



Sri Satya Sai Murlidhar Ayurvedic College & Hospital
Moga (Punjab) -142001

SHATAHWA



Botanical Name - *Anethum sowa* Roxb.

Anethem-Scented, ano-upward, theo-run, which grows rapidly.

sowa - Derived from the word Sua.

Family -Apiaceae

Kula - Šatapuspa Kula

Regional Names

English -Dill seed

Hindi - Sowa

Kannada – Sabhasige

Malayalam - Chatukuppa

Marathi - Shepu

GaṇaVargikarana (Classical categorization)

Charaka - Asthapanopaga Varga, Anuvāsanopaga Varga

Suśruta - Not included in Gana

Bh.Pr.Ni. - Haritakyādi Varga

Habitat

Commonly cultivated throughout India.

Morphology

Habit → Annual herb grows maximum up to 5 ft.

Root → Tap root, branched.

Stem→ Aerial, erect, branched, fistular, ribbed, glabrous.

Leaf→ Cauline and ramal, stipulate, petiolate, hol- low, green, glabrous, alternate and decompound.

Inflorescence → Compound umbel devoid of involucre and involucl.

Flower → Ebracteate, pedicellate, Complete, actinomorphic, bisexual, small, yellow and aromatic. Se- pals are 5 in number, reduced to scales, polysepalous. Petals are five, yellow and valvate aestivation. Androecium contains five stamens, polyandrous, alter- nate to petals, Gynoecium is bicarpellary, syncarpous, inferior ovary, each carpel has five ridges.

Fruit Cremocarp type

Seed → Endospermic

Useful part → Phala (Fruit)



Phytoconstituents → Satapuspa fruit contains about 2 to 4% of volatile oil; about 20% each of fixed oil and proteins. The chief constituents of the volatile oil is aromatic liquid, known as Carvone (43 to 63%). It also contains dihydrocarvone, D-limonene, Phellandrene and Terpenes.



Rasadipancaka



Rasa – KatuTikta

Guna -Laghu Tikṣṇa Snigdha



Vipāka –Katu

Virya - Uṣṇa



Doṣakarma (Action on Doṣa) - VatakaphaŚāmaka. Vātahara due to Uṣṇavīrya and Kapha śāmaka because of Uṣṇavīrya, Kaḷuvipāka and KaḷuTikta Rasa.



Karma (Actions)



Dipana, Jwaraghna, Śulahara, Netrya, Vranaropaka, Medhya, Dāhahara, Triṣṇānigraha, Chardighna.



Satapuspa Dala (Leaves) - Vrisya, Gulmarogahara, Dipana, Stanya vardhaka, Rucikara, Śūlanāśaka.



Pharmacological Actions - Aromatic, Stimulant, Carminative



Rogaghnata (Therapeutic indications) -



Agnimāndya, Jwara, Udarasula, Netraroga, Vraṇa, Daha, Triṣṇā, Chardi, Anaha, Kaṣṭartava.



Satapuspa Dala (Leaves) - Gulma, Agnimandya, Stanyakṣya, Aruci, Udaraśila and is a Vajikara.



AmayikaPrayoga (Therapeutic administration)



1. Vatarakta (Gouty arthritis)



Oil processed with decoction of Satapuspa (Anethum sowa) if applied reduces pain- ful gouty arthritis.



2. Śuṣkārśas (Dry piles)



Bolus is prepared from Vacā (Acrous calalmus) and Satapuspa (Anethum sowa) by mixing with some oily substances. This bolus made warm and fomentation is given in case dry piles associated with swelling and pain.



3. Rasayana (Rejuvenative)



It is claimed that if Satapuspa (Anethum sowa) 10 g of powder taken with honey and ghee will promote intellect and also acts as rejuvenative.





Matra (Dose)



Curna (Powder) -3 to 6 g



Taila (Oil) - 5 to 10 Drops



Arka - 20 to 30 ml



Yoga (Formulations)



ŠatapuspadyaCurṇa



ŠatapuspadiKwatha



ŠatapuṣpadyaGhrita



Satapuspādi Lepa



Satāhwādi Taila

