

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*, *Bhavamishra* and other *Acharya*) the red juice of lac or rabbits blood. In normal *Rituchakra*, during *Rajahkala 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 *Dosha Dhatu Mala Kshaya Vriddhi* and it is defined as *Alpartava* both in amount and duration with associated symptom of 'Yathochitakala 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 an 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 *Ritukaala Artava* become *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 Chakarpani Teeka* and *Bhavprakash Purvakhand* respectively. For *Artavakshaya* it is mentioned in the texts:-

"*Aartavakshaye Yathochitakaladarshanaalpata Va Yonivedana Cha* |

Tatra Sanshodhanamagneyanam Cha Dravyanam Vidhivadupayoah" || (*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. *Sanshodhan* 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*”||
“*Katvamlā Lavanoshnani Guruni Cha* |
Phalashakani Panani Stri Kankshtyartavakshaye” ||
(*Bha.Pra.Purva.7/90, 91,111*)

In *Bhavprakashā* 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 be ovular 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 Brahaneē Balya Pushtivarnagnivardhinee* |
Ritupravartani Dhanya Yonishukravishodhaneē ||
Ushna Vata Prashamani Mangalya Papnashaneē |
Putraprada Viryakaree Shatapushpa Nidarshita” ||
(*Kashyapa.Kalpa.8/5-6*) [19]

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

[SHATPUSHPA FRUIT]



“*Shatapushpa Katustikta Teekshnoshna Deepani Laghuh | Pittala Kaphavataghi Medhya Snigdha Jwarapaha || Nihanti Shuladahakshirogatrishnavamivranan*” | (*Kaiyadev Nighantu*)^[21]

DRUG NAME: - *Shatpushpa* (Fruit)

BOTANICAL NAME:-Anetham Sowa

HINDI NAME: - *Soya*

FAMILY:-Umbelliferae

PARYAYA: - *Shatahwa, Madhura, Mishi, Chhatra, Pitika, 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, Ruksha, 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, I-dihyrorcarvone, q-Phellanadrene, B-sitosterol 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 0.8⁰ to 1.0⁰F. Means

normal menstrual cycle are controlled by *Tridosha (VPK)* regularity. If any vitiation happens in it, menstrual cycle will be irregular.^[23]

“*Rasadeva Striya 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*. Vitiating *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 *Aampachana* and so provides proper metabolism and eventually equilibrate the *Agni* which form healthy *Rasa Dhatu* for normal production of *Artava*. *Ruksha* 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 *Artavakshaya* there 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 Yonishukravishodhane*” ||^[26]

CONCLUSION

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

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