

REVIEW OF HERBAL DRUGS IN AMENORRHOEA WITH SPECIAL REFERENCE TO BHAVAPARAKASH

*¹Prof. Dr. Neeta Madhukar Mahesekar and ²Dr. Ashwin Ashok Shete

¹Ph D Guide & Ph.D. Coordinator, Ph D, MD (Prasutitantra Evam Stree Roga) Professor,
Dept. of Prasutitantra Evam Stree Roga Dr D Y Patil College Of Ayurveda and Research
Centre, Pimpri, Pune 411018, DPU, Pune.

²MD (Rasashastra and Bhaishajyakalpana), MBA (HRM), Ph D (Scholar) Assistant
Professor, Dr D Y Patil College of Ayurveda and Research Centre, Pimpri, Pune 411018,
DPU, Pune.

Article Received on
15 June 2020,

Revised on 06 July 2020,
Accepted on 27 July 2020,

DOI: 10.20959/wjpr20208-18295

*Corresponding Author

**Prof. Dr. Neeta Madhukar
Mahesekar**

Ph D Guide & Ph.D.
Coordinator, Ph D, MD
(Prasutitantra Evam Stree
Roga) Professor, Dept of
Prasutitantra Evam Stree Roga
Dr D Y Patil College of
Ayurveda and Research Centre,
Pimpri, Pune 411018, DPU,
Pune.

ABSTRACT

Amenorrhoea is encountered as a commonest issue nowadays. The causes behind it may be varied. This issue is prevalent amongst females of all reproductive age group. Along with nutritional supplements, iron boosters, hormonal pills form the line of treatment in other conventional systems are in vogue.^[1] Where in many side effects are seen. *Ayurveda* has answer to overcome this in its classics. Here *Bhavaprakash*^[2], an ancient text was taken into consideration, in which some herbs like *Methika*, *Hingu*, *Kumari*, *Jeeraka* are studied in context of amenorrhoea. Literary descriptive study was done. As these drugs are easily available and effective, the same are discussed in this study.

KEYWORDS: *Methika*, *Hingu*, *Kumari*, *Jeeraka*, *Bhavaprakash*, Amenorrhoea.

INTRODUCTION

Ayurveda, science of life explains all aspects of life. Ancient classics described solutions for problems occurring in day to day life. Gynaecology is one of the most important branch of medicine. *Ayurveda* contributed much in this branch.

Amenorrhoea denotes absence of menstruation, which is one of the symptoms found in *Rajakshaya*.

Bhavaprakash is an authentic text of *ayurveda*, written by *Bhavamishra* in 16th century. He emphasised on the herbal drugs as well as mineral-metals etc. Hence included in *Laghutrayi*. Gynaecology and obstetrics explained in chapter 3 in detail.^[2] He is known for *Nighantu* part i.e encyclopedia of drugs. He described drugs as to get identified easily. Proper nomenclature and synonyms along with their properties and pharmaceutical uses are written in the scientific way. Some of the drugs are very important in gynaecological disorders such as amenorrhoea, which is one of the feature in present day PCOD also.

Among many drugs related to amenorrhoea, *Methika*, *Hingu*, *Kumari*, *Jeeraka* are chosen, to be discussed in this article with special reference to *Bhavaprakash*. These drugs are used since long ago in day today life, so discussed in respect to amenorrhoea.

Descriptive literary study done. These drugs are cost effective as well as easily available in general stores or houses. To find better solution without much adverse effects, herbal drugs show a ray of light.

MATERIALS AND METHODS

Materials

Shaw's Textbook of Gynaecology

Textbook of gynecology D C Dutta

Bhavaprakash Nigantu yukta, 1st part, Brahmashankar Mishra

Ayurvedic pharmacology & Therapeutic uses of medicinal plants, Vaidya V. MGogte

Dravyagunavigyan Dr JLN Sastry

Method

Literary study done and observations discussed in discussion.

Disease review

Amenorrhoea denotes absence of menstruation. It may be physiological or pathological. Physiological means before puberty and after menopause. Pathological amenorrhoea is the result of genetic factors, systemic diseases, endocrinopathies, disturbance of the hypothalamo-pituitary-ovarian-uterine axis, gynaesthesia, nutritional factors, drug usage, psychological factors and other rarer causes.^[3]

Hormonal levels are investigated and hormone therapy is indicated in this condition. According to different causes, different therapies are given. Such as psychological treatment for psychological cause and systemic medication for systemic disease.^[4]

DRUG REVIEW

Methika

Methika is explained in *Haritakyadi varga*.

Latin name *Trigonella Foeniculum-graecum*

Family: Papilionaceae

Synonyms: *Methika methini methi deepani bahupatrika bodhini bahubija Jyoti, gandhaphala Vallari chandrika mantha mishrapushpa karavi kunchika bahuparni peetbeeja munichhada*^[5]

Properties: It is *vatashamani*, *Kapha nashak*, and subsides fever.^[6]

Women are advised to consume *methi* seeds in the post natal period to improve excretory and menstrual functions.^[7]

Table 1: Properties of *Methika*.

<i>Rasa</i>	<i>Katu</i>
<i>Virya</i>	<i>Ushna</i>
<i>Guna</i>	<i>Laghu Snigdha</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Dosha</i>	<i>Vatakaphagna, Rakta-pittakara</i> ^[8]
<i>Dhatu</i>	<i>Rasa, asthi, Meda</i> ^[9]
<i>Mala</i>	<i>Purisha(Astringent)</i> ^[9]



Pic 1: *Methika* seeds.

Hingu

Hingu is explained in *Haritakyadi varga*.

Latin name: *Ferula narthex*

Family: Umbelliferae

Synonyms: *Sahastravedhi, Jatuka, Balhika, Hingu, Ramatha*^[10]

Properties: It is hot in potency, digestive, improves taste, *Vatakaphasahamak*, used in *Gulma, shula, krimiroga and pittavardhak*.^[11]

It helps ovulation. It helps to clean the uterus in postpartum conditions.^[12]

Table 2: Properties of *Hingu*.

<i>Rasa</i>	<i>Katu</i>
<i>Virya</i>	<i>Ushna</i>
<i>Guna</i>	<i>Laghu Snigdha tikshna</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Dosha</i>	<i>Vatakaphagna, pittakara</i> ^[13]
<i>Dhatu</i>	<i>Rasa(Mensruation),rakta, Majja</i> ^[14]
<i>Mala</i>	<i>Purisha (Antihelmintic)</i> ^[14]



Pic 2: *Hingu*.

Kumari

Kumari is explained in *Guduchyadi varga*.

Latin name :Aloe vera

Family : Liliaceae

Synonyms: *Kumari, Gruhakanya, Kanya, Ghritakumarika*^[15]

Properties: It is *bhedani*(penetrating),bitter in taste, netrya(beneficial for eyes), *Rasayana, Madhura, Bruhana, Balya, aphrodisiac, vatavishanashana. Gulma yakrut-pliha-vruddhi Kapha-jwarnashana, Granthi, Burns, Visphota, Raktapitta nashana*.^[16]

Krishna bol being *Ushna*, it increases the flow of blood to the uterus and promotes contraction as a result of which it leads to uterine bleeding. So *kalabol* is used for treatment of amenorrhoea.^[17]

Table 3: Properties of Kumari.

<i>Rasa</i>	<i>Tikta</i>
<i>Virya</i>	<i>Shita</i>
<i>Guna</i>	<i>Guru Snigdha picchila</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Dosha</i>	<i>Vata-kaphagna, pitta-rakta shamaka</i> ^[18]
<i>Dhatu</i>	<i>Rasa,,rakta,mamsa, Meda, shukra</i> ^[19]
<i>Mala</i>	<i>Purisha (Bhedak),Artavjanaka</i> ^[19]

**Pic. 3: Kumari.*****Jeeraka***

Jeeraka is explained in *Haritakyadi varga*.

Latin name : *Cuminum cyminum*

Family : *Umbelliferae*

Synonyms: *Jeeraka, Jarana, Ajaji, Kana, Deerghajeeraka*²⁰

Properties: It is hot in potency, digestive, improves taste, *balya*, spicy in taste, *Pittakar, medhya, Garbhashayashudhhikar, Vatasahamak*, used in *jwar, adhman, Gulma*, vomiting, diarrhoea.^[21]

It alleviates the inflammation of uterus. It is also a galactagogue and aphrodisiac. It is used in leucorrhoea. Jaggery and cumin powder is used as a galactagogue. *Jeerak* is used for post partum as it is a galactagogue, improves lactation and gives strength.^[22]

Table 3: Properties of Jeeraka.

<i>Rasa</i>	<i>Katu</i>
<i>Virya</i>	<i>Ushna</i>
<i>Guna</i>	<i>Laghu Ruksha</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Dosha</i>	<i>Kaphavatahara, pittala</i> ^[23]
<i>Dhatu</i>	<i>Rasa(galactagogue), rakta</i> ^[24]



Pic 4: Jeeraka seeds.

DISCUSSION AND CONCLUSION

Ayurved describes most of the obstetrical and gynecological problems in the topic of *Yoni vyapat* in *sutra* form. When decoded much information in an elaborate way is known, the main cause relating to *yonivyapat* in women is quoted to be *vaata---na hi vaatadrute yonim naarinaam sampradushyate*. Therefore *vaata* has to be treated. A drug with the property of *ushna*, *snigdha*, *guru*, *madhur*, *amla*, *lavana rasa yukta* prove to be beneficial. All the above drugs are beneficial owing to the properties quoted above.

Methika, *Hingu* and *Jeeraka* are used in spices, they have hot potency. Amenorrhea is one of the symptom of *rajakshaya*, which is mainly caused by the obstruction of *Strotas* (channels) by *Vata* and *Kapha*. Both *dosha* are *sheeta* in potency. Amenorrhea is caused by many reasons but the main problem is obstruction. These drugs by hot potency (*ushna virya*) palliates *vata* and *kapha*. So as the obstruction is removed *kapha* subsides. As *vata* vitiation decreases, it stimulates motion of ovum and menstruation.

Aloe vera sap may have favourable effects on estrogen synthesis due to its phyto estrogen components, such as beta sitosterol and can increase the oestrogen level. A study on the effect of Aloe vera extract adotropin in female rats. It was found that this plant causes minimal weight gain in rats and increase vasculo-genesis around the secondary follicles. Results also showed that Aloe vera has similar effects to estrogen and follicle stimulating hormone.^[25]

Kumari has specialized property of *Bhedana*-penetrating property as per *ayurveda*.

Fenugreek works on metabolism, hence useful in endocrinal systems. Amenorrhoea related to endocrines can be treated with fenugreek.

Jeeraka and *hingu* are spices, improves *Agni*- digestion. This further facilitates in formation shuddha Rasa dhatu responsible for Artava formation and relief from amenorrhoea.

All these drugs contribute in *Rasa dhatu shuddhi* i.e. formation of quality *Rasa dhatu* in the body. *Artava* is upadhatu of *ras dhatu*. *Artav* stands for female hormonal chemistry, In that way it ultimately targets ovary, ovum and endometrium of uterus.

By the above discussion, one can conclude that *Methika*, *Hingu* and *Jeeraka* helps in menstruation by their properties especially Hot potency. (Ushna virya). Whereas *Kumari* works with special property of *Bhedana*-penetrating property in ovulation, resulting in menstruation.

These drugs are being used since ancient times for menstruation.

REFERENCES

1. D C Dutta, Textbook of Gynecology, Jaypee publication, New Delhi, 6th edition, Reprint, 2013; 469 to 472.
2. Brahmashankar Mishra, Bhavaprakash Nigantu yukta, 1st part, Chaukhambha Sanskrit Santhan, Varanasi, 10th edition, 2002; 20-95.
3. Edited By VG Padubidri, Shirish N Daftary, Shaw's Textbook of Gynaecology, Elsevier publication, New Delhi, Thirteenth Edition, Reprint, 2005; 275.
4. D C Dutta, Textbook of Gynecology, Jaypee publication, New Delhi, 6th edition, Reprint, 2013; 469 to 472.
5. Brahmashankar Mishra, Bhavaprakash Nigantu yukta, 1st part, Chaukhambha Sanskrit Santhan, Varanasi, 10th edition, 2002; 37, 93-94.
6. Brahmashankar Mishra, Bhavaprakash Nigantu yukta, 1st part, Chaukhambha Sanskrit Santhan, Varanasi, 10th edition, 2002, 37.verse 95.
7. Vaidya V. M Gogte, Ayurvedic pharmacology & Therapeutic uses of medicinal plants, Translation by The academy of Bharatiya Vidya Bhavan's Swami Prakashananda Ayurveda research centre (SPARC), First English edition 2000, Bharatiya Vidya Bhavan, Mumbai, 700.
8. Dr JLN Sastry, Dravyagunavigyan, Chaukhamba orientalia, Varanasi, Reprint, 2010; 729.
9. Vaidya V. M Gogte, Ayurvedic pharmacology & Therapeutic uses of medicinal plants, Translation by The academy of Bharatiya Vidya Bhavan's Swami Prakashananda

- Ayurveda research centre(SPARC), First English edition 2000, Bharatiya Vidya Bhavan, Mumbai, 701.
10. Brahmashankar Mishra, Bhavaprakash Nigantu yukta, 1st part, Chaukhambha Sanskrit Santhan, Varanasi, 10th edition, 2002; 40. verse 100.
 11. Brahmashankar Mishra, Bhavaprakash Nigantu yukta, 1st part, Chaukhambha Sanskrit Santhan, Varanasi, 10th edition, 2002; 40.verse 101
 12. Vaidya V. MGogte, Ayurvedic phapharmacology & Therapeutic uses of medicinal plants, Translation by The academy of Bharatiya Vidya Bhavan's Swami Prakashananda Ayurveda research centre(SPARC), First English edition, Bharatiya Vidya Bhavan, Mumbai, 2000; 521.
 13. Dr JLN Sastry, Dravyagunavigyan, Chaukhamba orientalia, Varanasi, Reprint, 2010; 255.
 14. Vaidya V. M Gogte, Ayurvedic phapharmacology & Therapeutic uses of medicinal plants, Translation by The academy of Bharatiya Vidya Bhavan's Swami Prakashananda Ayurveda research centre(SPARC), First English edition 2000, Bharatiya Vidya Bhavan, Mumbai, 521.
 15. Brahmashankar Mishra, Bhavaprakash Nigantu yukta, 1st part, Chaukhambha Sanskrit Santhan, Varanasi, 10th edition, 2002; 419. 229.
 16. Brahmashankar Mishra, Bhavaprakash Nigantu yukta, 1st part, Chaukhambha Sanskrit Santhan, Varanasi, 10th edition, 2002; 419. verse 230.
 17. Vaidya V. M Gogte, Ayurvedic phapharmacology & Therapeutic uses of medicinal plants, Translation by The academy of Bharatiya Vidya Bhavan's Swami Prakashananda Ayurveda research centre(SPARC), First English edition 2000, Bharatiya Vidya Bhavan, Mumbai, 349.
 18. Dr JLN Sastry, Dravyagunavigyan, Chaukhamba orientalia, Varanasi, Reprint, 2010; 538.
 19. Vaidya V. M Gogte, Ayurvedic phapharmacology & Therapeutic uses of medicinal plants, Translation by The academy of Bharatiya Vidya Bhavan's Swami Prakashananda Ayurveda research centre(SPARC), First English edition 2000, Bharatiya Vidya Bhavan, Mumbai, 349.
 20. Brahmashankar Mishra, Bhavaprakash Nigantu yukta, 1st part, Chaukhambha Sanskrit Santhan, Varanasi, 10th edition, 2002; 30.verse 81.
 21. Brahmashankar Mishra, Bhavaprakash Nigantu yukta, 1st part, Chaukhambha Sanskrit Santhan, Varanasi, 10th edition, 2002; 30verse 84-85.
 22. Vaidya V. M Gogte, Ayurvedic phapharmacology & Therapeutic uses of medicinal plants, Translation by The academy of Bharatiya Vidya Bhavan's Swami Prakashananda

Ayurveda research centre(SPARC), First English edition 2000, Bharatiya Vidya Bhavan, Mumbai, 377.

23. Dr JLN Sastry, Dravyagunavigyan, Chaukhamba orientalia, Varanasi, Reprint, 2010; 273.
24. Vaidya V. M Gogte, Ayurvedic phapharmacology & Therapeutic uses of medicinal plants, Translation by The academy of Bharatiya Vidya Bhavan's Swami Prakashananda Ayurveda research centre(SPARC), First English edition 2000, Bharatiya Vidya Bhavan, Mumbai, 377.
25. J Jahrom The effects of Aloe Vera sap on progesterone, estrogen and gonadotropin in female rats, Univ Med Sci., 2013; 10(4): 6-10.

Bibliography

1. Vaidya V. M Gogte, Ayurvedic phapharmacology & Therapeutic uses of medicinal plants, Translation by The academy of Bharatiya Vidya Bhavan's Swami Prakashananda Ayurveda research centre(SPARC), First English edition 2000, Bharatiya Vidya Bhavan, Mumbai.
2. Brahmashankar Mishra, Bhavaprakash Nigantu yukta, 1st part, Chaukhambha Sanskrit Santhan, Varanasi, 10th edition, 2002.
3. Dr JLN Sastry, Dravyagunavigyan Chaukhamba orientalia, Varanasi, Reprint 2010.
4. D C Dutta, Textbook of Gynecology, Jaypee publication, New Delhi, 6th edition, Reprint, 2013.
5. Edited By VG Padubidri, Shirish N Daftary, Shaw's Textbook of Gynaecology, Elsevier publication, New Delhi, Thirteenth Edition, Reprint, 2005.