ROLE OF SHATAPUSHPA CHURNA IN AARTAVKSHAYA W.S.R TO HYPOMENORRHOEA AND OLIGOMENORRHOEA: A REVIEW

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ABSTRACT

Women is not a creature, she is the creator. God gifted women a unique quality, which is to give birth a new life through her. To fulfill above words, nature has delivered exclusive anatomical and physiological characteristics in the women, menstruation is one of them the most important physiology. The menstruation is the hormonal process a woman’s body goes through each month to prepare for a possible pregnancy. Regular menstrual cycle in the years between puberty and menopause (13to50 yr) are usually a sign that woman’s body is working normally. According to Ayurveda in normal menstrual cycle intermenstrual period is 1 month (chandramasa-28days) and bleeding days are 3 to 7 days without pain (according to different Acharyas). Irregular or heavy, scanty, painful periods are not normal, it is called abnormal uterine bleeding. Hypomenorrhoea and Oligomenorrhoea are two of them. In Ayurveda both are correlated with Artavakshaya, it is defined as Alpartava both in amount and duration with associated symptom of Yathochitakala Adarshnam and Yoni Vedana. In modern treatment they only have hormonal preparations which have their own side effects upon woman’s normal physiology like weight gain, changes in blood pressure and subsequently on other systems also, it may reoccurrence and cause untreatable condition. So to prevent these side effects our ancient Ayurveda have so many herbal formulations for Artavakshaya without any side effects Shatpushpa Churna is one of them. It has miraculous effect on Artavakshaya with no reoccurrence. So we describe role of Shatpushpa Churna in Artavakshaya as management of Ayurveda.

Keywords: Normal menstrual cycle, Artavakshaya, Hypomenorrhoea, Oligomenorrhoea, Shatpushpa.

INTRODUCTION

Women are the real architects of society. That’s why to make a healthy society we need to take good care for women’s health. Normal menstrual cycle is an indication for healthy women who have healthy reproductive organ. It is most important in many ways for the women. According to Ayurveda, in normal menstruation Rituchakra is 1 month (Chandramasa-28days)in which Ritukala is 12-16 days, duration of Rajahshrava Kala is 3 to 5 days (differ according to different opinion of Acharya) is not associated with
pain or burning sensation, excreted blood is not unctuous, not very scanty or excessive in amount. The colour resembles (Acharya Charaka) the fruit of jequirity or red lotus flower or Indragopa. (Acharya Sushruta, Bhavmishra and other Acharya) the red juice of lac or rabbits blood. In normal Rituchakra, during Rajakhala Vata Dosha is dominant, which is responsible for discharge of old Raja collected in Garbhashaya during whole month. This discharged Raja is visualized as Bahipushpa. Amount and pattern of discharged Bahipushpa gives indirectly much information about the effect of functional outcome of Antahpushpa on genital organs. During Ritukala, Kapha Dosha is dominant which is responsible for establishment of Navina Raja and during Rituvyatitakala Pitta Dosha is dominant which is responsible for change in nature of Artava which was Saumya in Ritukala becomes Agneya in Rituvyatitakala and other changes as constriction of Yoni. So formation of Artava is completed only during this phase of Rituchakra. Means normal Rituchakra are controlled by Tridosha (V+P+K) Samyavastha. If any vitiation of Dosha will happen, Rituchakra will also get disturbed.[1] Now a day’s it is very common in every woman due to today’s stressful life style and habitual to regular intake of junk food due to sedentary lifestyle. According to Ayurveda Artavakshaya is one of them is described in Sushruta Sutra Sthana during description of Doshya Dhatu Mala Kshaya Vridhdi and it is defined as Alpartava both in amount and duration with associated symptom of ‘Yathochitatakala Adarshnam’ and ‘Yonivedana’. [2] As in our classics Aartavakshaya has not explained as a separate disease, but it has been explained as a symptom for many of the Yoni Vyapada (Vatala & Shushka) [3] and Artavadushti (Vataja & Kshina). [4] Aartavakshaya symptoms resembles with Hypomenorrhoea (< 2days menstrual bleeding with regular interval) and Oligomenorrhoea (interval >35days with normal menstrual bleeding) based on their signs and symptoms described in the modern medical science.[5] But in Artavakshaya, there is another symptom has mentioned by Acharya Sushruta that is Yonivedana which may resembles to dysmenorrhoea in modern text.

**INCIDENCE**

1- 80.7% menstrual irregularities, 19.3% are Oligomenorrhoea, 38.1% Dysmenorrhoea. [6]
2-30% of all gynecological outpatient attendants are for abnormal uterine bleeding. [7]
3- 162 (11.89%) Hypomenorrhoea, 1362 (18.23%) AUB [8]
4- 36.4% menstrual irregularity, 21.3% Oligomenorrhoea, 6.7% Hypomenorrhoea, 96.3% Dysmenorrhoea [Severe- 35.8%, Moderate-47.5%] [9]

Artava formed by Rasa Dhatu. Rasa have Saumya Guna so Artava also have Saumya guna in initial stage but after the end of Ritukala Artava becomes Aagneya in property. Saumya nature of Rasa Dhatu does not remain in Artava. [10] Artavakshaya is a result of Rasa Dushti due to vitiation of Vata- Kapha Dosha. So the treatment must be Agnivardhaka & Kapha- Vata Shamaka. [11] According to modern science, the treatment is hormonal preparations which have their own adverse effects like weight gain, changes in blood pressure and subsequently on other systems also. This may disturbs woman’s healthy life cycle. So to prevent all these adverse effects & for a healthy life of women so many drugs and formulations are available in Ayurveda classics as a medication of Artavakshaya.

**Shatapushpa Churna** is the best of them mentioned by Kashyapa. [12]

**DISEASE AYURVEDA REVIEW**

Artavakshaya is described in Sushruta Samhita, Sushruta Chakarpansi Teeka and Bhavprakash Purvakhand respectively. For Artavakshaya it is mentioned in the texts:-

“Aartavakshaye Yathochitatokaladarshanaalpata Va Yonivedana Cha |
Tatra Sanshodhanamagneya nam Cha Dravyanam Vidhivdopayoah” || (Sushruta Sutra 15/16)[13]

Means in the event of deficiency or loss of Artava, the Rajahshrava does not appear in its appropriate time or is delayed, is scanty and does not last for three days. There is also pain in vagina. Sanshadhan and Aagneya Dravya are used in treatment. [14]
“Artavakshaya Ityado Yonivedana Taddheshabhipoorkartavakshayakupitena Vayuna” | (Sushruta Sutra 15/12 Chakra. Teeka)
Chakrapani opines that this pain is due to aggravation of Vayu caused by loss of Artava which fills this region. [15]

“Aartavasya Swakale Chabhavastasyalpataatha Va”||
“Jayante Vedana Yono Lingasya Syadartavakshaye”||
“Katvamla Lavanoshnani Guruni Cha | Phalashakani Panani Stri Kankshtyatavakshaye” ||
(Bha.Pra.Purva.7/90, 91,111)
In Bhavprakasha besides above description, specific desires of the women suffering from Artavakshaya have also been enlisted i.e. she desires Katu, Amla, Lavana,Ushna,Vidahi and Guru food articles, fruit vegetable ( pumpkin, bottle-gourd & brinjal etc.) and squash, etc. beverages. [16]

**DISEASE MODERN REVIEW**
A normal menstrual cycle has a recurrence of 21-35 days with bleeding for 2-7days. Blood loss averages 35-80 ml. it is an invisible interplay of hormones mainly through hypothalamo pituitary ovarian axis (HPO- axis). Any uterine bleeding which is deviated from the normal menstrual cycle is called abnormal uterine bleeding. Hypomenorrhoea and Oligomenorrhoea are also included in abnormal uterine bleeding.

**Hypomenorrhoea**
It is an abnormal menstrual patterns in which menstrual bleeding that is unduly scanty in amount (lasts for <2 days).
Causes:-
1-Local
• Uterine synechiae
• Endometrial tuberculosis
2-Systemic
• OCP use or use of progesterone only contraception
• Perimenopausal
• Malnutrition
• Anorexia nervosa [17]

**Oligomenorrhoea**
It is defined in which the cycle lasts longer than 35 days. Menstruation may be both infrequent and irregular or may be regularly infrequent.
Causes:-
1-Constitutional and Physiological
The bleeding can beovular in type, which means that the ovarian cycle can be prolonged or temporarily arrested at some phase. As a theory the luteal phase tends to be clearly constant at 14 days, it is the follicular phase which is either extends or slows to onset.
2-Hypothalamic dysfunction 35%
3-PCOS 30%
4-Pituitary disease 19%
5-Ovarian 10%
6-Uterine disease 5%
7-Other 1%

**Treatment:-**
• Unless a significant causal abnormality is found, no treatment other than reassurance is necessary.
• If, in addition, infertility is a problem, treatment may be required to increase the frequency of ovulation. [18]

**DRUG REVIEW (Shatapushpa Guna):-**

“Madhura Brahanee Balya Pushtivarnagnivardhinee| Ritupravartani Dhanya Yonishukravishodhanee ||
Ushna Vata Prashamani Mangalya Papnashanee | Putraprada Viryakaree Shatapushpa Nidarshita” ||
(Kashyapa.Kalpa.8/5-6) [19]

“Shatapushpa Laghusteekshana Pittakraddhipani Katuh |
Ushna Jwaraishleshmvranashulakshiroghrit”||
(Bhavaprakash) [20]

[SHATPUSHPA FRUIT]
“Shatpushpa Katustikta Teekshnoshna Deepani Laghuh”
Pittal Kaphavataghni Medhya Snigdha Jwarapaha
Nihanti Shuladakahsirogiatrishnavamivranan”
(Kaiyadev Nighantu) [21]

DRUG NAME: - Shatpushpa (Fruit)
BOTANICAL NAME:-Anetham Sowa
HINDI NAME: - Soya
FAMILY:-Umbelliferae
PARYAYA: - Shatalwa, Madhura, Mishi, Chhatra, Pittika, Suva, Shepu
SWARUPA: - Kshup having 1-2 inch feet height
HABITAT: - All over India
USEFUL PART: - fruit and oil
MATRA: - 1-3gm Churna
RASA:-Katu, Tikta, Madhura
GUNA:-Laghu, Ruksa, Tikshna
VEERYA:-Ushna
VIPAKA:-Katu
KARMA:-Artavajanana, Kapha Vata Shamaka

CHEMICAL COMPONENTS OF SHATAPUSHPA

Its seeds have volatile oil-3 to 4% [21] about 20% each of and fixed oil, it also contains proteins, carvone D-Limonen, 1-dihyrorocarvone, c-Phellanadrene, B-sitosteral and other terpenes. The chief components of the volatile oil are aromatic liquid known as carvone (43 to 63%). [22]

DISCUSSION

According to Ayurveda in normal menstrual cycle during bleeding phase Vata Dosha is dominant, Vata Dosha Chala Guna is responsible for discharge of old blood collected in uterus during whole month. During proliferative phase Kapha Dosha is dominant, Kapha Dosha Bhautika components Prithvi (solid substance) and Jala (liquid substance) is responsible for reconstruction of endometrium. During secretory phase Pitta Dosha is dominant, Pitta Dosha Ushna (Agneya) Guna is responsible for change in nature of Artava which was Saumya in proliferative phase becomes Agneya in secretory phase and increases the basal body temperature by 0.8° to 1.0°F. Means normal menstrual cycle are controlled by Tridosha (VPK) regularity. If any vitiation happens in it, menstrual cycle will be irregular. [23]

“Rasadeva Siriya Raktama Rajah Sangyama Pravartate” | (Sushruta Sutra 14/6)
Means Rasa Dhatu (Aahara Rasa) is also responsible for formation of Artava. [24]

Artavakshaya is also a type of irregular menstrual cycle it may happen due to imbalance diet, which is responsible for Daurbalya Jathragni, this leads Rasa Dhatu Dushti. This Rasa Dhatu Dushti further causes Alpa Artava Nirmana and vitiation of Vata and Kapha Dosha. Vitiated Vata and Kapha Dosha results reduced flow of Artava (Artavakshaya).

MODE OF ACTION OF SHATAPUSHPA

Its Katu Rasa and Katu Vipaka have Deepana, Pachana Karma which result Aamppachana and so provides proper metabolism and eventually equilibrate the Agni which form healthy Rasa Dhatu for normal production of Artava. Ruksa and Tikshana Guna have Srotoshodhaka property which helps in discarding the malformed Doshas. Ushna Veerya has Deepana, Pachana, Virechana and Vilyana property which ultimately acts as Anulomaka Karma.

In Artavakshayathere is obstruction in Srotas due to Kapha and Vata. Shatpushpa act as Pachaka after that the Sama Kapha become Nirama and facilitate normal action of Vata which stimulate the normal production of Artava. [25]

According to Acharya Kashapa Shatpushpa is:-
“Ritupravartinee Dhanya Yonishkavrishodhanee” || [26]

CONCLUSION

It is concluded that Shatpushpa is boon of ancient Ayurveda for Artavakshaya management without any further adverse effects.

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