

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 Dosh*, *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 Vish-eshha Siddhanta*. In gynaecological disorders, there is firstly *Vata* vitiates which imbalance in *Kapha* 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 *Prithavi* and *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 quotes with the name *Adhyanda*^[1], *Kusimbivalli*^[2], *Languli*^[3], *Kandukari*^[4], *Atmagupta* and *Svayamgupta*. All the three texts have mentioned the synonym *Markati* ^{[5],[6],[7]}. *Acharya Charaka* mentioned in *Dashe-Rasa Panchak-*

Text	Rasa	Guna	Virya	Vipaka	Dosha-shamakta
<i>Dhanvantari Ni.</i> ^[14]	<i>Madhura, Tikta</i>	-	<i>Sheet</i>	-	<i>vatta, pitta, Rakta</i>
<i>Raj Ni.</i> ^[15]	<i>Madhura</i>	-	<i>Sheet</i>	-	<i>vatta, pitta, Rakta</i>
<i>Bhavprakash Ni.</i> ^[16]	<i>Madhura, Tikta</i>	<i>Guru</i>	-	-	<i>Vatta, Pitta, Kapha, Rakta</i>
<i>Kaiyadev Ni.</i> ^[17]	<i>Madhura, Tikta</i>	<i>Guru</i>	<i>Sheet</i>	-	<i>Vatta, Pitta, Kapha, Rakta</i>
<i>Nighantu Adarsha</i> ^[18]	<i>Madhura, Tikta</i>	<i>Guru</i>	<i>Sheet</i>	-	<i>Vatta, Pitta, Kapha, Rakta</i>

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^[19]. *Yogaratanakara*^[20] has mentioned *Kapikachchhu Moo-la Kwatha Yoni Prakshalana* for *Yoni Sankirana* (constriction) in the chapter of *Yonivyapad Chikitsa* and also in *Bhava Prakasha*^[21]. In some research its some chemical constituents showed significantly in-

creases 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^[22]. So, the probable mode of action of *Kapikachchhu* on reproductive system are as follows-

mani in *Balya, Purisa Viranjaniya Mahakashaya*^[8] also in *Madhura Skanda*^[9]. *Sushruta Samhita* mentioned in *Vidarigandhadi, Mudgadivarga, Kakolyadi, Vatasamsamana Varga*^[10] *Ashtanga Sangraha* described in *Vidaryadi, Durvadi Varga*^[11] and *Ashtanga Hridaya* in *Vidaryadi Varga*^[12]

Laghutrayi, Kapikachchhu is also mentioned as a synonym viz *Atmagupta, Kandura* and in the management of several diseases apart from its *Vajikarana* activity. In most of *Ayurvedic* texts mentioned *Kapikachchhu* formulations for nervine disorders and *Vajikarana* (Aphrodisiac) purpose.

Botanical name - *Mucuna pruriens*

Family - Fabaceae

"कपिकच्छू : भृशंवृष्यामधुराबृंहणीगुरू।

तिक्तावातहरीबल्याकफपित्तास्रनाशिनी।

तद्बीजंवातशमनंस्मृतम्बाजीकरंपरम्॥" (भा०प्र०नि०गुडुच्यादिवर्ग) ^[13]

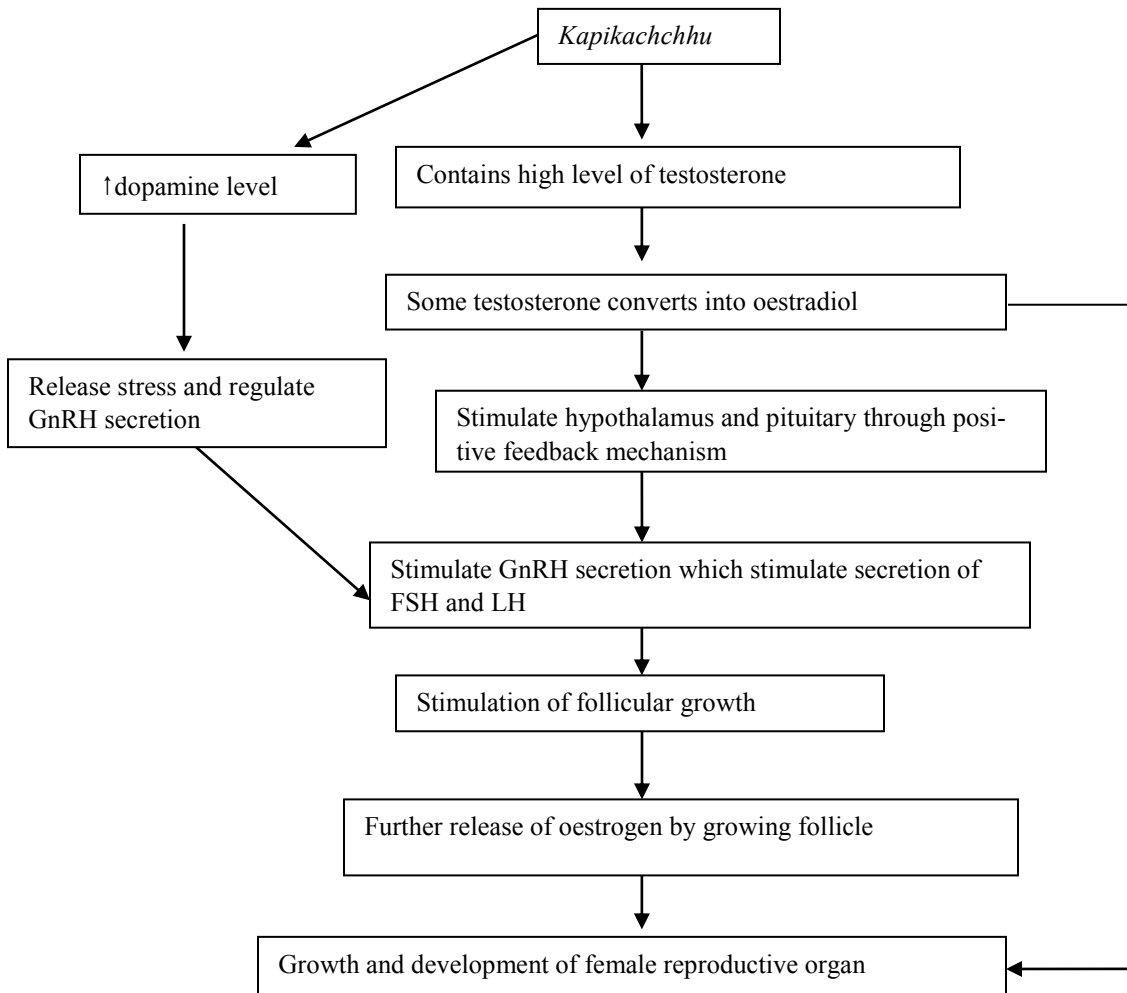


Table 1: Other therapeutic uses which indirectly regulate or improve reproductive function-

Stimulate muscle growth	<i>Kapikachchhu</i> increase dopamine level, 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.
Lower stress	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. <i>Kapikachchhu</i> release stress and help getting to sleep. Dopamine from L-dopa acts on the pineal gland which secretes the sleep hormone melatonin. ^[23]
Nervine disorders	It indicated for <i>Vatavyadhi</i> disorders like Parkinsonism also prove through recent many research that it very good for improving nervine disorders through increase dopamine and release stress ^[24]
Anticonvulsant and antidepressant	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 ^{[25], [26]}
Hypertension	In some study it showed anti-hypertensive activity because it normalize vitiated <i>Vata-pitta and Rakta</i> due to its <i>Madhura Rasa, Tikta Rasa, Guru Guna, Sheeta Veerya</i> and anti-stress activity.
Antidiabetic	In some study showed that <i>Mucuna pruriens</i> significantly control postprandial hyperglycemia ^[27] , so it

	has to be done for the usage of antidiabetic agent it may be due to <i>Tikta Rasa</i> .
Antimicrobial action	In some study it proven that its essential oil showed antibacterial, antifungal, antiviral and action on different microbes ^[28] . This may be due to presence of <i>Tikta Rasa</i> .
Wound healing	In <i>Dhanvantari</i> and <i>Raj Nighantu</i> , it indicated in <i>Dushtavrana</i> (non-healing ulcer/ chronic ulcer) and also showed some modern research like antidiabetic action and anti-inflammatory and anti-microbial activity which helps in wound healing ^[29] .
Haematological disorders	In <i>Ayurveda</i> it indicated for <i>Raktapitta</i> , <i>Pitta</i> or <i>Asra Roga</i> and <i>Vatarakta</i> (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 <i>Sushruta Samhita</i> 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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