

“Shatapuspa-Shatavari Kalpa Adhaya” of Kashyap Samhita w.s.r to Gynecological Disorders

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Abstract

Kashyap samhita mainly dealt with paediatric as well as gynaecological health & its related issues. Kashyap mentioned one whole chapter on two drugs i.e. Shatapuspa and Shatavari and discussed the qualities, form, indications, dosages & duration which signifies the importance of single drug therapy with high end results if properly used in day today clinical practice. ‘Low cost High effective therapy’ is need of the hour using single drugs or least number of drugs. Screening methodology followed & reviewed Critically followed by appropriate discussion. Following appropriate dosage & duration using shatavari & shatapuspa in gynaecological disorders is one of the observable fact for enhanced effect.

Keywords: Kashyap Samhita; Shatpuspa; Shatavari; Aartvapravartana; Vandhyatwa.

Introduction

Kashyapa Samhita also *Kashyapa*, *Kasyap*, *Kasyapa*, also known as Vriddha Jivakiya Tantra. It is written in the era is a dissertation on Ayurveda endorsed to the sage Kashyap. The book is often named as one of the earliest dissertation on Indian medicine, alongside the Sushruta Samhita Charaka Samhita Bheda Samhita Harita Samhita (and others) [1].

Descriptions are given in the question and answer approaches. The query raised by the scholars, replied by the Sage Kashyap himself, is documented extremely in logical manner. The four fundamental point's related queries are [a] initiation of diseases, [b] their diagnosis, [c] their healing [d] management..

In current practice of Ayurveda, it is confer with principally in the fields of Ayuvedic pediatrics, gynecology and obstetrics [2]. It is also part of the Ayurveda schooling prospectus especially in *Kaumarabhritya Balaroga* (Pediatrics).

The most common gynecological disorders will be

Dysmenorrhea or painful menstruation	Amenorrhea or absence of period	Polycystic ovarian syndrome (PCOS)	Fibroids	Endometriosis
Pelvic inflammatory diseas	Vaginitis	Menopause	Pain during sex	Leucorrhoea (excess white vaginal discharge)

It is dated to a period of 6th century BCE. The *Kashyap samhita* contains 9 parts including 200 chapters [3].

Sthana	No of Chapters	Sthana	No of Chapters
Sutra	30	CHIKITSA	30
Nidan	8	SIDHHI	12
Vimana	8	KALPA	12
Indriya	12	KAAL BHAAG	80
Shareera	8		

Gynecological disorders are those disorders that affect the female reproductive system. The organs included in reproductive system are breasts, uterus, fallopian tube, ovaries, and external genitalia. Every woman suffers from some gynecological disorder at some point in her life. There is a very important impact of gynecological disorders on female's sexual function. These must not be taken lightly as they can adversely affect the ability of woman to produce children or in some cases may threaten their lives.

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The non-availability of reliable and standardized drugs, their high cost, and ambiguity in the identity of the ingredients used are a few of the major problems encountered today in the utilization of compound drugs in Ayurveda. There is thus an urgent need to reemphasize the use of single plant drug formulations recorded in the classical texts. Such attempt was made by sage Kashyap in his book by explaining the one whole chapter on two drugs i.e Shatavari (*Asparagus racemosus*) & Shatapuspa (*Anthem sowa*) in shatapuspa shatavari kalpa adhyaya in kapla sthan.

Kashyap mention the potential qualities of shatapuspa & shatavari in this chapter. For shatapuspa its mentioned properties are madhurarasa (sweet), brumhana (bulk promoting), balya (strength), pusti (nutritional), agnivardhini (appetizer), rutupravartini (stimulates Menstruation), yoni & shukra vishodhini (regulates the functions of uterus) & having ushna veerya (hot potency) & pacify vaat dosha. Its important karma is Putrakari (enhancing the fertility) & veeryakari (increases the quality of Ovum). Spiritually it is considered as Dhanya (blessed), Mangallya (auspicious) & paap nashini (destruct the sinfulness).

For shatavari its mentioned properties are sheet veerya (cold potency), kashay madhur rasa (sweet & astringent), Snigdha guna(), Vrushya, rasayan. Enhances Varna (color of the skin), Oja (immunity), bala (strength). Pacify vaat & pitta. Improves smrutirecalling capacity), medha (intellegency) & mati (common sense). Improves the quality of different srotas specially aartavvaha asrotas (pathya). It shows Puspakari (Regulates the menstrual process) & prajakari (enhancing the fertility).

Action & uses of Shatapuspa & Shatavari

- Amenorrhoea
- Infertile woman
- Meno-metrorrhagia
- Hypomenorrhoea
- Menopause
- Absence of menarche
- Repeated abortions

- Dry vaginal conditions
- Lack of sexual desire.

Prescriptions

1. According to patients digestive power (agni), shatapuspa or shatavari choorna prescribed 1.5 pala, 1 pala or half pala be licked with ghruta. After its digestion eat milk & cooked rice. Once patient reached 100 palas gets desired number of children, vandhya (infertile woman) & sandha (impotent woman) also delivers, Improves strength of all type of mental faculty activities, aged becomes young, attains strength & complexion, free from all geriatric complaints.
2. Shatapuspa or shatavari Choorna - daily one Karsha dosage with honey & ghruta for one month become Medhavi (excellent Recalling & retaining capacity of brain).

Conclusion

Rational use of Single drug or simple formulations mentioned by Kashyapa w.s.r to two drugs i.e. shatavari & shatapuspa will be benefitted in the management of various gynecological problems & stimulates the physician to fulfill, one of the treatment principle "low cost & high effective therapy."

Bibliography

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