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A LITERATURE REVIEW OF PRAJASTHAPANA MAHAKASHAYA AND VANDHYATVA

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ABSTRACT

Infertility is defined as failure to conceive within one or more years of unprotected coitus. While in Ayurveda, *vandhyatva* is failure to achieve a child rather than pregnancy as *Garbha Strav* (Repeated abortions) & *Mrutvatsa* (Repeated still births) are also included in types of infertility. *Acharya Charaka* has a unique drug classification according to its action known as *Charakokta Mahakashaya*. *Prajasthapan Mahakashaya* is amongst it. The drugs in *Prajasthapan Mahakashaya* has active principles which acts as fertility modulator. Many conditions can cause disturbance of *Garbhpotpadak Samagris* which are the basic factors in *Garbhhotpatti* that is *Rutu* (fertile period), *Kshetra* (healthy reproductive system), *Ambu* (nutrition for the foetus) and *Beej* (ovum). *Prajasthapan Dravyas* acts on all these four factors with their special properties and shows miraculous effects in female infertility. *Prajasthapan Mahakashaya* includes 10 herbs as- *Brahmi*, *Aindri*, *Shatavari*, *Doorva*, *Patala*, *Guduchi*, *Haritaki*, *Kutaki*, *Bala*, and *Priyangu* having some specific actions called as *Prabhava*. Drugs in this *Kashaya* helps to remove *Doshas* from female reproductive system, improves strength and promotes conception. It also has *Rasayana* properties through which it improves qualities of *Dhatu*s and improves rejuvenation. We can use this *Kashaya* in all conditions involving obstruction in the path of conception and leads excellence in progeny.

This is a literary study based on review of *Prajasthapan Mahakashaya* and female infertility.

KEYWORDS: *Prajasthapan Mahakashaya*, *Vandhyatva*, Female infertility.

INTRODUCTION

Infertility is defined as failure to conceive within one or more years of regular unprotected coitus¹. It is a burning issue of present era. In Ayurveda infertility refers to not only inability of a women of reproductive age to conceive but also a state of woman to carry pregnancy to full term. Causes of infertility includes anatomical physiological and

psychological factors. Though it is not a severe illness, it results in severe psychological and life disturbing changes in woman's life.

Incidence: Infertility in 90% of couples in which male related problems account 30%, female related problems are 30% and 30% both².

Infertility again comprises-

1. Sterility- It implies that absolute inability to conceive due to congenital anomalies, surgical complications in either male or female or both³.

2. Infertility- It implies failure to conceive after one year of unprotected coitus.

It can be further classified as-

A. Primary infertility- never conceived.

B. Secondary infertility- Failure to conceive after having previous conception.

There are various treatments are available in modern science with good results but also has side effects and are too costly that common people cannot afford it. So it is a need of generation to find affordable solution having less side effects.

Ayurvedic concepts of *Vandhyatva*

- Ayurveda is a science having its own basic principles (*Siddhantas*), diagnosis and treatment.
- In ayurvedic literature, there is huge background of *Vandhyatva* and its treatment. In *Atharvaveda*, there is wide exploration about *Vandhyatva*, its causes and treatment in many sutras.
- According to Ayurveda, infertility is failure to achieve a child rather than pregnancy as a *Garbhastraav* (repeated abortions) or *Mrutavatsa* (repeated still births) are also included in types of infertility⁴.
- In *Sushruta Samhita*, *Vandhyatva* has been included in twenty *Yonivyapadas*. According to *Sushrutacharya*, absence of *Artava* is called as *Vandhya*. It also includes malformation or congenital deformity of genital organs which leads to infertility. *Acharya Sushruta* told *Garbhotpadak Samagri* which is the main factor for *Garbhotpatti* i.e. *Rutu* (Fertile period), *Kshetra* (healthy reproductive system), *Ambu* (nutrition for the foetus), *Beej* (ovum). When these factors assemble together, conception occurs⁵.

1. *Rutu-*

Rutukal comprises 12-16 days after menstruation. If coitus is done during this period it is fruitful for conception. This *Rutu* is probably proliferative phase including ovulation⁷.

Modern science also proved that ovulation occurs mostly around 14th to 16th day of menses but in some cases it can occur between 7th to 21st days. After ovulation ovum has lifespan of only 18 hours. If fertilization takes place during this period, conception will occur.

2. *Kshetra-*

It comprises healthy reproductive system which plays important role in fertilization and implantation.

3. *Ambu-*

It comprises *Jal* or *Ahaar Ras*. After fertilization the zygote receives its nourishment for next 3-4 days from the secretions of fallopian tubes. When blastocysts gets embedded in the uterine wall, gets nutrition direct from *Rakta* and *Rasa* of mother.

4. Beej-

It represents both *Purush* and *Stree Beej* i.e. *Shuddha Shukra* and *Shuddha Artava* respectively. When it is vitiated by *Doshas*, no conception will occur. If conception occurs, some *Vikruti* will be seen there.

- *Acharya Charaka* and *Vagbata* referred *Vandhyatva* as abnormalities of *Beejansha*⁸. *Acharya Charaka* has a unique drug classification according to its action known as *Charakokta Mahakashaya*. *Prajasthapan Mahakashaya*⁶ is amongst it. The drugs in *Prajasthapan Mahakashaya* has active principles which acts as fertility modulator. Many conditions can cause disturbance of *Garbhpotpadak Samagris* which are the basic factors in *Garbhoptatti* that is *Rutu* (fertile period), *Kshetra* (healthy reproductive system), *Ambu* (nutrition for the foetus) and *Beej* (ovum). *Prajasthapan Dravyas* acts on all these four factors with their special properties and shows miraculous effects in female infertility.

Types of Vandhyatva

According to *Charakacharya*-

Vandhya-

As *Beejbhaga* of ovum is responsible for formation of uterus, when *Beejbhaga* is vitiated in ovum of mother, she gave birth to a sterile girl child. It will lead to congenital absolute sterility which is incurable.

Apraja-

Acharya Chakrapani used this word for *Avandhya*, for a childless woman but having capacity to conceive. This concept is still unexplained.

Sapraja-

In this, woman does not conceive after giving birth to one or more child in her reproductive age.

According to modern, it can be correlated with secondary infertility.

- *Acharya Harita* first time described *Vandhyatva* in detail¹⁰.

1. *Garbhakosha Bhanga*- Injury to uterus.
2. *Kakvandhya*- Secondary infertility.
3. *Anapatya*- Primary infertility.
4. *Garbhastraavi*- Repeated abortions.
5. *Mrutvatsa*- Repeated still births.
6. *Balakshaya*- Loss of strength.

- *Kashyap* has mentioned various *Jathaarinis* in *Revati Kalp* in which woman fails to get child⁹.
-He also included *Vandhyatva* in eighty *Vata Rogas*.

Treatment according to ayurveda

In Ayurveda specific treatment for *Vandhyatva* is not mentioned but treatment has been given according to causes i.e. *Yonivyapada*, *Shukra Dushti* and *Artava Dushi* etc.

Principle of treatment of *Vandhyatva* is highlighted by various *Garbhsthapak* and *Prajasthapak Upayas* as below-

1. Forsaking of various etiological factors like stress, psychological troubles, diet and lifestyle, coitus before or after *Rutukal* etc.
2. *Brumhana* to compensate the loss of *Bala* and *Dhatu*s.
3. *Yoivyapadas* should be treated to treat vitiated dominant *Vata dosha* and corresponding *Doshas*.
4. Drugs prescribed for *Pumsawana* vidhi can be used for *Garbhasthapana*.
5. Drugs described in *Prajasthapana Mahakashaya* can be used in various manners.
6. *Sharirshuddhi* especially, *Virechana*, *Asthapan* and *Anuvasana Basti* are very beneficial.
7. *Vandhyatvahar Yogas* by Various *Acharyas* in classics can be used for fruitful results.
8. Externally, *Lakshmanasiddha Dugdha*, *Narayan Taila* can be used for *Nasya*.
9. Ayurvedic preparations like *Maharasnadi kwath*, *Shatavari* and *Shatpushpa Kalpa*, *Phalaghrita*, *Sheeta kalyanak Ghrita*, *Shatavari Ghrita*, *Lashunadi Ghrita*, *Pug paka* etc. has good results.

PRAJASTHAPANA MAHAKASHAYA AND ITS PROPERTIES¹¹:

Sr.no.	Dravya	Latin Name	Ras	Vipak	Veerya	Doshagnata
1	<i>Brahmi</i>	<i>Bacopa monnieri</i>	<i>Katu, Tikta, Kashaya</i>	<i>Katu</i>	<i>Sheet</i>	<i>Vatakaphashamak</i>
2	<i>Aindri</i>	<i>Centella asiatica</i>	<i>Kashaya, Tikta</i>	<i>Katu</i>	<i>Sheet</i>	<i>Kaphapittashamak</i>
3	<i>Shatavari</i>	<i>Asparagus racemosus</i>	<i>Madhura, Tikta, Kashaya</i>	<i>Madhura</i>	<i>Sheet</i>	<i>Vatapittashamaka</i>
4	<i>Doorva</i>	<i>Cynodon dactylon</i>	<i>Kashaya, Madhura</i>	<i>Katu</i>	<i>Sheet</i>	<i>Kaphapittashamak</i>
5	<i>Patala</i>	<i>Stereospermum suaveolens</i>	<i>Tikta, Katu Flower-Kashay, Madhura</i>	<i>Katu Madhura</i>	<i>Ushna Sheet</i>	<i>Tridoshaghna</i>
6	<i>Guduchi</i>	<i>Tinospora cardifolia</i>	<i>Tikta, Katu, Kashaya</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Tridoshaghna</i>
7	<i>Haritaki</i>	<i>Terminalis chebula</i>	<i>Lavanvarjit Panchras</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Tridoshaghna</i>
8	<i>Kutaki</i>	<i>Picrorhiza kurroa</i>	<i>Tikta</i>	<i>Katu</i>	<i>Sheet</i>	<i>Kaphapittaghna</i>
9	<i>Bala</i>	<i>Sida cordifolia</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Sheet</i>	<i>Tridoshaghna</i>
10	<i>Priyangu</i>	<i>Callicarpa macrophylla</i>	<i>Tikta, Kashaya, Madhura</i>	<i>Katu</i>	<i>Sheet</i>	<i>Vatapittaghna</i>

1. *Brahmi* (*Bacopa monnieri*):

-It works as *Stanyajanan* and *Stanyashodhana*.

-*Acharya Charaka* has described it as nerve tonic, improves the brain cell functions. And hence used in various mental conditions leading to psychosis.

-This drug is also used as tonic and foetus growth promoting drug.

-Antistress, Antioxidants effects of Bacosides of *B. monnieri*¹².

-Active compound includes brahmine, herpestine, saponins, D-mannitol, betulic acid, bacosides A & B. Brahmin can enhance immunofunction by increasing immunoglobulin.

	Preparation	Indication	Referance
<i>Charaka</i>	<i>Brahmi Ghritam</i>	<i>Apsmar</i>	<i>Ch.Chi.10/25</i>
<i>Sushruta</i>	<i>1.Brahmi Swaras</i>	<i>Rasayana</i>	<i>Su.Chi.29/4</i>
	<i>2.Brahmi Ghrita</i>	<i>Rasayana</i>	<i>Su.Chi.29/4</i>
	<i>3.Brahmi Sneha</i>	<i>Vaatvikara</i>	<i>Su.Chi.29/5</i>
<i>Vagbhata</i>	<i>Brahmi Gritam</i>	<i>Garbhaprada</i>	<i>A.H.U.6/24-25</i>
<i>Sharangdhar</i>	<i>Brahmi Swaras</i>	<i>Unmad</i>	<i>Sh. S.M.K.1/18</i>
<i>Bhavaprakash</i>	<i>Brahmi Swaras</i>	<i>Unmad</i>	<i>B.P.22/33</i>

2. *Aindri (Centella Asiatica)*¹³:

-It helps in *Artavajanan*. It works on menstrual diseases thus helps in conception.

- *Acharya Charaka* enlisted this drug in *Balya, Prajasthapana, Vayasthapana, and Shonitasthapana Vargas*.

-Antidepressant, neuroprotective and antioxidant activity.

	Preparation	Indication	Referance
<i>Charaka</i>	<i>Brahmya Rasayana</i>	<i>Rasayana</i>	<i>Ch.Chi.1/41-57</i>
	<i>Medhya Rasayana</i>	<i>Rasayana</i>	
<i>Vagbhata</i>	<i>Brahmi Ghrita</i>	<i>Infertility</i>	<i>A.H.U.6/23</i>

3. *Shatavari (Asparagus racemosus)*:

-*Acharya Charaka* kept this drug in *Balya, Shukrajanan, Prajasthapana* and *Vayasthapana gana* of *Mahakashayas* which are examples of *Balyadi Varga* and *Shonitasthapanadi Vargas*.

-An oestrogenic effect of *Shatavari* on the female mammary gland and genital organs¹⁴.

-A glycoside, *Shatavarin I*, isolated from the root of *A. racemosus* has been found to be responsible for the competitive block of oxytocin-induced contraction.

-It is galactogogue, antioxidant, immuno stimulant, aphrodisiac, diuretic, helps in anorexia, insomnia, antifungal, anti tussive, hypotensive. The active compounds are *satavarin, asparagamine-An* in roots and *sarsapogenin, sitosterol, stema sterol* in aerial parts.

-It is used in most of gynecological conditions.

	Preparation	Indication	Referance
<i>Charaka</i>	<i>Garbhasthapak Aushadhi</i> <i>Chatuh Sneha Anuvasan Basti</i>	<i>Garbhsthapan</i> <i>Vandhyatva</i>	<i>Ch.Su.8/20</i> <i>Ch.Si.3/</i>
<i>Sushruta</i>	1. <i>Shatavari with Dugdha</i> <i>Masanumasik Dwitiya masa</i> 2. <i>Shatavari Ghrita</i>	<i>Garbha Sraav</i> <i>Rasayana</i>	<i>Su. Sa. 10/63</i> <i>Su. Chi. 28/21</i>
<i>Vagbhata</i>	<i>Madhur Gana dravya</i>	<i>Kapha Vardhak, Vat pitta</i> <i>nashak</i>	<i>A. H. Su. 10/22</i>
<i>Sharangdhar</i>	1. <i>Shatavari swarasa</i> 2. <i>Shatavari Taila</i>	<i>Pittaja Shula</i> <i>Vrishya</i>	<i>Sh. S. M. Kh. 1/15</i> <i>Sh. S.M. Kh9/133</i>
<i>Bhavprakash</i>	<i>Brihat Kushmanda Avaleha</i>	<i>Vrishya</i>	<i>B.P. Raktapitta Chi. -64</i>

4. Doorva (*Cynodon dactylon*):

-It acts as *Raktastambhaka*.

-Acharya *Charaka* has mentioned this in *Varnya Mahakashaya*.

-Acharya *Sushruta* described *Doorva* in *Pittashaman, Ropan* and as *Kumar Rasayan*.

-Acharya *Vagbhat* enlisted as *Pittashaman*.

-The plant extract checks uterine bleeding, strengthens the uterus, averts abortion and augments of foetal growth.

- Ethanol extract of *C. dactylon* has also marked CNS depressant and antioxidant activities¹⁵.

-The active constituents are triticin oil, agropyrene, furfural, arunodin which leads to its stress coping activity, anti-inflammatory, diuretic, immunomodulator, anti-microbial, urogenital activity.

	Preparation	Indication	Referance
<i>Charaka</i>	<i>Sahasraveerya Lepa</i>	<i>Raktapitta</i>	<i>Ch.Chi.4/102</i>
<i>Vagbhata</i>	<i>Naagbaladi Ghrita</i>	<i>Ojovardhak</i>	<i>A.H.Chi.3/120-24</i>
<i>Sharangdhar</i>	<i>Vrana Shoth Lepa</i>	<i>Shotha</i>	<i>Sh. S.U.K.11/82</i>

5. Patala (*Stereospermum suaveolens*):

-According to *Charaka* it acts as *Hridya, Vishada*.

-*Sushruta* included this in *Argvadhadi Gana*.

-The Root Bark of plant *Stereospermum suaveolens* was traditionally used for the treatment of pains and inflammations¹⁶.

-The active constituents are lapachol, sitosterol, gum, sylscutellarcin dinatin.

	Preparation	Indication	Referance
<i>Charaka</i>	<i>Mahapanchangavya Ghrita</i>	<i>Apasmar</i> <i>Mental stability</i>	<i>Ch.Chi.10/18-24</i>
<i>Sushruta</i>	1. <i>Brihatpanchmula yusha</i> 2. <i>Kalyanak lavana</i> 3. <i>Dashmuladi asthapana</i> 4. <i>Vrushadi asthapana</i>	<i>Vatavyadhi</i> <i>Vatavyadhi</i> <i>Vatavyadhi</i> <i>Vatavyadhi</i>	<i>S. Chi. 4/13</i> <i>Su. Chi. 4/32</i> <i>Su. Chi. 38/64</i> <i>Su. Chi. 38/67</i>
<i>Vagbhata</i>	1. <i>Dadhita ghrita</i> 2. <i>Sahacharadi Taila</i>	<i>Vata roga</i> <i>Yoni roga</i>	<i>A. H. Chi. 14/13-20</i> <i>A. H. Chi21/67-69</i>

6. *Guduchi (Tinospora cardifolia)*:

-*Charakacharya* has kept this drug in *Vayasthapana*, *Stanyashodhana*, *Dahaprashaman*, *Trishnanigrahan* and *Chhardinigrahan Gana*.

-*Sushrutacharya* included in *Patoladi*, *Kakolyadi*, *Shyamadi*, *Guduchyadi*, *Ballipanchmula*, *Aragwatadi Gana*.

-It is *Tridosha Nashak*, therefore helps in all disorders which causes to infertility.

-It is *Rasayana* and *Ayurvedhak*.

-It is *Tridosashamak*, therefore cures all diseases and make women fertile and perevent diseases --It is said to be antioxidant, anti-bacterial, antifungal, antiviral, cardio protective immuno modulator.

-Antioxidant capacity of *Tinospora cordifolia*¹⁷.

	Praparation	Inndication	Referance
<i>Charaka</i>	1. <i>Guduchyadi Taila</i> 2. <i>Amritadya Taila</i>	<i>Yonivyadad</i> <i>Vata vyadhi</i>	<i>Ch. Chi 15/5960</i> <i>Ch. Chi. 15/159-163</i>
<i>Sushruta</i>	<i>Guduchyadi asthapana</i>	<i>Vata vyadhi</i>	<i>Su. Chi 38/47</i>
<i>Vagbhata</i>	1. <i>Guduchi Kwatha</i> 2. <i>Guduchi Yoga</i>	<i>Garbhasthapak</i> <i>Garbhasthapak</i>	<i>A. H. Sa. 2/7</i> <i>A. H. Sa. 2/56</i>
<i>Sharangdhar</i>	<i>Mustayaadi Churna</i>	<i>Vrishya</i>	<i>Sh. S. M. K. 6/160</i>
<i>Bhavprakash</i>	<i>Triphaladi ghrita</i>	<i>Yoni Dosha</i>	<i>B. P. Chi 70/56-61</i>

7. Haritaki (Terminalia chebula):

-It works as *Rasayana*.

-Acharya Charaka has kept it into *Prajasthapana*, *Kushthghna*, *Arshoghnsa*, *Kasaghna*, *Jwarhara Gana*, *Shonitsthapanadi*, *Triptighnadi Varga*.

-Anti-microbial activity of Terminalia chebula fruit extract against microorganism. Bacillus substils, Staphylococcus aureus, Staphylococcus epidermis, Escherichia coli, Staphylococcus flexinera and Pseudomonas aeruginosa¹⁸.

	Preparation	Indication	Referance
<i>Charaka</i>	1. <i>Kalyanaka Ghrita</i>	<i>Unmaad</i>	<i>Ch. Chi 9/36</i>
	2. <i>Triphaladi taila</i>	<i>Apasmar</i>	<i>Ch. Chi 10/44</i>
	3. <i>Kashmaryadi ghrita</i>	<i>Yonivyapad</i>	<i>Ch. Chi. 15/53</i>
<i>Sushruta</i>	1. <i>Triphaladi Taila</i>	<i>Vata vyadhi</i>	<i>Su. Chi 37/33</i>
	2. <i>Pathadi Taila</i>	<i>Vata Nashak</i>	<i>Su. Chi 37/36</i>
	3. <i>Kushadi asthapana</i>	<i>Vata vyadhi</i>	<i>Su. Chi38/51</i>
<i>Vagbhata</i>	<i>Vashistha haritaki</i>	<i>Rasayan</i>	<i>A. H. Chi 3/136</i>

8. Kutaki (Picrorhiza kurroa)¹⁹:

-Charakacharya enlisted this into *Lekhaniya*, *Bhedniya* and *Stanyashodhana Mahakashaya*.

-Acharya Sushruta has described Kutki in *Pippalyadi*, *Mustadi* and *Patoladi Gana*.

-Acharya Vagbhata included it in *Patoladi Gana*.

-Picroliv- a standardised fraction from root and rhizome of Picrorhiza Kurroa consisting of glycosides and shown to be responsible for its hepato protective activity.

-Picrorhiza kurroa (Kutki) is a potent immunostimulant, anti-inflammatory action¹⁹, antioxidant²⁰, mudulates liver enzyme level, anti-allergic action and mild laxative.

	Preparation	Indica-tion	Referance
<i>Charaka</i>	<i>Neelinyaadya ghrita</i>	<i>Gulma</i>	<i>Ch. Chi 5/107109</i>
<i>Sushruta</i>	1. <i>Madhukadi tailam</i>	<i>Anuvasana</i>	<i>Su. Chi. 37/2729</i>
	2. <i>Mridaladi taila</i>	<i>Anuvasana</i>	<i>Su. Chi. 37/3031</i>
<i>Vagbhata</i>	<i>Kasamardadi ghrita</i>	<i>Shotha</i>	<i>A. H Sa. 3/162</i>
<i>Sharangdhar</i>	<i>Katuphaladi Kwath</i>	<i>Pachana</i>	<i>Sh. S. M. K. 2/12</i>

9. Bala (Sida cordifolia):

-Charakacharya included this drug in *Bruhaniya*, *Balya*, *Prajasthapana*, *Jivaniyadi*, *Balyadi* and *Shonitsthapanadi Varga*.

-Acharya Sushrut has described *Bala* in *Vidarigandhadi Gana*.

-*Sida cordifolia* is *Rasayana* drug generally possesses strong neuroprotective²¹ and Antioxidant²² properties.

-It is a *Balya* tonic and promote reproduction.

-Analgesic and anti-inflammatory effects²³.

-It is a good *Rasayana* herb, as it supplies essential nutrients and strengthen immune system.

	Preparation	Indication	Referance
<i>Charaka</i>	1. <i>Baladi taila</i>	<i>Vatavyadhi</i>	<i>Ch. Chi. 15/149-154</i>
	2. <i>Balataila basti</i>	<i>Yonivyapad</i>	<i>Ch. Chi. 15/5051</i>
<i>Sushruta</i>	1. <i>Bala Rasayana Yoga</i>	<i>Rasayana</i>	<i>Su. Chi. 28/90</i>
	2. <i>Rasnaadi asthapana</i>	<i>Vataja yoniroga</i>	<i>Su. Chi. 38/73</i>
<i>Vagbhata</i>	1. <i>Bala taila</i>	<i>Yoniroga</i>	<i>A. H. Sa. 2/52</i>
	2. <i>Nagabala Ghrita</i>	<i>Aayusha</i>	<i>A. H. Chi 3/120</i>
<i>Bhavprakash</i>	1. <i>Mula churna</i>	<i>Raktpradara</i>	<i>B. P. Chi. 61/11</i>
	2. <i>Maharasnaadi kwath</i>	<i>Garbhsthapak</i>	<i>B. P. Chi. 26/132</i>

10. Priyangu (Callicarpa macrophylla):

-Charakacharya kept this drug in *Mutravirajniya*, *Purishsangrahaniya Varga*.

-Acharya Sushruta described *Priyangu* in *Yalaadi*, *Anjanadi*, *Priyangvaadi Gana*.

-Aqueous as well as ethanolic extracts of leaves of *C. macrophylla* shows anti-inflammatory activity.

-It act as anti-inflammatory, astringent and rejuvenating properties²⁴.

	Preparation	Indication	Referance
<i>Charak</i>	1. <i>Kalyanaak Ghrita</i>	<i>Unmad</i>	<i>Ch. Chi. 9/36</i>
	2. <i>Bala taila</i>	<i>Vatavyadhi</i>	<i>Ch. Chi. 15/149-154</i>
<i>Sushruta</i>	1. <i>Priyangu as Sthavarsneha</i>	<i>Vatanashask</i>	<i>Su. Chi. 31/5</i>
	2. <i>Daridranashak yoga</i>	<i>Rasayana</i>	<i>Su. Chi. 29/14</i>
	3. <i>Shampakadi asthapana</i>	<i>Asthapana Basti</i>	<i>Su. Chi. 38/28</i>
<i>Vagbhata</i>	1. <i>Sarvavatanashak taila</i>	<i>Yoniroga</i>	<i>A. H. Chi. 21/73-81</i>
	2. <i>Hingvadi yoga</i>	<i>Grahabhutnashk</i>	<i>A. H. Chi. 5/3-7</i>
<i>Bhavprakash</i>	<i>Mahacheatas Ghrita</i>	<i>Vandhya</i>	<i>B. P. Chi. 22/5261</i>

Discussion:

Acharya Vagbhata says “All the plants have a potential medicinal value, although in practice a plant is referred to as medicinal plant when it is so used by some system of medicine. Hence we are having discussion on ten drugs of *Prajasthapan Mahakashaya* as described by *Acharya Charak*. Those drugs who help in conceiving by removing the uterine *Doshas* /disorders are known as *Prajasthapan*. The properties of these drugs are *Kashaya, Madhura, Sheeta, Snigdha* and *Balya*.

In our Ayurvedic classics, a wide exploration about *Vandhyatva* is given which can be implemented successfully for the society. Keeping all this in view now the analysis of the drugs in light of the literature available in authentic Ayurveda as well as modern text and establishes the fact of the use of these drugs in infertility. The ten drugs of *Prajasthapan* are which are going to be discussed on the parameter of *Vandhyatva* on today's era.

Brahmi and *Aindri* which has *Medhya Prabhav*, helps in reducing stress, anxiety and depression.

Brahmi: It works as *Artavanana* and *Hridya*. Therefore helps in treating *Acharana, Udavarta* and in *Nashtartava*. As it is *Vatkaphshamak*, it relieves *Vata dushti* and ultimately *Vatakaphaj Yonirogas*.

Aindri: *C. asiatica* is *Kapha-pitta Shamak*, helps in *Asaruja, arajaska, pittala* and *shlaishmiki Yonivyapadas*. Most of properties are alike to *B. monnieri* and is said *Stanyajanana* and *Stanyashodhan* and is vasodilator, therefore keep circulation of blood through uterus good and helps in *Prajasthapan*, remove depression and stress which are the major factors affecting sexual desire and can cause amenorrhea and hence affect fertility.

Shatavari: *Asparagus racemosus* is considered as a powerful *Rasayana*, which improves physical health and strength and maintain youthfulness. It is well known for its effect on the female reproductive system.

-Being a *Rasayana*, and rejuvenating herb its restorative activity beneficial in women complaint. -It is said *Vata-pitta Shamak*, therefore helps in *Udavarta, Putraghni, Acharana, Aticharana, Shandi, Suchimukhi, Vatagi, Prakarna, shushka, Arajaska, Asruja, Pittala*, oligomenorrhoea, hypofunctioning ovary. In all *Artava Dosha Shatavari* is beneficial.

Doorva: *Kapha-pitta Shamak*, therefore helps in treating *Shlaishmiki* and *Pittala, Arajaska & Asruja Yoni-vyapad Rogas*, and helps in *Asrugdar, Putipuya*, endometritis, chronic pelvic cellulitis diseases which lead to infertility.

Patala: Its bark is used in *Karnini*, *Putraghni*, endometriosis, carcinoma of cervix, excessive bleeding, oligomenorrhoea with general weakness whereas flowers are used in *Paripluta*, and *Vamini*, *Kshinaartava* and are said *Balya*.

Guduchi: The anti-stress and tonic properties was clinically tested and is anti-inflammatory, more effective in acute inflammation, therefore used in *Pittala*, *Sarvaja*, *Upapluta* *Yonivyapada*.

-As it is already said to be antibacterial, anti-microbial, anti-inflammatory, hepatoprotective, immunostimulant and antioxidant.

Haritaki-

-It is *Rasayana*, prevent ageing, reestablish youth and strengthen life. It is *Tridoshashamak*, therefore cures all diseases and make women fertile and prevent diseases.

-It is said to be antioxidant, anti-bacterial, antifungal, antiviral, cardio protective immuno modulator. Its fruit has angiogenic activity.

- It decreases liver and heart lipid and also show anti-convulsive activity.

Kutaki: It is *Kapha-pitta shamak* therefore cures *Shlaishmiki*, *Pittala*, *Arajaska*, *Asruja*, chronic endometritis diseases.

-The active compound is kutkin, D-mnitol, apocynin picoside II. It is said hepatoprotective, antiviral, anti cholestatic, and also has analgesic effect.

Bala: It is *Vata pitta Shamak*, therefore used in *Shushka*, *Udavarta*, *Acharna*, *Shandi*, *Pittala*, *Asrugadar*, *Asruja* and also in hypo functioning of ovary.

Priyangu: It is *Vata pitta Shamak*, therefore cures *Shushka*, *Acharana*, *Asruja*, *Asrugdar* and helps in conceiving. *Priyangu* is said to be *Sheeta Veerya*, *Sugandhit* and is used in bleeding disorders and to purify blood and to eliminate toxins.

- Hence in all the problems of *Kshetra*, *Rutu*, *Beeja*, *Ambu*, the ten drugs are curing and by removing *Doshas*, it helps to overcome *Vandhyatva*.

Conclusion:

The objective of present study entitled a literature review of *Prajasthapan Mahakashaya* on *Vandhyatva* is literature review of all ten drugs of *Prajasthapan Mahakashaya* to provide safe and better pregnancy and fruitful outcomes on *Vandhyatva* for society.

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Abbreviations:

Sr.No.	Abbreviation	Long form
1	<i>Ch. Chi.</i>	<i>Charak Chikitsasthaan</i>
2	<i>Ch.Si.</i>	<i>Charak Siddhisthaan</i>
3	<i>Su. Sa.</i>	<i>Sushrut Shaarirasathaan</i>
4	<i>Su.Chi.</i>	<i>Sushrut Chikitsasthaan</i>
5	<i>A. H. Chi.</i>	<i>Ashtang Hridaya Chikitsasthaan</i>
6	<i>A. H. Sa.</i>	<i>Ashang Hridaya Shaarirasthaan</i>
7	<i>A.H.U.</i>	<i>Ashang Hridaya Uttarantra</i>
8	<i>B.P.</i>	<i>Bhavaprakash</i>
9	<i>B. P. Chi.</i>	<i>Bhavaprakash chikitsaasthaan</i>
7	<i>Sh. S. M. K.</i>	<i>Sharangdhar Samhita Madhyam Khanda</i>

