ROLE OF KAPIKACHCHHU IN GYNECOLOGICAL DISORDERS

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ABSTRACT
According to Ayurveda, the lower body is the place of Vata, lower abdomen include pelvic area is specific place for Apana Vata; Acharyas very well to know reproductive endocrinology mentioned as Apana Vata Karma which regulate menstrual cycle and excretory function; this indicates its neuro-endocrine function; so all gynaecological disorders do not occur without vitiation of Vata, hence the general principle of treatment for all gynaecological disorders is first of all Vata should be normalised then treatment of other Doshas. In various Ayurvedic texts defined Kapikachchhu as a Vata-Shamaka, Balya Nadi Samsthana Balya (nervine tonic) and Bajikaraka (aphrodisiac). Bhavprakasha, Yogratnakara mentioned their local use for vaginal constriction. In some research it showed their effect on reproductive organ, also some research showed its efficacy on nervine tissue. Hence, we can conclude our ancient Acharya very well to know that Kapikachchhu regulate reproductive endocrinology and it is very effective in male and female reproductive dysfunction.

Keywords: Apana Vata, gynaecological disorders, Kapikachchhu.

INTRODUCTION
Vata regulate all body function which cleared by Acharya Charaka Queto - Vayu Tantra Yantra Dhara and Sharangdhara says Pitta Kapha Dosha, Dhatu and Mala are handicapped without Vata; they move along with Vata means Vata regulate whole body function and lower body function including reproductive system regulated by Apana Vata; so some Apana Vata Karma similar to reproductive endocrinology.
The general treatment principle of Ayurveda is diminished Dosha-Dhatu should increase, increased Dosha-Dhatu should diminish and balance should be maintained and choose drug according to Samanya Visheshtha Siddhanta. In gynaecological disorders, there is firstly Vata vitiates which imbalance in Kaptha and Pitta and which vitiates Dhatu, so the line of treatment is Vata Shamaka and Brimhana. Kapikachchhu have Vata-Samaka and Brimhana action due to its Madhura Rasa and Guru Guna made by Prithviand Jala Mahabhuta. So, it helps in management of gynaecological disorders.

**Kapikachchhu in various Ayurvedic texts:** In Vedic literature, Kapikachchhu is not mentioned. In Brihatrayi Samhita it mentioned in different term as it is quotes with the name Adhyaanda, Kusimbivali Languli, Kandukari, Atmagupta and Svayamgupta. All the three texts have mentioned the synonym Markati. Acharya Charaka mentioned in Dashe-Rasa Panchak-

<table>
<thead>
<tr>
<th>Text</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Dosha-shamakta</th>
</tr>
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<tbody>
<tr>
<td>Dhanvantari Ni. [14]</td>
<td>Madhura,Tikta</td>
<td>-</td>
<td>Sheet</td>
<td>-</td>
<td>vatta,pitta, Rakta</td>
</tr>
<tr>
<td>Bhavprakash Ni [16]</td>
<td>Madhura,Tikta</td>
<td>Guru</td>
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<td>Vatta,Pitta, Kapha, Rakta</td>
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<tr>
<td>Kaiyadev Ni. [17]</td>
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<tr>
<td>Nighantu Adarsha [18]</td>
<td>Madhura,Tikta</td>
<td>Guru</td>
<td>Sheet</td>
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<td>Vatta, Pitta, Kapha, Rakta</td>
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**Action of Kapikachchhu on reproductive system:** Traditionally it used for reproductive system as a Bajikaraka (Aphrodisiac), for female in menstrual disorders both in heavy and scanty menses; it means it stabilize in imbalanced Dosha or endocrine system. Yogaratnakara has mentioned Kapikachchhu Moolakwatha Yoni Prakshalana for Yoni Sankirnana (constriction) in the chapter of Yoniyapad Chikitsa and also in Bhava Prakasha. In some research its some chemical constituents showed significantly increases progesterone, follicular stimulating hormone (FSH), luteinizing hormone (LH) in both male and female animal. It also significantly showed that it increases testosterone level in male and oestradiol in female animal. In human, one research on male infertility showed that Mucuna pruriens significantly improved in testosterone, LH, dopamine, adrenaline and nor adrenaline. So, the probable mode of action of Kapikachchhu on reproductive system are as follows:
Table 1: Other therapeutic uses which indirectly regulate or improve reproductive function

<table>
<thead>
<tr>
<th>Therapeutic Use</th>
<th>Description</th>
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<tbody>
<tr>
<td>Increased dopamine level</td>
<td>Dopamine has been shown to increase human growth hormone (HGH) levels and which is known to increase protein synthesis and stimulate muscle growth. So, it helps to cure, loosen or damaged musculature condition like pelvic organ prolapse.</td>
</tr>
<tr>
<td>Lower stress</td>
<td>In condition of stress increased level of corticotropin releasing hormone, also there is increase level of adreno-cortico-trophic hormone, cortisol and endogenous opioids and low level of leptin. Corticotropin releasing hormone directly inhibit GnRH secretion via raised endogenous opioids. Kapikachchhu release stress and help getting to sleep. Dopamine from L-dopa acts on the pineal gland which secretes the sleep hormone melatonin.</td>
</tr>
<tr>
<td>Nervine disorders</td>
<td>It indicated for <em>Vatavyadhi</em> disorders like Parkinsonism also prove through recent many research that it very good for improving nervine disorders through increase dopamine and release stress.</td>
</tr>
<tr>
<td>Anticonvulsant and antidepressant</td>
<td>In some study its extract like hydroalcoholic extract significantly change locomotory activity and release stress noticed by various stress test. In some animal research it seed extract showed anti-convulsant activity and significantly reduce tonic extensor convulsion.</td>
</tr>
<tr>
<td>Hypertension</td>
<td>In some study it showed anti-hypertensive activity because it normalize vitiated <em>Vata-pitta and Rakta</em> due to its <em>Madhura Rasa, Tikta Rasa, Guru Guna, Sheeta Veerya</em> and anti-stress activity.</td>
</tr>
<tr>
<td>Antidiabetic</td>
<td>In some study showed that Mucuna pruriens significantly control postprandial hyperglycemia.</td>
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Antimicrobial action | In some study it proven that its essential oil showed antibacterial, antifungal, antiviral and action on different microbes.[38]. This may be due to presence of Tikta Rasa.

Wound healing | In Dhavanatari and Raj Nighantu, it indicated in Dushtavarna (non-healing ulcer/chronic ulcer) and also showed some modern research like anti-diabetic action and anti-inflammatory and anti-microbial activity which helps in wound healing.[29].

Haematological disorders | In Ayurveda it indicated for Rakstapitta, Pitta or Asra Roga and Vatarakta (Gout). In some study it showed increase red blood cell count. So it can be use in bleeding disorders and anemic condition.[30][31]

Gastro-intestinal disorders | In Sushruta Samhita its root indicated in diarrhea, clinically found that vaginal douche by decoction of its root helps to cure constipation and incomplete evacuation; so definitely it act on bowel nerve ending and regulate their motility.

**DISCUSSION**

Ayurveda clearly mentioned action of Kapikachchhu on reproductive system and they mainly used Kapikachchhu for Vrishya (aphrodisiac), Balya (increase body strength), menstrual relation, vaginal muscle strengthening, also proven through modern theory that it regulate reproductive neuro-endocrinology through various chemical constituents like L-dopa, ethanolic extract. It also increases oestrogen and other reproductive hormone which helps in growth and development of reproductive system and increase muscle mass. It helps in Oocyte maturation in female and spermatogenesis in male and improve sperm and ovum quality. It proven in some study, it acts on hypothalamus and limbic system and release stress which affect reproductive endocrinology. Its antimicrobial and anti-inflammatory activity helps in wound healing. It controls blood sugar level; so, it help to cure hyperglycaemic condition. It improves number of red blood cells; hence it can be used in anaemic condition.

**CONCLUSION:**

Kapikachchhu is Vata Shamaka and Nadi-sansthana Balya. It also acts on brain higher center and limbic system and release stress and stimulate reproductive nerve tissue also increase reproductive hormone and increase reproductive function. Hence it is clear that Ayurveda and modern both proven that action of Kapikachchhu on reproductive system; our Acharya very well to know their property and they used Kapikachchhu for both male and female reproductive disorders or to enhance their function.

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