ROLE OF SHATAPUSHPA IN WOMEN’S LIFE
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ABSTRACT

Ayurveda is the oldest and most developed herbal system in the world. Shatapushpa among the millions of plants having multitude of benefits. However with female health Shatapushpa holds a significant role. Nowadays female were facing the gynaecological disorders due to excessive consumption of junk food, sedentary lifestyle, faulty dietary habits and also physical and mental stress with load. Thus HPO axis gets impaired. Shatapushpa described by Acharya Kashyapa with separate chapter on it which works on gynaecological problems like Anartava (Hypomenorrhoea), Kashtaraiva (Dysmenorrhoea), Rajonivritti (Menopause), Yonishushkata (Vaginal Dryness), Vandhyatva – Shandhi (Infertility), Raktagulma (Uterine Fibroids), Yonishoola (Vaginal Pain). Thus an effort has been put forth to focus on the benefits of Shatapushpa in relation with female health.

KEYWORDS – Shatapushpa, Ayurveda, Female Disorders etc.

INTRODUCTION

Ayurveda has the oldest and the most developed herbal system in the world. The herbs are viewed as the spiritual essence. Anthum genus is found is 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 Yonishkravishodhanee‘ 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].

**AIM AND OBJECTIVE –**

To study the benefits of *Shatapushpa* concerned with female health as mentioned in *Ayurvedic* classics

**MATERIAL AND METHOD –**

Reviewing *Shatapushpa* through *an Ayurvedic* classics, commentaries also recently published books and Research journals and modern science literature, the collection done concerned with female health.

**DRUG REVIEW –**

*Madhura brimhani balya pushtivarnaagnivardhanila*

*Rutupravartni dhanya yonishukravishodhini |
Ushna vataprashamani mangalya papanashini |
Putraprada veeryakari shatapushpa nidarshita ||

(*Ka.K. 8/6*)

*Shatapushpa* Is *Madhura, Brimhana* and gives energy. It helps in Body development, *varnya* (Beauty) and metabolizes food. It cleanses *Yoni* and *Shukra*. It is *Ushna*, reduces *Vata*, divine, *Papanashini* and *Pudraprada* (helps in foetus formation) [2].

*Shatapushpa Katustikta Teekshnoshna Deepani Laghu |
Pittala Kaphavataghni Medhya Snigdha Jwarapaha ||

*Nihanti*  
*Shuladahakshirogatrishtnavamivranan* |  
(*Kaivyadeva Nighantu*)

<table>
<thead>
<tr>
<th>DRUG</th>
<th>RASA</th>
<th>VIRYA</th>
<th>VIPAKA</th>
<th>GUNA KARMA</th>
<th>PARTS</th>
</tr>
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<tbody>
<tr>
<td>Shatapushpa</td>
<td>Katu</td>
<td>Ushna</td>
<td>Katu</td>
<td>Snigdha</td>
<td>Phala</td>
</tr>
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<td></td>
<td>Tikta</td>
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<td>Laghu</td>
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<td>Vaataghna</td>
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</table>
Latin name – Anethum sowakurz
Family – Umbeliferae
English – Dill and Anet Arabic – Shibth / Habu / Helwa

Description According to Samhitas\(^4\) –

<table>
<thead>
<tr>
<th>Charaka</th>
<th>● Asthapanopaga And Anuvasanopaga Mahakashaya ● Arsha Chikitsa ● Vatarakta Chikitsa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sushruta</td>
<td>● Asthapana Gana</td>
</tr>
<tr>
<td>Kashyapa</td>
<td>● Shatapushpa – Shatavari Kalpa</td>
</tr>
<tr>
<td>Dhanvantari Nighantu</td>
<td>● Shatapushpadi Varga</td>
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<tr>
<td>Bhavaprakash a Nighantu</td>
<td>● Haritakyadi Varga</td>
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<td>Raja Nighantu</td>
<td>● Shatahwadi Varga</td>
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<tr>
<td>Kaiyadeva Nighantu</td>
<td>● Aushadha Varga</td>
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IMPORTANT CHEMICAL COMPONENT\(^5\) –

- Essential Oil (1-4%) Fatty Acids
- Protein (15.68%) Carbohydrates (36%)
- Fibre (4.80%) Vit A
- Niacin Calcium
- Magnesium Phosphorous
- Sodium Carvone
- Limonine Tran-Anethole
- Kaempferol Vecenin
- Tannin Phytoestrogen

PHARMACOLOGICAL ACTIVITY –

- Antihelmintic
- Antimicrobial
- Anti-inflammatory
- Aromatic
- Anti-hypercholesterolaemic
- Diuretic
- Antioxidant
- Antispasmodic
- Eemmenagogue
- Galactogogue
- Helpful in hiccups and colic
- Warm oil on boils
- Antispasmodic
- Promotes milk secretion

PROBABLE MODE OF ACTION IN PTSR –

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) ANARTAVA AND ARTAVAKSHAYA –

Shatapushpa contains Monoterpine such as Carvone, Limonine and Transanethole and some flavonoids such as Kaempferal and Vecenin. Among
them Kaempferal, Transanethole and Limonine 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[7].

2) **KASHTARTAVA AND YONISHOOLA** –

Anuloma karma of *shatapushpa* helps in Doshanam Sanshosana and facilitate free movement of Apana Vayu. *Apana Vayu* works to produce Artava thus acts as Rajapravartaka[8]. It inhibits prostaglandin production and antispasmodic activity thus relieving pain in dysmenorrhoa[9].

3) **RAJONIVRITTI (MENOPAUSE)** –

Recent studies has shown up phytooestrogens 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.

4) **YONISHUSHKATA (VAGINAL DRYNESS)** –

As it contains phytoestrogen thus decreased oestrogen is pulled up by putting Pichu of *Shatapushpa Taila*.

5) **PELVIC INFLAMMATORY DISEASES (PID)** –

Due to its Tannin content discharge gets decrease. *Shatapushpa* is anti-inflammatory and antibacterial[10] in nature thus acts against S. aurens, E. coli, P. aeruginosa, S. typhimurium, Shigella flexneri and Salmonella typi and helps in PID.

6) **POST PARTUM HAEMORRHAGE (PPH)** –

Limonene and Anethole works contractive effect on uterine myometrium thus decreases PPH.

7) **INFERTILITY (OVULATION)** –

Due to its srotoshodhana, ampachana, vatakaphashamana thus removes *Sanga* and *Artava* and helps in regulating Artavapravrutti (*Apanopanaga*) 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[11].

8) **BASTI IN 8TH MONTH OF GARBHINI** –
Asthapana basti given in 8th month includes drugs like bala, atibala, shatapushpa, palala, milk, curd, ghee, oil, madanaphala, honey, etc. which helps in hormonal effect, kaphavata leded constipation and back pain. It gives strength to pregnant woman and regulates Vata.

9) LABOUR PAINS –

Shatapushpa seeds affect the pattern of uterine contraction and shorten the fall time. It has limonene and tannin increases the contraction of uterus and causes better progress of delivery. It shortness the first stage of delivery. It can be used for augmentation of uterine contraction in low risk women in labour and also prevents post term pregnancy [12].

10) GALACTOGOGUE –

Shatapushpa has capacity to increase the production of milk and researchers and literature have proved its Galactogogue [13].

RESEARCHES ON SHATAPUSHPA IN PTSR –

1) A Clinical Evaluation Of Vandhyatwa (Anovulation) With Shatapuspa Taila Nasya And Choorna Orally - Dr. Parvati Birajdar And Dr. Mahantagouda Biradar [14]

2) 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 promising candidates selectively affecting tubulin dynamics [15].

3) shatapushpa kwatha niruha basti and tila taila anuvasana basti helps in dysmenorrhoea by reducing pain and regulates menstruation [16].

4) Matra basti of Shatapushpa taila and Pathadi kwatha acts on polycystic ovarian disorder (PCOD) by regulating menstruation achieving follicular growth and weight reduction [17].

5) 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 [18].

6) Shatapushpa churna and Tilshelukarvi kwatha are effective to increase the duration of menstrual period, to decrease interval between two menstrual cycles, increases amount of blood and gives relief from dysmenorrhoea [19].

KALPAS (FORMULATION) [20] –

Shatapushpa is used in the preparation of more than 56 Ayurvedic preparations which includes,

- Dashamoolarishta
- Dhanwantarishtam
- Mrithasanjeevani
- Saraswatarishta
- Guggulutiktakwatham
- Maharasnadi Kashayam
Dhanwantara Kwatha

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.

CONCLUSION –

The nourishing properties of Shatapushpa used in the relation of the female reproductive system a healthy female reproductive system, supporting already balanced female hormones, promotion of healthy energy levels, supporting the immune system, natural antioxidant properties and strength. Therefore it is seen that Shatapushpa works as a wonder drug in restoring health as well as in various gynaecological and obstetrical disorders suffered by the females in the present scenario. Hence it may be used an effective remedy in all sorts of female health issues as it has preventive as well as curative aspect and may be implemented exclusively in the health care system with minimal adverse effects.

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