

## ROLE OF SHATAVARYADI GHRITA IN MENOPAUSAL SYNDROME AN AYURVEDIC REVIEW

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### ABSTRACT

**Introduction:** Menopause is a part of every women's life. Menopause is the term used to indicate the end of sexual reproduction as evidenced by cessation of menstrual periods. In Ayurveda Acharyas termed it as a normal physiology occurring due to Vata predominance and Dhatukshya during old age. Ghrita, also known as ghee, is the best choice for internal oleation due to its qualities of oiliness which nourishes and moistens our bodies. It is natural and unique product, it combats with many diseases and keeps healthy. Ghrita is the best one due to its ability to assimilate effectively the properties of the ingredients added to it and without losing its own properties. Shatavarayadi Ghrita is made from paste of shatavari, triphala, guduchi, kasmarya, mridvika, kasmarda, parusaka, both rajanis, sahachara, sukanasa, punarnava each one karshik should be mixed with one prastha ghrita and cooked. Oral use of this ghrita cure all yoniroga

caused by 'Vata'. **Aims and Objectives:** To see the effect of oral use of Shatavaryadi ghrita in reducing menopausal symptoms. **Material and Methods:** All references are collected from Ayurvedic classics, commentaries and Modern literature. **Conclusion:** Since only few clinical study was conducted on a Shatavaryadi ghrita on menopausal women. So, more detailed study may be needed in this regard to establish the efficacy of *Shatavaryadi Ghrita* orally.

**KEYWORDS:** Menopause, Menopausal Syndrome, Shatavaryadi Ghrita.

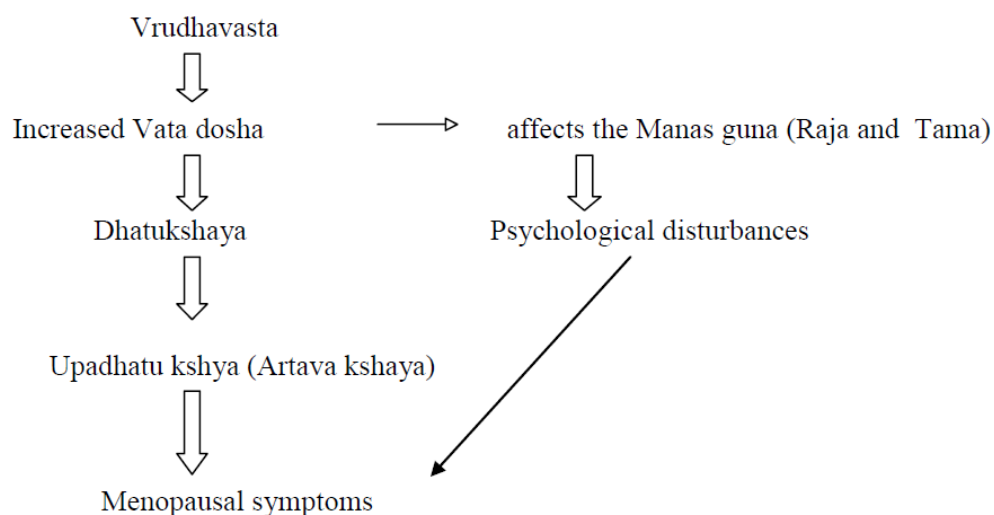
## 1. INTRODUCTION

Every woman faces physiological and psychological changes during her life as a part of hormonal derangement during the age of 40-55 years such changes attain the stage of some symptoms called as “Menopausal Syndrome” which is accompanied by various vasomotor, psychological, genital, locomotors and Gastro Intestinal Tract related symptoms.

In Ayurveda Acharyas termed it as a normal physiology occurring due to Vata predominance and Dhatukshya during old age.

Menopause is a part of every women’s life. Menopause is the term used when there is a cessation of menstrual periods for 12 consecutive months. This is absolutely normal and occurs between 40 to 55 years of age.

Samprapti of Rajonivritti (Menopausal syndrome)



Shatavarayadi Ghrita

शतावरीत्रिफला गुडूचीकाष्मर्यमृद्वीकाकासमर्दपरुषकहरिद्राद्वयसहचरशुकनासा पुनर्नवै कार्षिकैघृतप्रस्थः सिष्ठः पीतो वातजान् योनिरोगानपोहति गर्भजननश्च ॥

(अ० सं० ३९/३१)

Paste of shatavari, triphala, guduchi, kasmarya, mridvika, kasmarda, parusaka, both rajanis, sahachara, sukanasa, punarnava each one karshik should be mixed with one prastha ghrita and cooked.

Oral use of this ghrita cure all yoniroga caused by ‘Vata’.

Ghee contains approximately 8% lower saturated fatty acids which makes it easily digestible. Ghee also contains vitamins A, D, E & K. Vit. A & E are anti-oxidant. Ghee also contains 4.5% linolic acid an essential fatty acid which promotes proper growth of human body. Its digestibility coefficient or rate of absorption is 96% which is highest of all oils and fats. Ghee is best for balancing Vata (air) and Pitta (fire) related doshas. It is an excellent base for preparing Ayurvedic medicines, due to the fact ghee has somewhat different ability to arrive each and every body parts with in short period, which help to transport medicine without any change called as —yogawahill action in Ayurveda. In Ayurveda, ghee is enlisted under most sativic foods and which help to promote positivity, growth and consciousness. Ghee is applicable in all internal body mechanisms and considered in Ayurveda as ‘amrita’(nectar). It had various health benefits such as slows the aging process, amplify the body immune system, facilitates the bowel movement, improve the health of the teeth & gums, treat the chronic cough issues and also eyes disorders. Ghrita is the one of the best choices for food and medicinal purposes both.

### AIMS AND OBJECTIVES OF STUDY

1. To Study literature view on Shatavaryadi ghrita
2. To recognize the importance of Satavaryadi ghrita in menopausal syndrome.

### Properties of ghrita

- **Gana:** Madhura Skandha
- **Source:** Jangama Sneha
- **Rasa:** Madhura
- **Guna:** Snigdha, Guru
- **Veerya:** Sheeta
- **Vipaka:** Madhura
- **Karma:** Medhya, Agnivardhak
- **Action:** Rasayana, Vajikarana, Rasavardhaka, Swarya, Varnya, Beneficial for Bala, Vriddha, Abala, Kshata and Ksheena; increases Oja, Medha, Smruti, Agni, and Indriyabala.

**Chemical composition:** The carotene content is responsible for the colour of Ghrita from yellow to white. It provides energy to the body as 1 gm of Ghrita gives 9.3 Calories.

It is estimated that 80% to 90% of degenerative diseases are related to excessive production of free radicals of reactive oxygen species. The effectiveness of compounds is due to potent anti-oxidant properties of removing or scavenging free radicals.

### Benefits of Ghrita

- 1) It is good for the brain, eyes and skin.
- 2) It is full of essential nutrients and fatty acids.
- 3) It is antibacterial, antiviral, anti-fungal.
- 4) It is anti-aging and anti-oxidant.
- 5) It has cooling effect on the body.
- 6) It detoxifies the body and is good for the skin.
- 7) It increases energy, weight and strength.
- 8) It is easily digested by body compared to other ghee.
- 9) It can stimulate secretion of stomach acids, and thus helping in the digestive process.
- 10) Since it increases the secretion of biliary lipids, it can help in reducing cholesterol level in intestine and serum.
- 11) It increases the absorbability of vitamins and minerals thus help to improve overall health.
- 12) It balances all agnis (digestive fires).

Shatavaryadi Ghrita: the main herb Shatavari balances both vata and pitta dosha, supports the urinary system and nourishes kidney health.

1. Shatavari (*Asparagus racemosus*) siddha Ghrita has been taken for the study, as Shatavari has the properties like madhur, tikta rasa, madhur vipak, sheet virya and guru, singdha, mrudu gunas. It is also vatapittashamak and kaphakar. Acharyas mentioned its special properties like Chakshushya and Rasayana.
2. Haritiki, Vibhitaki and Amalaki (Triphala) – Tridosh shamak
3. Guduchi- Tridosh shamak
4. Kashmari- Tridosh shamak
5. Mridwika- Vata-pitta shamak
6. Kashmard – Kapha-vata shamak
7. Parooshak- Vata- pitta shamak
8. Haridra- Tridosh shamak
9. Daruharidra- kapha pitta shamak

10. Sahachar- kapha vata shamak
11. Shuknasha- Tridosh shamak
12. Punarnava- Tridosh shamak

## MATERIAL AND METHODS

All references are collected from Ayurvedic classics, commentaries and Modern literature.

## CONCLUSION

It may be concluded that Shatavaryadi ghrita is a unique product which is most beneficial to all menopausal women's. It is helpful in many diseases and keeps healthy. It has been claimed to have many medicinal properties like it is cooling in energy, enhances memory and stamina, increases the intellect and promotes longevity. It is an aphrodisiac and protects the body from various diseases. Since only few clinical study was conducted on a Shatavaryadi ghrita on menopausal women. So, more detailed study may be needed in this regard to establish the efficacy of Shatavaryadi Ghrita orally.

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