

## A REVIEW ON SAPTASARAM KASHAYA W.S.R TO POLYCYSTIC OVARIAN SYNDROME

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### ABSTRACT

Polycystic ovarian syndrome is a female endocrine disorder occurring during the reproductive age. It affects approximately 5-12% of female population. The woman is young who complains of amenorrhea, irregular menstruation, obesity and overtime it may result in infertility, diabetes mellitus, uterine cancer and cardio vascular diseases. In Ayurveda similar conditions explained in the classics under the contexts of *Pushpaghni Jataharini*, *Artavakshaya*, *Nashtarthava* and *Granthibhuta artava dushti*. *Saptasaram Kashaya*<sup>[1]</sup> is one among the *kashayas* mentioned in *gulma prakarana* of *Sahasrayogam*. It is widely used in *arthavakshaya*, *Nashtarthava*, *udavarthini yoni vyapatha* it contains drugs which are *vatanulomana*, *Srothoshodhana*,

*Kapha vata hara* and *Rakta vardhaka* and hence can correct menstrual irregularities and other symptoms in PCOS.

**KEYWORDS:** Polycystic Ovarian Syndrome, *Saptasaram Kashaya*, *Pushpaghni jataharini*

### INTRODUCTION

Being a mother is a boundless dream and sweetest moment of a women's life and it is extremely affected as infertility is one of its major complications. Polycystic Ovarian Syndrome is one of the chief causes of female subfertility and the most endocrine problem in women of reproductive age. It results in both gynecological and metabolic disturbances. Most women give importance to it only when affects her fertility or to an extent the physical appearance. It is characterized by chronic anovulation and hyperandrogenism and presents clinically with menstrual disturbances, hirsutism, acne or androgen dependent alopecia. *Sthana samsraya* of the morbid *dosha* results in *Arthavavaha srotodushti* in PCOS which leads to *Artava kshaya* and *nashtarthava*. Regarding *Doshas*, *Kapha vridhi* occurs leading to

*Srotorodha* which further cause *vata vaigunya*. Pitta undergoes *kshayavastha*; i.e the *agneyathva* of *pitta* is suppressed by the increased *Soumya* property of *kapha* at *dhathu* level. Due to this, function of *dhatwagni* reduces and lead to *vishamagni* and *mandagni* causing metabolic disorders and forms *ama*. The symptoms of *Rasa*, *rakta*, *Mamsa*, *medas* and *arthavavaha srotodushti* can be seen in PCOS. Therefore, in PCOS, considering the *doshic* status and *srothodushti*, the treatment should be intended at appeasing the vitiated *kapha*, creating *vata anulomana* and increasing *agneya* property of *pitta*. Mental factors like stress, anxiety, depression etc can also cause *vata* vitiation.

*Saptasaram Kashaya* is one among the *kashayas* mentioned in *gulma prakarana* of *Sahasrayogam*. It is indicated for *vibandha*, *Agnimandhya*, *gulma*, pain in *yoni*, *shroni* and *kukshi*. It is widely used in *arthavakshaya*, *Nashtarthava*, *udavarthini yoni vyapatha* it contains drugs which are *vatanulomana*, *Srothoshodhana*, *Kapha vata hara* and *Rakta vardhaka* and hence can correct menstrual irregularities and other symptoms in PCOS. All drugs are *Vata kapha samana* and *ushna veerya*. Majority of the drugs have *katu tikta rasa* and *laghu*, *rooksha*, *thikshna guna* by which *vata* and *kapha vaigunya* are managed. Drugs like *Punarnava*, *Vilwa* are *Pitta* and *Rakta vardhaka* and *Srothoshodhaka*. *Vilwa* is *pramehaghna* which can reduce the condition called hyperinsulinemia. *Kulatha* is *pitta-raktakruth*, *medohara* according to Charaka and in Kaiyyadeva Nighantu, it possesses *vatanulomana* and *pramehaghna* property. Pharmacological studies proved that it has antispasmodic, anti-diabetic and anti-hyper-cholesteremic effect; the flavonoids in it has analgesic activity. *Eranda (urubu)* is *bhedaniya*, *angamarda prasamaneeya* and *vata hara*. *Susrutha* mentions it as *srotho visodhana*, *yoni vishodhana* and *adhobhaga doshahara*. So it acts on *Apana vayu vaigunya*. Also it is *shoolaghna* and *vata haram param* and hence relieves pain during menstruation. *Sahachara (saireyaka)* is *vata hara* and it corrects the *gati* of *apana vayu*. *Shunti* and *Agnimantha* holds *dipana* and *pachana* property which aids in *ama pachana* and removes the *avarana* of *srotas* and helps *apana vayu anulomana*. Most of the drugs possess fibrinolytic property which reduces the formation of clots during menstruation which in turn reduces the pain. In the text, *Anupana* is mentioned such as *guda*, *kana*, *padu*, *hingu* or *aajya*. It is quoted that any one of these can be used as *anupana* according to *yukthi*. In this study, *Guda* is selected which is *asruk kara*, *kapha hara* and possess *sara guna* which promotes *anulomana*.

The ingredients are as follows.

*Varshabhu, Vilwa, Khalwa, Urubu, Sahachara, Shunti, Agnimantha.*

## 1. VARSHABHU<sup>[2]</sup>

**Table no: 7 -Morphological and Pharmacological details of *Varshabhu*.**

BOTANICAL NAME	Boerhavia diffusa	PHARMACOLOGICAL PROPERTIES	
Family	Nyctaginaceae	<i>Rasa</i>	<i>Tikta, kashaya</i>
English name	Spreading Hogweed	<i>Guna</i>	<i>Tikshna</i>
Synonyms	Kathillaka, Shothagni	<i>Veerya</i>	<i>Ushna</i>
Chemical constituents	Oxalicacid, punarnavine1, Trianthemine	<i>Vipaka</i>	<i>Katu</i>
Parts Used	Whole plant, Root, leaf	<i>Dosa</i>	<i>Kapha-vatahara</i>
Hindi name	Gadahapurana	<i>Karma</i>	<i>Dipana, Sothahara</i>

**BOTANICAL DESCRIPTION:** A perineal creeping herb. Flowering and fruiting occur during winter.

## RESEARCHES

1. The hematinic effect of the drug is reported through a clinical study
2. The alkaloidal fraction of the Boerhavia diffusa root was found to possess restorative activity against stress induced changes plasma and adrenal cortisol levels.

## 2. VILWA<sup>[3]</sup>

**Table no: 8 -Morphological and Pharmacological details of *Vilwa*.**

BOTANICAL NAME	<i>Aegel marmelos</i>	PHARMACOLOGICAL PROPERTIES	
Family	Rutaceae	<i>Rasa</i>	<i>Katu, Tikta, kashaya</i>
English name	Bael tree	<i>Guna</i>	<i>Laghu, rooksha, theeksna</i>
Synonyms	Sriphala, Sailusha, Mahakapitha	<i>Veerya</i>	<i>Ushna</i>
Chemical constituents	Xanthoxin, Marmesin, umbelliferone	<i>Vipaka</i>	<i>Katu</i>
Parts Used	Fruit, leaf, root	<i>Dosa</i>	<i>Kapha-vatahara</i>
Hindi name	Bel	<i>Karma</i>	<i>Dipana, Pachana, Grahi</i>

**BOTANICAL DESCRIPTION:** It's a medium to fairly large sized deciduous and glabrous tree upto 6-7.5 m high and 90-120 cm in girth.

**RESEARCHES:** Antidiabetic property: The alcoholic extracts of root and fruits showed hypoglycemic activity in albino rats.

### 3. KHALWA<sup>[4]</sup>

**Table no 9: Morphological and Pharmacological details of *Khalwa*.**

BOTANICAL NAME	Dolichos biflorus	PHARMACOLOGICAL PROPERTIES	
Family	Fabaceae	<i>Rasa</i>	<i>Kashaya</i>
English name	Horse gram	<i>Guna</i>	<i>Laghu, Ruksha</i>
Synonyms	Kulathika	<i>Veerya</i>	<i>Ushna</i>
Chemical constituents	DolichinA&B, Genistien	<i>Vipaka</i>	<i>Katu</i>
Parts Used	Seed	<i>Dosa</i>	<i>Kapha-vatahara</i>
Hindi name	Kulthi	<i>Karma</i>	<i>Medohara</i>

**BOTANICAL DESCRIPTION:** Annual herb which grows up to 1m height and bear yellow flowers. Cultivated in most part of india

### RESEARCHES

Anti diabetic and Anti lipidemic effect at daily oral dose when given to albino rats.

### 4. URUB<sup>[5]</sup>

**Table no: 10 - Morphological and Pharmacological details of *Urubu*.**

BOTANICAL NAME	Ricinus communis	PHARMACOLOGICAL PROPERTIES	
Family	Euphorbiaceae	<i>Rasa</i>	<i>Katu, kashaya</i>
English name	Castor	<i>Guna</i>	<i>Snigdha, Tikshna, Sukshma</i>
Synonyms	Gandharva, Eranda, Hastha	<i>Veerya</i>	<i>Ushna</i>
Chemical constituents	Ricinine, Lupeol, arachidonic acid	<i>Vipaka</i>	<i>Katu</i>
Parts Used	Root, leaf, seed oil	<i>Dosa</i>	<i>Kapha-vatahara</i>
Hindi name	Erand	<i>Karma</i>	<i>Rechana, Vrishya</i>

**BOTANICAL DESCRIPTION:** An evergreen, glabrous shrub, 2-4, 5 m high. Leaves- palmately- 7 lobed.

### RESEARCH

1. The crude alcohol extract of root showed 72.2% inhibition of carrageenin- induced paw edema
2. Fresh leaves protected against liver injury induced by CC14 rats.

1. SAHACHARA<sup>[6]</sup>Table no 11: Morphological and Pharmacological details of *Sahachara*.

BOTANICAL NAME	Barleria Prionitis	PHARMACOLOGICAL PROPERTIES	
Family	Acanthaceae	<i>Rasa</i>	<i>Tikta, Madhura</i>
English name	Barleria	<i>Guna</i>	<i>Laghu</i>
Synonyms	Saireyaka, Kuranta, Artagala	<i>Veerya</i>	<i>Ushna</i>
Chemical constituents	Barlerin, Acetyl barlerin	<i>Vipaka</i>	<i>Katu</i>
Parts Used	Root, leaf	<i>Dosa</i>	<i>Kapha-vatahara</i>
Hindi name	Kantasaireya	<i>Karma</i>	<i>Kesaranjaka</i>

**BOTANICAL DESCRIPTION:** A shrub growing up to 1m, bears multiple thorny branches. Flowers- whitish, yellowish, brown and blue.

**RESEARCHES**

1. The alcoholic extract of entire plant was found to have hypoglycemic activity in albino rats (Dhar et al; 1968).

2. The SHUNTI<sup>[7]</sup>Table no: 12- Morphological and Pharmacological details of *Shunti*.

BOTANICAL NAME	Zingiber officinale	PHARMACOLOGICAL PROPERTIES	
Family	Zingiberaceae	<i>Rasa</i>	<i>Katu</i>
English name	Ginger	<i>Guna</i>	<i>Ruksha, Tikshna</i>
Synonyms	Nagara, shringavera, vishva	<i>Veerya</i>	<i>Ushna</i>
Chemical constituents	Alpha-curcumine, Beta-D-curcumine, zingiberol	<i>Vipaka</i>	<i>Katu</i>
Parts Used	Rhizome	<i>Dosa</i>	<i>Vata-kaphahara</i>
Hindi name	Sonth	<i>Karma</i>	<i>Dipana, Bhedana</i>

**BOTANICAL DESCRIPTION:** An erect perennial herb with aromatic rhizome

**RESEARCHES**

- 1). In hypercholesteremic rats, ginger reduced serum cholesterol levels significantly in 24 days
- 2). The ethanolic extract showed anti-inflammatory activity in rats and hypoglycemic effect in rabbits.

**7. AGNIMANTHA<sup>[8]</sup>****Table no: 13 - Morphological and Pharmacological details of *Agnimantha*.**

BOTANICAL NAME	Premna corymbosa	PHARMACOLOGICAL PROPERTIES	
Family	Verbinaceae	<i>Rasa</i>	<i>Tikta Kashaya Katu,</i>
English name		<i>Guna</i>	<i>Ruksha, Laghu</i>
Synonyms	Arani, Jaya, Sriparni	<i>Veerya</i>	<i>Ushna</i>
Chemical constituents	Beta-sitosterol, luteolin, aphelandrine	<i>Vipaka</i>	<i>Katu</i>
Parts Used	Root bark, leaf	<i>Dosa</i>	<i>Kapha-vata hara</i>
Hindi name	Tekar	<i>Karma</i>	<i>Dipana, Bhedana</i>

**BOTANICAL DESCRIPTION:** A large shrub or small tree, large branches spinous usually.

**RESEARCHES**

1. The aqueous extract of leaves was found effective in reducing the edema of formalin-induced arthritis in rats.
2. A compound isolated from root bark was active against gram-positive organisms (Naturwiss, 1964,51,484)

**8. GUDA (*Anupana*)<sup>[9]</sup>**

Preparation of *Guda*

*"Iksho rasa ya: sampakao...."*

When sugarcane juice is heated up to thick and somewhat hard when it is termed as *Guda*.

Types and properties of *guda*.

1. *Nava Guda*
  2. *Purana Guda*
- (i) *Nava Guda*.

*Kaphakara, Swasakara, Kasakrita, Krimikara and agnideepaka.*

(ii) *Purana Guda*

*Laghu, Pathya, Anabhisyanthi, Agni Pushti kruth, Pittaghna, Vathaghna, Madhura, Vrishya, Asruk prasada Guda* with different *Anupana* have *Trisdosha Samaka* property.

**JAGGERY<sup>[10]</sup>**

Jaggery is mainly prepared from sugarcane and also from palm, coconut etc.

### Composition

The major constituents in jaggery are Sucrose (65-85%), invert sugar (10-15%), ash (2-5%), moisture (3-6%). Jaggery contains some proteins, fat, minerals and vitamins and hence considered to be more nutritious.

Mineral content: calcium, phosphorus, iron, zinc etc.

Vitamins: Folic acid, B- complex

Benefits: Prevents rheumatic afflictions, relaxation of muscles, nerves and blood vessels, increases hemoglobin and prevents anemia.

### METHOD OF PREPARATION AND ADMINISTRATION

- Drugs of *Saptasaram Kashaya* was purchased and prepared in the form of *Kashaya choorna* as coarse powder. Mode of preparation and administration were also explained to the patients. 25 grams of *kashaya choorna* separately packed and advised patients to prepare fresh *Kashaya* every time.
- One packet *Kashaya choorna* (25 grams) added with 400ml of water and boiled up to 50 ml and filtered. Patient has to take in luke warm stage twice daily along with *Guda* (3 grams) before food.

### Posology

- To administer 50 ml twice daily in luke warm stage along with along with *Guda* (3 grams) before food.

### DISCUSSION

#### PROBABLE MODE OF ACTION OF DRUGS

##### Based on Rasa

Majority of the drugs are *Katu*, *tikta* and *Kashaya rasas*. These rasas take out the *srotho aavarana* by relieving *kapha dosha*. *Kashaya* rasa helps in *vatanulomana* and the *panchabhawthika* constitution of *katu rasa* contains *vayu* and *akasha* thus helps in *srothoshodhana* i.e it has action on *Artava vaha srothas*. As PCOS is a metabolic disorder, there is impairment of *Agni*, which leads to *asamyak paachitha ahara rasa*. *Katu rasa* possess *agneya guna* and thus it is *agni pradeepa* which corrects *dhatwagni*.

##### BASED ON GUNA

Majority of the drugs in *saptasaram Kashaya* possess *laghu, rooksha* and *theekshna gunas*. *Rooksha guna* does *kapha shoshana* thus removes the *kaphaavarana* and *laghu* and



*theekshna guna* clears the *srotases* promoting *vatanulomana*. When the *vaigunya* of *apana vayu* is corrected, the menstrual phase will be proper and the bleeding will also be optimum. These are the key factors responsible for improving the conditions of PCOS.

### **BASED ON VEERYA**

All drugs possess *ushna veerya*. As the *dosha vaigunya* lies in *kapha* and *vata dosa*, *ushna veerya* aids in *vata samana* as well as *kapha shoshana*. *Ushna veerya* also improves *agni*.

### **BASED ON VIPAKA**

Drugs possess *Katu*, *Madhura* and *Amla vipaka*. *Katu vipaka* is *Kapha -Vata samana* and relieves *agni mandhya*. It helps in healthy *utpathi* of *rasa dhathu* and hence *artava*. *Eranda*, *shunti* of *saptasaram Kashaya* are of *madhura vipaka* which corrects *apana vayu vaigunya*. *Kulatha* is an ingredient in the *Kashaya* which is of *Amla vipaka*. *Amla vipaka* increases *agneya guna* and hence promotes regularity in menstrual cycle by enhancing ovulation and proper proliferation of the endometrium.

### **BASED ON KARMA**

All drugs possess *deepana* and *pachana karma*. *Deepana* drugs stimulate *agni*. This *agni* may be *jataragni* or *Dhatwagni*. *Paachana karma* undertake the digestion of *Aama*. When *Ama pachana* occurs, the obesity can also be rectified. *Chakrapani* opined *pachana dravya* as predominant of *Vayu* and *Tejo bhootha* while *Arunadatta* considered it as predominant of *Tejo bhootha*. Thus, *Agnimandhya* is corrected with *deepana karma* and *Aama* is removed with *Pachana karma*.

### **CONCLUSION**

PCOS is a syndrome showing an alarming rise worldwide. A recent rise in PCOS cases in urban India may be due to modernization, stress and lifestyle. But the symptoms can be assuaged by appropriate medications along with lifestyle alterations and daily exercise. As the conventional methods *Kashayas* like *Saptasaram Kashaya* should be involved by the physicians in order to treat this condition. *Saptasaram Kashaya* which will be highly beneficial in PCOS due to its authentic reference regarding the effectiveness, easy administration and absence of side effects. By this, we can introduce ayurveda for the wellbeing of the woman by giving more importance to the formulations which is told in the classics thereby improving their health and fertility.



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