Review Article

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SHATAVARI GHRUTA AS NUTRACEUTICAL IN MANAGEMENT OF WOMEN HEALTH: A REVIEW

Kavita Shaileshkumar Deshmukh [1]*, Kalyani Jadhav [2]

[1] Associate Professor, Rasashastra Bhaishajyakalpana, Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune, Maharashtra, India

[2] Professor & HOD, Rasashastra Bhaishajyakalpana, Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune, Maharashtra, India

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***Corresponding author**
E-mail: kirtitravels.deshmukh@gmail.com

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ABSTRACT

In today's era due to lifestyle changes various disorders related to menstruation in women is observed. It ultimately affects reproductive system. PCOS and PCOD cases are common. Therefore delay in pregnancy and Infertility cases are also increasing. For the proper growth of woman and organs of reproductive system Shatavari ghruta is very effective. Shatavari and ghruta, both are Rasayana dravyas, so that combine effect of Shatavari ghruta is proved beneficial in Women's health. Nutraceutical is a pharmaceutical alternative which claims physiological benefits. It is defined as a food or part of it that provides the body with health benefits and protection against chronic diseases. Nutraceuticals may be used to improve health, delay the aging process, prevent chronic diseases, increase life expectancy or support the structure and function of the body. Shatavari ghruta is medicated ghruta preparation which is used in women's diseases and also gives strength to reproductive system. Shatavari ghruta is prepared by many references. Review of these references and its efficacy as nutraceutical is discussed in this article.

Keywords: Shatavari Ghruta, Nutraceutical, Female reproductive system

INTRODUCTION

In today's era due to lifestyle changes various disorders related to menstruation in women is observed. It ultimately affects reproductive system. PCOS and PCOD cases are common. Therefore delay in pregnancy and Infertility cases are also increasing. For the proper growth of woman and organs of reproductive system Shatavari ghruta is very effective[1]. Shatavari ghruta is prepared by many references.

Shatavari ghruta can be used as Nutraceutical. Nutraceutical is a pharmaceutical alternative which claims physiological benefits. It is defined as a food or part of it that provides the body with health benefits and protection against chronic disease. Nutraceuticals may be used to improve health, delay the aging process, prevent chronic diseases, increase life expectancy or support the structure and function of the body. Various references of Shatavari ghruta are found in ayurvedic texts. Shatavari ghruta is effective in many diseases but mainly used in the management of women's health. Shatavari ghruta is a medicinal ghruta preparation. Shatavari ghruta is mainly prepared with Shatavari juice, Shatavari, Cow Milk and Goghruta i.e. Cow ghee. Other herbs are also used while preparing Shatavari Ghruta. Many references of Shatavari Ghruta are found in various Ayurvedic texts.

Shatavari

Shatavari: It is a plant which Latin name is *Asparagus racemosus*. Shatavari means who possesses hundred husbands or acceptable to many. It is general tonic and a women's reproductive tonic, ability to increase fertility and vitality. It is having Madhur rasa, Madhur vipaka and Sheet veerya[15]. Shatavari i.e., *Asparagus racemosus* is a well-known ayurvedic rasayana which prevent aging, increases longevity, improve mental function, vigour and add vitality to the body. It is also used in nervous disorder, dyspepsia, tumours, inflammation, neuropathy, hepatopathy[16] etc. Root extract include antiulcer, antioxidant and anti-diarrhoeal, anti-diabetic and immunomodulatory activity. It is helpful in menstrual disorder and acts as a uterine tonic. It enhances breast development and increase breast milk production by regulating hormonal balance[17]. Shatavari can be used in the form of powder, tablet, Shatavari kalpa and Ghruta. In Shatavari ghruta additional effect of Ghruta is observed for strengthening reproductive system.

Ghruta- It is important sneha. Cow ghruta is most effective and mainly used in medicine. It is Madhur in rasa, Madhur vipaka and sheet veerya.It is Agnideepak , Rasayana,increases memory, complexion, beauty, softness of body. It increases kapha, destroys poison. It is aphrodisiac, increases strength and span of life[18].

Nutritive values of Shatavari- There are various minerals present in Shatavari root such as Copper, Manganese, Zinc and Cobalt. It also contains Calcium ,Magnesium, Selenium and Potassium, Vitamin A and Ascorbic acid[19].

Table 1: References of Shatavari ghruta

Reference	Ingredients	Uses
Gadanigraha[3]	Shatavari swarasa, Jeewaniya gana, Rasna, Gokshura, Shatapushpa, Vacha, Kushtha, Saral, Punarnawa, Chandan, Tagara, Jatamansi, Padmaka, Raktachandan, Surasa, Nagara, Krushna, Vidanga, Neelotpala, Godugdha, Goghruta	Vrushya, Vatapitta nashaka, Kshata, Shosh, Jwara, Ardita, Vandhyatwanashak
Charaka Samhita[4]	Shatavariswarasa, Jeewaniyagana, Shatavari, Mrudwika, Parushaka, Priyala, Yashtimadhu, Goghruta, Honey, Pippali, Sharkara	Raktapradar, Shukradoshanashaka, Vrushya, Kshata, Kshaya, Raktapitta, Kasa, Shwasa, Kamala, Vatarakta,
Vangasen[5]	Shatavari swarasa, Jeevaniya gana, Yashtimadhu, Chandana, Padmaka, Gokshura, Kavachbeeja, Bala, Nagbala, Shaliparni, Prushniparni, Vidarikanda, Sariwadwaya, Kashmariphala, Sharkara, Godugdha, Goghruta	Raktapitta, Vata, Pitta nashaka, Vatarakta, Kshaya, Shwasa, Hikka, Kasa, Raktapradara
Chakradatta[6]	Shatavari swarasa, Godugdha, Goghruta, Sharkara, Pippali	Vrushya
Bhaishajya Ratnavali[7]	Shatavari kalka, Goghruta, Shatavari swarasa, Godugdha	Vatarakta
Yogratnakar[8]	Shatavari swarasa, Yashti, Godugdha, Punarnawa, Goghruta	Panatyaya
Bruhad yogatarangini[5]	Shatavari swarasa, Godugdha, Goghruta,	Shukrashodhaka, Aartavadoshanashaka
Vangasena[6]	Shatavari, Kasa, Kusha, Gokshura, Vidarikanda, Ikshumula, Amalaki Kwath, kalak, Goghruta	Mutrakruchcha
Yogaratnakar[9]	Shatavari swarasa, Goghruta, Ajadugdha, Gokshura, Guduchi, Sariwa, Kasakantak, Yashti, Suntha, Marich, Pippali, Ksheerkakoli, Shilajit, Pashanbheda, Twak, Ela, Tejpatra	Mutrakruchcha
Bruhadyog tarangini[10]	Shatavari swarasa, Goghruta, Godugdha	Raktapitta
Bharat bhaishajya Ratnakar[11]	Shatavari swarasa, Goghruta, Godugdha, Sharakara	Raktapitta, Amlapitta, Kshay, Shwas
Bhaishajya Ratnawali[12]	Shatavari swarasa, Jeevaniya gana, Sharkara, Godudha, Goghruta	Vajikarana
Vangasena[13]	Shatavari, Shweta chanadana, Padmaka, Neelotpala, Priyangu, Patha, Pipal, Shaliparni, Bilwatwak, Ajmoda, Ativisha, Manjishtha, Jiwanti, Indrayava	Grahani, Sangrahani, Pittatisara, Arsha
Yogaratnakar[14]	Shatavari, Dadim, Tintidika, Kakoli, Meda, Yashti, Vidarikanda, Bijoramula, Goghrura, Godugdha	Raktapitta, Kas, Jwara, Shool, Anaha, Vibandha

Table 2: Composition of Cow ghee[18]

Constituent	Percentage
Triglycerides	97-98
Diglycerides	0.25-0.4
Monoglycerides	0.016-0.038
Ketoacid glycerides	0.015-0.018
Glyceryl esters	0.011-0.015
Free Fatty acids	0.1-0.44
Phospholipids	0.2-1.0
Sterols	0.22-0.41
Vitamin A	2500 AU/100 gms
Vitamin D	8.5*10-7 gm/100gms
Vitamin E	24*10-3gm /100gms
Vitamin K	1*10-4gm/100gms

Table 3: Composition of Cow milk[18]

Fatty acids	Percentage
Butyric acids	4.5-6.0
Caproic acid	1-1.36
Caprylic acid	0.9-1
Capric acid	1.5-1.8
Lauric acid	6-7
Myristic acid	21-23
Palmitic acid	19-19.5
Stearic acid	11-11.5
Arachidic acid	0.5-0.8
Oleic acid	27-27.5
Linoleic acid	4-5

Snehapaka kalpana- Medicated Ghruta preparation- These are the preparations in which Ghruta is boiled in different drava dravya and Kalka dravya. These are lipid soluble dosage forms and very effective and potent.[20]

Preparation of Shatavari Ghruta

Shatavari Ghruta is prepared by mixing Shatavari Swarasa, other Kalka dravyas, Godugdha and Goghruta in prescribed quantity. Then heat is given till all drava dravya i.e. liquid gets evaporated and only ghruta remains. All siddhi parikshas i.e. confirmatory tests of snehapaka kalpana are done. No any liquid content i.e. moisture should be present in prepared Ghruta.[21]

Nutraceuticals[22] are the preparations which claim physiological benefits. It is defined as a food or part of it that provides the body with health benefits and protection against chronic disease. Nutraceuticals may be used to improve health, delay the aging process, prevent chronic diseases, increase life expectancy or support the structure and function of the body.

DISCUSSION

Ayurvedic texts show many references of Shatavari Ghruta. For the preparation of Shatavari Ghruta mainly Shatavari swarsas, Goghruta and Godudha is used. In some references other dravyas are also used. Mainly Jeevaniyagana dravyas, Dashmool dravyas, Yashtimadhu, Gokshur etc., dravyas which are used are having Rasayana properties. Efficacy of Shatavari Ghruta is found in Vandhyatwa i.e. in Infertility. It acts as Vrushya, Vajikar, Rasayana. It indicates its effect on Reproductive system. It is used to strengthen reproductive system, for the proper growth of reproductive organs during growing age. It is also used to

regularise the functioning of reproductive system, proper menstruation cycle. Shatavari is useful in proper growth of reproductive system as well as it is used as general tonic. Roots of Shatavari are said to be tonic and diuretic and galactagogue and ulcer healing effect. Shatavari i.e. *Asparagus racemosus* is a well-known Ayurvedic rasayana which prevent aging, increases longevity, impart immunity, improve mental health, vigour and add vitality to the body. It is also used in nervous disorders, dyspepsia, tumours, inflammation, neuropathy and hepatopathy[23]. Root extracts include antiulcer, antioxidant, anti-diarrhoeal, anti-diabetic and immunomodulatory activities. It is useful in menstrual disorders and acts as a uterine tonic. It enhances breast development and increases breast milk production by regulating hormonal balance. Shatavari improve female reproductive health complications including hormonal imbalance, PCOS, Follicular growth and development. Oocyte quality and infertility possibly by reducing OS level and increasing antioxidant level in the body[24].

Ghruta is also having immunomodulatory, anti-aging effect. Steroidal saponins in Ghruta which act as an oestrogen regulator. Ghruta serves as a vehicle and excels as a therapeutic agent by reaching all the organs and tissues within a short duration without alteration of the drug[25]. Godugdh i.e. Cow milk is also Rasayana and Aajanma satmya, it means it is easily absorbed in the body and useful in proper growth of the body. It is immunomodulatory and increase longevity[26]. Shatavari, Goghrut and Godugdha are dietary factors. This medicated Shatavari Ghruta can be used as Nutraceutical. Goghruta and Godugdha are having nutraceutical value. So the medicinal preparation of Shatavari ghruta is also having nutraceutical value. Medicated Ghruta is lipid soluble dosage form.

CONCLUSION

Various references of Shatavari Ghruta are mentioned in Ayurvedic texts. Shatavari Ghruta is effective in women's disorders and also give strength to organs of reproductive system as it is used as Vrushya, Rasayan. It is also used in menstrual disorders. Other health benefits are also mentioned. Main ingredients of Shatavari ghruta are Shatavari Swarasa, Godugdh i.e. Cow milk and Goghruta i.e. Cow ghee. They can be used as Nutraceutical as they are having Nutritious values and they are easily absorbed in the body. In today's era to overcome the problem of Infertility, PCOS and PCOD, Shatavari Ghruta can be used as Nutraceutical. It can be consumed daily for the proper growth of Reproductive organs and also proper functioning of Reproductive system.

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