

USES OF *SHIVLINGI* SEED (*BRYONIA MONOICA* ALTECH. & HEMSL.) IN FEMALE INFERTILITY: A REVIEW ARTICLEDr. Vijay Bhushan Sharma¹, Dr. Manish Kumar Soni^{*2}, Dr. Jagdish Mohan Onkar³ and Dr. Omprakash Sharma⁴¹PG Scholar Deptt. of Dravyaguna.²PG Scholar Deptt. of Dravyaguna.³Associate professor Deptt. of Dravyaguna.⁴HOD & Professor Deptt. of Dravyaguna.

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ABSTRACT

Shivlingi beej or Shivlingi seeds are used for the treatment of female infertility. It is a uterine tonic and improves the chances of conception in women suffering from infertility. It is fertility enhancer herb used in ayurveda along with *Putrajeevak Beej*. However, it has different Ayurvedic properties and based on these properties, it reduces *Kapha Dosha*. Therefore, Shivlingi is more beneficial if the patient has more symptoms of increased or aggravated *Kapha*. It is not suitable if the patient has aggravated or increased *Pitta Dosha*.

KEYWORDS: *Shivlingi, female infertility, Kapha dosha, putranjeevak beej, Pitta dosha.***INTRODUCTION**

Bryonies are perennial, tendril-climbing, diclinous or dioecious herbs with palmately lobed leaves and flowers in axillaries clusters. The fruit is smooth, globular berry. *Bryonia* is used as a food plant by the larvae of some Lepidoptera including the tortix mothe *Phtheochroea rugosana* and cabbage moth.

Synonyms & Vernacular Names**Latin:** *Bryonia laciniosa***Botanical Synonym:** *Bryonopsis laciniosa*, *Diplocyclos Palmatus***Hindi Name:** Shivlingi, Gargumaru**Botanical Classification****Kingdom -** Plantae**Clad-** Angiosperms**Clade -** Eudicots**Clade -** Rosids**Order-** Cucurbitales**Family -** Cucurbitaceae**Sub family-** Cucurbitoidae**Species -** *Bronia monoica* Altech & Hemsli**Medicinal Parts**

Shivlingi Beej or seeds are commonly used for the treatment of female infertility. Seeds have anti-inflammatory, anti-fungal, antimicrobial, analgesic, antihyperlipidemic, spermatogenic and antipyretic

properties.

- Seeds – Very commonly used

Chemical Composition

Shivlingi is good source of following phytochemicals:

- Punicic acid
- Gonitohalamin
- Glucomannan

Medicinal Properties

- Uterine tonic
- Fertility booster
- Aphrodisiac
- Spermatogenic
- Antioxidant
- Anodyne
- Anti-inflammatory
- Carminative
- Anti-fungal
- Antimicrobial
- Antihyperlipidemic
- Anti-diabetic
- Antipyretic

Charectrisitic Characters in Ayurveda**Rasa** – Katu (Pungent), Tikta (Bitter)**Guna** – Laghu (Light), Ruksha (Dry), Tikshna (Sharp)**Virya** – Ushna (Hot)

Vipaka – Katu (Pungent)

Prabhava – Uterine tonic

Dosha Karma – Pacifies Kapha dosha and increases Pitta dosha

Organs Effect- Uterus, Ovaries and Testes

Main indication – Infertility

Therapeutic Indications

Shivlingi beej is therapeutically indicated in the following health conditions:

- Female infertility
- Male infertility due Oligospermia
- Impaired spermatogenesis
- Asthenozoospermia – reduced spermatid motility
- Teratospermia – defective or abnormal spermatid morphology
- Constipation
- Obesity & weight loss (when used alone)
- Hyperglycemia & Diabetes

But if the patient heavy blood flow during menstruation, then *Shivlingi* is contraindicated.

According to Ayurvedic analysis, it is more beneficial if the patient is obese or overweight and has absent menses, light menstruation, having a feeling of heaviness in the lower and feeling of puffiness or swelling during the premenstrual and menstrual period.

It is also beneficial if a woman with infertility suffering from depression along with a feeling of sadness and laziness, emotional eating, leucorrhea, increased sleep and swelling in legs or whole body.

If the patient has thick mucus during her period or yeast infection, then it is also most suitable. In such cases, *Shivlingi* should be used in maximum dosage and *Putrajeevak Beej* should not be used or if required then *Putrajeevak* can be taken in reduce dosage (around 500 to 1000 mg).

Most of the patients have mixed symptoms have mixed Symptoms indicating an imbalance in *Tridosha*. In such cases, *Shivlingi* and *Putrajeevak* both should be taken in an equal proportion along with *Shivlingi*; the patient should also get treatment of the underlying cause of her infertility. If there is no cause and periods are regular and normal, then *Shivlingi* and *Putrajeevak Churana* should be taken in an equal proportion for 3 to 6 months on regular basis. If you have some symptoms or any problem with your periods, you should also see your doctor for right proportion of *Shivlingi* and *Putrajeevak Beej* powders.

Dosage and Administration

- The general dosage of *Shivlingi Beej* is as follows:
- Adults – 1 – 3 g
- Maximum possible dose – 6g per day

Shivlingi Beej Benefits & Medicinal Uses

- *Shivlingi beej* promotes fertility and increases the chances of getting pregnant. It also helps to normalize the menstrual cycle if the patient has light periods with a little blood flow.
- In traditional medicine, *Shivlingi* is used as an aphrodisiac. It is fertility booster for men too. It increases masculinity and testosterone level in the body. It is considered as a potential testosterone booster. Due to this reason, it is used in men for treating impotence. *Shivlingi* seeds also have Spermatogenic action. Therefore, *Shivlingi* seeds improve the spermatogenesis process and improve the total count.
- According to ayurveda, *Shivlingi* seeds are best in cases of impotence and oligospermia if the patient has excess *kapha* dosha or symptoms of increased or aggravated *Kapha*. *Shivlingi* reduces blockage of several channels in the body by clearing the excess *Kapha* and *Aam*. This mechanism also improves the supply of nutrients to the testes and blood flow to male reproductive organs, which ultimately helps to improve of spermatogenesis and treat impotence.

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