

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***Conceptual study of preventive and curative aspect of *shatavari* in menstrual disorders.**Pallavi Udhvarao Jadhav¹, Sharayu A. Kore²

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Abstract-

Now a day women have made tremendous progress in all various fields, today's woman is juggling with carrier, marriage and family responsibilities like never before. Due to lifestyle changes and stressful life most of women are suffering from menstrual disorders like dysmenorrhoea, oligomenorrhoea, menorrhagia, and metrorrhagia etc. The majority of these conditions are included in *Artava Kshaya* and *Artava Vruddhi* in our *Samhitas*.

As stated in *Ayurvedic Samhitas* *Shatavari* is one of the best drugs in all

menstrual disorders. *Shatavari* is mainly known for its phytoestrogenic properties. With an increasing awareness about the harmful effects with synthetic oestrogens, the interest is focused in plant derived oestrogens. *Shatavari* is one of the promising drugs which has been mentioned for its importance in prevention and treatment of disorders of Menstruation. Its beneficial uses in correcting menstrual irregularities are mentioned in *Samhitas*. This article aims to evaluate the biological activities and pharmacological applications of *Shatavari* according to *Samhitas* and modern researches.

Key words- *Shatavari*, phytoestrogen, *Artav*, menstrual disorders.

In present era there are many health related problems are increased due to

INTRODUCTION

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changing lifestyle, food habits, and stress. In women it specially affect the menstrual cycle by hormonal disturbances. So that the menstrual disorders are very common in women. For all these menstrual disorders Oestrogen replacement therapy is recommended. At the same time, oestrogen therapy is known to increase the risk for endometrial cancer, breast cancer, venous thromboembolic events and gall bladder disease. Considering these facts of modern therapy Ayurvedic drug will be superior for the beneficiary effects over the risk factors associated with Modern drugs which is safe and having similar effects on menstrual disorders. There are many drugs mentioned in *Samhitas* having similar *Rasa*, *Vipak* and *Veerya* like *Shatavari*, but the *Shatavari* is most important due to its *Prabhavatmak karma* which can be explained by modern experimental pharmacological work especially on female reproductive system related to Hypothalamus Pituitary ovarian axis responsible for either effect of *Atyartava* or *Ksheenartava*.

AYURVEDIC REFERENCES-

Shatavari is most frequently used and most imp drug in *Ayurveda*. It is described in most of all *Samhitas*. In *Charaka Samhita* (Ch.su.4/9, 18) *Shatavari* included in *Balya*, *Vayasthapana Gana*. In *Sushruta* (Su.Su.38/4, 5) it is included in *Vidarigandhadhi Gana* and *Kantakpanchmul*. These *Gana* indicates the action of *Shatavari* as a *Pittavataghna*, *Balya*, *raktapittaghna* etc. This classification shows the pharmacological action of *Shatavari*. It is widely used for lactogenesis after delivery but not to the extent for menstrual disorders. *Kashyap Samhita* has dedicated one complete chapter in *Kalpasthanana* '*Shatapushpa Shatavari Kalpaadhyaya*'. This explores its Pharmacological properties in many

The above verse explains wide variety of menstrual disorders leading to infertility or Low birth weight babies or babies with low immunity. So it can not only treat amenorrhea, menorrhagia and metrorrhagia, hypomenorrhoea, early menopause, delayed menarche, improper flow or dry vaginal

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canal but also improves further progeny, hence both drugs named 'Amruta'.

According to *Ayurvedic* references *Shatavari* acts in all menstrual irregularities due to its *prabhavatmak karma* on female reproductive system. *Shatavari* nourishes the *Rasa dhatu*. And *Artava* is upadhatu of *Rasa* (*Ch.Chi15/17*). In *Artavkshaya* i.e. amenorrhoea (absence of menses), hypomenorrhoea (bleeding is unduly scanty and lasts for <2days), oligomenorrhoea (bleeding occurs more than 35days and remains constant at that frequency), dysmenorrhoea (painful menstruation of sufficient magnitude so as incapacitate day today activities) it corrects the *Rasa Dhatu* and its *Upadhatu Artava*. In *Artav Vriddhi* i.e. menorrhagia (cyclic bleeding at normal intervals but in excessive in amount i.e. >80 ml), polymenorrhoea (cyclic bleeding where cycle is reduced <21 days), epimenorrhoea (frequent cycle with excessive prolonged bleeding), metrorrhagia (irregular, acyclic bleeding) there is *Vata*, *Pitta* and *Rakta dushti* occurs. In this it corrects the *Vata*, *Pitta* and *Rakta* by its *Madhur*, *Tikta* –

Madhur –*Sheet*, *Rrasa-Vipak-Virya*.

Shatavari also has action on CNS as it shows *Medhya* property. So that it reduces the stress which directly affects the hormonal system. It also strengthens the body due to its *Balya Karma* and especially female reproductive organs i.e. uterus, ovary, vagina cervix.

It is also recommended in *Shaak Varga* by highest authority *Charaka Samhita* (*Ch.Chi.27/108*). The reason behind it seems to be the preventive aspect and also *Rasayana* for all ages in female life cycle ; right before birth in intrauterine life not only for female but useful for both the gender as *Rasayana* for *Shukravahasrotas* in males in specified conditions as mentioned by *Sharangdhar Samhita*.

MODERN REVIEW-

According to modern researches *Shatavari* is used to correct menstrual irregularities due to the Phytoestrogenic components present in it⁷. Phytoestrogens are defined as any plant compound structurally and/or functionally similar to

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ovarian and placental oestrogens and their active metabolites¹¹. The phytoestrogen have a similar structure to oestradiol and are able to bind the estrogen receptor (ER). Phytoestrogens affect the regulation of ovarian cycles and oestrous in female mammals and the promotion of growth, differentiation and physiological functions of the female genital tract, pituitary, breast and several other organs and tissues in both sexes. So that it can corrects all menstrual irregularities. Oestrogen therapy is known to increase the risk for endometrial cancer, breast cancer, venous thromboembolic events and gall bladder disease⁸. Considering the threat associated with oestrogen replacement therapy there is a substantial increase in risk associated with long periods of oestrogen use and this risk persisted even several years after discontinuation of oestrogen use⁸. So that the naturally available phytoestrogen which is abundantly present in *Shatavari* is a better drug of choice⁸.

CONCLUSION-

By all above references it is concluded that *Shatavari* is best choice of drug in all menstrual irregularities and has many benefits over hormonal therapy. Its daily consumption can prevent many gynecological disorders before its occurrence. So *Shatavari* should be used in women from before the birth till the last end of life.

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