



ROLE OF SHATAVARI IN STREEROG-PRASUTITANTRA

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ABSTRACT

Streeprasutitantra is very important 'anga' of Ayurveda which deals with the Health and Diseases of Women. Women is refer as 'Stree' in Ayurveda. StreeJivan is goes through different avasthas like Kumari, Garbhini, Sutika, Rajonivrutti. In all these avasthas she suffers many diseases. In Ayurveda many herbal drugs are used in day to day practice. 'Shatavari' is one of them. For the present study Shatavari is selected. All the literature regarding Shatavari is collected from different Ayurvedic classical texts Bruhatrayi, Laghutrayi, Nighantus. Observed that It is Madhur rastmak, Shita virya and Vata-pittashamak. Also Balya, Bruhaniya, Sthanya, Keshya, Asthiposhak, Rasavardhak in Properties. So, probably it proves to be useful in different avsthas of Streeprasutivikar.

KEYWORDS: Shatavari, Streerogprasutitantra.

INTRODUCTION

Women's are considered as one of the most essential factor for continuity of life. According to definition of woman or 'Stree' One who lodges a Garbha or fetus is known as Stree. Acharya Charaka said that woman is the origin of progeny. She gives birth to a child. To attain the motherhood is the aim of every woman in this world.

In present era busy life style, stress, late marriages...etc. are the causes which affect the life of Stree,. Due to these she suffers many vyadhi throughout the life. In Kumari avastha she suffers from Menstrual disorders, Mukhadushika, Hair problems. In fertility period suffers from Vandhyatwa (infertility), Sthoulya, Harmonal imbalance which give rise to PCOD, Hypothyroidism etc. In Garbhini avastha she suffers Garbhapat and different Garbhini Vikar, In Sutika she suffers from Katishool, Joint pain, Sthanya Vikar.

In Ayurvedic classical textbooks every avastha of Stree i.e. women is described in details. Every aspect of her health was studied minutely e.g. Rajaswala, Garbhini, Sutika avastha and their paricharya. In these avasthas different herbal medicines were used in routine practice like Shatavari, Methika, Shatapushpa, Atasi, Ashoka, Gokshur, Trikatu, Triphala....etc. All these herbal drugs are used internally by oral route in Guti-Vati, Asav-Arishta forms. Externally through Yonidhavan, Yonichu, Uttarbasti etc.

These herbal medicines and their formulations proves remarkable effect in 'Streejivan.

Aim

To study the literature of Shatavari in Stree-Prasutitantra.

Objective

1. To study the literature of Shatavari from different Ayurvedic texts.
2. To study the literature of Shatavari in stree- Rog from Classical Ayurvedic texts.

MATERIAL AND METHOD

Material - Literature of Shatavari is collected from Authentic Samhita; Ayurvedic textbooks and updated internet data.

Method -The literature collected from different classical Ayurvedic texts and data presented as.

Table 1: Shatavari In Stirog.

Sr.No.	Streerog	Vyadhilakshana	Doshagnata	References
1.	Rajaksheenata	Anartav Pramanatah Rajakshaya	Vata Kapha	-Su. Sha. 2/23
2.	Raktapradar	Atiraktashraw;	Tridosha	Ch. Chi. 4/83
3.	Vataj Yonivyapad	Yonitod; Yonirukshata	Vataj	Ch. Chi. 30/52-54
4.	Pittaj Yonivyapad	Yonidah Rajovrudhi	Pittaj	Ch. Chi. 30/64-67
5.	Acharana Yonivyapad, Karnini Yonivyapad, Shushkayoni, Prakcharana Yonivyapad.	Maithuniccha -adhikya	Vataj	Ch. Chi. 30/102-104

Table 2: Shatavari in Garbhini Paricharya.

Sr. No.	Month	Prakrut Lakshana	Reference	Upachar
1.	2 nd	Hrullas; Aruchi; Chhardi	Su.Sha.10/4	Shatavaryadi siddha ksheer
2.	5 th	Karshya; Udarvrudhi; Vyakta garbhahrutspandan	Su. Sha. 10/18	मधुरादौ सिद्धघृतं; शतावरी घृतं

Table 3: Shatavari in Garbha-vyapad.

Sr. no.	Type	Kala	Lakshana	Reference	Upachaar
1.	Garbhapaat	4 to 6 Month	Yonigat Raktasraaw; Katiparshwashool, Udarshool	Kaumarbhruityantra Nirmala Rajawade page no. 333	Shatavari kalpa
2.	Garbhinimutragraha	-	Adhman; Adhodarshool	Ka, Khi. 10/180	Shatavaryadi siddha ksheera; kallk; Kshreera: Swarasa; Kashaya

Table 4: Shatavari in Sutikaparicharya.

Sr. no.	Sutikavikar	Vikrut Lakshana	References	Upachar
1.	5/10 days Kala/Sutikawastha	Styanyalpata; Daurbalya; Nidranash.	Su. Sha. 10/30	Shatavarikalpa Shatavari ghruta
2.	Adhman Mutra-purish awarodh	Parshwakatiprusht Pida Angamarda	Kaumarbhruityantra Nirmala Rajawade page no. 466	Narayana tail Abhyang
3.	Daurbalya Karshya	Bhram Tandra Apachi	Kaumarbhruityantra Nirmala Rajawade page no. 466	Shatavarikalpa Shatavarighruta

Table 5: Formulations of Shatavari.

Sr. No.	Name of formulations	Rout of Administration	Stree- Prasuti Vikar
1	Shatavari Ghrita	Orally, Uttarbasti Basti	Raktapradar
2	Shatavari Taila	Basti, Uttarbasti; Abhyang	Stree- Vyandhyatw
3	Shatavari Mandura	Orally	Vataj Shoola; Pittaj Shoola, Kashtartaw
4	Shatavari Modaka	Orally	Vatavikara; Dourbalya
5	Shatavari Kwatha	Orally, Basti	Raktapradar; Yoni- daah
6	Mahanarayana Taila	Abhyang; Basti; Uttarbasti	JarajanyaStree- rogas Stree- Vyandhyatw
7	Shatavari Chinnaruhadi Kashaya	Orally	Shwetapradar
8	Shatavaryadi churn	Orally	Artaw Kshyaya
S9	Shatavari Guda	Orally	Rajovikar
10	Shatavari kalpa	Orally	Stanya- vicar, Sutika vicar

RESULT

- In stree-rogas due to vataprakop, Rajodushtijanyavikar, Yonivyapadas Shatavary can be use by internally and externally.

- In Garbhini paricharya Shatavari can be given in 2nd and 5th month
- Shatavari can be use along with other drugs in Garbha vyapad.

- In Sutika paricharya and Sutika – rogas Shatavari can be use internally with Ghruta and siddha ksheera and Externally with Narayana Taila application.
- Shatavari can be use with different formulations.

DISCUSSION

- In Rajaksheenata due to nidana sewana vata and kapha is vitiated, Shatavari is Madhura vipaki and guru snigdha gunatmaka. so, its vata pitta shamaka action, Shatavari kalpa or choorna may be used orally in Rjaksheenata.
- Shatavari can be use along with other drugs in Garbha vyapad.
- It is Advised in 2nd and 5th month to relives the garbhadoshotpidan and boost the Garbhahatuvruddhi and there by avoid Garbhapaat. Or miscarage.
- Due to its Shita Virya. Madhura Snigdha guna Shatavari causes stambhan and shaman in Garbhapat (or 4/6 month) and can be avoid pandu.
- In Sutika paricharya and Sutika – rogas Shatavari can be use internally with Ghruta and siddha ksheera and Externally with Narayana Taila application.
- As Shatavari is Snigdha; Guru; Balya; Bruhaniya. It can be used in Sutika- avastha, In which Vata is vitiated and Sutika becomes Durbala due to Prasuti Vedana. Thus Shatavari gives strength to the Sutika Also Vatanuloman Balya; stanya.....effects occurs.
- Shatavari can be use orally in kashay choorna, modaka and gooda form. Also it can be used in different procedures i. e. Basti, Uttarbasti, Abyang.
- As Shatavari is medhya; Hrudya; Rasayana it can be use in Rajonivrutti in this Awastha it controls the harmones, Rejuvenate dhatus and thereby gives strength to the joints or Asthivikara.
- Shatavari is Snigdha; Guru and sheeta veerya Madhur vipaki. So, it acts on Rasa dhatu, nourishes it and thereby cures the Twakavikara like Mukhadushika.

CONCLUSION

- Thus Shatavari is useful in different Awastha in Stree- Prasutirogas.
- In Kumari for Mukhadushika, for Rajaswala to cures the Mensrual disorders.
- In Garbhini it nourishes the garbha and gives strength to the garbhini.
- For Sutika and Rajonivrutti it cures the elevated vatadosha.

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