

Role of Shatapushpa in Various Female Disorders – A Critical Review

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Abstract Ayurveda, the ancient system of Indian herbal remedies has many important and useful herbs for women. In Ayurveda there are many nature cure herbs which can help women to find their body rhythm, which are closely linked to nature. Therefore, women respond more better to Ayurveda treatment. In present era, most of the women are working women and due to change in life style, food habit, workload, she faces lots of stress and strain. Owing to complicated structure of the female body women are subject to a large number of complains connected with genital organs. Shatapushpa is one of the most important & a widely used herbal drug in various female disorders.

Keywords *Ayurveda; Female disorders; Herbs; Shatpushpa*

1. Introduction

Woman's health is considered to be the one concerned with family, society and culture. Women are facing innumerable problems such as menstrual irregularities, severe pain & discomfort during menstruation, excess & heavy bleeding, absence of menstruation, infertility, fibroids, cysts, infection and so on. Hence identification of all this problems in a proper stage is very important to prevent further complications.

In Ayurvedic classics all gynaecological disorders are described under the umbrella of Yonivyapadas & Artava Vikaras. The Ayurveda texts describe various unique herbs, medicinal plants and their formulations of compounds that can improve the health of women. Acharya Kashyapa describes Shatapushpa as nectar for women in various female disorders [1]. In this study Shatpushpa is reviewed through ancient text, modern science data & discussed with respect to indications, chemical constitutes, and uses.

2. Aims and Objectives

- 1) To study Shatapushpa from different Ayurvedic texts
- 2) To study the therapeutic effect of Shatapushpa

3. Materials and Method

- This is a conceptual type of study. Textual materials are used for the study from which various references have been collected.

Shatpushpa

Shatpushpa means hundred flowers. Shatapushpa is one of the most important herbs, mainly used in Ayurved system of medicine. Acharya Kashyapa described its many other medicinal effects in a separate chapter called “Shatapushpa Shatavari Kalpadhyaya”. Properties of Shatapushpa are Madhura (sweet), Brimhani (anabolic), Balya Pusti (strength providing), Varna Agni Vardhini (promoter of nutrition, complexion & fire), Ushna Vataprashamini means its potency is Ushna, that's why it pacifies Vata dosha, Ritu pravartini (initiator of menstrual cycle) and Yoni Shukra Vishodhini (it purifies the reproductive organ in female, sperm and spermatid fluid in male), Putraprada (helps in achieving conception).

It is mainly Kapha-Vatashamaka, Vedanasthapaka, Shothahara, Deepaka, Pachaka, Krimihgnahara, Vata-anulomaka. The chemical constituents present in Shatpushpa are α β -pinene, α -phellandrene, limonene, grandisol, benzene dicarboxylic acid, carvone, eugenol, essential oil (1-4%), and phytoestrogen. Therapeutic uses of Shatpushpa are Galactagogue, anti-inflammatory, anti-helminthic, diuretic, emmenagogue, digestive, carminative etc. [2] [3].

Acharya Kashyapa highlighted the effect of Shatapushpa exclusively in many of gynaecological disorder such as Artava Kshya or Anartava (amenorrhoea), Vishphala Artava, (without fruit means women not having child / can't conceive), Atyartava (menorrhagia), Alpaartava (hypomenorrhoea), Kashtartava (dysmenorrhoea), Rajonirvrtti (menopause), Vandhya (infertility), Pushpaghni (PCOD/PCOS), Yoni-shushkata (dryness of vagina) and Daurbalya (weakness) [4].

Unhealthy Dietary habits like excessive intake of junk food, improper timing of diet; lack of exercise, excess stress have made females prone for many gynaecological disorders like infertility, menstrual irregularities, dysmenorrhoea, PCOS etc. All these disorders are mainly due to disturbed hypothalamo-pituitary-ovarian axis (H-P-O axis), more or less associated with hormonal imbalance, poor or nil estrogens secretion, nutritional deficiency and various physiological factors (stress, anxiety etc. [5] [6].

Shatapushpa mainly contains phytoestrogens. Phytoestrogens have mixed estrogenic and anti-estrogenic action, depending on target tissue. Phytoestrogens may be either able to affect the endogenous production of estrogens. The pituitary gland releases gonadotropins that stimulate estrogen synthesis in the ovaries. Recent report indicate that phytoestrogen exert their effect in a selective estrogen receptor modulators (SERM). Through this SERM like action they act as both oestrogen agonists and antagonists. They inhibit the enzymatic conversion of endogenous oestrone to oestradiol and also possess intrinsic oestrogen activity.

Shatapushpa by its phytoestrogenic properties useful in reducing the menopausal sign and symptoms (like hot flush, vaginitis, anxiety and osteoporosis) and also bring down the levels of insulin resistance in the body and restore the cellular imbalance that is a major cause of PCOS. Gentle massage with 3 drops of essential oil (fennel oil) blended with 1.5 ml of sweet almond oil over lower abdomen is very useful in dysmenorrhoea, problems associated with menopause, irregularities in the menstrual cycle, abdominal pain, and mood swings. Yoni Shushkta (dryness of vagina) is mainly due to decrease in estrogens level in such condition pichu (tampon) of Shatpushpa Tail is very useful. In Yoni Shula (vaginal pain) Shatpushpa churna along with lukewarm water is very beneficial [7] [8] [9].

Shatapushpa is wonder drug in Vandhyatva (infertility). By its Artvajanana effect it is especially useful in an-ovulatory conditions. In such condition it can be used in various forms (Nasya, Basti, Pana etc.). Shatpushpa Tail Nasya (inhalation) or Shatapushpa Tail Uttar Basti can be given for ovulation induction. Shatpushpa Churna (1-3gm) should be given to two times a day for at least 3 months on empty stomach helps in ovulation. In PCOS / PCOD condition Snehapana with Shatpushpadi Ghrita followed by Panchakarma (Vamana or Virechana) will have excellent results.

4. Conclusion

Ayurveda is a science of holistic healing that aims at longevity and healthy aging through the use of natural medications and healthy lifestyle. In spite of advances in modern science, management of gynaecological disorders is still not satisfactory. As hormonal and surgical treatment are having various side effects and complications. Shatapushpa by its phytoestrogenic property helps in bring down the normal hormonal pattern of H-P-O axis without any side effects. On the basis of above study it is concluded that Shatapushpa is a very useful medicine in the management of various female disorders.

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