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Review Article

Hedychium spicatum Buch-Ham

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A Comprehensive Review of Shati (Hedychium spicatum Buch-Ham)

Gupta S[1*], Panwar D[2], Kumar A[3], Shanker Mishra H[4], Kumar Agarwal A[5]

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[1*] Shruti Gupta, Post Graduate Scholar, PG Department of Dravyaguna, Lalit Hari State PG Ayurved College and Hospital, Pilibhit, Uttar Pradesh, India.

[2] Deepali Panwar, Post Graduate Scholar, PG Department of Dravyaguna, Lalit Hari State PG Ayurved College and Hospital, Pilibhit, Uttar Pradesh, India.

[3] Akhilesh Kumar, Reader, PG Department of Dravyaguna, Lalit Hari State PG Ayurved College and Hospital, Pilibhit, Uttar Pradesh, India.

[4] Hari Shanker Mishra, Reader, PG Department of Dravyaguna, Lalit Hari State PG Ayurved College and Hospital, Pilibhit, Uttar Pradesh, India.

[5] Ajay Kumar Agarwal, Professor and HOD, PG Department of Dravyaguna, Lalit Hari State PG Ayurved College and Hospital, Pilibhit, Uttar Pradesh, India.

Shati (*Hedychium spicatum* Buch-Ham.), a revered plant in Ayurveda, holds immense ethnopharmacological and therapeutic significance. *Hedychium spicatum* Buch Ham. It is a small perennial herb belonging to the family Zingiberaceae, also known as the spiked ginger lily or perfume ginger. It is found in the entire Himalayan region, as well as in China, Myanmar, and Thailand. A literature review has been conducted to evaluate the therapeutic efficacy of the plant, and observed that the drug is of utmost importance. It has been a pinnacle which cure various ailments. *Brihatrayi*, i.e., *Charak Samhita, Sushrut Samhita* and *Ashtanga Hridya* are reviewed to fill knowledge gaps in between and explore hidden facts about the drug. The rhizomes are used as a tranquilizer, antispasmodic, analgesic, anti-inflammatory, antimicrobial, antioxidant, and antifungal in Ayurveda and mainly to treat respiratory conditions and fevers. Various *Nighantus* have also been explored to evaluate the discovered properties of the plant. Finding suggests that *Shati* has been classified into different *Vargas* in distinct *Nighantus.* A few reports are available on the toxicity of these plants. A single study concluded that both the hexane and benzene extracts had a mild CNS-depressant effect. The population of *H. spicatum* has decreased by more than 20% in the past ten years, making it more vulnerable. The International Union for Conservation of Nature (IUCN) remarks that it is under threat. The need of the hour is to conserve it sustainably from overexploitation, encourage judicious plantation, and find suitable substitutes for *Shati.* The purpose of this paper is to provide a comprehensive review of *Shati* and its properties from the ancient wisdom.

Keywords: Shati, Spiked ginger lily, Perfume ginger, IUCN, Antimicrobial, Antioxidant, Antifungal

Corresponding Author

Shruti Gupta, Post Graduate Scholar, PG Department of Dravyaguna, Lalit Hari State PG Ayurved College and Hospital, Pilibhit, Uttar Pradesh, India.
Email: shrutiguptachd@gmail.com

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Introduction

Ayurveda proposes a holistic approach - not just curing illness but maintaining wellness through balance and harmony of body, mind, and spirit. Ayurveda extensively uses herbs for healing. Every substance in the universe has the potential to be a medicine. Medicinal plants have a very significant role in the healthcare system. They serve as the primary source of modern drugs. One of such important medicinal plants is *Hedychium spicatum* Buch-ham. It is a commercially valuable plant due to its rhizomes, which bestowed magical therapeutic qualities. This rhizomatous plant holds a significant place in Ayurveda due to its extraordinary disease-curing properties.

The genus name Hedychium is derived from 'Hedys', a Greek word which means Sweet, and 'Chion' means Snow. It is a well-recognized genus for its specific aroma, beautiful foliage, and attractive, diverse, & showy nature of flowers, & comprises almost 50 different species.**[1]** Instances of *Shati* are not found in Vedic literature but Samhita exhibit tremendous properties of the plant. *Shati* was not known well in Vedic era.

It is mentioned as *Shwasahara Mahakashaya Dravya* in Charak Samhita.**[2]** The pharmacological properties of *Shwasahara Mahakashaya* render it effective as a bronchial antispasmodic agent. The combination of all active ingredients of *Shwasahara Mahakashaya*, such as *Shati* (*Hedychium spicatum*), demonstrates notable efficacy in relaxing bronchial muscles and facilitating the expulsion of mucus. These actions are crucial for asthma patients, as they alleviate bronchial spasms without increasing mucus viscosity or secretion. Instead, formulation helps in reducing overall muscle constriction and encourages a smoother respiratory process.

Aim and Objectives

The study is aimed at a literature review of different texts of Ayurveda to gather information available regarding *Shati*. The objective of this study is to describe the synonyms, *Raspanchak*, therapeutic indications, traditional usage as well as its classical categorization and properties of *Shati* in *Brihatrayi*, *Chikitsa Granth*, *Vargas* according to different *Nighantus*, and also in the recent studies through research articles.

Observation

Scientific Name: *Hedychium spicatum* Buch Ham.

Family: Zingiberaceae

Synonyms of *Shati* in different Nighantus

Synonyms	BP Ni.[3]	R.Ni. [4]	DNi. [5]	MP.Ni. [6]	K.Ni. [7]	S.Ni. [8]
शठी	+	-	+	+	+	-
पलाशी	+	-	-	+	-	-
षड्ग्रन्था	+	+	+	+	+	+
सुव्रता	+	+	+	+	+	+
गन्धमूलिका	+	-	-	-	-	-
गन्धारिका	+	-	-	-	-	-
गन्धवधू	+	-	-	-	+	-
वधू	+	+	+	-	+	+
पृथुपलाशिका	+	+	+	-	+	+
गन्धपलाशी	+	-	+	-	-	-
सटी	-	+	+	+	+	-
सठी	-	+	+	-	-	-
पलाश	-	+	+	-	-	+
सुगन्धमूला	-	+	+	-	+	+
गन्धाली	-	+	+	-	-	-
शटिका	-	+	-	-	-	-
पलाशिका	-	+	-	-	-	-
सुभद्रा	-	+	-	-	-	-
तृणीदूर्वा	-	+	-	-	-	-
गन्धा	-	+	-	-	-	-
चन्द्राणी	-	-	+	-	-	-
चन्द्रगन्धा	-	-	+	-	-	-
गन्धमूलिनी	-	-	-	+	-	-
गन्धालिरिका	-	-	-	-	+	-
सुगन्ध चूड़ा	-	-	-	-	-	-
सोम	-	-	-	-	+	-
सोमसम्भवा	-	-	-	-	+	-
गन्धारी	-	-	-	-	-	+

Vernacular names [9]

English	Spiked ginger lily
Sanskrit	Shati, Gandhmulika
Hindi	Kapoor Kachri
Bengali	Shati, Kachri
Gujarati	Kapur Kachali
Punjabi	Kachur
Tamil	Poolankizangu, Kichili Kizongu
Oriya	Gandha Sunthi

Morphology

It is a perennial herb that grows upto 3 feet tall.

Rhizome: White coloured inside, externally yellowish-brown, but changes to dark brown on long storage, bitter and has a strong odour and flavour.

One edge of each piece is covered by a rough reddish-brown layer marked with numerous scars and circular rings; rudiments of rootlets are visible. **[10]**

Leaves: 10-12 inches long. Oblong, Lanceolate, very variable in breadth, Glabrous

Flowers: White coloured, ascending flowers are borne in dense terminal spikes and hence the name spiked ginger lily, with slightly reddish stigma, Hermaphrodite.

Fruits: Capsule type; glabrous and globose, and are seen in the rainy season.**[11]**





Chemical composition

The rhizome extract contains Essential Oil, Starch, Resins, Organic Acids, Glycosides, Albumen & Saccharides, which are administered for blood purification, bronchitis, indigestion, treatment of eye disease, and inflammations.

Chemically, the rhizome is reported to contain Sitosterol and its glucosides, furanoidditerpene-hedychenone, and 7-hydroxyhedychenone. Essential oil contains Cineole, Terpinene, Limonene, Phellandrene, P-Cymene, Linalool, and Terpeneolasmajor constituents.**[12]**

***Ras Panchak* (Pharmacological properties)**

Properties	Acharya PV Sharma [13]	BP Ni. [3]	R.Ni. [4]	DNi. [5]	MP.Ni. [6]	K.Ni. [7]	API [9]
Ras	Katu, Tikta, Kashay	Katu, Tikta, Kashay	Tikta, Amal	Tikta	-	Katu, Tikta, Kashay	Katu, Tikta, Kashay
Guna	Laghu, Tikshna	Laghu, Tikshna	Laghu	Tikshna	Laghu	Laghu, Tikshna	Laghu, Tikshna
Veerya	Katu	-	-	-	-	-	Katu
Vipaka	Ushna	Anushna	Ushna	Ushna	Sheeta	Anushna	Ushna

Useful part

Rhizome**[13]**

Dose

Churna - 1-3 grams**[13]**

***Shati* popularity among folks**

It is used in many folk cultures around the world as a remedy against many diseases. Perfume ginger is used as an important ingredient in food, spices, medicines, dyes, and perfumes, among other applications.

The roots and leaves of this plant are used in Tibetan medicine. Apart from its clinical and therapeutic use, it is famous for its sweet-scented flowers, which are used for ornamental purposes. The powdered form of dried rhizomes is used as an herbal Holi color (an Indian festival of colors). The rhizomes are used to provide aroma to tobacco. The aromatic dried root of this plant is often used as an incense in Ethiopia. Due to insecticidal properties of its foliage, it is being used to make floor mats and make them more durable [14]. The rhizome is chewed by the inhabitants of Uttarakhand to clean their mouths and freshen their breath. In Manipur, the rhizome is cooked to prepare chutney.

Classical references of *Shati* in *Samhita*

Reference	Class / Indication	Formulation	Properties/Actions
A.H.Su.6.72	Anna Swaroop Vighyaneeya	Shaak Varga	Tridoshnashak, Laghu, Grahi
SS.Su.46.276	Annapaan Vidhi Adhyay	Shaak Varga	Sangrahi, Sheeta, Laghu, Tridoshnashak
CS.Su.27.88	Annapanavidhiadhyay	Shaka Varga	Grahi, Tridoshnashak
SS.Ci.37.8,17,24,37,39	Anuvaasanottar Basti Chikitsitam	Chitrakaadi Taila, Pathaadi Taila, Vidangaadi Taila	Moodh Vayu Anuloman, Arsh Grahani Dosha, Aanah, Visham Jwar, etc.
CS.Ci.14.72,92,125,132 A.H.Ci.8.46,90	Arsh Chikitsaadhyay Arsh Chikitsitam	Takraarishta, Yavagu, Shati Shaka, Pippalyaadi Anuvaasan Basti, Takraristha,	Deepan, Rochan, Kaph-Vaat, Anuloman
CS.Ci.19.32,27 A.H.Ci.9.12,20,26,51	Atisaar Chikitsaadhyay Atisaar Chikitsitam	Shaka in Atisaar, Deepan- Sanghrani Gana As an ingredient, Pakwa Atisaar Treatment, Aparaajita Khad, Sneh Basti	Deepan - Sanghrani Gana
A.H.Ci.6.31,33,34,52	Chardi-Hridroga-Trishna Chikitsitam	Pushkaraadi Ghrit, Panchkolaadi Kwath	Chardi Nashak
CS.Si.7.18,19	Basti Vyapad Siddhi Adhyay	Klam Chikitsa	Klam Nivaran Hetu caused due to Niruh Basti Vyapad
A.H.Ci.4.60,63	Basti Kalpa	Anuvaasan Basti	Basti
A.H.Ci.5.19	Basti Vyapad Siddhi Adhyay	Basti	Basti
A.H.U.1.46	Baalupchaarniya	Vachaadi Ghrit	For children to improve cognition
CS.Ci.15.88,109,165,168 A.H.Ci.10.27,61	Ghrani Chikitsaadhyay Ghrani Dosha Chikitsitam	Panchmooladay Ghrit, Marchiyaadi Churna, Madhwarista, Pippalimuladya Churna Panchkolaadi Ghrit, Maatulungaadi Churna	Jatragni Vardhak
CS.Ci.5.70,79,85,144 Su.ut.42.28 A.H.Ci.14.10,14,31,81	Gulma Chikitsaadhyay Gulma Pratishedam Gulma Chikitsitam	Hingusaurvarchaladyay Ghrit, Hingwaadi Churna/Gutika, Mshatyaadi Churna, Bhallatakadyay Ghrit, Hingwaadyam Ghritam, Hingwaadi Ghrit, Dhaadik Ghrit, Hingwaadi Churna, Bhallatak Ghrit	For Shool and Anaha
CS.Ci.17.102,104,122,129,142 SS.ut.51.40 A.H.Ci.4.24.28.40.44.46.53	Hikka-Shwas Chikitsaadhyay Swas Pratishedam Swaas-Hidma Chikisitam	Dashmooladi Yavagu Pushkaraadi Dravya for Yavagu, Shatyaadi Churna, Shatyaadi Yoga, Tejovatyaadi Ghrita, Haridraadi Churnam As a spice in food, Jeevantyaadi Churna, Shatyaadi Churna, Tejovatyaadi Ghrit	Kaas, Hridgrah, Prashav Shool, Hikka, and Shwas Roga
CS.Ci.3.211,212,225,266 Su.ut.39.199,225	Jwar Chikitsaadhyay Jwar Pratishedam	Shatyaadi Varga Kwath, Baladi Ghrita, Agurwaadi Taila Kiraataadi Kwath Kalasyaadi Ghrit	
CS.Ci.18.39, 49, 50, 51, 53, 57, 77, 92, 106, 114, 118, 123, 125, 159, 176 SS.U.52.30, 41 A.H.Ci.3.13,14,15,20,31,37,49, 56,60,95,127,160	Kaas Chikitsaadhyay Kaas Pratishedam Kaas Chikisitam	Trayaushanaadi Ghrit, Vaat Kaas Nashak Yoga, Duralabhaadi Leha, Duhsparshaadi Leha, Chitrakaadi Leha, Agastya Haritaki, Kaas Peya, Shakraadi Yoga, Pathaadi Kalka, Vatanu Bandhi Kafhaj Kaas, Dashmoolaadi Ghrit, Kanthkaari Ghrit Dwipanmoolyadi Ghrit, Jeevantyaadi Leha, Pathaadi Ghrita (Panchkaashar), Agastya Avleha, Kaas Nashak Leha, Churna, Peya, Shatyaadi Rasa, Devdarvyadi Avleha, Kanthakaari Ghrit, Amritpraash Ghrit, Agastya Haritaki, Chavikaadi Ghrit	Kaashar
CS.Ci.11.35	Kshatkshina Chikitsaadhyay	Amritpraash Ghrit	Nastshukra, Kshatksheen, Durbal, Vyaadhi Karshitaam
SS.Ci.5.28	Mahavaatvyaadi Chikitsitam	Hingwaadi Churna	Vaathar
SS.Ci.38.26	Niruhkrama Chikitsitam	For Niruh Basti	Niruh Basti
CS.Ci.6.41 A.H.Ci.12.19,25	Prameh Chikitsaadhyay Prameh Chikitsitam	Madhwaasava Prameh Naashak Ghrit, Rodhraasava	Prameh, Paandu, Arsh, Aruchi, Grahani, Kustha
SS.SS.12.5	Prameh Pidika Chikitsitam	Dhanwantar Ghrita	Prameh Pidika
CS.Ci.8.101,108,111 A.H.Ci.5.16	Rajyashma Chikitsaadhyay Rajyakshmaadi Chikitsitam	Yakshma-Nashak Leha, Duralabhadyay Ghrit, Jivantyaadi Ghrit, Jeevantyaadi Ghrit	Kaas, Shwas, Swarbheda, Parshavshool
CS.Ci.1.1.63 A.H.U.39.34	Rasayanaadhyay Rasayan Vidhi	Chayawanpraash	Uttam Rasayan

Reference	Class / Indication	Formulation	Properties/Actions
CS.Su.4.	Shadvirechanshatashriti yaadhyay	Hikkanighrahan Mahakashaya, Swashar Mahakashaya	Hikkanighrahan Shwashar
CS.Ci.12.60 A.H.Ci.17.20	Shavyathu Chikitsaadhyay Shavyathu Chikitsitam	Jeevantyaadi Yavagu, Peyaa	Arsh, Atisaar, Gulma, Sofha, Mandagni
A.H.U.24.53	Shirorog Pratished	Maha Mayur Ghrit	Sirorog Har
SS.Sh.2.9	Shukra-Shonita Shddhim Adhyay	Granthibhoot Shukra Chikitsa	Shukra Dosha Chikitsa
CS.Si.4.10,14,21	Snehvyapad Siddhi Adhyay	Jeevantaadi Anuvasan Yamak, Saindhavaadi Anuvasan Taila, Vidangaadi Taila	Brighan, Vatpittagnam, Balshukraagni Vardhan, Kusth, Krimi, Meh, Arsh
CS.Ci.26.60,84,85,97,170	Trimarmiya Chikitsaadhyay	Paashanbhedaadi Churna, Pushkar-Muladi Kalka, Pushkar-Muladi Kwath, Katphalaadi Kwath, Mahamayur Ghrit	Ashmari Bhedan, Hrid Roga, Vikartika, All types of Shiro Rog
CS.Ci.13.126 A.H.Ci.15.14	Udar Chikitsaadhyay Udar Chikitsitam	Narayan Churna Narayan Churna	Udar Roga Nashak
CS.Ci.28.122,150,167 A.H.Ci.21.57,75	Vaatvyaadi Chikitsaadhyay Vaatvyaadi Chikitsitam	Chitrakaadi Ghrit, Bala Taila, Moolakadya Taila, Raasnaadi Ghrit, Bala Taila	Vaat Nashak
A.H.U.35.59	Vish Pratished	Gara Visha Updrav Chikitsa	Gara Visha

Classical references in the *Chikitsa Granth*

Chakradutt:

Reference	Class / Indication	Formulation	Properties
CD.1.104,172,180,185	Jwar Chikitsa	Nimbaadi Kwath Kiratiktaadi Kashay Karvyaadi Kwath Dashmooladya Astanga Kwath	Jwar Har, Abhinyas Jwar
CD.4.22	Grhani Chikitsa	Pippalimulaadi Churnam	Kafhaj Ghrani
CD.5.78,96,107	Arsh Chikitsa	Shri Bahaushaali Kalyan Guda Bhallatak Guda Paka Pippalyadya Tail	Arsh Gulma, Kaas, Udavarta, Paandu Shoth, Mandagni
CD.6.31,63	Agnimandya Chikitsa	Bhrit Agnimukh Churna Kshar Guda	Agni Vardhak
CD.10.61,85	Rajyaksma Chikitsa	Jeevantya Ghrit Baladhya Ghrit	Rajyaksma Updrav Nivaran, Kshay Roga
CD.11.5,6,7,15,45,51,60	Kaas Chikitsa	Aparajit Leha Vishwaadi Leha Bhagyaadi Leha Shatyaadi Ras Prayog Bhritkantkaari Ghrit Dashmooladi Ghrit Agastya Haritaki	Vataj Kaas, Pittaj Kaas, Sarv Kaas, Vat Kafhaj Kaas
CD.12.15	Hikka Shwas Chikitsa	Shrigyaadi Churna Tejovatyaadi Ghrit	Shwas Shwaas, Hikka
CD.22	Vaatvyaadi Chikitsa	Tryodashang Guggulu Elaadi Tailam Mahanarayan Taila Muladhya Tailam Saptprasth Brihanmaas Taila Mahamaas Taila Maharaj Prasharini Taila Mahasugandhi Taila	Vaatnashak
CD.25.3,4	Aamvaat Chikitsa	Shatyaadi Kwath Punarnava Kwath	Aam Har
CD.30.36,80	Gulma Chikitsa	Hingwadya Churna Bhallatak Ghrit	Kafhaj Gulma
CD.31.20	Hridroga Chikitsa	Pathaadi Churna	Hridrog

Reference	Class / Indication	Formulation	Properties
CD.34.36	Ashmari Chikitsa	Pashanbhedadi Churna	Ashmari Bhedan
CD.35.36	Prameh Chikitsa	Dhanwantar Ghrit	Prameh
CD.36.19	Sthaulya Chikitsa	Lauh Rasayan	Medhar
CD.37.32	Udar Chikitsa	Narayan Churna	Udar Rog
CD.40.27	Vriddhi Vrdhan Chikitsa	Brihatsaindhavadhya Tail	Vriddhi
CD.42.25	Sleepada Chikitsa	Saureshwar Ghrit	Sleepada
CD.46.13	Bhagandar Chikitsa	Saptvinshati Guggulu	Bhagandhar
CD.64.74	Baal Roga Chikitsa	Kumar Kalyan Ghrut	Cognition Improvement

Gada Nigraha:

Reference	Class / Indication	Formulation	Properties
GN.1.2.13,45,59,285,412,476	Tailaadhikaar	Brihat Bala Tailam Prasarini Tail-II Prasarini Tail-III Shirishadhya Taila Dashmooladhya Taila Anvaasnam Taila	Vaat Vyaadi Gridhasi,Asthi Bhagna, Shosh, Deepan
GN.1.3.1,96	Churnadhikaar	Hingwadhya Churna Narachak Churna	Guma, Udar
GN.2.1.285,305,315,419,421,424,426,443,463,476,477,479	Jwaradhikaar	Shatyaadi Kwath Karanjaadi Kwath Kiratiktaadi Kashay Dashmooladyo Dwitiya Asthdashang Kwath Bhrityaadi Kwath Shatyaadi Kwath Dwitya Shatyaadi Kwath Karavyaadi Kwath Dwitya Bhrityaadi Kwath Trayantyaadi Kwath Bhagya Dwatrinshak Kwath Manjisthaadi Kwath	Kafhaj Jwar, Pitt Vat Jnay Jwar, Sannipataj Jwar, Abhinyas Jwar
GN.2.3.69	Ghrani Rogadhikaar	Pippaladhya Churna	Vataj Ghrani
GN.2.6.30	Krimi Rogadhikar	Shatyaadi Kwath	Krimirognaas
GN.2.9.76	Rajyashma Khatkheen Shosh Rogadhikaar	Katipay Leh Yog	Kshay Shwaas Aadi Nivrati
GN.2.10.23,24,25,26,45,46,48,66	Kaas Rogadhikaar	Bharangyaadi Leha Shuntyaadi Leha Durlabhaadi Leha Vidangaadi Churna Devdaaraadi Leha Kusthaadi Churna Madhukaadi Churna	Vataj Kaas, Kafhaj Kaas, Kshataj Kaas
GN.2.11.59,72	Hikka Shwas Rogadhikaar	Haridraadi Leh Shringyaadi Churna	Shwas
GN.2.19.101,162,206	Vaat Rogadikaar	Raasnadi Kwath Tryodashang Guggulu Shigrutwachaadi Vatika	Sarv Vaat Rog Katigrah
GN.2.22.14,16	Aamvaat Rogadhikaar	Raasnaadi Kwath Shatyaadi Kwath	Aamvaat
GN.2.25.78	Guma Rogadhikaar	Arogya Lavan	Gulma
GN.2.26.31,33	Hridyarogadhikaar	Haritakyaadi Churn Paathadi Churna	Hridrog
GN.2.39.46	Visarp Rogadhikaar	Raasnaadi Lep	Vataj Visarp

***Vangsen*:**

Reference	Class / Indication	Formulation	Properties
VS.2.142,154,313,316,318,320,325,372,375,383,568,602,640	Jwarrog Adhikar	Kathphalaadi Churna, Brihatyaadi Varga, Shatyaadi Varga, Brihatchatyaadi Varga, Drakshaadi Kwath, Kokkut Ghrit, Kulthadyam Ghrit	Shool, Aruchi, Chardi, Kaas, Shwas, Kshay, Jeerna Jwar
VS.6.1	Shaakphal Vargaadi	Shati Shaak	Vaat Nashak, Laghu, Jatraagni Vardhak
VS.11.85,196	Audhrik Rogaadhikar	Narayan Churna Chitrakaadi Leh Abhya Lavana	Sarv Rog Naash, Anaah,Agnisaad
VS.13.11	Bridham Rogaadhikar	Brihat Saindhavaadhya Taila Anuvasan Basti	Bridham, Udarvart, Gulma
VS.15.24	Gandmala Rogaadhikar	Vachadya Ghrit	Deerghkaaleen Gandmala Naas
VS.17.90	Prameh Rogaadhikar	Dhanwantar Ghrit	Prameh Naas
VS.20.44	Sanghani Rogadhikar	Panchmuladhya Ghrit	Agnikar
VS.21.199	Arsh Rogadhikar	Bahushaal Guda	Arsh
VS.25.152	Kusth Rogadhikar	Mahabhallatak Avleh	Kusth
VS.35.19,76	Nasa Rogadhikar	Katphalaadi Churna	Pinas, Swarbhanga, Swas, Pratishyay
VS.38.61,77,135	Ajeerna Rogadhikar	Agnimukh Churna, Brihat Agnimukh Churna, Kshar Guda	Durnaam, Pleehodar
VS.42.56	Pandu Rogadhikar	Trikutaadi Vati	Pandu
VS.46.117,142	Rajyakshma Rogadhikar	Shwadantradya Ghrit Chyanwanprash Avleh	Rajyakshma
VS.48.13-14,15,24,31,41,46,62,121,143,167,174,209	Kaas Rogadhikar	Kantkaar Avleh, Brihatkantkaarighrit, Dashmoolaadi Ghrit, Jeevantyaadi Churna, Kantkaari Leh, Kulatha Guda	Kaas
VS.50.37,55	Shwas Rogadhikar	Shatyaadi Churna, Kwath	Shwas
VS.60.69,418,486,503	Vaat Rogadhikar	Maha Salavan Swed Mahamaas Tail Maha Prasarini Tail Asthadashsatak Ajit Prasarini Taila	Vaatroga
VS.61.138,181	Vatrakta Rogadhikar	Suryaprabha Gutika Chandraprabha Vasti	Vatrakht
VS.63.23,27,30,34,49,50	Aamvaat Rogadhikar	Laghuraasnaadi,Maharaasnaadi	Aam Pachak
VS.68.27,70,76,118,127	Gulma Rogadhikar	Hingaadi Ghrit, Hingaadi Churna (I, II), Kankayan Vati, Hingwaadi Gutika	Gulma
VS.69.9,10	Hridya Rogadhikar	Pushkaraadi Kalka	Hridyarog
VS.73.91	Ashmari Rogadhikar	Punarnavadi Taila	Ashmari
VS.75.106	Shoth Rogadhikar	Shailaadya Taila	Shoth
VS.76.57	Sleepad Rogadhikar	Saureshwar Ghrit	Sleepad
VS.83.439	Rasayan Adhikar	Vriddaru Kalpa	Rasayan
VS.84.93	Vaajikaran Adhikar	Jeevanteya Yamak	Vaajikaran
VS.95.9	Dravyaguna Adhikar	Vaat Bhojan Sanskar	Bhojan

Vrand Madhav:

Reference	Class / Indication	Formulation	Properties
VM.1.189,253,265,267,269,273,283,286,291,298,300,302,343	Jwaradhikar	Kwath	Pitt-Vataj Jwar
		Brihatkatphalaadi Kwath	
		Katphalaadi Kwath	
		Kavyaadi Kwath	
		Shringyaadi Kwath	
		Dasastang Kwath	
		Asthdashang Kwath	
		Dwitya Asthdashang Kwath	
		Brihatyaadi Kwath	
		Shatyaadi Kwath	
		Brihat Shatyaadi Kwath	
		Dwitya Katphalaadi Kwath	
VM.5.76,80,103	Arshadhikar	Pippalyaadi Taila	Agnivardhak
		Bahushaal Guda	
		Gud Bhallatak	
VM.6.48	Ajeernadhikar	Brihatagnimukh Churna	Rochan Deepan
VM.8.40	Pandurogadhikaar	Tiktak Ghrit	Pandu
VM.10.36,57,53,83,103	Rajyakshmarogadhikaar	Chywnpraash	Rajyakshma
		Agastya Haritaki	
		Agasti Haritaki	
		Jeevantyaadi Ghrit	
		Chandanadhya Taila	
VM.11.2,3,66	Kaasadhikar	Lehan, Churna	Vataj Kaas
		Dashmuladhya Ghrit	
VM.12.18,25	Hikkashwasadhikaar	Churna	Hikka Shwas
VM.22.90,104,121,147,196,206,291,349,366,373	Vaatadhikaar	Tryodashang Guggulu	Vaathar
		Maharasnaadi Kwath	
		Elaadi Taila	
		Mahanarayan Taila	
		Brihanmaas Taila-II	
		Mahamaas Taila	
		Ajita Prasarini Taila	
		Vishgarb Taila	
		Maharaasnaadi Kwath-II	
		Aparraasnaadi Kwath	
VM.24.33	Urustambadhikaar	Aabhaadi Churna	Urustamb
VM.25.3,4	Aamvaatadhikaar	Aamvaat Pachan Kashay	Aam Har
VM.26.47,79	Shooladhikaar	Chitrakadhya Churna	Shool Har
		Hingutrivinshaadi Churna	
VM.30.40,49	Gulmaadhikaar	Hingwaadi Churna-II	Gulma Rog Har,Vataj Gulma
		Arogya Lavan	
VM.35.51	Pramehadhikaar	Chandraprabha Gutika	Arsh, Kshay, Kustha, Meha
VM.40.34	Vridhyadhikaar	Punarnadhya Taila	
VM.42.26	Shlipadadhikaar	Shaureshwar Ghrita	Shlipada
VM.48.14	Bhagandaradhikaar	Saptvinshati Yoga	Kaas, Shwas, Shosh
VM.51.58,222,229	Kustadhikaar	Mahabhallatak Guda	Kustha
		Nimbaadi Kwath-V	
		Udaymarthand Mahakashay	

Shati in *Nighantu*

Nighantu	Varga	Properties
Astang Nighantu[15]	Elaadi Varga	-
Shodhal Nighantu[8]	Guduchyaadi Varga	-
Dhanwantri Nighantu[5]	Guduchyaadi Varga	Sanniptaj Jwar, Vrana, Kaas, Mouth Freshner
Hridya Deepak Nighantu[16]	Doshaghna Varga	-
Madanpaal Nighantu[6]	Karpuraadi Varga	For Jwar, Aam, Ashra, Kaas, Grahi

Nighantu	Varga	Properties
Raaj Nighantu[4]	Pippalyaadi Varga	Ruchiprada,Jwarhar,Kaph-Asra,Kandu,Vranahar, Mouth Disorders
Kaydev Nighantu[7]	Aushadi Varga	Mal-Durgandh Aashini As Mouth Freshner, Kaas, Vran, Swaas, Shoola, Hikka, Jwarhar
Bhavprakash Nighantu[3]	Karpuraadi Varga	For Mouth Disorders, Sotha, Kaas, Vrana, Swas, Shool, Siddhma, Graha Roga
Nighantu Adarsh[17]	Aadrakaadi Varga	Aam, Kaas, Vran, Shwas, Shool, Hikka, Gulma, Vaatroga
Priya Nighantu[18]	Shatpushpaadi Varga	Kaas, Shwas, Shool, Vaman, Mukhsodhak

Previous Studies

1. Sandeep Rawat, Arun K Jugran, Indra D Bhatt, Ranbeer S Rawal (2018). Hedychium spicatum: a systematic review on traditional uses, phytochemistry, pharmacology and future prospectus, Journal of Pharmacy and Pharmacology, Volume 70, Issue 6, Pages 687–712

2. Aditi Sharma, Vikas Sharma, Deepak Kumar, Rohit Goyal(2023), A review unveiling traditional uses and pharmacological potential of Hedychium spicatum Buch.-Ham. ex Sm. rhizomes for asthma, South African journal of Botany,Vol 162, pages-730-742

3. Asit Ray, Ayushman Gadnayak, Sudipta Jena, Jeetendranath Patnaik, Pratap Chandra Panda, Sanghamitra Nayak. Hedychium spicatum rhizome essential oil induces apoptosis in human prostate adenocarcinoma PC-3 cells via mitochondrial stress and caspase activation, Heliyon, Volume 9, Issue 3,March 2023

4. G.S. Bisht, A.K. Awasthi, T.N. Dhole. Antimicrobial activity of Hedychium spicatum, Fitoterapia 77 (2006) 240–242

Threats

Due to its immense calibre, there has been enormous demand of the plant. This plant exhibits therapeutic as well as traditional qualities, because of which plant is on the verge of extinction.

Over-exploitation for its medicinal properties and its increasing demand as a source of essential oil for pharmaceutical and cosmetic industries is the major threat to the species.[19]

IUCN Status - Decreasing[19]

A Conservation Assessment and Management Prioritization (CAMP) workshop assessed this species as Vulnerable for Indian Himalayan states (Himachal Pradesh and Jammu and Kashmir, and Uttarakhand) (Ved et al. 2003).

The species is included in the 'Near Threatened' category of essential oil-bearing plants by Samant et al. (2000).

Substitute

Hedychium coronarium,[20] the white garland-lily or white ginger lily, is a perennial flowering plant in the ginger family, Zingiberaceae. H. coronarium may be invasive in shallow water systems, along streams & in waterlogged areas. Once established, it is difficult to control due to vegetative reproduction through the underground spread of rhizomes

Adulterants

Curcuma zeodaria (Karchur), white turmeric, is a perennial herb & member of family Zingiberaceae. Kaempferia galanga (Chandramoola),**[20]** also known as aromatic ginger and sand ginger, is a monocotyledonous plant of Zingiberaceae.

Conclusion

Shati possesses enormous properties. Ancient literatures, Chikitsa Granth like Chakradutt, Vangsen, Nighantu have tremendous description of Shati along with its formulations and uses. It is found that the plant is beneficial in many ailments in recent studies. Due to its Ushna Veerya, it is Kaphvat Shamak Dravya. Thus, it acts in Vedanasthapan (analgesic) and Shothara (anti-inflammatory). It is also Durgandhnashak and Keshya. Being Katu, Tikta, & Ushna, It is Rochan, Deepan, Shoolprashaman, and Grahi. This is blood purifier (Rakth Shodhak) also. It relieves respiratory disorders like Kaas, Shwas, and Hikka. This minimizes problems of skin disorders and is antipyretic also.[13] The root is not an antidote to snake venom. (Mhaskar and Caius).[21] The rootstocks are laxative, tonic to the brain, emmenagogue, expectorant, carminative; good in liver complaints, vomiting, diarrhea, inflammations, and pains (Unani).[21]

Despite these promising attributes, there remain several challenges and gaps in the current understanding of Hedychium spicatum. Toxicity and safety profile data are still limited, particularly in long-term or high-dose usage contexts. Judicious use of this plant is mandatory to conserve the magic of Shati Biotechnological interventions, including in vitro propagation and metabolic engineering,

Could play a vital role in conserving this species and enhancing the yield of its bioactive constituents. Given its ecological and medicinal value, sustainable harvesting and conservation practices are equally important to prevent overexploitation. Its widespread traditional usage, from respiratory ailments and digestive disorders to wound healing and fragrance applications, reflects a diverse pharmacological profile. Modern literature supports these claims by identifying key phytoconstituents such as essential oils, flavonoids, and terpenoids that exhibit anti-inflammatory, antimicrobial, antioxidant, and hepatoprotective effects. Moreover, the plant's utility in formulations like Shatavari Churna, Shati Taila, Agastya Haritaki, and incense products further validates its relevance in both therapeutic and lifestyle contexts.

Thus, Hedychium spicatum emerges as a promising plant for integrative medicine, warranting further clinical validation and standardization to bridge traditional wisdom with modern pharmacological research.

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