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Role of *Shatapushpa Taila* in the management of *Artava Kshaya*

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ABSTRACT

Menstruation is the visible manifestation; cyclic, physiologic uterine bleeding due to shedding of endometrium and it is the major stage of puberty in girls. Once the menstruation starts, it continues cyclically at intervals of 21-35 days with mean of 28 days. Due to changed lifestyle, food habits, increased stress and strain, alters the normal physiology and ends with the disruption of H-P-O (Hypothalamus-Pituitary-ovarian) Axis which may lead to many gynaecological problems in which the most common one is *Artava Kshaya*. *Artavakshaya* is characterized by delayed and scanty menstrual bleeding associated with pain in *Yoni Pradesh*. *Acharya Susuruta* has explained about *Artava Kshaya* features i.e., *Yathochitakal Adarshanam* (delayed menstruation) and *Alpatvam* (scanty menstruation), *Yonivedana* (pain in *Yoni Pradesh*). It can be co-related with Oligomenorrhoea and Hypomenorrhoea by their signs and symptoms. *Shodhana* and use of *Agneya Dravya* is the line of treatment. *Shatapushpa Taila Paana, Basti, Nasya, Abhayanga* is indicated in *Kashyap Samhita* to treat *Artavakshaya* like conditions.

Key words: *Shatapushpa Taila, Artava Kshaya, Menstruation*

INTRODUCTION

Artava Kshaya is a *Vata Vriddhi* and *Pitta Kshaya* condition which is characterized by delayed, scanty and painful menstruation.^[1] *Acharya Kashyap* mentioned importance of *Shatapushpa Taila* in the management of various gynaecological disorders, one of them is *Artavakshaya*.^[2] *Shatapushpa Taila* have *Vatashamak, Agnideepana, Artavajanan* properties. The *Agneya properties* of *Shatapushpa* helps in increasing the quantity of *Artava*, as the *Artava* is also *Pitta Pradhana*. As the basic concept of '*Sarbada Sababhabanam*

Samanyam Vridhikaranam' intake of *Samana Guna* causes the increase of same *Guna*.^[3] *Shatapushpa* is indicated in *Viphala Artava, Artavakshaya, Stree Bandhyatwa, Anartava, Nastartava, Atyaartava*. *Acharya Kashyap* mentioned *Shatapushpa* as nector.^[4]

AIM AND OBJECTIVES

1. Conceptual study of *Artava Kshaya* along with its modern correlation.
2. Mode of action of *Shatapushpa Taila* in the management of *Artava Kshaya*.

MATERIALS AND METHODS

It is a conceptual study, data on *Artava Kshaya* and role of *Shatapushpa Taila* in the management of *Artava Kshaya* is gathered from classical *Ayurvedic* and modern literature and contemporary texts including websites and organised in a systematic manner.

Lakshana of *Artava Kshaya*

- In *Artava Kshaya* menstruation does not appear in its appropriate time or is delayed or is less in

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quantity, does not last for three days, causing pain and discomfort in *Yoni Pradesh*.

- *Acharya Chakrapani* opines that the pain is due to aggravation of *Vayu* caused by loss of *Artava* which fills this region.
- *Artava Kshaya* is also mentioned as a symptom of diseases in *Ayurvedic* classics like *Vatiki Yoni Vyapad*, *Vataja Artava Dushti*.
- As per *Acharya Susuruta*, in *Artava Kshaya Shodhana* and *Agneya/Ushna Dravyas* is the line of treatment.^[5]
- As per *Acharya Kashyapa* *Shatapushpa* oil in the form of inhalation is beneficial.
- This *Artava Kshaya* has been described by *Acharya Susuruta* along with the clinical features of *Kshayas*

of all the *Dosas, Dhatus, Updhatus, Malas* etc., thus it appears to be the description of deficiency of *Artava* which is an *Updhatu*, in other words it is the description of estrogen deficiency.

Mode of action of *Shatapushpa Taila* in *Artava Kshaya*

Shatapushpa Taila is mentioned in *Shatapushpa Shatavarikalpa Adhyay* by *Acharya Kashyap* in *Kalpa Sthana* 5. It is indicated in *Viphala Artava, Artavakshaya, Stree Bandhyatwa, Anartava, Nastartava, Atyaartava*. *Acharya Kashyap* mentioned *Shatapushpa* as nector. Method of preparation is mentioned in *Kashyap Samhita Kalpa Sthan* chapter 5. It contains *Shatapushpa* as main ingredient and other 46 ingredients are taken from *Samanya Varga* of *Dhatrichikitsa Adhyay*.

Medicinal properties and *Dosha Karma*

SN	Drugs	Rasa	Guna	Vipaka	Veerya	Dosha Karma
1.	<i>Shatapushpa</i>	<i>Madhura, Tikta</i>	<i>Guru, Snigdha</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Vata-Kapha Hara</i>
2.	<i>Meda</i>	<i>Madhura</i>	<i>Guru</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vatahara</i>
3.	<i>Mahameda</i>	<i>Madhura</i>	<i>Guru</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vatahara</i>
4.	<i>Haridra</i>	<i>Tikta, Katu</i>	<i>Laghu, Ruksha</i>	<i>Katu</i>	<i>Ushna</i>	<i>Vatakaphahara</i>
5.	<i>Daruharidra</i>	<i>Tikta, Kashaya</i>	<i>Laghu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Chedana, Grahi</i>
6.	<i>Kakoli</i>	<i>Madhura</i>	<i>Guru, Snigdha,</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vatapittahar</i>
7.	<i>Ksheerkakoli</i>	<i>Madhura</i>	<i>Guru</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vatahara</i>
8.	<i>Vasa</i>	<i>Tikta, Kashaya</i>	<i>Laghu, Rooksha</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Kaphapitta Shamak, Vedanasthapan, Shothhara</i>
9.	<i>Jeevak</i>	<i>Madhura</i>	<i>Guru</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vatahara</i>
10.	<i>Masaparni</i>	<i>Madhura Tikta Kashaya</i>	<i>Laghu</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Sukrala</i>
11.	<i>Dalchini</i>	<i>Madhura, Katu</i>	<i>Laghu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Sukral, Balya</i>

12.	<i>Tejpatra</i>	<i>Katu, Madhura</i>	<i>Laghu, Teekshna</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphavatahara</i>
13.	<i>Chandana</i>	<i>Tikta, Madhura</i>	<i>Snigdha</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Dahaprasamana</i>
14.	<i>Ushira</i>	<i>Tikta, Madhura</i>	<i>Ruksha, Laghu</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Pachana</i>
15.	<i>Bala</i>	<i>Madhura</i>	<i>Laghu, Snigdha, Pichilla</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vatapittashamak, Vedanasthapan, Sthohara Balya</i>
16.	<i>Atibala</i>	<i>Madhura</i>	<i>Guru</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vatahara</i>
17.	<i>Saindhava Lavana</i>	<i>Ishatmadhura, Lavana</i>	<i>Laghu</i>		<i>Sheeta</i>	<i>Tridoshamak</i>
18.	<i>Sauvarchala</i>	<i>Lavana</i>	<i>Vishada Laghu, Sukshma,</i>		<i>Ushna</i>	<i>Pittavarshak, Vatashamak</i>
19.	<i>Murva</i>	<i>Madhura, Kashaya, Tikta</i>	<i>Guru</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Kaphavatashamak</i>
20.	<i>Gokshura</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vatashamak, Vedanasthapan, Garbhasthapan</i>
21.	<i>Shyama</i>	<i>Tikta, Katu</i>	<i>Laghu, Ruksha, Tikshana</i>	<i>Katu</i>	<i>Ushna</i>	<i>Sukhvirechana</i>
22.	<i>Draksha</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vatapittashamak, Garbhasthapan</i>
23.	<i>Katuki</i>	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Kaphapittahara</i>
24.	<i>Mulethi</i>	<i>Madhura, Kashaya</i>	<i>Guru, Snigdha</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Sukrala</i>
25.	<i>Gajpippali</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Katu</i>	<i>Ushna</i>	<i>Vatakaphashamak</i>
26.	<i>Kustha</i>	<i>Tikta, Katu, Madhura</i>	<i>Laghu, Ruksha, Tikshana</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphavatashamak, Artavajanan, Vedanasthapan</i>
27.	<i>Vacha</i>	<i>Tikta, Katu</i>	<i>Laghu, Tikshana</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphavatashamak, Pittavardhak, Vedanasthapan, Shothhara</i>
28.	<i>Choti Elachi</i>	<i>Katu, Madhura</i>	<i>Laghu, Ruksha</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Tridoshamak</i>
29.	<i>Agaru</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshana</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphavatashamak, Shothhara, Vedanasthapan</i>
30.	<i>Gambhari</i>	<i>Tikta, Kashya, Madhura</i>	<i>Guru</i>	<i>Katu</i>	<i>Ushna</i>	<i>Tridoshshamak, Shothhara, Garbhasthapan</i>
31.	<i>Saunf</i>	<i>Madhura, Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Vatakaphashamak</i>
32.	<i>Parushak</i>	<i>Madhura</i>	<i>Laghu</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Brimhana</i>

33.	Shankhpushpi	Tikta	Snigdha, Pichila	Madhura	Sheeta	Tridoshshamak, Keshvardhak, Prajasthapan
34.	Vishalya	Katu, Tikta	Laghu, Tikshana	Katu	Ushna	Kapha Vata Shamak
35.	Giloy	Tikta, Kashaya	Guru, Snigdha	Madhura	Ushna	Tridoshshamak, Vedanasthapan, Rasayan
36.	Dadima	Kashaya, Madhura, Amla	Laghu	Madhura, Amla	Ushna	Tridoshahara
37.	Akhrot	Madhura	Guru, Snigdha	Madhura	Ushna	Vatashamak, Raktadosh Hara
38.	Kathal	Madhura, Kashaya	Guru, Snigdha	Madhura	Sheeta	Vatapittashamak
39.	Bhavya	Madhura, Amla, Kashaya	Guru, Picchila	Madhura	Sheeta	Vata Shamak
40.	Amalaki	Pancharasa (Amla Pradhan)	Guru, Ruksha	Madhura	Sheeta	Tridoshshamak, Garbhasthapan
41.	Shatavari	Madhura, Tikta	Guru, Snigdha	Madhura	Sheeta	Vatapittashamak, Vedanasthapan
42.	Vidarikand	Madhura	Guru, Snigdha	Madhura	Sheeta	Vatapittashamak, Shonitasthapan
43.	Vishanika	Kashaya, Tikta	Laghu, Ruksha	Katu	Ushna	Kaphavatahara
44.	Karpura	Tikta, Katu, Madhura	Laghu, Tikshana	Katu	Sheeta	Tridoshshamak, Raktautkleshak, Vednasthapan
45.	Tila Taila	Madhura, Tikta Anurasa- Kashaya	Sukshama	Madhura	Ushna	Vatapittashamak, Ishatpittavardhak
46.	Godugdha	Madhura			Sheeta	Vatapittahara

The pharmacodynamics properties of Shatapushpa Taila can be explained as

- **Rasa:** Madhura, Tikta
- **Guna:** Laghu, Ruksha
- **Virya:** Sheeta
- **Vipak:** Madhura
- **Doshakarma:** Vatahashamak, Vedanasthapan, Artavajanan
- Shatapushpa has given prime importance in producing Artava. In Artava Kshaya mainly Vata

Dosha is the causative factor, Tail itself have the best Vatashamak properties.

In **modern view**, the drug acts by its phytoestrogenic properties.

- Researches show that the seeds contain essential oil. Carvone is a major constituents, dihydrocarvone, limoniene, trans-anethole, some flavonoids such as kaempferol and vecenin. Kaempferol, trans-anethol and limonine exhibit phytoestrogenic activity
- The main action of phytoestrogen is due to their adaptogenic activity; they can be beneficial for both hyperestrogenic and hypo estrogenic state in

the body that's why it works in menorrhagia and ameorrhoea too as described by maharishi Kashyap.

- Due its lipolytic activity, in fatty girl peripheral conversion of androgen to estrogen becomes appropriate which helps in thickness of endometrium.
- Helps in regulating the secretion of hormones and enzymes which pacifies the nervous system so effective in insomnia.
- Carvone is a member of a family of chemicals called terpenoids. Carvone is found naturally in many essential oils but is most abundant in the oils from seeds of Dill.
- Carvone has shown a suppressant effect against high-fat diet induced weight gain in mice.
- Carvone is a kind of lipid soluble bioactive (hydrophobic), lipid soluble can cross easily cell membrane like that they can easily cross the blood brain barrier and it will stimulate hypothalamus activity hence acting upon H-P-O axis and will regulate the normal menstrual cycle.

DISCUSSION

The treatment protocol for *Artava Kshaya* is *Vata Samana*, *Shodhana*, and using *Agneya/Ushna Dravyas* according to *Acharya Sushruta*. *Shatapushpa Taila* have *Ushna* and *Artava Janan* property, *Taila* itself has *Vatashamak* property and have efficacy in reducing severity of symptoms like *Artavam Yathochita Kala Adarshanam*, *Alpata* in relation to amount of bleeding and duration of bleeding, *Yoni Vedana* associated with *Artava Kshaya*. *Shatapushpa Taila* can be used in the form of *Nasya*, *Abhyanga*, *Basti*, *Paana* to treat various gynaecological disorders.

CONCLUSION

Shatapushpa Taila is a polyherbal formulation with wide range of chemical constituents with many pharmacological effects and works as a wonder drug in *Artava Kshaya* by its *Rasa*, *Guna*, *Veerya*, *Vipaka*, *Karma* and it helps in restoring health as well as various gynaecological disorders suffered by most of the females in present era. It has preventive as well as curative aspects with minimal adverse effects.

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