanvantri Nighantu	Shatpushpadi varga	1 – 3
Raj Nighantu	Shatavahavyadi Varga	10 – 13
Kaiydev Nighantu	Aushadi Varga	1186 – 1191
Bhav prakash Nighantu	Haritkyadi varga	89 – 91
Madanpal Nighantu	Shuthyadi Varga	24-25
Shodal nighantu	Shatpushpadi varga	259,289
Astang Nighantu	Shaymadi varga	266
Adarsh Nighantu	Jeerkayadi Varga	Pg.N.688-690

## PROBABLE MODE OF ACTION OF SHATAPUSHPA

*Acharya kashyapa* has given reference of *Shatapushpa* in many gynaecological and obstetrical disorders in separate chapter by *Shatapushpa – Shatavari Kalpa*. *Kashyapa* mentioned it *Yonisukra*, *Putraprada*, *Rutupravartini* and *viryakari* properties thus used in *Artava Kshaya* or *Anartava* (Amenorrhoea), *Kashtartava* (Dysmenorrhoea), *Rajonivritti* (Menopause), *Yonishushkata* (Vaginal Dryness), *Vandhyatva – Shandhi* (Infertility), *Raktagulma* (Uterine Fibroids) [6]

### 1. Artavakshaya

*Shatapushpa* contains Monoterpene such as Carvone, Limonene and Transanethole and some flavonoids such as Kaempferol and Vecenin. Among them Kaempferol, Transanethole and Limonene exhibit Phytoestrogenic activity. Its *Katu Rasa* and *Katu Vipaka* have *Deepana Pachana Karma* which results *Ampachana* and thus provides proper metabolism and eventually equilibrate the *Agni* which form healthy *Rasa Dhatu* for normal production of *Artava*. *Ruksha* and *Tikshna Guna* has *Srotoshodhaka* property which helps in discarding the malformed *Doshas*. *Ushna Veerya* has *Deepana – Pachana – Virechana* and *Vilyana* property which

ultimately acts as *Anulomaka Karma* which facilitate normal action of *Vata* which stimulate the normal production of *Artava* <sup>[7]</sup>.

## 2. *Rajonivrutti*

Recent studies has shown up phytoestrogens exert their effect in selective oestrogen receptor modulators (SERM). They inhibit the enzymatic conversion of endogenous oestrogen to oestradiol and possess its intrinsic action on oestrogen activity useful in reducing the menopausal sign and symptoms like hot flush, osteoporosis, vaginitis, stress etc.

## 3. *Kastartava*

*Anuloma karma* of *shatapushpa* helps in *Shodhana Sanshosana* and facilitate free movement of *Apana Vayu*. *Apana Vayu* works to produce *Artava* thus acts as *Rajapravartaka* <sup>[8]</sup>. It inhibits prostaglandin production and antispasmodic activity thus relieving pain in dysmenorrhoea <sup>[8]</sup>.

## 4. *Vandyatwa as a ovulatory factor*

Due to its *srotoshodhana, amapachana, vatakaphashamana* thus removes *Sanga* caused to *Artava*, and helps in regulating *Artavavrutti (Apanopaga)* therefore forms *Beejotsarga*. *Nasya* given in Ovulation reaches *Shrungataka Marma* and spreads through the *Siras* of nose, ear, eyes and tongue then *Shira* (Head) scratches morbid *dosha* and stimulates limbic system, hypothalamus and GnRH thus increases exposure of follicle to gonadotropins by the enhanced intraovarian blood flow and enhances FSH & LH action with follicle so increases distensibility of follicular wall and helps in ovulation <sup>[9]</sup>.

5. **Yoni shuskata-** As it contains phytoestrogen thus decreased oestrogen is pulled up by putting *Pichu* of *Shatapushpa Taila* as it having propty of *snigda*.
6. **Stanya vardaka-** *Shatapushpa* has capacity to increase the production of milk and researchers and literature have proved its Galactogogue <sup>[10]</sup>.
7. **Paripluta yonivyapat-** Due to its Tannin content discharge gets decreases. *Shatapushpa* is anti-inflammatory and antibacterial <sup>[11]</sup> in nature thus acts against to *S. aurens*, *E. coli*, *P. aeruginosa*, *S. typhimurium*, *Shigella flexneri* and *Salmonella typhi* and helps in PID.

*Formulations of Shatapushpa as follows*

- Dhanwantishta
- Mrithasanjeevani
- Saraswatishta
- Dashamoolarishta
- Guggulutiktakwatha
- Maharasnadi Kashaya

## • RESEARCH ON SHATAPUSHPA

1. A team of Russian scientists have developed glaziovianin A, which inhibits the growth of human tumour cells like Ovarian cancer, breast cancer, colon cancer etc. They evaluated this compound in in-vivo study using sea urchin embryo assays. It yielded several Women's health is the primary factor to be considered for wellbeing of family, society and culture. *Shatapushpa* in relation to female reproductive health has been described exclusively by *Kashyapa*. It is considered as the best drug in aspect of female health because as no any disorder can happen without involvement of *Vata dosha* which is mainly responsible for disturbance in HPO axis which leads to all sorts of gynaecological and obstetrical problems. Its *Snigdha guna* works against *Vata* thereby proves to be efficacious in almost all sorts of *Yoni Rogas* and *Artava Dushti*. Also it contains Calcium, Zinc thus beneficial in Pregnancy and Menopause. The Phytoestrogen present in it helps to build up the oestrogen deficiency occurring in menopause. The isoflavonoids and calcium in it are effective in Menorrhagia as they prevent coagulopathy.
2. *Shatapushpa* and *Shatavari* induces the ovulation and increases follicular size because *Shatapushpa* and *Shatavari taila uttarbasti* directly acts on uterus HPO axis. Both they contain natural phytoestrogen therefore it increases endometrial thickness and menstrual flow
3. *Matra basti* of *Shatapushpa taila* and *Pathadi kwatha* acts on polycystic ovarian disorder (PCOD) by regulating menstruation achieving follicular growth and weight reduction

## DISCUSSION:

Women's health is the primary factor to be considered for wellbeing of family, society and culture. *Shatapushpa* in relation to female reproductive health has been described exclusively by *Kashyapa*. It is considered as the best drug in aspect of female health because as no any disorder can happen without involvement of *Vata dosha* which is mainly responsible for disturbance in HPO axis which leads to all sorts of gynaecological and obstetrical problems. Its *Snigdha guna* works against *Vata* thereby proves to be efficacious in almost all sorts of *Yoni Rogas* and *Artava Dushti*. Also it contains Calcium, Zinc thus beneficial in Pregnancy and Menopause. The Phytoestrogen present in it helps to build up the oestrogen deficiency occurring in menopause. The isoflavonoids and calcium in it are effective in Menorrhagia as they prevent coagulopathy.

Shatapushpa is useful in gynaecological disorders like kashtaartava (dysmenorrhoea (Especially)Primary dysmenorrhoea), Post partum haemorrhage, for increasing labor pains, artava kshaya, vandhyatav (infertility), and polycystic ovarian disease. Shatapushpa oil is beneficial in form of nasya pana abhyanga and basti

## CONCLUSION

After going through all the studies, it can be concluded that shatapushpa is useful in various female disorders described as in Kashyapasamhita. Along with these it is proved in various researches that it improves appetite, acts as analgesic, vermicide, digestive, useful in abdominal colic, intestinal colic, ophthalmic disorders. *Maharshi Kashyapa* describes that the preparations of *sidhha shatapushpa* are very useful when used in the form of *nasya* (nasal route), *pana* (oral route), *snehan* (oiliation), *basti* (medicated enema). Present research reveals many facts in evidence to support all the qualities described by *maharshi Kashyapa* about *shatapushpa*.

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