

SHATPUSPA KALPA: A DRUG REVIEW

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ABSTRACT

Ayurvedic medicine (also called Ayurveda) is one of the world's oldest medical systems. Treatment with herbal medicinal plants also holds a strong ground because these plants are considered to be safe and have no side effects. While the lifestyle that we live can have adverse effect on us, Sowa is most easily available and most cultivating plant in india. Sowa is useful herbal plant for child and adult. Because it grows digestion power and mental power. Pediatric age group is more complication for GIT disease and psychological disease. It is mostly use in kichen but not proper use as medicine.

INTRODUCTION

Shatapushpa is indicated to sweet, anabolic, strength providing, promoter of nutrition and increase digestive and metabolic fire.^[1] Food nourishes dhatus, ojas, strength, complexion etc. depends on Agni because undigested food can not produced rasa.^[2] Any disease is grows when life style is change. Agni is affected by fasting, eating during indigestion, over- eating, and irregular eating. Agni thus deranged becomes unable to digest and the food being undigested gets acidified and toxic(Ama). In ayurveda Ama formed when jather agni is weak.^[3] Digestive fire if irregular cause disequilibrium in dhatus and dhatu

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become dries.^[4] According to ayurveda human's body has thirteen fires. Jatharagni is principle fire. Life, Strength, health, Intellect power, energy are stable When Jatharagni is in natural form.^[5] Over time Ama tends to accumulate in the system and block the channels of the body, causing a variety of conditions. Ama is more toxic so it is called *amavisha*. This type of ama mixes with the doshas or tissues or waste products of the body and causes more chronic problems. Removing this ama has become more of a priority over the years.

Classification of Shatpushpa

Botanical name- *Peucedanum graveolens* Linn.

Family Name- Apiaceae

Synonyms- Shatapushpa, Soya, Sova, Indian Dil Fruit

Morphology^[6]

It is perennial herb.

Habit- An annual glabrous, aromatic herb, up to 30-60 cm in height.

Leaves: bi or tri pinnate, decompound, ultimate segments filliform, 1.2-2.5 cm long.

Flowers: umbels, yellow in colour.

Fruits – 2x2mm, winged and 2-3 times as broad as thick.

Chemistry- Eugenol, Carvone, Limonene, Apiol, β – Sitosterol, β -caryophyllene

Property of Shatpuspa^[7]

Rasa : Katu, Tikta

Guna : Snigdha

Veerya : Ushna

Vipaka : Katu

Karma: Vatahar, Kaphahar, Dipana, Sulaprasamana

Therapeutic Uses of satpuspa

- 1- Shatpushpa use for Amenorrhea, hypomenorrhoea, Meno-metrorrhagia, improper flow of menstruation, infertile women.^[8]
- 2- Its powders are women whose children die immediately after birth, whose children are weak, unstable.^[9]
- 3- Shatpushpa are used Diarrhea, Polyuria, light to digest, increase pitta, heat generating and reduces fever, vat and kapha disease, ulcer, spasmodic pains and eye disease.^[10]

- 4- 4-Shatpushpa desirous for digestive fire with honey, desirous for beauty with ghrit, desirous for strength with oil, in spleenomegaly mixed with mustered oil, in jaundice, anemia, inflammation/edema with milk and urine of buffalo, suffering from gulma with oil of Eranda.^[11]
- 5- Shatpushpa use for intellect and memory. One karsh Satpuspa with honey and ghrita for one month becomes capable of retaining what-so-ever is heard.^[12]

DISCUSSION

Shatapushpa is a plant with wide range of chemical constituent with many pharmacological effects. Shatpushpa is most cultivating plant in india. Shatapushpa is indicated to gynaecological disorders like Amenorrhoea, improper flow of menstruation, infertile women Amenorrhoea. Shatapushpa is also used for pediatric problems like indigestion, abdomen pain and weak memory.

CONCLUSION

Children have very common problem like indigestion, abdomen pain and psychological disorder. Women have common problem like Amenorrhea, improper flow of menstruation, infertile women. Shatpushpa is useful for both Children and women. In the modern era natural remedy with Shatapushpa will stand strong against many health issues.

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