ABSTRACT

The menopause is permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. Woman has a vital role in each and every family as well as for the society. Now a day’s they handle their family along with their professional life successfully. But still now they are struggling to be fit in late 50s or earlier. In late reproductive stage, they experience so many symptoms that disturbances their daily life, hampered physically and mentally. So it’s very important to restore their healthy life. Postmenopausal Syndrome include Hot flushes, irritability, mood swings, insomnia, dry vagina, difficulty concentrating, mental confusion, stress incontinence, urge incontinence, osteoporotic symptoms, depression, headache etc.In Ayurveda, this phenomenon is considered as a natural process due to aging and not associated with any serious health problems. Menopause is a state of Vata predominance & Dhatukshaya and it occurs at the age of 50 years. ‘Shatavaryadi Churna’ is effective in the management of Postmenopausal Syndrome and effective, safe, promising and cost effective remedy. Acharya Sushruta mentioned menopause as Jarapakvaavastha (geriatric age) of the body, drugs with Rasayana (rejuvenation) property are very much applicable in this geriatric age.

Keyword: Rajonivrutti, Postmenopausal Syndrome, ShatavaryadiChurna
INTRODUCTION:

The age at menopause appears to be genetically determined and is unaffected by race, socioeconomic status, age at menarche, or number of prior ovulations. Factors that are toxic to the ovary often result in an earlier age of menopause; for example, women who smoke experience an earlier menopause. Women who have had surgery on their ovaries, have had a hysterectomy, despite retention of their ovaries, may also experience early menopause. In U.K., average age for menopause is 52 (National Health Service) while in the U.S.A., it is 51 (National Institute of Aging). About 1/5th women in India experience menopause before the age in 41, but average age is 50 years and about 10% women seek medical advice during menopause. Menopause is defined retrospectively as the time of the Final Menstrual Period (FMP), followed by 12 months of amenorrhoea. Acharya Sushruta mentioned menopause as Jarapakvaavastha (geriatric age) of the body, drugs with Rasayana (rejuvenation) property are very much applicable in this geriatric age. In Ayurveda, this phenomenon is considered as a natural process due to aging and not associated with any serious health problems. Menopause is a state of Vata predominance & Dhatukshaya (depletion of tissues) and it occurs at the age of 50 years. ‘Shatavaryadi churna’ is having mainly Madhura Rasa (sweet) and Vipaka, Sita Virya (cool), Guru (heavy), Snigdha Guna (unctuousness) and Vata- Pittashamaka effects. The drug is also having Rasayana(Rejuvenation) Vayasthapana (anti-ageing), Balya (tonic), Medhya (nootropic) Jivaniya (vitalizing) and Agnidipana (appetizer) properties.“Shatavaryadi Churna” can be considered here to cure the ailments.

MATERIALS AND METHODS:

In order to determine in current body of scientific evidence supporting the therapeutic effect of ‘Shatavaryadi Churna’ in case of Rajonivrutti (Postmenopausal Syndrome), the author performed thorough literature search focused on the ratification of the available peer reviewed literature that provide scientific evidence for the benefits of ‘Shatavaryadi Churna’ in human subjects.

REVIEW:

Menopausal syndrome is a fact of multi-factorial aetio pathogenesis with symptoms of varying degree from very mild to very severe and distressing, disturbing the routing life of the women. The women are running in the critical phase in their aging phenomenon i.e. late middle or early old age also. Single drug formulation may treat a fraction of symptoms but not the whole symptoms of menopause. Hence search for a group of drugs which may help to overcome the women from the majority groups of symptoms and bring a state of health. So, the aim is to use the formulations that are rasayana( rejuvenating) , vatapittashamaka, dahaprashamana,(pacifying burning sensation) medhya,(nootropic) balya (tonic) etc. properties. Postmenopausal Syndrome or Rajonivrutti Avastha is comprises of several Lakshana (sign and
symptoms) of all Dhatukshaya (depletion of tissue). Moreover there is vitiation of two Dosha along with Manasikdosha and Agni is decreasing. So, multiple herbo-mineral drugs are required for the purpose. But as observed in daily O.P.D. proceedings, patients find it difficult to take multiple drugs in the form of pills, Churna or Kwath (Powder & decoction) and due to this problem some even hesitate to take Ayurveda treatment and seeking for single drug therapy. So while selecting drug for the present study, effort was made to select minimum possible drugs having highly expected results on Postmenopausal Syndrome and it was decided to present the drug in the form of Churna only.

**Shatavaryadi Churna**: It is explained in Y.R.Uttarakandha 34, by Dr. Indradevatipati & D.S.Tripati, edition 1st Chkambha series office, Varanasi (P) p.No-876

<table>
<thead>
<tr>
<th>Sl.no.</th>
<th>Ingredients</th>
<th>Scientific name</th>
<th>Useful parts</th>
</tr>
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<tbody>
<tr>
<td>1.</td>
<td>Shatavari</td>
<td>Asparagus racemosus Willd.</td>
<td>Root</td>
</tr>
<tr>
<td>2.</td>
<td>Gokshur</td>
<td>Tribulus terrestris Linn.</td>
<td>Fruit</td>
</tr>
<tr>
<td>3.</td>
<td>Ashwagandha</td>
<td>Withania somnifera Linn.</td>
<td>Root</td>
</tr>
<tr>
<td>4.</td>
<td>Punarnava</td>
<td>Boerhavia diffusa Linn.</td>
<td>Whole plant</td>
</tr>
<tr>
<td>5.</td>
<td>Nagabala</td>
<td>Grewia hirsute Vahl.</td>
<td>Root</td>
</tr>
<tr>
<td>6.</td>
<td>Mushali</td>
<td>Asparagus adscendens Roxb.</td>
<td>Root</td>
</tr>
</tbody>
</table>

**Mode of preparation:**

All the herbs are taken in dry form in equal quantity and make them in powder form. Before going to preparation all safety measures were taken in both medicines. After that the medicine is kept in plastic jar and in a normal room temperature and ready for use.

**SHATAVARI**

**Botanical Name:** Asparagus racemosus Willd

**Natural Order:** Liliaceae

**Classical Names**[^5]^[^6]^[^7]^[^8]: Shatapadi, Bahusuta, Atirasa, Mahodari, Narayani, Shataveerya, Shatamooli, Bhiru, Indivari, Vari, Urdhwakantika, Rishyaprokta, Pivari.

**Vernacular Names:** Sanskrit: Shatavari

**English:** Wild asparagus

**Hindi:** Shatawar, Satamuli

**Bengali:** Satavari

**Parts Used:** Root

**Ayurveda Properties**[^5]^[^6]^[^9]^[^10]^[^11]^[^12]:

- **Rasa:** Madhura, Tikta
- **Guna:** Guru, Snigdha
- **Virya:** Sita
- **Vipaka:** Madhura
- **Doshaghnata:** Vatapittashamaka

**Rogagnnata**[^5]^[^13]^[^14]^[^15]^[^16]^[^17]: Rasayana (rejuvenating), Dourbalya (weakness), Shukrakshaya (oligozoospermia), Stanyakshaya (decreased milk production), Mutrakrichchhra (painful micturition), Arsha (piles), Vatavikara, grahami (sprue), Gulma (abdominal tumour), Manasika vikara, Hridaroga (heart disease), Shotha (inflammation), Amlapitta, Raktaapitta, Kshaya (debility), Drishtimandya.

**Karma**[^10]^[^11]^[^12]^[^13]^[^14]^[^15]^[^16]: Rasayana, Pittashamaka, Grahi, Sukrala, Nadibaladayaka, Garbhaposhaka, Mootrala, Stanyajanana, Balya, Medhya, Vedanasthapana, Chakshushya, Raktaapittashamaka, Shoolahara etc.

**Action and Uses**[^13]^[^16]: Stanya vardhanartha (galactogogue) Rasayana (rejuvenative), Swarabheda (hoarseness of voice). In intrinsic haemorrhage and diarrhoea-Shatavaryadi ghrita, Shatavari in piles and diarrhoea, Shatavari juice mixed with honey in biliary colic, Shatavari powder with cold water in dysuria, Shatavari with milk as galactogogue, and Shatavari cooked with ghee and decoction as rasayana etc.

The roots are bitter, sweet, emollient, cooling, nerve tonic, constipating, ophthalmic, anodyne,
aphrodisiac, diuretic, carminative, appetiser, stomachic, antispasmodic and tonic. They are useful in nervous disorders, dysentery, tumours, inflammations, burning sensation, hyperdipsia, ophthalmopathy, nephropathy, hepatopathy, strangury, burning micturition, throat infections, tuberculosis, cough, bronchitis, gleet, gonorrhoea, cardiac debility, leucorrhoea, leprosy, epilepsy, fatigue, hyperacidity, haemorrhoids, hypertension, abortion, agalactia and general debility.

Chemical Constituents\textsuperscript{11,12,13,14,15,16}: Sarsapogenin, Sapogenin A4-A7, glycosides of quercetin, rutin, hyperoside in flower and fruits, diosgenin, quercetin 3-glucoronide in leaves, sitasterol and stigmasterol along with their glucosides, two spirostanolic and furostanolic saponoins and sapogenin, 4 saponins, viz, Shatavarin I to IV, Polycyclic alkaloids, asparagamine A and disaccharide in roots are reported.

Pharmacological activities\textsuperscript{13,14,15,16}: Antioxytotic (Shatavarin IV), diuretic, galactogogue, anticancer, antifungal, hypotensive, antiamaebic, nematicidal, gastric-sedative, antidysentric, spasmodic to uterus, anticoagulant, antiabortifacient (shatavarin I), enzymatic, hypoglycaemic and phagocytic.

Important formulations: Shatveryadi Churna, Shatavaryadi Ghrita( CS.Ci.4.95-96), Puga Khanda, Phalaghrita, Narayana Taila, Guduchyadi Taila, Shatatamoolyadi Lauha, Brihatashwagandha Ghrita, Eranda paka, Shatavari Garbhachintamani Rasa, Brihatchagaladya Ghrita, Vishnu Taila.

**GOKSHURA**

Botanical Name: *Tribulus terrestris* Linn.
Natural Order: Zygophyllaceae
Classical Names\textsuperscript{5,6,7,8,16}: Swadukantaka, Vanashringata, Chanadruma, Ikshugandhika, Gokantaka, Shwadanshtra, Trikantaka, Bhakhra, Gokshura, Neronji, Gokhri, Gokshuraka, Kshuraka.
Vernacular Names:
Sanskrit: Shvadamstra, Gokshuraka, Traikantaka, Trikantna

**English**: Caltrops fruit
**Hindi**: Chhotagokhru
**Bengali**: Gokhri, Gokshura

**Parts Used**: Fruit

**Ayurveda Properties**\textsuperscript{16,17,18,19}:
- **Rasa**: Madhura
- **Guna**: Guru, Snigdha
- **Virya**: Sita
- **Vipaka**: Madhura
- **Doshaghnata**: Vatapitta Shamaka
- **Rogaghnata**\textsuperscript{16,17,18,19}:
  - Mutrakrichchhra, Asmari, Shotha, Prameha, Swasa, Kasa, Hridroga, Arsa, Sukradourbalya, Garbhapata, Vastishotha, Vatavyadhi, Nidradaurbalya, Vedanayuktavikara, Agnidaurbalya etc.
- **Karma**\textsuperscript{16,17,18,19}:
  - Sothahara, Dipana, Swasahara, Kasahara, Arsogha, Vatashamakma, Hridya, Shothahara, Garbhasthapana, Mootrala, Balya, Brimhana, Vastishodhaka etc

**Action and Uses**\textsuperscript{5,16,17,18,19}:
- Mutrakrichchhra (dysuria), Asmari (calculus), Kesavardhanartha (to promote hair growth), Amavata (rheumatoid arthritis), Katisula (lumbago), Sholaroga, Arsha, Svasa, Daurbalya, Hridroga, Kasa, Prameha.

**Chemical Constituents**\textsuperscript{13,21}:
- Potassium nitrate, sterols, sapogenin with pyroketone ring (diosgenin), gitogenin and hecogenin/Diosgenin and its acetate, dioscin, 3-deoxy Δdiosgenin, harmine, harman.

**Pharmacological activities**\textsuperscript{16,17,18,19}:
- Aquous alcoholic extract of seeds exhibited hypotensive effect (in anaesthetised dogs) which could be blocked by atropine, produced negative inotropic and chronotropic effect on isolated rabbit heart as well as on straub'sfrog heart. But in higher doses it produced reverse effect on frog heart (P.R.U.A.I.M.S., New Delhi). Besides the potassium content of the fruits, the diuretic effect has also been ascribed to the alkaloidal fraction present in the seeds. This observation has been supported by clinical trials; the use of alkaloidal fraction in cases of ascites and oedema showed mild

**Important formulation**21: Gokshuradi Guggulu, Traikanaka Ghrita, Drakshadi churna, Dashamoola kavtha, Chyavanprasha, Dashamoolarishta, Garbhachintani rasa.

**ASHWAGANDHA**

**Botanical Name:** Withania Somnifera (L.) Dunal

**Natural Order:** Solanaceae

**Classical Names**5,6,7,8,9: Varahikarni, Varada, Balada, Kushtthagandhini, Hayahvaya, Vajigandha, Turgagandha, Aswagandha, Amkulanga, Panero

**Vernacular Names:** Sanskrit: Hayagandha, Vajigandha

**English:** Winter cherry

**Hindi:** Asgandh

**Bengali:** Ashvagandha

**Parts Used:** Root, Leaf, Seed

**Ayurveda Properties**20,21,22,23: **Rasa:** Tikta, Katu, Madhura

- **Guna:** Laghu, Snigdha
- **Virya:** Ushna
- **Vipaka:** Madhura
- **Doshaghnata:** Kaphavatashamaka
- **Rogaghnata**20,21,22,23: Vatavyadi, Murchchha, Bhrama, Anidra, Shotha, Mootragraha, Kshaya, Shosha, Raktabharadhikya, Daurbalya etc

- **Karma**20,21,22,23: Shothahara, Mastishkashamaka, Garbhashayashothahara, Mootrala, Balya, Brimhana, Deepana, Vadanasthapana etc.

- **Action and Uses**20,21,22,23,26: Rasayana (rejuvenative), Sosa (emaciation), Swasa (dyspnœa), Nidranash (insomnia), Garbhahdharanartha (for conception), shotha, Ksaya, Daurbalya, Vataroga, Klaibya.

**Chemical Constituents**20,21,22,23:

Withanolide along with withaferine A, Withanios, Nicotine, Somniferine, somniferinine, withanine, withanamine, pseudowithanine etc.

**Pharmacological activities**20,21,22,23,26:

- Hypotensive, bradycardiac and respiratory stimulant, antibacterial, hypothermic, immunosuppressive, immunostimulatory, immunomodulatory, adaptogenic, antitumour, radiosensitising, antistress, anticonvulsant, psychotropic, CNS depressant, antioxidant, anti-inflammatory, antispasmodic, analgesic, antipyretic, antiviral, antiarthritic, sedative, cardiotropic, cardioprotective, anticoagulant, antiaging, cytoprotective. (Database on Medicinal plant used in Ayurveda Vol.3).

**Important formulation:**

- Ashwagandhadyarista, Ashwagandhadi Leha, Balashvagandha Lakshadi Taila.
- Ashwagandhadi churna, Ashwagandha rasayana, Ashwagandha taila, Ashwagandhaghrita, Shatavaryadi churna.

**PUNARNAVA**

**Botanical Name:** Boerhavia diffusa Linn.

**Natural Order:** Nyctaginaceae

**Classical Names**5,6,7,8,9: Shothaghni, Kathillaka, Varshabhu, Raktapushpa, Kshudra, Gadahaporana, Punarnava, Gadhapushpa.

**Vernacular Names:** Sanskrit: Kahtilla, Shophaghni, Shothaghni, Varsabhu

**English:** Horse Purslane, Hog Weed

**Hindi:** Gadapurna, Lalpunarnava

**Bengali:** Rakta punarnava

**Parts Used:** Whole plant

**Ayurveda Properties**24,15,16,17: **Rasa:** Madhura, Tikta, Kashaya

- **Guna:** Laghu, Ruksha
- **Virya:** Ushna
- **Vipaka:** Madhura
- **Doshaghnata:** Tridoshashamaka
- **Rogaghnata**24,15,16,17: Shotha, Hridroga, Mootrakrichchhra, Agnimandya, Pandu, Raktapradara etc.

- **Karma**24,15,16,17,31: Rasayana, Lekhana, Deepana, Mootrajana, Kushthaghna,
Shothahara, Hridya, Raktavardhaka, Anulomana, Rechana,

**Action and uses**¹⁵,¹⁶,¹⁷:
- Rasayana, Jwara, Aamvata, Gulma, Sotha (oedema), Asmari (calculus), Raktasthivana (haemoptysis), Pandu.

Pain in vagina is relieved by putting juice of Punarnava (root or leaves) into the vagina (GN.6.6.15), decoction of Punarnava induces sleep, decoction of Punarnava with Shunthi in oedema, milk cooked with triphala or Punarnava in calculus and decoction of Punarnava (root), Devdaru and Murva mixed with honey should be taken (Classical Uses of Medicinal Plants by P. V. Sharma, edition 2004, published by Chaukhambha Viswabharati, Varanasi-1, page no. 249-250)

**Chemical constituents**²⁴,¹⁵,¹⁶,¹⁷:
- Punarnavine, Punarnavoside, Beta sitosterol, Tetracosanoic, Hexacosanoic, Stearic acids, Hentriacontane, Ursolic acid, Mysristic acid, Oxalic acid, Potassium nitrate and Asparagine.

**Pharmacological actions**²⁴,¹⁵,¹⁶,¹⁷,¹⁹:
- Diuretic, antiviral, anticonvulsant, cardiotonic, antihypertensive, antibacterial, anti-inflammatory, analgesic, hepatoprotective, immunomodulatory, anti-angiogenic and anti-proliferative properties.

**Important Formulations**³¹:
- Punarnavasaka Kvatha Churna, Punarnavasava, Punarnavadi Mandura, Sukumara Ghrita, Shothaghna Lepa,

**NAGABALA**

**Botanical Name:** Grewia hirsuta Vahl
**Natural Order:** Tiliaceae
**Classical Names:** Gangeroki, Nagabala, Gulshakara, Gulsharkari, Hrishagbedhoka.
**Vernacular Names:** Sanskrit: Nagabala, Gangeroki
**English:** Snake mallow
**Hindi:** Golshakari, Kokorbicha
**Bengali:** Kokorbicha

**Parts Used:** Root
**Ayurveda Properties:** Rasa: Madhura, kasaya

- **Guna:** Guru, Snigdha, picchhila
- **Virya:** Sita
- **Vipaka:** Madhura
- **Doshaghnata:** Vatapitta shamaka
- **Roga-ghnata:** Rasayana, Dourbalya, Shukradourbalya, Raktapitta, Vatavyadhi, Nadidourbalya, Jwara and Karsha.
- **Karma:** Balya, Vrishya, Rasayana, Dahaprashamana, Raktastambhana, Vedhanasthapana, Vranarupana, Anulomana, Kapishahrakara, Vrishya, Garbhashapana, Mootrala, Jwaraghna, Brimhana and Kanti Vardhaka.

**Action and Uses**²⁸,²⁹,³⁰:
- Shukradourbalya, Mootrakarika, Nadidourbalya, Smritidourbalya, Vatavyadhi, Hridya, Raktapradara, Kushthagatavata, Amlapitta, Vibandha, Swasha, Kasha, Urakshata, Garbhapata, Shwaravedha, Puyameha, Raktapitta.

**Chemical Constituents**²⁸,²⁹,³⁰:
- Nagabala contains cohiridine, haidarine, jantine N-oxide, trilobe, isostrilobine, hirsutine, cohiritinone, cochlaurine, magnofloriae, sitosterol, ginnol and jamtinine.

**Pharmacological activities**²⁸,²⁹:
1. Sosa (C.C.11/91-92) - The root of Nagabala should be taken in the dose of 5 gm to start with increasing gradually up to 40 gm with milk for a month keeping on milk-diet without cereals. It promotes strength and life-span.
2. Hridroga (V.M.31/15-16) - Powder of Nagabala root and Arjuna bark should be used with milk. It removes heart disease, cough and dyspnea. Used for a month it acts as excellent rasayana and if taken for a year the man lives full life.

**Preparations**³⁰: Nagabala Rasayana (C.Chi.1/2/11, 1/4/6; A.H.U.39/54-55)

**MUSHALI**

**Botanical name:** Asparagus adscendens Roxb.
**Natural order:** Liliaceae
**Classical name:** Musali, Shafedh musali, Dhuli musali, Tannir vittanga, Sallugaddha.
**Vernacular name:** Sanskrit: Mushali
English: White musli

Hindi: Swetamusli

Bengali: Musali

Parts used: Rhizome

Ayurveda properties31,32,33: Rasa: Madhura
- Guna: Guru, Snigdha
- Virya: Seeta
- Vipaka: Madhura
- Doshaghnata: Vatapittashamaka
- Rogagnata31,32,33: Klaibya, Shukrakshaya, Dourbalya, Karshya, Arsha, Rasayana
- Karma31,32,33: Vrishya, Brimhana, Rasayana, Arshoghna, Balya.


In freckles etc the root of Musali pounded with goat’s milk and mixed with honey is applied on face. One should take powder of Mushali and Bakuchi in order to alleviate deafness (BS.Karnaroga.35), Powder of Mushali root combined with Guduchi-stta, Kapikacchu, Gokshura, Shalmali, Sarkara and suspendes in milk added with ghee should be taken. It arouses sex urge. (Classical Uses of Medicinal Plants by P.V. Sharma, edition 2004, published by Chaukhambha Viswabharati, Varanasi-1, page no. 307)

Chemical Constituents31,32,33:

- Rhizome contains 13.33% of moisture, 30.63% of Albuminoids, 23.46% of starch, 8.42% of crude fiber, Curculigoside, Corchioside A, Lycorine (alkaloid), Sitosterol, Stigmasterol and Curculigo saponins G, H, I & J.

Pharmacological Activities31,32,33:

- Aphrodisiac, Diuretic, Tonic, Anticancerous, Antiinflammatory, Hepatoprotective.

Important formulations: Mushalyadi Churna (YR.446), Shatavaryadi churna.

DISCUSSION

Pharmacodynamics of ‘Shatavaryadi Churna’:

‘Shatavaryadi churna’ is having mainly Madhura Rasa (sweet taste) and Vipaka (post digestion rasa), Sita Virya (cool), Guru (heavy), Snigdha Guna and Vata-Pittashamaka effects. The drug is also having Rasayana (rejuvenating) Nadibalya, (nervous tonic) Medhya, (nootropic), Vedanasthjapana (pain stabilizer) and Balya (tonic) properties. In the ‘Shatavaryadi Churna’ like Ashwgandha and Punarnava which are having Usna Virya, Laghu Guna and Prabhava posses Dipana (appetizer), Pachana (digestive) nd Vatahahamaya (regulation of Agni and combating Agna) properties. In the ‘Shatavaryadi Churna’ like Ashwgandha and Punarnava which are having Usna Virya, Laghu Guna and Prabhava posses Dipana (appetizer) and Pachana (digestive) nd Vatunulomana properties and hence it helps in regulation of Agni and combating Agna. Here, the notable point is that inspite of Agnidipana, Punarnava is Tridoshahara and Ashwgandha is Kapha-Vatahahamaya. On the other side the same ‘Shatavaryadi Churna’ due to its properties like Madhura Rasa and Vipaka; Snigdha and Guru Guna and Sita Virya act as Rasayana (rejuvenation) Vayasthapana (anti-ageing) , Bal, Medhya, (nootropic) Jivaniya and Agnidipana (appetizer) and due to this process of Dhatu formation in the body gets rejuvenated and ultimately Jara/aging is slowed own. In ingredients of ‘Shatavaryadi Churna’ Shatavari, Gokshor, Nagbala and Mushali are Vata-Pittashamaka; Ashwgandha has Kapha-Vatashamaka and Punarnava has Tridoshahara properties. Shatavari specially, Pitta Shamaka and Ashwgandha & Gokshor specially Vata Shamaka. Guru, Snigdha, Pitchhilla Guna of these drugs act against Laghu and Ruksha Guna of Vatadosha and pacify it. so this drug becomes an overall good Vata-Pittashamaka activity. Ashwgandha shows Nadibalya, nervous tonic) Medhya, (nootropic) Smirtikara, Vedanasthjapana (pain stabilizer) and Balya.
(tonic), Mastishakashamaka, Hridya,(heart tonic) Nidrajanana (HYPNOTIC) properties and hypothermic, hypotensive, anti-stress and antioxidant activities. Shatavari also possesses Nadibalya, nervous tonic) Medhya,(nootropic) Smirtikara, Vedanasthjapana (pain stabilizer) and Balya (tonic) properties and anti-stress & endurance promoting activity. Nagabala and Mushali also have Rasayana,(rejuvenating) Balya (tonic) properties and analgesic & anti-inflammatory activity. All these drugs act on Manovahasrotas (channels of the mind), and pacify vitiated Manas Doshas and helps in relieving psychological symptoms associated with Postmenopausal Syndrome. The ingredients of ‘Shatavaryadi Churna’ having Madhur Rasa and Madhur Vidapka properties and for this, it acts as Vatashamak and it is very good for Dahaprasamana, (pacifying burning sensation) Vedanasthjapana,(pain stabilizer) Vranaropana,(wound healer) Shodhana, Lekhana, Kushthaghna, Shothahara, Rechana and moortrala activity of this drug relief the gynecological symptoms like white discharge and genitor-urinary problems. The Hridya (heart tonic) activity present in this drug may cure the vertigo and palpitation. Presents of Ashwagandha, Nagabala and Mushali in ‘Shatavaryadi Churna’ helps in Sexual problems as they are having Rasayana (rejuvenating) & Vrishya (aphrodisiac ) activity. Due to all these properties together ‘Shatavaryadi Churna’ is able to relieve symptoms of Dhatukshaya, vitilated Vata-Pitta, Agnivaishamya and Manovahasrotas (psychological).

ACCORDING TO MODERN SCIENCE:

Mode of action of ‘Shatavaryadi Churna’ depends upon properties and pharmacological action of their ingredients of the drug –Shatavari (Asparagus racemosus), Gokshur (Tribulus terrestris Linn) Ashwagandha (Withania somnifera Linn.) Punarnava (Boerhavia diffusa Linn) . Nagabala (Grewia hirsute Vahl.) Mushali (Asparagus adscendens Roxb) .contains phytosterol, beta sitosterol, stigmasterol, diosgenin and saponin which showed oestrogen like activity or act as phytoestrogens. Phytoestrogens are naturally occurring compounds which are weak oestrogenic in nature and they act like SERM’s. They have dual capacity of acting both as agonist (on bone, brain, lipid metabolism) and antagonist (on breast and endometrial tissue) to estrogen. Phytoestrogens have a variety of activities like oestrogenic, antioestrogenic, antioxidant, anticarcinogenic, bactericidal, antifungal, antimutogenic, antihypertensive, anti-inflammatory and anti-proliferative. So this ideal set of properties confers protection against cardiac diseases, osteoporosis and Alzheimer’s disease without increasing the risk of hormone dependant cancers like breast and uterine cancer. Phytoestrogens stimulate osteoblastosis and suppress osteoclastosis and thus help in preventing bone loss. Due to phytoestrogenic property drug has effect on vasomotor instability, which is major symptom of Postmenopausal Syndrome. Ayurveda has considered ‘aging’ is the most important cause for menopause and Postmenopausal Syndrome. ‘Shatavaryadi Churna’ have properties like antioxidant, immune-modulating and immune-potentiating , anti-stress, heptato-protective, adaptogenic, anti-inflammatory, antimicrobial, anti-allergic, analgesic, cardio-tonic and hypoglycemic which together act against the process of aging and helps in combating the aging associated problems including Postmenopausal Syndrome. The anti-stress, neuro-protective, immune-modulatory, antioxidant, activities shown by the drug might be responsible for its action on psychological disorders. Hypolipidemic and anti-athero-sclerotic activities shown by many ingredients like Shatavari, Gokshur, Ashwagandha, Punarnava, Nagabala and Mushali of‘Shatavaryadi Churna’ will help in lowering the serum lipids. The drug contains phytosterols which are plant sitosterol, β- sitosterol, stigmasterol, diosgenin, saponin which is found in this drug has similarstructure to Cholesterol. It is anti-cancer and anti-atherosclerotic and reduces blood cholesterol levels by directly inhibiting the absorption of cholesterol in intestine. It also prevents the
oxidation of LDL thereby reducing the risk of atherosclerosis. Hence, the drug ‘Shatavaryadi Churna’ can be effects in various somato-psychological and other symptoms of Postmenopausal Syndrome due to its various pharmacological actions.

**CONCLUSION:**

‘Shatavaryadi Churna’ is a good drug in the management of Postmenopausal Syndrome with hypertension and Diabetes Mellitus. ‘Shatavaryadi Churna’ is an effective, safe, promising and cost-effective remedy.

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