



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

Latin Name - *Hedychium spicatum* Buch. Ham

Hedychium - Heds Sweet, Chion Snow Sweet scented snow, flowers are fragrant
spicatum-Spiked

Family - Zingiberaceae

Kula Andraka kula

Vernacular names -

English - Spiked ginger lily

Hindi - Kapurkachri

Kannada - Gandhashati, Seeme Sunthi

Malayalam - Kacholam

Marathi - Kapurakachari

Gaga Vargikarana (Classical categorization) -

Caraka - Swāsahara Varga, Hikkanigrahana Varga

Suśruta - Sūkavarga

Bh.Pr.Ni. - Karpūrādi Varga

Habitat - Sari is cultivated throughout India.

Morphology -

Habit: Herbaceous plant with underground stem.

Leaves → More than 30 cm long, oblong or oblong- lanceolate, variable in breadth. It is glabrous.

long Inflorescence → Dense flowered spike, up to 30 cm

Bracts: Large, oblong, green, 2.5 to 4 cm long and 2 cm wide: 1 flowered.

Flowers White, cuneate lip and deeply bifid.

Fruits Capsule, glabrous and globose.

Part used:Kanda (Rhizome)

Chemical Constituents –

Rhizome contains 4% of volatile oil. 52% of starch. Volatile oil contains paramethoxy cinnamic acid, Cineole limonene, Ethyl cinnamate, Hedychenone, 7-hydroxybedychnone, Methylparacumarin, Limonene, b-Phellandrene, bterpineol and Cinnamic ethyl acetate.

Rasadipancake -

Rasa: Katu Tikta Kaṣaya

Guna; Laghu Tikṣna

Vipāka: Katu

Virya: Usna

Doṣakarma (Action on Doṣa) - VatakaphaṢamaka. Vatahara because of Uṣṇavīrya. Kapha ṣāmaka due to Usnavīrya, Kaḷuvipāka and Kaḷutikta, Kaṣaya rasa.

Karma (Actions) -

Sidhmahara. Śwāsahara, Kāsahara, Hikkānigrahana, Sothahara, Vranahara, Śūlahara,

Pharmacological Actions -

Antihypertensive, Antispasmodic, Expectorant, Anthelmintic, Febrifuge, Stimulant, Stomachic, Carminative, Anti-inflammatory and Emmanagogue.

AmayikaPrayoga (Therapeutic administration)

1. Arśas (Piles)

In case of Arsas (Piles) one has to take the gruel prepared from Śati (Hedychium spicatum) and Palāśa (Butea monosperma) seed mixed with sour buttermilk and blackpepper.

2. Amavāta (Rhumatoid Arthritis)

In Āmavāta (Rhumatoid arthritis) patient should take a paste of Safi (Hedychium spicatum) and Viswasadha (Zingiber officinale) with decoction of Punamana (Boerhaviadiffusa).

Matra (Dose): Curna (Powder) - 3 to 6 g

Yoga (Formulations) -

ŚatyādiKaṣaya

Śatyādi Yoga

SatyādiCurṇa

Cyavanaprāśa

AmrutaprāśaGhrita

Substitute -

Hedychium coronarin

Adulterants -

Curumazedoria

Kaempferia galanga