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Review Article

A DRUG REVIEW ON *SHATAVARI CHURNA* (FORMULATION) IN THE MANAGEMENT OF *KARSHYA* IN *GRAHANI*

Dr. Sovanlal Patra¹, Dr. Apala Sengupta²

1. Assistant Professor, Department of Rog Nidan Avum Vikriti Vigyan, SMSJ Ayurved College & Hospital, Chhapra, Bihar, India.
2. Professor and Head, Department of Rog Nidan Avum Vikriti Vigyan, Institute of Post Graduate Ayurvedic Education and Research at Shyamadas Vaidya Shastra Pith Hospital, Kolkata, West Bengal, India.

Address for correspondence:

Dr Sovanlal Patra, Assistant Professor, Department of Rog Nidan Avum Vikriti Vigyan, SMSJ Ayurved College & Hospital, Chhapra, Bihar, India.

Email Id: sovanlalpatra6@gmail.com

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ABSTRACT

Background:

Karshya is an *Aptarpanjanya vyadhi*, is a disease in which the body get emaciated gradually. Altered function of *Vayu* and *Agni* leads to insufficient production of *Rasa Dhatu*. *Upososhan* of *Rasa Dhatu* takes place leading to *Dhatukshaya* chronologically. Hence the patient of *Karshya* suffers from indigestion, malabsorption and defective metabolism. *Agnimandhya* predominantly causes the disease *Grahani Dosha* and also responsible for *Ajeerna*. **Material and Methods:** Ayurvedic texts, as well as the data-bases web-based search engines, journal, were used to search for relevant literature and information. **Result:** *Shatavari Churna* referred in *Bhavprakash Nighantu* was reviewed, analysed in detail. *Shatavari churna* has properties of *Madhura & Tikta Rasa*, *Guru* and *Snigdha Guna*, *Sheeta Virya* and *Madhura Vipaka* and *Vata-pittashamaka Doshaghata*. Due to these qualities, it acts as *Agni Deepana*, *Vrishya*, *Rasayana*, *Shukrala* and *Balya* helps in improving sign and symptoms of *Karshya* in *Grahani*. **Conclusion:** *Shatavari Churna* appear to be as beneficial in *Karshya*.

Keywords: *Grahani*, *Karshya*, *Shatavari Churna*.

1. INTRODUCTION

Ayurveda, the most ancient medical science, has given *Trisutras*, namely *Hetu* (causative factors), *Linga* (signs and symptoms), and *Aushadha* (treatment). The last part of this trio has been given equal importance as the former two. By the knowledge of these three *sutras* every disease can be approached and treated very well.

The success of *Chikitsa* depends totally upon four factors which are known as *Chikitsa Chatushpada*. These *Chatushpada* includes *Bhishak*, *Dravya*, *Upasthata* and *Rogi*. These *Chatushpada* endowed with their proper qualities, are responsible for the cure of any kind of diseases. But these factors can succeed in the cure of diseases, only when they are actively engaged in the fulfillment of the objects.ⁱ

Among four basic factors of treatment, the *Vaidya* occupies the most important place; therefore, has been enumerated first. Then in the order of merit, second place has been given to *Dravya* (medicine).ⁱⁱ

The *Bheshaja* which to be administered to the patient should possess the following four ideal qualities viz.

1. *Bahuta* (It should be available in abundant quantity)
2. *Yogyata* (It should be effective)
3. *Anekavidha kalpana* (Various pharmaceutical forms or multiple uses)
4. *Sampat* (Richness in efficacy or potency)ⁱⁱⁱ

Selection of the medicine with opposite properties to the cause of disease is helpful in the management of the disease. *Karshya* is an *Aptarpanjanya vyadhi*, is a disease in which the body get emaciated gradually. Altered function of *Vayu* and *Agni* leads to insufficient production of *Rasa Dhatu*. *Upasoshan* of *Rasa Dhatu* takes place leading to *Dhatukshaya* chronologically. Hence the patient of *Karshya* suffers from indigestion, malabsorption and defective metabolism. *Agnimandhya* predominantly causes the disease *Grahani Dosha* and also responsible for *Ajeerna*. In *Ayurveda*, *Brimhana* is the preferred treatment of *Karshya* which is a *Rasa-pradosha vikara*. *Agni Deepana* and *Laghu santarpana* is therefore advised. Contents of *Shatavari churna* has properties of *Madhura & Tikta Rasa*, *Guru* and *Snigdha Guna*, *Sheeta Virya* and *Madhura Vipaka* and *Vata-pittashamaka Doshaghata*. Due to these qualities, it acts as *Agni Deepana*, *Vrishya*, *Rasayana*, *Shukrala* and *Balya* helps in improving sign and symptoms of *Karshya* in *Grahani*.

Shatavari churna consists of herbal drugs as mentioned in *Bhavprakash Nighantu*^{iv}. Present review aimed at congregation the information about the details of the constituents of this *Yoga* along with the applicability in the management of *Karshya* in *Grahani*.

2. MATERIALS AND METHODS

2.1. Method of review

Ayurvedic texts, modern books as well as the data bases Google scholar, PubMed, Medline, dissertation works from Ayurveda colleges, studies available on Research Gate web-based search engines, journal, were used to search for relevant literature on *Shatavari Churna* and presented in systematic manner.

2.2. Procurement of Trial Drugs

All the content of trial drugs i.e. *Shatavari Churna* was identified.

2.3. Preparation of Drugs

Shatavari Churna were prepared as per the method of preparation of *Churnakalpana* as mentioned in *Sharangadhara Samhita*^v in Pharmacy of Institute of Post Graduate Ayurvedic Education and Research at Shyamadas Vaidya Shastra Pith Hospital, Kolkata.

2.4. Materials for *Shatavari Churna*

Ingredients of *Shatavari Churna*, with English / Latin name, Part used and its quantities are described as given in Table 1:

Table 1: Ingredients of ‘*Shatavari Churna*’

Sr. No	Name of Drugs	Botanical name/ English Name	Part used	Proportion
1.	<i>Shatavari</i>	<i>Asparagus racemosus</i> Willd.	Tuberous root	1 part

3. RESULT

The pharmacological properties of the *Shatavari Churna* (formulation) can be explained on the basis of the individual drug properties as mentioned below:

1. *SHATAVARI*^{vi,vii}

Latin Name	<i>Asparagus racemosus</i> Willd.
Family	Asparagaceae (Liliaceae)
Synonyms	<i>Shatavari, Vari, Sukshmapatra, Narayani, Swadurasa, Abhiru</i>
Vernacular Name	<ul style="list-style-type: none"> • English Name: Buttermilk Root, Climbing Asparagus • Hindi Name: Satavari
Classical Categorization:	<ul style="list-style-type: none"> • Charakasamhita: <i>Balya, Vayasthapan, Madhura Skanda</i> • Sushrutasamhita: <i>Vidarigandhadi, Kantaka Panchmool, Pittashamaka</i> • Bhavprakasha: <i>Guduchyadi varga</i>
Part Used	<ul style="list-style-type: none"> • Tuberous root
Rasapanchaka	<ul style="list-style-type: none"> • Rasa: <i>Madhura, Tikta</i> • Guna: <i>Guru, Snigdha</i>

	<ul style="list-style-type: none"> • Virya: Sheeta • Vipaka: Madhura • Doshaghnata: Vata-Pittashamaka
Karma	<ul style="list-style-type: none"> • <i>Virishya, Rasayana, Hridya, Shukrala, Netrya, Balya</i>
Rogaghnata	<ul style="list-style-type: none"> • <i>Atisara, Arshas, Grahini, Gulma, Kshaya, Prameha, Raktapitta, Shotha.</i>
Chemical constituents	<ul style="list-style-type: none"> ➤ Root - sarsapogenin; two spirostanolic & two furostanolic sponins; sitosterol, asparagamine A. ➤ Fruits - B- sitosterol, sarsapogenin, diosenin, asparamins A & B. ➤ Leaves - favonoids, rutin.
Morphology	<ul style="list-style-type: none"> • Perennial shrub consisting of thorns. • Consists groups of adventitious roots. • Leaves are modified as pine-needle-like phylloclades (photosynthetic branches) that are uniform and shiny green. • White colored flowers. • Racemose inflorescence • Fruit - blackish-purple, globular berries. • Habitat : Throughout tropical and Subtropical India
Varieties	<ul style="list-style-type: none"> • There is another larger variety of this creeper called <i>mahashatavari, ssahasramooli or sahasra veerya (Asparagus armentosa)</i>. The root of this varieties are longer and more spread out. • Another thorn-less varieties is found in the Himalaya at the height of 8-9 thousand meter, known as <i>Asparagus filicimus</i> (thread like).
Therapeutic use	<ul style="list-style-type: none"> • External uses: Because of its <i>shamaka</i> and <i>balya</i> actions, leaves boiled in oil are used for massage in head disease, <i>vata</i> disorder & weakness. Leaves are used in measles & smallpox. • Internal uses: <ul style="list-style-type: none"> ➤ Nervous system: It is useful in epilepsy, schizophrenia and neurological disorders. Because of its coolant nature, it is very useful in relieving diabetic neuropathy. It is good for both diabetes and nerve irritation causing burning fingers and toes. ➤ Digestive system: Because of its bitter principles and coolant properties, it is very useful in treating gastritis. ➤ Circulatory system: acts as cardiac tonic, congenial for heart ➤ Urinary system: Ethanolic extract of <i>A. racemosus</i> significantly decreased the development of urolithiasis in rats. ➤ Reproductive system: <i>Shatavari</i> relieves menopausal symptoms such as hot flashes. By producing estrogens it makes up for low estrogen levels in women who are menopausal or have had hysterectomies or oophorectomies. The hydro-alcoholic extract of <i>Asparagus racemosus</i> root at higher concentration (400 mg/kg body weight) showed significant aphrodisiac activity on male wistar albino rats. ➤ Skin: Because of its coolant nature and bitter principles, it is useful in blood imbalance disorders and skin conditions such as acne. Because it balances hormones, it is very useful against hormone imbalance induced acne. ➤ Eyes: It is <i>akshiroghara</i>, useful in eye disorders.

Dosage	<ul style="list-style-type: none"> Fresh juice 10-20 ml; Decoction (Kashaya) – 50-100 ml; Powder 3-6 g in divided dose per day
Contraindications (Cautions):	<ul style="list-style-type: none"> Massive fibrocystic breasts Estrogen induced problems Estrogen induced fibrocystic changes or other problems
Side effects	<ul style="list-style-type: none"> Sensitivity to asparagus may cause skin reactions and pulmonary allergic reactions in some people. According to Natural Standard, patients with edema due to kidney disorder or impaired heart function should not be using <i>shatavari</i>. One should keep watch on possible weight gain while using <i>Shatavari</i>.
Action on Dosha, Dhatu, Mala	<ul style="list-style-type: none"> Dosha: <i>Vataghna, pittaghna, kaphaghna</i> Dhatu: <i>Majja</i> (brain tonic), <i>shukra</i> (aphrodisiac), <i>rasa</i> (galactagogue), <i>raktagami</i> (bleeding-disorder) Mala: <i>Purisha</i> (astringent, antidiarrhoeal) Organs: Eyes, stomach, liver, gall bladder, heart.
Pharmacological activities	<ul style="list-style-type: none"> Anti-cancer, anti-dysenteric, anti-bacterial, anti-viral, spasmotic to uterus, hypoglycemic, diuretic.

Table No. 2: Average of Pharmacodynamics of *Shatavari Churna*

Properties	Observations in <i>Shatavari Churna</i>	
	Total No. of Drugs	Percentage%
Rasa		
<i>Madhura</i>	1/1	100.00
<i>Tikta</i>	1/1	100.00
Guna		
<i>Guru</i>	1/1	100.00
<i>Snigdha</i>	1/1	100.00
Vipaka		
<i>Madhura</i>	1/1	100.00
Virya		
<i>Sheeta</i>	1/1	100.00
Doshaghnata		
<i>Vata-Pittahara</i>	1/1	100.00
Karma		
<i>Vrishya</i>	1/1	100.00
<i>Shukrala</i>	1/1	100.00
<i>Rasayana</i>	1/1	100.00
<i>Balya</i>	1/1	100.00

4. DISCUSSION

According to the *Ayurveda Samhita*, *Karshya* falls under the *Rasaprodoshaja vikara*, which is comparable to malnutrition in modern science. *Karshya* is due to *Rasadhutu vikriti* and *Vata* vitiation whereas *Kshaya* and *Shosha* are *Tridoshaja*. *Acharya Charaka* suggests *Laghu santarpana* as a treatment for *Karshya*. *Sadhya santarpana* should be used to treat people who are *sadya krisha* (acute). However, *Abhyasa santarpana* is advised in cases of *Chira-krisha* (chronic).

Brimhana is advised in accordance with *Acharya Dalhana's nirantana* (continuous). *Brimhana* was also advised by *Acharya Vagbhatta*. Since *Acharya Kashyapa* incorporated *Karshya* into *Vatavyadhi*, the recommended course of treatment is *Brimhana*. *Acharya Sharangadhara* adopted the viewpoint of the *Kashyapa*. Whatever increases the bulk of the body mass and makes it strong is known as *Brimhana* (nourishing therapy). Proper *Brimhana* gives *Bala*, *Pusti*, *Karshya dosha-vivarjana* (free from disease of leanness).

Shatavari churna has properties of *Madhura & Tikta Rasa*, *Guru* and *Snigdha Guna*, *Sheeta Virya* and *Madhura Vipaka* and *Vata-pittashamaka Doshaghata*. Due to these qualities, it acts as *Agni Deepana*, *Vrishya*, *Rasayana*, *Shukrala* and *Balya* helps in improving sign and symptoms of *Karshya* in *Grahani*.

5. CONCLUSION

It can be concluded from the study that the Ayurvedic management of *Karshya* is better achieved by following the proper dietary habits, lifestyle, and oral medication *Shatavari Churna*. The comprehensive approach of *Ayurveda* can lead to improving the quality of life of *Karshya*.

CONSENT

It is not applicable.

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COMPETING INTEREST

Authors have declared that no competing interest exist.

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