

Review article on SHATPUSHPA uses in various forms in Artava vyapad.

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Date of Submission: 20-11-2020

Date of Acceptance: 06-12-2020

ABSTRACT: Background: Now a day females were facing the gynecological disorders due to excessive consumption of junk food, sedentary lifestyle, faulty dietary habits and also physical & mental stress because of workload. So that HPO axis gets impaired, in spite of advances in science, management of gynaecological disorders is still not satisfactory. As hormonal and surgical treatment is having various side effects. In Ayurvedic system of medicine, there are various herbs & formulations are described by Acharaya, which can improve & cure these gynecological problems of females. A classical drug named shatpushpa described by Kashyapa in a separate chapter having properties like Ritupravartini, Yonisukra vishodhini, Putraprda, Viryakari etc so it is used in Anartava (amenorrhea), Viphal Artava (without fruit means no ovulation so can't conceive), Atyartava (menorrhagia), Alpaartava (hypomenorrhoea), Kashtartava (dysmenorrhoea), Rajonirvrutti (menopause), Yoni-shushkata (dryness of vagina), Vandhya & Shandhi (women not having child / can't conceive), Rudhira Gulma (useful in uterine fibroids) and yonishoola (pain in vagina).^[1]

Materials and methods: Selected Ayurveda classics, electronic databases, namely PubMed, Digital helpline for Ayurveda Research Articles and so on are searched to compile the evidence of use of shatpushpa in gynaecological disorders.

Results: shatpushpa is used in the preparations of more than 56 Ayurvedic preparations, which include dashmoolarishta, kumaryasav, narayana taila, mahanarayan taila, phalghrita, sheetkalyanghrita and so on. Various research studies at present reveal many major chemical constituent present in this drug are useful as described by maharishi Kashyapa. Shatpushpa (Anethum sowa) is one of the important medicinal

plant having many therapeutic uses.

Acharya Kashyapa had described it as nectar for women having gynaecological disorders.

Conclusion: shatpushpa can be used to cure many gynaecological disorders like artava kshaya, anartava, vandhyatav, kashtaartava, and so on. It can be used in form of nasya, pana, abhyanga and basti.^[2]

KEYWORDS: Shatpushpa, gynaecological disorder, Artava, Anethum sowa.

I. INTRODUCTION

Now a day females were facing the gynecological disorders due to excessive consumption of junk food, sedentary lifestyle, faulty dietary habits and also physical & mental stress because of work load. So that HPO axis gets impaired, in spite of advances in science, management of gynaecological disorders is still not satisfactory. As hormonal and surgical treatment is having various side effects. In Ayurvedic system of medicine, there are various herbs & formulations are described by Acharaya, which can improve & cure these gynecological problems of females. A classical drug named Shatpushpa described by Kashyapa in a separate chapter having properties like Ritupravartini, Yonisukra vishodhini, Putraprda, Viryakari etc so it is used in Anartava (amenorrhea), Viphal Artava (without fruit means no ovulation so can't conceive), Atyartava (menorrhagia), Alpaartava (hypomenorrhoea), Kashtartava (dysmenorrhoea), Rajonirvrutti (menopause), Yoni-shushkata (dryness of vagina), Vandhya & Shandhi (women not having child / can't conceive), Rudhira Gulma (useful in uterine fibroids) and yonishoola (pain in vagina).^[3]

Anethum Sowa Kurtz. Belong to Apiaceae/Umbelliferae family. Anethum sowa also known as Peucedanum graveoles / Shatpushpa or

Dill. The common name „Dill“ arises from Norse word Dilla which means soothe. This herb grows annually glabrous and aromatic herb native to the eastern Mediterranean region and western Asia. Indian dill is grown in the states of Rajasthan, Gujarat, Madhya Pradesh, Maharashtra and Andhra Pradesh for its seeds, which are used for the extraction of oil and are exported as such to earn foreign exchange. Rajasthan shares 48% of total dill production.^[4]The seeds and the leaves used for curing many disease. Anethum sowa seed has medicinal uses as a diuretic, carminative antibacterial, antiseptic, antispasmodic, cardio depressant, digestive, blood sugar lowering, blood pressure lowering, breast milk stimulating, galactagogue, and laxative properties. Two species of dill: European dill (*Anethum graveolens* L.) and Indian dill (*Anethum sowa* Roxb.). *Anethum sowa* is rich in apiol whereas *Anethum graveolens* is rich in carvone. *Anethum* seeds are used as a spice and its fresh and dried leaves called dill weed are used

as condiment and tea. The aromatic herb is commonly used for flavoring and seasoning of various foods such as pickles, salads, sauces and soups.

Pharmacology^[5]: 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.

Safety aspects: dillapiol, found in essential oil of anethum sowa is known to be abortifacient and toxic to both liver and kidney.

The LD50 of the 50 percent ethanolic extract of the fruit is 1000mg/ kg ip in mice.



Botanical name^[6]- *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, soya),

Gujrati (Surva),

Kannada (Sabastya),

Marathi (Surva),

Sanskrit (Shatapushpa),

Telugu (Sabasige)

English name - Dill **Arabic** - Shibth/ Habu.

Synonyms: Sathapushpa, Chhatra, Shatahwa, Madhura, Mishi, Carvi, Atilambi, Samhitchhatrik, Sitachhatra, Peetika Avakpushpi, Shipapara, Ghosh, Magdhi, Yonishulaghni. Classifications of shatapushpa in various Nighantus and text.

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

Properties^[7]

Rasa: Madhura, Katu, Tikta

Guna: Laghu, Ruksha, Tiksha

Virya: Ushna

Vipaka: Katu

Doshaghnta: Kaphavatashamaka

Karma: Artavaajanana

application to counteract bees poison (Bhela Samhita Visha/216)

- Aprapatana-tamponsoakewithoilpreparewithshatapushpa, kustha, madanphala and hingu should be given (charak sam sha 8/41)

II. MATERIAL AND METHODS

Original articles and research papers in published journals and in Pubmed central on Shatapushpa 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 Shatapushpa) 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 Shatapushpa. Finally results were obtained from all the data and literature studied.

III. RESULTS AND DISCUSSION

Therapeutic use^[8]

External application

- Shushka Arsha fomented with lumps of Vacha and Shatapushpa mixed with unctuous substances.
- In Vata predominant Vata Rakta Paste of linseed, castor seeds and Shatapushpa seeds pounded with milk is used for local application to remove Shoola. (Charaka samhita Vatarakta chikitsa)
- Vishahara lepa: Paste of Shatpushpa mixed with rock salt and Ghee is used for local

Internal

- Bastikarm - Acharya Charaka firstly described shatapushpa in asthapanopaga as well as anuvasanopaga mahakashaya & also in dhanvantari nighantu. It is widely used as a kalka in basti therapy, it helps to regularise the apana vata
- Asthapano basti with shatapushpa, vaca, kustha, kana and sarsapa mixed with oil and salt is used for aparapatna (ashtang hridaya sha1)
- Agnimandhya, Aruchi & Vamana - Because of its Usna, Tiksha. Pittkrit, Deepana, pachana, Ruchidayaka, Vatanulomanaproperties.
- Udarshoola, Krimi, jwara, vrana, netraroga etc.
- Rasayana: Shatapushpa promotes intellect with-in a month when given with honey and Ghee.^[9]
- According to Acharya Kashyapa it is used in different conditions with different Anupanas;^[10]
 - For Agnivridhi – Madhu
 - Rupa Vardhan – Ksheer & Sarpi
 - Bala Vardhan – Taila
 - In Pleeha roga – Katutaila
 - Kamala, Pandu & Shotha – Mahisha ksheer & Mutra
 - Kushti – Khadirava
 - Gulma – Eranda taila. Some formulation which contains shatapushpa as ingredient

frequently used in striroga and Prasutitantra.

Sr no.	Formulation	Dosage	Adhikar	Part used	Reference
1	<i>Dashmoolarishta</i> ^[11]	<i>arishta</i>	<i>Vandhyatva, pushtikarak, teja and shukra, balaprad</i>	<i>phala</i>	<i>Sharangdhar, madhyam 10</i>
2	<i>Narayan taila</i> ^[12]	<i>taila</i>	<i>vandhyatava</i>	<i>phala</i>	<i>Sharangdhar, madhyam khanda 9</i>
3	<i>Kumaryasav</i> ^[13]	<i>asava</i>	<i>Udarroga shukradosh nashnam</i>	<i>phala</i>	<i>Sharangdhar madhyam khanda 10/18-27</i>
4	<i>Dhanvantar tailam</i> ^[14]	<i>taila</i>	<i>Sarvaroghar chikitsa</i>	<i>phala</i>	<i>Ashtanga hridaya</i>
5	<i>Phalaghrita</i> ^[15]	<i>ghrita</i>	<i>vandhyatav</i>	<i>phala</i>	<i>Sharangdhar. madhyamkha Nda 9/80-87</i>
6	<i>Sheetkalyan ghrita</i> ^[16]	<i>ghrita</i>	<i>Alpapushpa, vandhyatav</i>	<i>phala</i>	<i>Yog. rat. pra. Rog. chi</i>
7	<i>Brihatkushmand avleh</i> ^[17]	<i>avleh</i>	<i>Vrishya, brihana, balavardhana</i>	<i>phala</i>	<i>Bhav. Chi. 9/58-71</i>
8	<i>Shatapushpa churna, Shatapushpa taila</i> ^[18]	<i>Churna, taila</i>	<i>artavajanak</i>	<i>phala</i>	<i>Kashyap shatapushpa Shatavari kalpa 5/23-25</i>
9	<i>Bala taila</i> ^[19]	<i>taila</i>	<i>vandhyatav</i>	<i>phala</i>	<i>Ashtanga sangrah</i>
10	<i>Maharasnadi kashyam</i> ^[20]	<i>kashaya</i>	<i>vatashamak</i>	<i>phala</i>	<i>Sharangdhar. Sam. madh. 2/89-85</i>

S.No	Institution	Author	Year	Title	Conclusion
1.	IPGT & RA Jamnagar	Der Chaya	2002	A Comparative clinical study of <i>Shatapuspadi vati</i> and <i>Krishna Tila Kwatha</i> on <i>artava kshaya</i>	<i>Kwath</i> Therapy (Gr. B) was found to be more effective than <i>vati</i> (Gr. A). Maximum relief was achieved in duration of menstrual cycle (80.97%), intermenstrual cycle (76.47%) amount of menstrual blood (76.46%) painful menses (95.5%).
2.	Gopabandhu Ayurveda college and hospital, Puri.	A. Ghose and P. K. Panda	2010	Clinical efficacy of <i>Shatapushpa (Anethum sowa Kurz.) powder</i> in the management of <i>Artava kshaya (oligomenorrhoea)</i>	The statistical evaluation of clinical study revealed that significant results were observed in painful menstrual bleeding, scanty menstrual bleeding and irregular menstrual cycle.
3.	SMSS Ayurved Rugnalaya & Research Centre, Aurangabad	Nilesh Y. Bediskar Sandhya M.	2017	Clinical evaluation of <i>Shatapushpa Shatavari churna</i> and O.C pills in management of <i>artavakshaya w.s.r</i> to certain menstrual	<i>Shatapushpa Shatavari Churna</i> is more effective on <i>Yoni Vedana, Artava strava Pramana</i> and <i>Artava strava kalvavadhi</i> .

		Yennawar		disorders	
4.	IPGT & RA Jamnagar	Krupa Patel	2011	A clinical study on polycystic ovarian disease and its management by <i>Shatapuspa tail Matra basti</i> and <i>Pathadi kwath</i> .	20% patient ovulated in whom <i>Shatapuspa taila matra basti</i> was given. 33.33% patient got complete remission of disease.
5.	SVPRAMC Badami, Bagalkot Dist, Karnataka State	Dr. Parvati Birajdar	2016	A clinical evaluation of <i>vandhyatwa</i> (anovulation) with <i>Shatpuspa taila nasya</i> and <i>churna</i> orally	Overall result among 30 <i>Vandhyatwa</i> patients 18 (60.00%) and 12 (40.00%) which are rated as Fair and good response respectively, and considered as to be considered as a best treatment in controlling, relieving and curing <i>Vandyatwa</i> condition.
6	M.A.Podar Ayurved Medical Hospital	Dr.Bhagya shri Mahavir Khot. Dr.Meena Dipak Lad. Dr.Arun Jagannath Patil. Dr.Anil Chindhu	2013	“A Clinical Study To Evaluate The Efficacy Of <i>Shatapushpa Tail Uttarbasti</i> & <i>Shatavari Tail Uttarbasti</i> With Herbal Compound In The Treatment Of Anovulatory Cycle”	<i>Shatpushpa</i> and <i>Shatavari</i> both are contains natural phytoestrogen therefore its increases endometrial thickness & menstrual flow.
8	DGM Ayurvedic Medical College Gadag	Nidhi Garg Akhil Jain	2016	evaluation of efficacy of <i>shatapushpa phala churna</i> in <i>rajakrichra</i> with special reference to primary dysmenorrhoea	<i>Shatpushpa</i> showed highly significant result in subjective Parameters in curing dysmenorrhoea
9	Qom University of Medical Sciences of Iran.	RezaHeid arifar, NahidMe hran,	2014	Effect of Dill (<i>Anethum graveolens</i>) on the severity of primary dysmenorrhoea in compared with mefenamic acid: A randomized, double-blind trial	Comprising the VAS showed that the participants of Dill and mefenamic acid groups had lower significant pain in the 1 st and the 2 nd months after treatment

Clinical studies conducted on *shatapushpa* (*anethum sowa*. linn)

All these above studies prove that *shatapushpa* is useful in gynaecological disorders like *kashtaartava* (dysmenorrhoea) (Especially in

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*.

Shatapushpa.

1 Because of Katu Rasa, Katu Vipaka and Ushna Veerya this drug will help in Rajapravartana.

2 Because of Ushna Guna and Vata Shamaka property Shatapushpa will help in Shamana of Shoola.

3 Kapha Shamaka properties will help in alleviating Kapha Dosha, which will relieve obstruction to flow of Raja.

4 Because of its Anulomaka Guna it will cause Anulomana of Doshas and Malas and it will change Gati of Apana Vayu from Pratiloma to Anuloma that in the turn will help in its proper functioning i.e. Pravartana of Raja and Mala.

5 Because of Rochana and Agnivardhaka properties it will help in Ama Pachana and Ama is considered as Moola of all the Vyadhis.

6 Because of Rasayana Guna and Madhura Rasa it alleviates Vata and increases the Rasa Dhatu so its Upadhatu Artava also increases.

Researchers and literature have proven that it has capacity to increase the production of milk. It is also rich source of Phytoestrogen^[21] hence can be effectively used in menopausal females for symptoms like hot flush, vaginitis, anxiety and osteoporosis. Phytoestrogens acts as anti estrogenic in breast and endometrial tissue, so when used in proper ways these can be beneficial in breast CA, Endometrial CA. Along with this it is also beneficial as antioxidant, anti hyperlipidemic^[22], anti-inflammatory^[23] and antimicrobial.^[24] Seed oil is also effective in stomach illnesses, food digestion, stopping hiccup, relieving of pain.

IV. CONCLUSION

In present review it is clear that shatapushpa has properties which are useful for treating many gynaecological disorders. It can prove key plant especially in the management of artavakshaya, kashtaartava, vandhyatava and post partum hemorrhage.

So it is concluded that with various preparations shatapushpa can be effectively used in the management of various gynaecological disorders. Also there is a great scope for development of new preparations of shatapushpa.

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