



***Shatpushpa* : One solution for various female health issues : A Review**

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ABSTRACT:

Ayurveda has the oldest and the most developed herbal system in the world. *Shatpushpa* commonly known as “Dill seeds” has been recognized in different system of traditional medicines for the treatment of different diseases and ailments of human beings. However, in relation with female health, *Shatpushpa* holds a significant role. In spite of advances in science, management of *gynaecological* disorders is still not satisfactory. As hormonal and surgical treatment approach is having various side effects, herbal treatment following Ayurvedic principles is most preferable. Various recent researches have also proved its beneficiary effects in various disorders like *Dysmenorrhoea*, Postpartum *haemorrhage*, Infertility etc. In present study an effort has been put forth to focus on the benefits of *Shatpushpa* in relation to female health.

KEYWORDS: *Shatpushpa*, Female health.

INTRODUCTION

Women’s health is considered to be the one concerned with family, society and culture. In present era, most of the women are working women and due to change in lifestyle, food habits and workload, they

are facing various *gynaecological* disorders such as Menstrual irregularities, Infertility, PCOD, Fibroids, Infections etc. In *Ayurveda*, various *Acharyas* described various unique herbs, medicinal plants and their formulations of compounds that can improve the health of women. *Shatpushpa* means 100 flowers. *Acharya Kashyapa* described its many medicinal effects in separate chapter called “*Shatpushpa Shatavari Kalpadhyaya*”. The action of *Shatpushpa* is *Balya*, *Bruhaniya*, *Deepan*, *Pachan*, *Yonivishodhana*, *Rutupravartamana* etc. as described by *Kashyapa*¹. In *Ayurveda*, *Shatpushpa* can be used as one solution for various female health problems.

AIMS AND OBJECTIVES

1. To study the *Ayurvedic* properties of *Shatpushpa*.
2. To study and critically analyze latest researches on *Shatpushpa* concerned with female health.

METHODOLOGY

Search Criteria:

Description of *Shatpushpa* was studied from classical texts of *Ayurveda* including *Samhita* and *Nighantu*.

Original articles, research papers published in journals & in Pubmed central & google

scholar on Shatpushpa and female disorders were studied out.

Information regarding *gyanecological* disorders was collected from modern and ayurveda literature. Importance was given to clinical trials carried out on Shatpushpa. Finally results were obtained from all collected data and literature studied.

DESCRIPTION

Botanical name: *Anthem Graveolens* linn.

Family: Apiaceae

Synonyms: Shatavha, Potika, Madhavi, Chhatra, Sugandha, Shatpushpa, Shifa, Karvi, Shatpushpika.²

Morphology: Shatpushpa is a aromatic annual herb, hallow finely grooved stem, strip dark green and white with bluish spot, leaves compound 2 to 3 pinnate, bluish green segments filiform leaf sheath surrounds the stem, flowers yellow, in flat compound umbells, fruits narrowly winged, vittae large and conspicuous.

Habitat: All over India

Parts Used: Fruits, Ark

Ayurvedic Properties (Pharmacodynamics):

Text	Rasa	Guna	Veerya	Vipaka	Doshaghnata
Kashyapasamhita	Madhur, Kashaya	Ushna, Snigdha	Sheeta	-	Vatpitta
Raj Nighantu	Katu, Tikta	Snigdha	-	Katu	Shleshma
Dhanwantari Nighantu ³	Katu, Tikta	Snigdha, Ushna	-	-	Shleshma Vata

Pharmacological Action:

It is mainly Kapha Vata Shamaka, Vedana Sthapaka, Shothahara, Deepana, Pachana, Krimihara and Vatanulomana.

Acharya Kashyapa described its actions as Brimhani (Anabolic), Balya pushti (Strength providing), Varnagni Vardhini (Promotor of Nutrition complexion and Fire), Ushnavat Prashamani, Rutupravartini (Initiator of menstrual cycle), Yoni Shukra vishodhini (it purifies reproductive organ in female, spermatic fluid in male) and Putraprada (helps in achieving conception).

Chemical Constituents:⁴

- Phyto-chemicals - The herb consists of monoterpine such as carvone, limonine and trananethole and some flavonides such as kaempferol and vecenin. Kaempferol trasanethole and

limonine exhibit phytoestrogenic activity. The main action of phytoestrogen is due to their adaptogenic activity. They can be beneficial in both hyper estrogenic and hypo estrogenic state in the body. Thus they have mixed estrogenic and anti estrogenic action depending on target tissue. That's why it works in Amenorrhoea and Menorrhagia too as described by Maharshi Kashyapa.

- Essential Oil - Carvone is the major constituent (19.5% -69.7%), dihydrocarvone (7.2%-14.3%), Limonine (9.0%-34.4%), Apiole (5.7%-15.6%), Alpha pinene (5.0%-7.3%) and Alpha terpene (3.6%-7.3%). Less variation is

found in eugenol (3%), Thymol (2.4%) and Caryophylline (3.6%)

- Minerals – It is a good source of calcium, magnesium, zinc, iron and argentine.
- Others – Proteins (15.68%), Carbohydrate (36%), Fibers (14.80%), Ash (9.8%), Essential oils, Fatty oil, Moisture (8.39%) and small amounts of vitamins like thiamine, riboflavin, niacin, vit.B6.

FORMULATIONS AND PREPARATIONS :

More than 56 Ayurvedic preparation which include Dashamularishtam, Dhanwantarishtam, Mrithasanjivani, Saraswatarishtam, Guggulutiktha Kwatham, Maharasnadi Kashayam and so on.

Discussion and Results:

Benefits of Shatpushpa in various phages of female health -

- 1) Dysmenorrhea – Dysmenorrhea means painful menstruation. It is one of the most common gynaecological problems. In double blind randomized study by Reza et.al it was demonstrated that Dill can be as effective as mefenamic acid in decreasing the pain, severity of primarily dysmenorrheal. It relives dysmenorrhea due to inhibition of prostaglandin production and antispasmodic action.
- 2) Oligomenorrhea- A Ghose, P K Panda et.al has proved that Shatpushpa powder 5 gm twice daily with cow ghrita for 3 months is helpful to correct irregularity of interval of menstruation (90.47%), duration of menstruation (79.37%), amount of blood flow (90.0%) and pain during menstruation (100%) which were highly significant in clinical study.⁶
- 3) Menopause- Decrease in estrogen level is certainly the most prominent reason for menopause related symptoms like Hot

flushes, Insomnia, Depression, Irritability, Dry Vagina etc. Presence of phytoestrogen in Shatpushpa helps in the complications occurs due to deficiency of estrogen. Also the flavonides and group B vitamins helps in regulating the secretions of hormones and enzymes which pacifies the nervous system so effective in Insomnia. Phytoestrogens are attenuated estrogen and their estrogenic effect in postmenopausal women was established with the maturation of vaginal epithelium after dietary supplements with isoflavones and lignans. Because of their preference for binding to the beta form of estrogen receptor (ER –b) phytoestrogens in women preferably expressed estrogenic activities in CNS, Blood vessels, Bone and skin without causing stimulation of breast or uterus.⁷

4) Infertility- It is experimented that it is good uterine stimulant drug. It increases vascularity of endometrium i.e. regeneration and proliferation of endometrium. Its Madhura, Bruhana, Balya and Rasayana properties increases the thickness of endometrium and responsiveness of endometrium to bear conception. Study conducted on Shatpushpa churna (group A) showed better result (64.52%) in comparison to Pippalyadi Churna (61.57%) in dominant follicle, endometrial thickness, fern test, Spinn barkeit test, duration of menses, Dysmenorrhoea and Dyspareunia.⁸ Use of Shatpusha oil for Nasya, Abhyanga and Basti is beneficial for female infertility. Oral intake of Shatpushpa Kalpa and Shatpuspa oil also found useful in infertile female.

5) Lactation- Antheum Graviolens has capacity to increase the production of milk and researchers, literature have proven it. So it can be used as Galactogoue.⁹

6) PCOS- Since incidence of PCOS is increasing, Shatpushpa can be effectively used for managing this problem. Researcher has proved that Shatpushpa tail Matrabasti along with Pathadi Kwath is found to be effective in remission of PCOD.¹⁰ Due to property of Katu rasa and Ruksha Tikshna guna, it removes the obstruction of in strotas by Lekhan karma, it acts through proper vascularising the uterine musculature, along with it cures the Upalepa produced by Kapha in Artava srotasa and dilate the passage. Kaphavilayan occurs in this way, they help in Srotoshodhana. So it stimulates the follicles and helps in ovulation. As obstruction is cleared, free flow of Artava occurs into lumen.

7) Antimicrobial Activity- Aqueous extract of *A.Graviolens* showed a broad spectrum antibacterial activity against *S. Aurious*, *E.Coli*, *P.Aeruginose*, *S.Typhimurium*, *Shigella Flexneri* and *Salmonella Typhi*, Antimicrobial activity against *saccharomyces cerevisiae*. It has antifungal and protective properties, so can be useful in Diarrhoea and conditions which are due to inflammatory lesions. These properties may be helpful in pelvic inflammatory diseases which cause various types of vaginal discharges, menorrhagia as described in classics.¹¹

CONCLUSION:

Shatpushpa is a plant with a wide range of constituents with many pharmacological effects. Therefore it is seen that Shatpushpa works as a wonder drug in restoring health as well as various gynecological disorders suffered by most of the females in the present scenario. Shatpushpa by its phytoestrogenic properties helps in bringing down the normal hormonal pattern of HPO axis without any side effects. On the basis of the above study it

may be used as an effective remedy in all sorts of female health issues. As it has preventive as well as curative aspects and may be implemented exclusively in the health care system with minimal adverse effects. Also, there is a great scope for development of new ayurvedic preparations of Shatpushpa.

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