

International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



“Role Of *Shatavaryadi Churna* On *Rajonivrutti Avastha* With Special Reference To Postmenopausal Syndrome”- A Review Of Literature

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ICV-70.44 ISRA-1.318

VOLUME 4 ISSUE 1 JANUARY 2021

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Article received on 4th Jan 2021

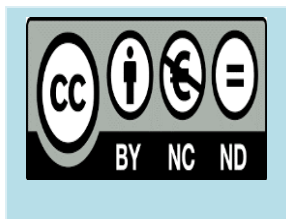
Article Accepted 20th Jan 2021

Article published 31st Jan 2021

ABSTRACT

The menopause is permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. Woman has a vital role in each and every family as well as for the society. Now a day's they handle their family along with their professional life successfully. But still now they are struggling to be fit in late 50s or earlier. In late reproductive stage, they experience so many symptoms that disturb their daily life, hampered physically and mentally. So it's very important to restore their healthy life. Postmenopausal Syndrome include Hot flushes, irritability, mood swings, insomnia, dry vagina, difficulty concentrating, mental confusion, stress incontinence, urge incontinence, osteoporotic symptoms, depression, headache etc. In *Ayurveda*, this phenomenon is considered as a natural process due to aging and not associated with any serious health problems. Menopause is a state of *Vata* predominance & *Dhatukshaya* and it occurs at the age of 50 years. '*Shatavaryadi Churna*' is effective in the management of Postmenopausal Syndrome and effective, safe, promising and cost effective remedy. *Acharya Sushruta* mentioned menopause as *Jarapakvaavastha* (geriatric age) of the body, drugs with *Rasayana* (rejuvenation) property are very much applicable in this geriatric age.

Keyword: *Rajonivrutti*, Postmenopausal Syndrome, *ShatavaryadiChurna*



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How to cite this article:- Dr. Suresh Kumar Assist. Dr. Brij Gopal, Dr. Dharmendra Choudhary, Role Of *Shatavaryadi Churna* On *Rajonivrutti Avastha* With Special Reference To Postmenopausal Syndrome"- A Review Of Literature IRJAY; January 2021, Vol 4; issue 1; 242- 251
Doi: <https://doi.org/10.47223/IRJAY.2021.4131>

INTRODUCTION:

The age at menopause appears to be genetically determined and is unaffected by race, socioeconomic status, age at menarche, or number of prior ovulations. Factors that are toxic to the ovary often result in an earlier age of menopause; for example, women who smoke experience an earlier menopause. Women who have had surgery on their ovaries, have had a hysterectomy, despite retention of their ovaries, may also experience early menopause¹. In U.K. average age for menopause is 52 (National Health Service) while in the U.S.A, it is 51 (National Institute of Aging). About 1/5th women in India experience menopause before the age in 41, but average age is 50 years² and about 10% women seek medical advice during menopause. Menopause is defined retrospectively as the time of the Final Menstrual Period (FMP), followed by 12 months of amenorrhoea. *Acharya*

Sushruta mentioned menopause as *Jarapakvaavastha* (geriatric age) of the body, drugs with *Rasayana* (rejuvenation) property are very much applicable in this geriatric age. In *Ayurveda*, this phenomenon is considered as a natural process due to aging and not associated with any serious health problems. Menopause is a state of *Vata* predominance & *Dhatukshaya* (depletion of tissues) and it occurs at the age of 50 years³. '*Shatavaryadi churna*' is having mainly *Madhura Rasa* (sweet) and *Vipaka, Sita Virya*, (cool) *Guru* (heavy), *Snigdha* Guna (unctuousness) and *Vata-Pittashamaka* effects. The drug is also having *Rasayana* (Rejuvenation) *Vayasthapana* (anti-ageing), *Balya* (tonic), *Medhya* (nootropic) *Jivaniya* (vitalizing) and *Agnidipana* (appetizer) properties. "*Shatavaryadi Churna*" can be considered here to cure the ailments.

MATERIALS AND METHODS:

In order to determine in current body of scientific evidence supporting the therapeutic effect of '*Shatavaryadi Churna*' in case of *Rajonivrutti* (Postmenopausal Syndrome), the author performed thorough literature search focused on the ratification of the available peer reviewed literature that provide scientific evidence for the benefits of '*Shatavaryadi Churna*' in human subjects.

REVIEW:

Menopausal syndrome is a fact of multi-factorial aetio pathogenesis with symptoms of varying degree from very mild to very severe and distressing, disturbing the routing life of the women.

The women are running in the critical phase in their aging phenomenon i.e. late middle or early old age also. Single drug formulation may treat a fraction of symptoms but not the whole symptoms of menopause. Hence search for a group of drugs which may help to overcome the women from the majority groups of symptoms and bring a state of health. So, the aim is to use the formulations that are *rasayana* (rejuvenating), *vata-pittashamaka*, *dahaprashamana*, (pacifying burning sensation) *medhya*, (nootropic) *balya* (tonic) etc. properties. Postmenopausal Syndrome or *Rajonivrutti Avastha* is comprises of several *Lakshana* (sign and

symptoms) of all *Dhatukshaya*(depletion of tissue) . Moreover there is vitiation of two *Dosha* along with *Manasikdosha* and *Agni* is decreasing. So, multiple herbo-mineral drugs are required for the purpose. But as observed in daily O.P.D. proceedings, patients find it difficult to take multiple drugs in the form of pills, *Churna* or *Kwath* (Powder& decoction) and due to this problem some even hesitate to take *Ayurvedia* treatment and seeking for single drug therapy. So while selecting drug for the

Table: Contains of *Shatavaryadi Churna*:

| Sl.no. | Ingredients | Scientific name | Useful parts |
|--------|--------------------|-----------------------------------|--------------|
| 1. | <i>Shatavari</i> | <i>Asparagus racemosus</i> Willd. | Root |
| 2. | <i>Gokshur</i> | <i>Tribulus terrestris</i> Linn | Fruit |
| 3. | <i>Ashwagandha</i> | <i>Withania somnifera</i> Linn. | Root |
| 4. | <i>Punarnava</i> | <i>Boerhavia diffusa</i> Linn. | Whole plant |
| 5. | <i>Nagabala</i> | <i>Grewia hirsute</i> Vahl. | Root |
| 6. | <i>Mushali</i> | <i>Asparagus adscendens</i> Roxb. | Root |

Mode of preparation:

All the herbs are taken in dry form in equal quantity and make them in powder form. Before going to preparation all safety measures were taken in both medicines. After that the medicine is kept in plastic jar and in a normal room temperature and ready for use.

SHATAVARI

Botanical Name: *Asparagus racemosus* willd

Natural Order: Liliaceae

Classical Names^{5,6,7,8}: *Shatapadi*, *Bahusuta*, *Atirasa*, *Mahodari*, *Narayani*, *Shataveerya*, *Shatamooli*, *Bhiru*, *Indivari*, *Vari*, *Urdhwakantika*, *Rishyaprokta*, *Pivari*.

Vernacular Names: Sanskrit: *Shatavari*

English: Wild asparagus

Hindi: *Shatawar*, *Satamuli*

Bengali: *Satavari*

Parts Used: Root

Ayurveda Properties^{5,6,9,10,11,12}: **Rasa:** *Madhura*, *Tikta*

Guna: *Guru*, *Snigdha*

Virya: *Sita*

Vipaka: *Madhura*

Doshagnata: *Vatapittashamaka*

present study, effort was made to select minimum possible drugs having highly expected results on Postmenopausal Syndrome and it was decided to present the drug in the form of *Churna* only.

Shatavaryadi Churna⁴: It is explained in Y.R.Uttarakandha 34, by Dr. Indradevatripati & D.S.Tripati, edition 1st Chkambha series office, Varanasi (P) p.No-876

Rogagnata^{5,13,14,15,16,17}: *Rasayana*(rejuvenating), *Dourbalya*(weakness), *Shukrakshaya*(oligozoospermia), *Stanyakhsaya*(decreased milk production), *Mutrakrichchhra*(painful micturition), *Arsha*(piles), *Vatavikara*, *grahani*, (sprue) *Gulma*, (abdominal tumour) *Manasika vikara*, *Hridaroga*, (heart disease) *Shotha*, (inflammation) *Amlapitta*, *Raktapitta*, *Kshaya*, (debility) *Drishtimandya*.

Karma^{10,11,12,13,14,15,16}: *Rasayana*, *Pittashamaka*, *Grahi*, *Sukrala*, *Nadibaladayaka*, *Garbhaphoshaka*, *Mootrala*, *Stanyajanana*, *Balya*, *Medhya*, *Vedanasthapana*, *Chakshushya*, *Raktapittashamaka*, *Shoolahara* etc

Action and Uses^{13,16}: *Stanya vardhanartha* (galactagogue) *Rasayana* (rejuvenative), *Swarabheda* (hoarseness of voice). In intrinsic haemorrhage and diarrhoea-*Shatavaryadi ghrita*, *Shatavari* in piles and diarrhoea, *Shatavari* juice mixed with honey in biliary colic, *Shatavari* powder with cold water in dysuria, *Shatavari* with milk as galactogone, and *Shatavari* cooked with ghee and decoction as *rasayana* etc.

The roots are bitter, sweet, emollient, cooling, nervine tonic, constipating, ophthalmic, anodyne,

aphrodisiac, diuretic, , carminative, appetiser, stomachic, antispasmodic and tonic. They are useful in nervous disorders, dysentery, tumours, inflammations, burning sensation, hyperdipsia, ophthalmopathy, nephropathy, hepatopathy, strangury, burning micturition, throat infections, tuberculosis, cough, bronchitis, gleet, gonorrhoea, cardiac debility, leucorrhoea, leprosy, epilepsy, fatigue, hyperacidity, haemorrhoids, hypertension, abortion, agalactia and general debility.

Chemical Constituents^{11,12,13,14,15,16}: Sarsapogenin, Saponin A4-A7, glycosides of quercetin, rutin, hyperoside in flower and fruits, diosgenin, quercetin 3- glucuronide in leaves, sitasterol and stigmasterol along with their glucosides, two spirostanolic and furostanolic saponins and sapogenin, 4 saponins, viz, Shatavarin I to IV, Polycyclic alkaloids, asparagamine A and disaccharide in roots are reported.

Pharmacological activities^{13,14,15,16}:

Antioxytotic (Shatavarin IV), diuretic, galactogogue, anticancer, antifungal, hypotensive, antiamebic, nematicidal, gastric-sedative, antidysentric, spasmodic to uterus, anticoagulant, antiabortifacient (shatavarin I), enzymatic, hypoglycaemic and phagocytic.

Important formulations: *Shatvaryadi Churna, Shatavaryadi Ghrita(CS.Ci.4.95-96), Puga Khanda, Phalaghrita, Narayana Taila, Guduchyadi Taila, Shatamoolyadi Lauha, Brihatashwagandha Ghrita, Eranda paka, Shatavari Garbhachintamani Rasa, Brihatchagaladya Ghrita, Vishnu Taila.*

GOKSHURA

Botanical Name: *Tribulus terrestris* Linn.

Natural Order: Zygophyllaceae

Classical Names^{5,6,7,8,16}: *Swadukantaka, Vanashringata, Chanadruma, Ikshugandhika, Gokantaka, Shwadanshtra, Trikantaka, Bhakhra, Gokshura, Neronji, Gukhri, Gokshuraka, Kshuraka.*

Vernacular Names:

Sanskrit: *Shvadamstra, Gokshuraka, Traikantaka, Trikantra*

English: Caltrops fruit

Hindi: *Chhotagokhru*

Bengali: *Gokhri, Gokshura*

Parts Used: Fruit

Ayurveda Properties^{16,17,18,19}: **Rasa:** *Madhura*

- **Guna:** *Guru, Snigdha*
- **Virya:** *Sita*
- **Vipaka:** *Madhura*
- **Doshagnata:** *Vatapitta Shamaka*
- **Rogagnata**^{16,17,18,19}: *Mutrakrichchhra, Asmari, Shotha, Prameha, Swasa, Kasa, Hridroga, Arsa, Sukradourbalya, Garbhapata, Vastishotha, Vatavyadhi, Nidradaurbalya, Vedanayukta vikara, Agnidaurbalya etc.*
- **Karma**^{16,17,18,19}: *Sothahara, Dipana, Swasahara, Kasahara, Arsoghna, Vatashamakma, Hridya, Shothahara, Garbhasthapana, Mootrala, Balya, Brimhana, Vastishodhaka etc*

Action and Uses^{5,16,17,18,19}:

Mutrakrichchra (dysuria), *Asmari* (calculus), *Kesavardhanartha* (to promote hair growth), *Amavata* (rheumatoid arthritis), *Katisula* (lumbago) *Sholaroga, Arsha, Svasa, Daurbalya, Hridroga, Kasa, Prameha.*

Chemical Constituents^{13,21}:

Potassium nitrate, sterols, sapogenin with pyroketone ring (diosgenin), gitogenin and hecogenins Diosgenin and its acetate, dioscin, 3-deoxy Δ diosgenin, harmine, harman.

Pharmacological activities^{16,17,18,19}:

Aqueous alcoholic extract of seeds exhibited hypotensive effect (in anaesthetised dogs) which could be blocked by atropine, produced negative inotropic and chronotropic effect on isolated rabbit heart as well as on straub's frog heart. But in higher doses it produced reverse effect on frog heart (P.R.U.A.I.I.M.S., New Delhi). Besides the potassium content of the fruits, the diuretic effect has also been ascribed to the alkaloidal fraction present in the seeds. This observation has been supported by clinical trials; the use of alkaloidal fraction in cases of ascites and oedema showed mild

diuretic action.(Kirt and Basu, I., 421; Indian J. Pharm., 1969, 22, 263; Haravey, Indian J. Mod.Res., 1966, 54, 774; Suntha Kumari and Iyer, Ibid, 1967, 55,714).

Important formulation²¹: *Gokshuradi Guggulu, Traikanaka Ghrita, Drakshadi churna, Dashamoola kvatha, Chyavanprasha, Dashamoolarishta, Garbhachintamani rasa.*

ASHWAGANDHA

Botanical Name: *Withania Somnifera* (L.) Dunal

Natural Order: Solanaceae

Classical Names^{5,6,7,8,9}: *Varahikarni, Varada,*

Balada, Kushthagandhini, Hayahvaya, Vajigandha, Turgagandha, Aswagandha, Amkulanga, Panero

Vernacular Names: Sanskrit : *Hayagandha, Vajigandha*

English : Winter cherry

Hindi: *Asgandh*

Bengali : *Ashvagandha*

Parts Used: Root, Leaf, Seed

Ayurveda Properties^{20,21,22,23}: **Rasa:** *Tikta, Katu, Madhura*

- **Guna:** *Laghu, Snigdha*
- **Virya:** *Ushna*
- **Vipaka:** *Madhura*
- **Doshagnata:** *Kaphavatashamaka*
- **Rogagnata^{20,21,22,23}:** *Vatavyadhi, Murchchha, Bhrama, Anidra, Shotha, Mootragraha, Kshaya, Shosha, Raktabharadhikya, Daurbalya etc*
- **Karma^{20,21,22,23}:** *Shothahara, Mastishkashamaka, Garbhashayashothahara, Mootrala, Balya, Brimhana, Deepana, Vedanasthapana etc.*
- **Action** **and**
Uses^{20,21,22,23,26}: *Rasayana* (rejuvenative), *Sosa* (emaciation), *Swasa* (dyspnoea), *Nidranash* (insomnia), *Garbhadharanartha* (for conception), *shotha, Ksaya, Daurbalya, Vataroga, Klaibya.*

Chemical Constituents^{20,21,22,23}:

Withanolide along with withaferine A, Withaniol, Nicotine, Somniferine, somniferinine, withanine, withananine, pseudowithanine etc.

Pharmacological activities^{20,21,22,23,26}:

Hypotensive, bradycardiac and respiratory stimulant, antibacterial, hypothermic, immunosuppressive, immunostimulatory, immunomodulatory, adaptogenic, antitumour, radiosensitising, antistress, anticonvulsant, psychotropic, CNS depressant, antioxidant, anti-inflammatory, antispasmodic, analgesic, antipyretic, antiviral, antiarthritic, sedative, cardiotropic, cardioprotective, anticoagulant, antiaging, cytoprotective. (Database on Medicinal plant used in *Ayurveda* Vol.3).

Important formulation:

Ashvagandhadyarista, Ashvagandhadi Leha, Balashvagandha Lakshadi Taila.

Ashvagandhadi churna, Ashwagandha rasayana, Ashwagandha taila, Ashwagandhaghrita, Shatavaryadi churna.

PUNARNAVA

Botanical Name: *Boerhavia diffusa* Linn.

Natural Order: Nyctaginaceae

Classical Names^{5,6,7,8,9}: *Shothagzni, Kathillaka, Varshabhu, Raktapushpa, Kshudra, Gadahaporana, Punarnava, Gadhapushpa.*

Vernacular Names: Sanskrit : *Kahtilla, Shophagzni, Shothagzni, Varsabhu*

English : *Horse Purslane, Hog Weed*

Hindi : *Gadapurna, Lalpunarnava*

Bengali : *Rakta punarnava*

Parts Used: Whole plant

Ayurveda Properties^{24,15,16,17}: **Rasa:** *Madhura, Tikta, Kashaya*

- **Guna:** *Laghu, Ruksha*
- **Virya:** *Ushna*
- **Vipaka:** *Madhura*
- **Doshagnata:** *Tridoshashamaka*
- **Rogagnata^{24,15,16,17}:** *Shotha, Hridroga, Mootrakrichchhra, Agnimandya, Pandu, Raktapradara etc.*
- **Karma^{24,15,16,17,31}:** *Rasayana, Lekhana, Deepana, Mootrajanana, Kushthagzna,*

Shothahara, Hridya, Raktavardhaka, Anulomana, Rechana,

Action and uses^{31,5:}

Rasayana, Jwara, Aamvata, Gulma, Sotha (oedema), Asmari (calculus), Raktasthivana (haemoptysis), Pandu.

Pain in vagina is relieved by putting juice of *Punarnava* (root or leaves) into the vagina (GN.6.6.15), decoction of *Punarnava* induces sleep, decoction of *Punarnava* with *Shunthi* in oedema, milk cooked with *triphala* or *Punarnava* in calculus and decoction of *Punarnava* (root), *Devdaru* and *Murva* mixed with honey should be taken (Classical Uses of Medicinal Plants by P.V Sharma, edition 2004, published by Chaukhamba Viswabharati, Varanasi-1, page no. 249-250)

Chemical constituents^{24,15,16,17:}

Punarnavine, Punarnavoside, Beta sitosterol, Tetracosanoic, Hexacosanoic, Stearic acids, Hentriacontane, Ursolic acid, Mysterious acid, Oxalic acid, Potassium nitrate and Asparagine.

Pharmacological actions^{24,15,16,17,31:}

Diuretic, antiviral, anticonvulsant, cardiogenic, antihypertensive, antibacterial, anti-inflammatory, analgesic, hepatoprotective, immunomodulatory, anti-angiogenic and anti-proliferative properties.

Important Formulations^{31:}

Punarnavasaka Kvatha Churna, Punarnavasava, Punarnavadi Mandura, Sukumara Ghrita, Shothaghna Lepa,

NAGABALA

Botanical Name: *Grewia hirsuta* Vahl

Natural Order: *Tiliaceae*

Classical Names: *Gangeroki, Nagabala, Gulshakara, Gulshakari, Hrishagbedhoka.*

Vernacular Names: Sanskrit

: *Nagabala, Gangeroki*

English: Snake mallow

Hindi: *Golshakari, Kokorbicha*

Bengali: *Kokorbicha*

Parts Used: Root

Ayurveda Properties:^{5,6:} *Rasa: Madhura, kasaya*

- **Guna:** *Guru, Snigdha, picchila*
- **Virya:** *Sita*
- **Vipaka:** *Madhura*
- **Doshagnata:** *Vatapitta shamaka*
- **Rogagnata**^{28,28,30:} *Rasayana, Dourbalya, Shukradourbalya, Raktapitta, Vatavyadhi, Nadidourbalya, Jwara and Karshya.*
- **Karma**^{28,29,30:} *Balya, Vrishya, Rasayana, Dahaprashamana, Raktastambhana, Vedhanasthapana, Vranarupana, Anulomana, Kaphanisharaka, Vrishya, Garbhasthapana, Mootrala, Jwaraghna, Brimhana and Kanti Vardhaka.*

Action and Uses^{28,29,30:}

Shukradourbalya, Mootrakriccha, Nadidourbalya, Smritidourbalya, Vatavyadhi, Hridya, Raktapradara, Kushthagatavata, Amlapitta, Vibandha, Swasha, Kasha, Urakshata, Garbhapata, Shwaravedha, Puyameha, Raktapitta.

Chemical Constituents^{28,29,30:}

Nagabala contains cohirsine, haiderine, jantine N-oxide, trilobine, isotrilobine, hirsutine, cohirsitinene, coclaurine, magnofloriae, sitosterol, ginnol and jantinine.

Pharmacological activities^{30:}

1. *Sosa* (C.C.11/91-92)- The root of *Nagabala* should be taken in the dose of 5 gm to start with increasing gradually up to 40 gm with milk for a month keeping on milk-diet without cereals. It promotes strength and life-span.

2. *Hidroga* (V.M.31/15-16)- Powder of *Nagabala* root and *Arjuna* bark should be used with milk. It removes heart disease, cough and dyspnea. Used for a month it acts as excellent rasayana and if taken for a year the man lives full life.

Preparations^{30:} *Nagabala Rasayana* (C.Chi.1/2/11, 1/4/6; A.H.U.39/54-55)

MUSHALI

Botanical name: *Asparagus adscendens* Roxb.

Natural order: *Liliaceae*

Classical name^{5,6,7:} *Musali, Shafedh musali, Dhuli musali, Tannir vittanga, Sallugaddha.*

Vernacular name: Sanskrit: *Mushali*

English: White musli

Hindi: *Swetamusli*

Bengali: *Musali*

Parts used: Rhizome

Ayurveda properties^{31,32,33}: **Rasa:** *Madhura*

- **Guna:** *Guru, Snigdha*
- **Virya:** *Seeta*
- **Vipaka:** *Madhura*
- **Doshagnata:** *Vatapittashamaka*
- **Rogagnata** ^{31,32,33}: *Klaibya, Shukrakshaya, Dourbalya, Karshya, Arsha, Rasayana*
- **Karma**^{31,32,33}: *Vrishya, Brimhana, Rasayana, Arshoghna, Balya.*

Action and Uses ^{31,32,33}:

Rasayana, Napungsakata, Sukrameha, Pradara, Atisar, Prabahika.

In freckles etc the root of *Mushali* pounded

with goat's milk and mixed with honey is applied on face. One should b take powder of *Mushali* and *Bakuchi* in order to alleviate deafness (BS.Karnaroga.35), Powder of *Mushali* root combined with *Guduchi-stta, Kapikacchu, Gokshura, Shalmali, Sarkara* and suspends in milk added with ghee should be taken. It arouses sex urge. (Classical Uses of Medicinal Plants by P.V Sharma, edition 2004, published by Chaukhambha Viswabharati, Varanasi-1, page no. 307)

Chemical Constituents ^{31,32,33}:

Rhizome contains 13.33% of moisture, 30.63% , of Albuminoids, 23.46% of starch, 8.42% of crude fiber, Curculigoside, Corchioside A, Lycorine (alkaloid), Sitosterol, Stigmasterol and Curculigo saponins G, H, I & J.

Pharmacological Activities^{31,32,33}:

Aphrodisiac, Diuretic, Tonic, Anticancerous, Antiinflammatory, Hepatoprotective.

Important formulations: *Mushalyadi Churna* (YR.446), *Shatavaryadi churna.*

DISCUSSION

Pharmacodynamics of 'Shatavaryadi Churna':

'Shatavaryadi churna' is having mainly *Madhura Rasa* (sweet taste) and *Vipaka* (post digestion rasa), *Sita Virya* (cool) , *Guru* (heavy) , *Snigdha Guna* and *Vata-Pittashamaka* effects. The drug is also having *Rasayana*, (rejuvenating) *Nadibalya*, (nervous tonic) *Medhya*, (nootropic), *Vedanasthjanana* (pain stabilizer) and *Balya* (tonic) properties. In the '*Shatavaryadi Churna*' like *Ashwagandha* and *Punarnava* which are having *Usna Virya*, *Laghu Guna* and *Prabhava* posses *Dipana* (appetizer) , *Pachana* (digestive) nd *Vatanulomana* properties and hence it helps in regulation of *Agni* and combating *Agnivaishamaya*. Here, the notable point is that inspite of *Agnidipana*, *Punarnava* is *Tridoshahara* and *Ashwagandha* is *Kapha-Vatashamaka*. On the other side the same '*Shatavaryadi Churna*' due to its properties like

Madhura Rasa and *Vipaka*; *Snigdha* and *Guru Guna* and *Sita Virya* act as *Rasayana* (Rejuvenation) *Vayasthapana* (anti-ageing) , *Balya*, *Medhya*, (nootropic) *Jivaniya* and *Agnidipana* (appetizer) and due to this process of *Dhatu* formation in the body gets rejuvenated and ultimately *Jara*/aging is slowed own. In ingredients of '*Shatavaryadi Churna*' *Shatavari*, *Gokshor*, *Nagbala* and *Mushali* are *Vata-Pittashamaka*; *Ashwagandha* has *Kapha-Vatashamaka* and *Punarnava* has *Tridoshahara* properties. *Shatavari* specially, *Pitta Shamaka* and *Ashwagandha* & *Gokshor* specially *Vata Shamaka*. *Guru*, *Snigdha*, *Pichchilla Guna* of these drugs act against *Laghu* and *Ruksha Guna* of *Vatadosha* and pacify it. so this drug becomes an overall good *Vata-Pittashamaka* activity. *Ashwagandha* shows *Nadibalya*, nervous tonic) *Medhya*, (nootropic) *Smirtikara*, *Vedanasthjanana* (pain stabilizer) and *Balya*

(tonic), *Mastishakashamaka*, *Hridya*, (heart tonic) *Nidrajanana* (HYPNOTIC) properties and hypothermic, hypotensive, anti-stress and antioxidant activities. *Shatavari* also possesses *Nadibalya*, (nervous tonic) *Medhya*, (nootropic) *Smirtikara*, *Vedanasthapanana* (pain stabilizer) and *Balya* (tonic) properties and anti-stress & endurance promoting activity. *Nagabala* and *Mushali* also have *Rasayana*, (rejuvenating) *Balya* (tonic) properties and analgesic & anti-inflammatory activity. All these drugs act on *Manovahasrotas* (channels of the mind), and pacify vitiated *Manas Doshas* and helps in relieving psychological symptoms associated with Postmenopausal Syndrome. The ingredients of '**Shatavaryadi Churna**' having *Madhur Rasa* and *Madhur Vipaka* properties and for this, it acts as *Vatashamak* and it is very good for *Dahaprashamana*, (pacifying burning sensation) *Vedanasthapanana*, (pain stabilizer) *Vranaropana*, (wound healer) *Shodhana*, *Lekhana*, *Kushthaghna*, *Shothahara*, *Rechana* and *mootrala* activity of this drug relief the gynecological symptoms like white discharge and genitor-urinary problems. The *Hridya* (heart tonic) activity present in this drug may cure the vertigo and palpitation. Presents of *Ashwagandha*, *Nagabala* and *Mushali* in '**Shatavaryadi Churna**' helps in Sexual problems as they are having *Rasayana* (rejuvenating) & *Vrishya* (aphrodisiac) activity. **Due to all these properties together 'Shatavaryadi Churna' is able to relieve symptoms of Dhatukshaya, vitiated Vata-Pitta, Agnivaishamya and Manovahasrotas (psychological).**

ACCORDING TO MODERN SCIENCE:

Mode of action of '**Shatavaryadi Churna**' depends upon properties and pharmacological action of their ingredients of the drug –*Shatavari* (*Asparagus racemosus*), *Gokshur* (*Tribulus terrestris* Linn) *Ashwagandha* (*Withania somnifera* Linn.) *Punarnava* (*Boerhavia diffusa* Linn) . *Nagabala* (*Grewia hirsute* Vahl.) *Mushali* (*Asparagus adscendens* Roxb) .contains phytosterol, beta sitosterol, stigmasterol, diosgenin and saponin which showed oestrogen like activity

or act as phytoestrogens. Phytoestrogens are naturally occurring compounds which are weak oestrogenic in nature and they act like SERM's. They have dual capacity of acting both as agonist (on bone, brain, lipid metabolism) and antagonist (on breast and endometrial tissue) to estrogen. Phytoestrogens have a variety of activities like oestrogenic, antioestrogenic, antioxidant, anticarcinogenic, bactericidal, antifungal, antimutogenic, antihypertensive, anti-inflammatory and anti-proliferative. So this ideal set of properties confers protection against cardiac diseases, osteoporosis and Alzheimer's disease without increasing the risk of hormone dependant cancers like breast and uterine cancer. Phytoestrogens stimulate osteoblastosis and suppress osteoclastosis and thus help in preventing bone loss. Due to phytoestrogenic property drug has effect on vasomotor instability, which is major symptom of Postmenopausal Syndrome. *Ayurveda* has considered 'aging' is the most important cause for menopause and Postmenopausal Syndrome. '**Shatavaryadi Churna**' have properties like antioxidant, immune-modulating and immune-potentiating, anti-stress, hepato-protective, adaptogenic, anti-inflammatory, antimicrobial, anti-allergic, analgesic, cardio-tonic and hypoglycemic which together act against the process of aging and helps in combating the aging associated problems including Postmenopausal Syndrome. The anti-stress, neuro-protective, immune-modulatory, antioxidant, activities shown by the drug might be responsible for its action on psychological disorders. Hypolipidemic and anti-athero-sclerotic activities shown by many ingredients like *Shatavari*, *Gokshur*, *Aswagandha*, *Punarnava*, *Nagabala* and *Mushali* of '**Shatavaryadi Churna**' will help in lowering the serum lipids. The drug contains phytosterols which are plant sitosterol, β - sitosterol, stigmasterol, diosgenin, saponin which is found in this drug has similar structure to Cholesterol. It is anti-cancer and anti-atherosclerotic and reduces blood cholesterol levels by directly inhibiting the absorption of cholesterol in intestine. It also prevents the

oxidation of LDL thereby reducing the risk of atherosclerosis. Hence, the drug '*Shatavaryadi Churna*' can be effective in various somato-

psychological and other symptoms of Postmenopausal Syndrome due to its various pharmacological actions.

CONCLUSION:

'*Shatavaryadi Churna*' is a good drug in the management of Postmenopausal Syndrome with hypertension and Diabetes Mellitus. '*Shatavaryadi Churna*' is an effective, safe, promising and cost-effective remedy.

Acknowledgement :- Nil

Financial Assistant:- Nil

Conflict of interest :- Nil

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