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## Role of *Shatapushpa Churna* in *Prathamik Vandhyatva* with *Kaphaj yoni vyapad*- A Review of Literature

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**ABSTRACT:** GOD, the ultimate creator of universe has empowered every human being to reproduce itself and continue his existence. Childlessness may be a tragedy to the married women and can be a cause of marital upset as well as of personal unhappiness and ill health. In today's fast world due to lack of time, mode of life and increasing mental stress, infertility is emerging as a major disorder affecting the social and psychological aspect of the life of the masses.

Infertility is defined as failure to conceive within one or more years of regular unprotected coitus. According to the WHO report about 2-10 % of couples worldwide are unable to conceive primarily & about 60-80% couples in the world are infertile.

*Vandhyatwa* has been one of the unsolved major complaints of womanhood in present era. The ancient system of *Ayurvedic* medicine advocated a variety of natural medication which may provide good results on this factor.

**Keywords:** *Prathamik Vandhyatva, Shatapushpa Churna, Kaphaj yoni vyapad.*

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## INTRODUCTION

Every child comes with a message that God is not yet disappointed of Humanity.”

*Putraishana* (Aspiration of Child) is the strongest desire of all the marriage couple. The desire of women for children is usually stronger than self interest in beauty and figure and may be stronger than the claims of career. Childlessness may be a tragedy to the married women and can be a cause of marital upset as well as of personal unhappiness and ill health.

In today’s fast world due to lack of time, mode of life and increasing mental stress, infertility is emerging as a major disorder affecting the social and psychological aspect of the life of the masses. Infertility is defined as failure to conceive within one or more years of regular unprotected coitus. According to the WHO report about 2-10 % of couples worldwide are unable to conceive primarily & about 60-80% couples in the world are infertile. It is estimated that 10% of normally fertile couples fails to

conceive within their first year of attempt. Further 10-25% couples experience secondary infertility.

Conception depends on the fertility potential of both the Male and Female partners. The contribution of both of them is as follows<sup>1</sup>

Male	30%
Female	40%
Both	20%
Unexplained	10%

Reproductive endocrinologists consider a couple to be infertile if<sup>2</sup>:

- The couple has not conceived after 12 months of unprotected intercourse if the female is under the age of 35.
- The couple has not conceived after 6 months of unprotected intercourse if the female is over the age of 35.
- *Yonivyapada* (gynecological disorders), if not treated properly cause infertility (*Abeejata*)<sup>3</sup>.*Kapha*, vitiated due to

excessive use of *abhishyandi* substances reaches reproductive system and causes unctuousness, coldness, itching, and dull pain in vagina. The women looks anemic, and discharge yellowish, unctuous, menstrual blood is the opinion of *charak*<sup>4</sup>.

- *Shatapushpa* (*Anethum sowa*(Kurz)) have properties of *deepana*, *pachana*, *vatakaphashamak*, *srotoshodhaka*, *Yonidoshahara* and *Garbhasthapana*<sup>5</sup>.

## MATERIAL & METHODS:

In order to determine in current body of scientific evidence supporting the therapeutic effect of *shatapushpa churna* in case of *prathmik bandhyatva* specially with *kaphaj yonivyapad*, the author performed thorough literature search focused on the ratification of the available peer reviewed literature that provide scientific evidence for the benefits of *shatapushpa churna* in human subjects.

**Review :-**It has been seen in gynecological practice that patient with *kaphaj yonivyapad* may be associated with the primary infertility. *Yonivyapada* (gynecological disorders), if not treated properly cause infertility (*Abeejata*)<sup>3</sup>. *Kapha*, vitiated due to excessive use of *abhishyandi* substances reaches

reproductive system and causes unctuousness, coldness, itching, and dull pain in vagina. The women looks anemic, and discharge yellowish, unctuous, menstrual blood is the opinion of *charak*<sup>4</sup>.

## DRUG REVIEW<sup>5</sup>:

### Properties:

*Rasa* : *Katu, Tikta,*

*Guna* : *Laghu, Ruksha, Tikshna.*

*Virya* : *Ushna.*

*Vipaka* : *Katu*

*Doshaghnata* : *Kaphavatashamaka.*

### Chemical constituents:

Seed contains about volatile oil – 1.2-7.7% about 20% each of and fixed oil it also contains proteins, carvone D-Limonen, I-dihyrorcarvone,  $\alpha$ -Phellanadrene, B-sitosterol and other terpenes. Due to *Ushna* and *Tikshna Guna* it acts as *Kaphavatashamaka*. It has *Deepana*, *Pachana*, *Anuloman* and *Krimighna* properties so, it is used in *Aruchi*, *Vamana*, *Agnimandhya*, *Ajeerna*, *Udarshoola*, *Krimi* etc *Shatapushpa* have properties of *deepana*, *pachana*, *vatakaphashamak*, *srotoshodhaka*, *Yonidoshahara* and *Garbhasthapana*.

Dose: *Shatapushpa churna* 5 gms bd

## DISCUSSION:

Due to *Ushna Virya* it inhibits the *Sheeta Guna* of *Kapha* and *Vatadosha* and *Tikshna*,

*Laghu guna* inhibit the *Picchila Guna* of *Kapha*. Due to *Ushna* and *Tikshna Guna* it acts as *Kaphavata shamaka* and *Pittavardhaka*. Due to *Anulomana Karma*, it will cause “*Doshanam Sanshosana*” and facilitate the free movement of *Apana Vayu* that in turn will help in its proper functioning. One of the main function of *Apana Vayu* is the production of *Artava*. It acts as *Artavajanana* (Emenagogue). So it has good effect on *Rajorodha* & *Yonishoola*. It relieves Dysmenorrhoea (*kashtartava*) due to inhibition of prostaglandin production and antispasmodic action<sup>6</sup>. Due to property of *Katu Rasa* and *Ruksha, Tikshna Guna*, it remove the obstruction in *Srotas* by *Lekhana karma*, it acts through proper vascularising the uterine musculature; along with it cures the *Upalepa* produced by *Kapha* in the *Artavavaha Srotas* and dilate the passage. *Kapha Vilayan* occurs in this way they help in *Srotoshodhana*. So it stimulates follicle and helps in ovulation. As obstruction is cleared, free flow of *Artava* occurs into lumen. *Shatpushpa Churna* possess *Deepana, Pachana* and *Amadosharaso* it regulates *Jatharagni, Dhatavani & Bhutagni* which correct metabolism at cellular level, which result in formation of *dhatu & upadhatu (Artava)*. It

is experimented that it is a good uterine stimulant drug. It increased vascularity of endometrium i.e. regeneration & proliferation of the endometrium. It's *madhura, Brimhana, balya & Rasayana* increases the thickness of endometrium and increase responsiveness of endometrium to bear conception. Due to phytoestrogenic effect, it increases amount of cervical mucus, spinnbarkeit, ferning, motility & density of sperms in cervical mucus<sup>7</sup>.

### CONCLUSION:

*Kaphaj yonivyapad* can be correlated with Primary infertility with *Trichomonas Vaginitis* in modern system of medicine<sup>8</sup>. *Shatpushpa churna* may be beneficial in *Candida Vaginitis, dysmenorrhea* and *dyspareunia*. *Sathapushpachurna* can be recommended safely for the management of infertility which can be due to *trichomonas vaginitis* manifestation<sup>8</sup>.

**Suggestions for further research work:** The treatment should be prescribed for at least 5-6 cycles to achieve the maximum effect of the therapy.

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