



## Ayurvedic properties along with Mode of action and Phytochemical analysis of Saptam Yoga, an Ayurvedic formulation for Skin diseases

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### Abstract

*Ayurvedic Medicine is one of the world's oldest holistic healing system. Drugs play a vital role in the treatment of disease. Saptsum yoga is one among the medication explained by Acharya Vagbhata in Astanga Hardiya and by Acharya Chakarpani in Chakaradutta, which are used for the management of dadru. Dadru is one of the commonly occurring skin disease which have been included under the Mahakustha by Acharya Sushrutha and Vagbhata. Skin diseases are mainly occurred by pollution and contamination with toxic, allergic and poisonous products and use of synthetic cosmetics and chemicals in our daily life. Saptsum yoga is an Ayurvedic formulation (Yoga) which consists of seven drugs namely. Triphala (Haritaki, Vibhitki, Amalki), Trikatu (Sunthi, Marich, Pipli), Till, Shodhit Bhallatak, Cow's Ghee, Madhu, Sharkara.*

*The article deals to find out the important Gunas of the individual drugs and the possible effects of their combination which are responsible for life saving indication of Saptsum yoga.*

**Keywords:** Ayurvedic Churna, Saptsum Yoga.

### Introduction

A drug is defined as an agent intended for use in the diagnosis, treatment and prevention of disease in man. According to ayurvedic view this is one among four quadrants (chikitsapada) mentioned by Acharyas. The drugs which give health explore physiological system or pathological state for the benefit of the recipient is best for the aim of physician.

Ayurvedic literature describes importance of the drug as "Nothing in the world exists which does not have therapeutic utility". Acharya Charaka says that the best medicine is one that relieves patients suffering.<sup>(1)</sup>

A drug formulation that is capable of detoxifying the body, most probably is to have an additional property to relieve kustha. The search of the drug

formulation will land immediately in Saptsum yoga. The drug Saptsum yoga is very economical. Acharya Vagbhata also described Saptsum yoga for chikitsa of dadru at kusthachikitsasthana.

Trikatu, Uttama (Triphala), Tila, Aruskara, Ajya (Ghee), Makshika (Honey), and Sitopala (Sugar candy), together are made into pills. This known as Saptsumgutika, is a rejuvenator, cure leprosy and acts as an aphrodisiac.

Chakarpani has described treatment of dadru by Saptsum yoga in his book chakaradutta.

Tila, Ghreta, Triphala, Madhu, Trikatu, Shodhit Bhelawa, and Sharkara, all are mixed in equal quantity and used for cure kustha. This is called Saptsum yoga. There are no need of any rule.

The main ayurvedic texts used in this study are Charaka Samhita, Astanga Hardiya, Chakaradutta, API etc and available commentaries on these.

**Properties of the constituents drugs of saptsum yoga**

Some of the properties of the constituent drugs of Saptsum yoga which contribute for its actions are given below-----

Dravya	Latin name	Family name	Ayurvedic Properties	Karma
<b>A) Triphala</b>				
i) Haritiki (4)	Terminalia Chebula	Combretaceae	Ras – Panchras (Lavanabsant) Guna – Laghu, Ruksha Virya – Usna Vipaka – Madhura Parbhava–Tridoshshamak (Esp. Vathar)	Sarvadoshashaman, Rasayan, Dipana, Kusthaghana, Hradya, Medhya.
ii) Vibhitiki (5)	Terminalia bellirica	Combretaceae	Ras – Kasaya Guna – Laghu, Ruksha Virya – Usna Vipaka – Madhura Parbhava–Tridoshshamak (Esp. Kaphhar)	Chaksusya, Kesya, Kasahara, Kriminasana
iii) Amalaki (6)	Emblicofficinale	Euphorbiaceae	Ras–Panchras(Lavanabsant) Guna – Laghu, Ruksha Virya – Sita Vipaka – Madhura Parbhava– Tridoshshamak (Esp. Pittshamak)	Kusthaghana, Rasayana, Chaksusya
<b>B) Trikatu</b>				
i) Sunthi (7)	Zingiber officinale	Zingiberaceae	Ras– Katu Guna – Laghu, Snigdha Virya – Usna Vipaka – Madhura Parbhava– Kapha-vatashamak	Dipana, Anulomana, Hradya, Pachana
ii) Marich (8)	Piper nigrum	Piperaceae	Ras– Katu, Tikta Guna – Laghu, Ruksha, Tikсна Virya – Usna Vipaka – Katu Parbhava– Kapha-vatashamak	Dipana, Hradya, Medohara, Cherdhi, Kusthaghana
iii) Pipli (9)	Piper Longum	Piperaceae	Ras– Katu, Tikta, Madhura Guna – Laghu, Snigdha Virya – Anusna Vipaka – Madhura Parbhava– Kapha-vatashamak	Kusthaghana, Dipana, Hradya, Vrsya, Tridoshhara
<b>C) Till (10)</b>				
	Sesamum Indicum	Pedaliaceae	Ras– Katu, Tikta, Madhura, Kasaya Guna –Snigdha, Guru, Vyavai, Sukshma Virya – Usna Vipaka – Madhura Parbhava– Tridoshshamak (Esp. Vatashamak)	Snehana, Balya, Kesya, Rasayana
<b>D) Shodhit Bhallatak (11)</b>				
	Semecarpus anacardium	Anacardiaceae	Ras– Katu, Tikta, Madhura, Kasaya Guna – Snigdha, Laghu, Tikсна Virya – Usna Vipaka – Madhura Parbhava– Kapha-vatashamak	Kusthaghana, Swedaya, Dipana, Pachana, Medhya
<b>E) Cow's Ghee(12)</b>				
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<b>F) Madhura (13)</b>				
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<b>G) Sharkara (14)</b>				
	----	----	Ras– Madhura Guna – X Virya – Sita Vipaka – X Parbhava– Vata-pittshamak	Spermopiotic, Appetizer

**Analytical Study**

Analytical study of Saptsum Yoga was done by Sophisticated Industrial Materials Analytic Labs Pvt. Ltd.

**(A) Results of Physiochemical Analysis Of Saptsum Yoga****Table No. 1:** Physiochemical analysis of Saptsum Yoga

TESTS	SAPTSUM YOGA
Loss of Drying	4.86gm/100gm
Alcohol Soluble Extractive	21.09gm/100gm
Water Soluble Extractive	32.48gm/100gm
Total Ash	3.79gm/100gm
Acid Insoluble Ash	0.87gm/100gm
Water soluble Ash	0.13gm/100gm
Foreign Matter	Absent

**(B) Results of Analysis for Inorganic Matter (Minerals) of Saptsum Yoga****Table No. 2:** Analysis for inorganic matter (Minerals) of Saptsum

MINERALS	RESULTS
Calcium	3469.04
Iron	384.56
Phosphorus	Not Detected
Manganese	39.91
Sulphur	Absent

Analysis showed the qualitative presence of Calcium, Iron, Manganese. While absence Sulphur and Phosphorus are not detect.

**(C) Results of Phytochemical Analysis (Qualitative Test) of Saptsum Yoga:****Table No. 3:** Showing result of qualitative test of Saptsum yoga

S.No.	Tests	Petroleum Ether	Chloroform	Ethanollic	Aqueous
1	Sterols	+ve	+ve	+ve	-ve
2	Tannin	-ve	+ve	+ve	-ve
3	Flavonoids	-ve	-ve	+ve	+ve
4	Amino Acid	-ve	+ve	+ve	+ve
5	Glycosides	-ve	-ve	-ve	-ve
6	Acidic Compounds	-ve	-ve	-ve	-ve
7	Phenols	-ve	-ve	-ve	-ve
8	Saponin	-ve	+ve	+ve	-ve
9	Alkaloids	-ve	+ve	+ve	+ve
10	Protein	-	+ve	+ve	+ve
11	Carbohydrate	-	+ve	+ve	-ve

**Analysis Showed**

- Petroleum ether extract of Saptsum yoga showed presence of sterols.
- Chloroform extract of Saptsum yoga showed presence of Protein, Carbohydrate, Sterols, Tannin, Amino Acids, Saponins and Alkaloids.
- Ethanolic extract of Saptsum yoga showed presence of Protein, Carbohydrate, Sterols, Tannin, Flavonoids, Amino Acids, Saponins and Alkaloids.
- Aqueous extract of Saptsum yoga showed presence of Protein, Flavonoids, Amino Acids and Alkaloids.

**(D) Results of Thin Layer Chromatography of Saptsum Yoga****Table no. 4** Thin layer Chromatography of Saptsum yoga

S.No	Test extract	Solvent System	No. of Spot	R <sub>F</sub> Value
1	Chloroform Extract	Toluene : Ethyl Acetate ( 8.5:1.5 )	6	0.07 0.15 0.31 0.69 0.76 0.99
2	Ethanol Extract	Toluene : Ethyl Acetate ( 8.5:1.5 )	5	0.07 0.15 0.72 0.79 0.99

Chloroform extract of Saptsum yoga established the presence of 6 number of spots of Phytoconstituents under Toluence : Ethyl Acetate solvent system.

❖ Ethanol extract of Saptsum yoga established the presence of 5 number of spots of Phytoconstituents under Toluence: Ethyl Acetate solvent system.

**(E) Results of Fluorescence Tests of Saptsum Yoga****Table No. 5:** Showing Results of Fluorescencer test of Saptsum Yoga

S.No	Solvent Used	Observation Under UV Light(254nm)	Observation Under UV Light (366nm )
1	NaoH in water	Light Green	Dark Brown
2	NaoH in Methanol	Light Green	Yellowish Brown
3	Benzene	Fluorescent Green	Reddish Brown
4	Acetone	Yellowish	Orange
5	Ethyl Acetate	Yellowish	Orange

**Discussion**

Any research work without discussion about its nature, applicability and relevance is said to be incomplete. In ayurveda "vitarka" (ability of discussing on the basis of shastra) is one feature of a scholar. After screening the ayurvedic literature we have selected Saptsum yoga for the treatment of kustha. This formulation is explained by Acharya Vagbhata in Astanga Hardiya and Acharya Chakarpani in Chakradutta. No clinical study has been conducted so far to evaluate the efficacy of this drug.

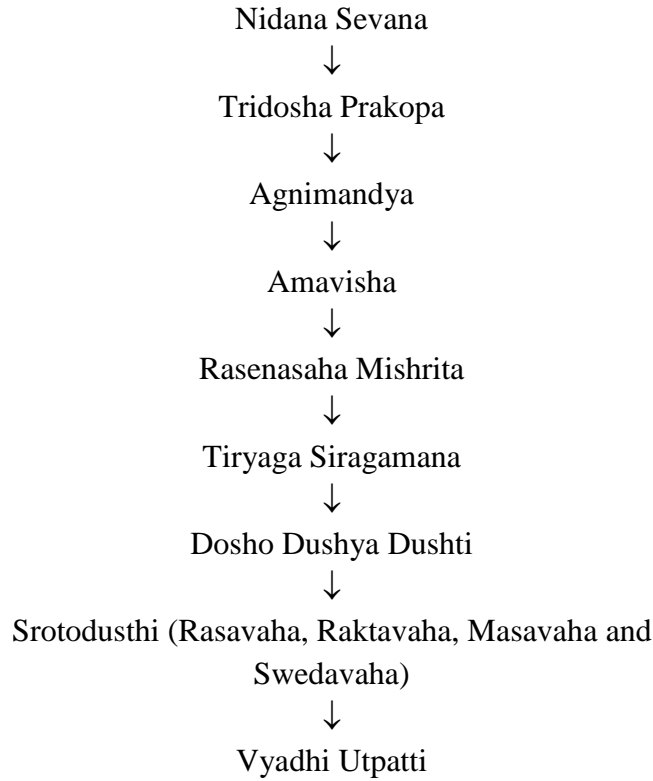
Every content has one or two unique therapeutic action apart from their other properties:-

Haritaki has sarvadoshashamana & kusthaghana; Vibhitaki is bhedaka and tridoshshamak; Amalki is rasayana & kusthaghana; Sunthi is amadoshhara and pachana; Marich is dipana and kusthaghana;

Pipali is dipana and kusthaghana; Till is rasayana and tridoshshamaka; Shodhit Bhallatak is dipana, pachana, kusthaghana, vatahar and kaphahar; Cow's ghee is appetizer, spermopiotic, tonic and kaphahar; Madhu is spermopiotic, appetizer, tonic pittshamak and vathar; Sharkara is appetizer, spermopiotic and vatpittshamak.

It has rich mineral and chemical constituents with different biochemical roles in the body. Most of the ingredients have usnavirya property except Amalki, cow's ghee, Madhu, Sharkara that have sitavirya. Saptsum yoga is best prescribed in kustharoga. Due its usnavirya, dipana, pachan property. It can be used in almost every twakvikara. The main causative factor of twakvikara are agnimandhaya according to its samprapti.

Samprapti :



Haritaki is tridoshar drug because it have four rasa which are define as-madhura, tikta, kasaya rasa are pittshamak; katu ,tikta, kasaya rasa are kaphashamak; amla, madhura rasa are vatashamak.

Vibhitaki is tridoshar drug because it have ruksha, laghuguna which are kaphashamak; kasaya rasa which are kaphapittshamak; madhuvipaka which are pittshamak; and usnavirya which are vatshamak.

Amalki is tridoshar drug because it have amla rasa which are vatshamak; madhura rasa and sitaguna which are pittshamak; rukshaguna and kasaya rasa which are kaphashamak.

Sunthi used in this yoga is among one of the best ama pachan drugs mentioned in ayurveda. Sunthi digest and remove smavisha from the body. Sunthi is usnavirya drug which are kaphavattshamak.

Marich is swedjanan and kusthaghana drug. Usnavirya which are vatshamak; katu rasa and tikshanaguna which are kaphashamak.

Till are very beneficial for skin. Guru, snigdhaPipali is kusthaghana drug. Katu rasa which are kaphashamsk and snigdthaguna which

are vatshamak. gunamadhura rasa and usnavirya which are vatshamak.

The drug bhallatak is very effective in removing obstruction of swedwahsrotas. Usnavirya and tikshanaguna which are kaphavatshamak.

Cow's ghee is suitable for all skin diseases. Cow's ghee is vatshamak and rasayana.

Madhu breaks up hard masses of stool, vomiting, cough, leprosy and other skin diseases. Madhu is a pittshamak drug.

Sarkara is vatpittshamak.

### Conclusion

Saptsum yoga is very effective formulation for skin diseases like dadru. The properties of all ingredients are very effective for break the pathogenesis of kustharoga.

According to Aacharya Charaka even if a poison is consumed yuktivyukta way it acts beneficial for the body.Hense for its treatment Saptsum Yoga has been selected which contains bhallataka as vishdravya.

According to Chakradutt, Saptsum yoga is used for kustharogashamnartha.

Saptsum yoga was effective in reducing the Kandu, Pidika, Raga, Rookshata, utsanmandala.

Hence it can be suggested that Saptsum yoga can be used in patients suffering from kustha.

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