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यन्कल्पिहारकोसमकल्पयन् ॥१॥ विश्वकर्मोणमाहूयपुरीहाडकानि  
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अथैकैकैरमपरैर्यकैतानमवाच ॥ अरुंरुदिवस्यत्रैत्रिस्यतेमनसि





**ROLE OF PRAJASTHAPAN GANA FOR HEALTHY PROGENY –  
LITERARY REVIEW.****Kadu V.P.,<sup>1</sup> Chandurkar G.M.,<sup>2</sup>**

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**ABSTRACT**

Parenthood is an eternal blessing. In today's era due to competitive life, new generation desire child bestowed with good health, supreme intellect and wisdom. But, In today's affluent societies, due to carrier orientation, and busy life schedule, people are not paying attention towards marital age, healthy daily routines, seasonal regimen and outcome of these unhealthy habits is emerging out in the form of various disorders influencing physical, psychological and reproductive outcome. Acharya Charaka has explained 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 Garbhotpadak Samagris which are the basic factors in Garbhotpatti that is Rutu (fertile period), Kshetra (healthy reproductive system), Ambu (nutrition for the foetus) and Beej (ovum). 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 Dhatus 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 & healthy progeny.

**KEYWORDS:** *Prajasthapan gana, healthy progeny, Female infertility.***Corresponding Author:****Dr. Vrinda P. Kadu**

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### Introduction:

Procreation is a blessing that aids in transferring the genes from one generation to another, thus aids to evolution. All couples desire procreation of progeny endowed with good health, supreme intellect and excellent qualities. But, in today's era due to teenage pregnancies, advanced maternal age, inflexible workplace policies, economic or housing uncertainty, faulty lifestyle, unawareness of health due to hectic life schedule incidences of recurrent abortion, still birth, infertility and congenital malformations are the burning issues of present era. Causes of infertility includes anatomical physiological and psychological factors. Incidence: Infertility in 90% of couples in which male related problems account 30%, female related problems are 30% and 30% both<sup>1</sup>.

Infertility again comprises –

1. Sterility- It implies that absolute inability to conceive due to congenital anomalies, surgical complications in either male or female or both<sup>2</sup>.

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.

Ayurvedic concepts of Vandhyatva

- Ayurvedic science has 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 infertility<sup>3</sup>.

- 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 occurs<sup>4</sup>.

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 ovulation<sup>5</sup>.

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.

- Acharya Charaka and Vagbhata referred Vandhyatva as abnormalities of Beejansha<sup>6</sup>. Acharya Charaka has a unique drug classification according to its action known as Charakokta Mahakashaya.

Prajasthapan Mahakashaya<sup>7</sup> is amongst it. The drugs in Prajasthapan Mahakashaya has

active principles which acts as fertility modulator. Many conditions can cause disturbance of Garbhotpadak Samagris which are the basic factors in Garbhotpatti 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.

• Acharya Harita first time described Vandhyatva in detail<sup>8</sup>.

1. Garbhakosha Bhanga- Injury to uterus.
2. Kakvandhya- Secondary infertility.
3. Anapatya- Primary infertility.
4. Garbhastraavi- Repeated abortions.
5. Mrutvatsa- Repeated still births.

#### **PRAJASTHAPANA MAHAKASHAYA AND ITS PROPERTIES<sup>9</sup>:**

6. Balakshaya- Loss of strength.

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 Dushti 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 Dhatus.
3. Yonivyapadas should be treated to treat vitiated dominant Vata dosha and corresponding Doshas.
4. Drugs described in Prajasthapan Mahakashaya can be used in various manners.
5. Sharirshuddhi especially, Virechana, Asthapan and Anuvāsana Basti are very beneficial.
7. Vandhyatvavar Yogas by Various Acharyas in classics can be used for fruitful results.
9. Ayurvedic preparations like Maharasnadi kwath, Shatavari and Shatpushpa Kalpa, Phalaghrita, Sheeta kalyanak Ghrita, Shatavari Ghrita, Lashunadi Ghrita, Pug paka etc. has good results.

Sr. no.	Drug	Latin Name	Rasa	Veerya	Vipak	Doshagnata
1.	Brahmi	Bacopa monieri	Katu, Tikta, Kashaya	Sheet	Katu	Vatakaphashamak
2.	Aindri	Centella asiatica	Kashaya, Tikta	Sheet	Katu	Kaphapittashamak
3.	Shatavari	Asparagus racemosus	Madhur, Tikta, Kashaya	Sheet	Madhur	vatapittashamaks

4.	Doorva	<i>Cynodon dactylon</i>	Kashyaya, Madhur	Sheet	Katu	Kaphapittashamak
5.	Patala	<i>Stereospermum suaveolens</i>	Tikta, Katu Flower- Kashaya, Madhur	Ushna Sheet	Katu Madhur	Tridoshaghna
6.	Guduchi	<i>Tinospora cordifolia</i>	Tikta, Katu, kashyaya	Ushna	Ushna	Tridoshaghna
7.	Haritaki	<i>Terminalis chebula</i>	Lavanvarjit Panchras	Ushna	Ushna	Tridoshaghna
8.	Kutaki	<i>Picrorhiza kurroa</i>	Tikta	Sheet	Sheet	Kaphapitaghana
9.	Bala	<i>Sida cordifolia</i>	Madhur	Sheet	Sheet	Tridhoshaghna
10.	Priyangu	<i>Callicarpa macrophylla</i>	Tikta, Kashaya, Madhur	Sheet	Sheet	Vatapitaghana

### 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*<sup>10</sup>.

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

### 2. Aindri (*Centella Asiatica*)<sup>11</sup>:

-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.

### 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 organs<sup>12</sup>.

-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, immune-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.

#### 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.

-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 activities<sup>13</sup>.

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

#### 5. Patala (*Stereospermum suaveolens*):

-According to Charaka it acts as Hridya, Vishada.

-The Root Bark of plant *Stereospermum suaveolens* was traditionally used for the treatment of pains and inflammations<sup>14</sup>.

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

#### 6. Guduchi (*Tinospora cardifolia*):

-Charakacharya has kept this drug in Vayasthapana, Sanyashodhana, Dahaprashaman, Trishnanigrahan and Chhardinigrahan 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 prevent diseases

-It is said to be antioxidant, anti-bacterial, antifungal, antiviral, cardio protective immuno modulator. - Antioxidant capacity of *Tinospora cordifolia*<sup>15</sup>.

#### 7. Haritaki (*Terminalia chebula*):

-It works as Rasayana.

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

-Anti-microbial activity of *Terminalia chebula* fruit extract against microrgnism. *Bacillus substils*, *Staphylococcus aureus*, *Staphylococcus*

epidermis, Escherichia coli, Staphylococcus flexinaria and Pseudomonas aeruginosa<sup>16</sup>.

8. Kutaki (*Picrorhiza kurroa*)<sup>17</sup>:

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

-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 action<sup>18</sup>, antioxidant<sup>19</sup>, modulates liver enzyme level, anti-allergic action and mild laxative.

9. Bala (*Sida cordifolia*):

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

-*Sida cordifolia* is Rasayana drug generally possesses strong neuroprotective<sup>20</sup> and Antioxidant<sup>21</sup> properties.

-It is a Balya tonic and promote reproduction.

-Analgesic and anti-inflammatory effects<sup>22</sup>.

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

10. Priyangu (*Callicarpa macrophylla*):

-Charakacharya kept this drug in Mutravirajniya, Purishsangrahaniya Varga.

-Aqueous as well as ethanolic extracts of leaves of *C. macrophylla* shows anti-inflammatory activity. -It act as anti-inflammatory, astringent and rejuvenating properties<sup>23</sup>.

### 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 Artavjanana 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 Prajasthapana, 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, re-establish 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.



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

-The active compound is kutkin, D-mannitol, 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 for healthy progeny 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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