

Saptasara Kashayam : Multi faceted review

Sapthasara kashayam is one among the formulations mentioned in the management of Gulma in the text 'Sahasrayogam'. Sahasrayogam is a compilation of ayurvedic formulations prevalent among the physicians of Kerala. 'Sahasra' means thousand and 'Yogam' means formulations. As the name suggests the book contains thousand formulations pertaining to various diseases. Sapthasaram kashayam is a formulation with wide applicability in various clinical conditions like constipation, low back ache, menstrual abnormalities etc. Sapthasara kashayam has also been mentioned in 'The Ayurvedic Pharmacopoeia of India – Part 1' as 'Sapthasara Kvatha Choornaa'.

Sapthasara kashayam is a commonly used formulation by the Streeroga, physicians of Kerala owing to its wide range of applicability in different gynaecological conditions. Sahasrayogam explains the formulation in the context of Gulma roga and according to Ayurveda classics, pathogenesis of all varieties of Gulma has involvement of vata dosha in it and has shoola or pain as the cardinal symptom.

Ingredients of Saptasara kashaya

Sapthasara kashaya comprises of 7 ingredients. The ingredients are Varshabu, Bilva, Khalva poorana, Urubu, Sahachara, Shunti and Agnimandha.

Name of Drug	Botanical name	Rasa	Guna	Veerya	Vipaka	karma	Part used
Varshabu	Boerhaavia diffuse	madhura, tikta, kashaya	laghu, rooksha	ushna	katu	kapha vatahara, mutrala, shotohara	whole plant
Bilva	Aegle marmelos	katu, tikta, kashaya	snigdha	ushna	katu	kapha anilahara, sangrahi, pittavardhana, deepana	fruit, root
kulatha	Dolichos biflorus	kashaya	laghu, rooksha, teekshana	ushna	amla	kapha vatahara,	seed
Eranda	Ricinus Communis	madhura, katu kashaya	snigdha, teekshana, sookshma	ushna	madhura	tridosahara	seed
Sahachara	Barleria prionitis	tikta, madhura	laghu	ushna	katu	kapha vatahara	whole plant, leaf

Name of Drug	Botanical name	Rasa	Guna	Veerya	Vipaka	karma	Part used
Sunti	Zingiber officinale	katu	guru, rooksha, teekshna	ushna	madhura	kapha hara	rhizome
Agnimantha	Clerodendrum flomidis	tikta, katu, kashaya, madhura	laghu, rooksha	ushna	katu	vata-kaphahara	root, bark, leaf

According to the Ayurvedic Pharmacopoeia of India – Part 1 the ingredients of Sapthasaram kashayam contains one part each of Varshabu, Vilwa, Kulatha, Eranda, Sahachara, Sunti and Agnimantha. Prakshepa dravyas include Guda (jaggery), Pippali, Saindhava lavana, Hingu or Sarpi which are used according to the clinical conditions.

Other prakshepa dravyas like tila, taila, etc are also being used. While observing the action of Sapthasaram kashayam in various clinical conditions, following interpretations can be made,

Dosha karma: Vata-kapha shamana, Pittakara, Apana anulomana

Agni karma: Deepana, Pachana

Mala karma: Malapravarthaka, Mootrala

Srotho karma: Srothoshodana

Lakshanika karma: Shoolaprashamana, Ruchyam

General Indications

Vibandha, Agnimadya, Yonishula, Hrithshula, kukshishula, Prushta shula, shroni shula, Udara, Gulma & Pleea roga

Prakshepaka: Guda, Pippali, saindava, Hingu and Ghritha (Yukthipoorvam)

Prakshepas used according to different conditions

For garbhasaya rogas - jaggery and Saindhava can be added along with kashaya

For Yakrit and Pleea disorders - Pippali choorna can be added.

For koshtasoola/raktagulma - Hingu, hinguvachadi choorna or jaggery can be used.

For "mooda vatanulomana" – Gandharvahastadi thaila or eranda sukumara can be advised.

For shushkarshas - Chiruvilvadi ghruta can be added to kashaya.

Clinical Experiences

1. In Endometriosis, Secondary amenorrhea, oligo and hypo menorrhea, PCOD conditions - Sapthasara kashayam can be given along with Saindhava, Hingu or Hinguvachadi choorna
2. In kricchra artava /dysmenorrhoea- Sapthasara kashayam contains medicines that are having vatanulomana property,

hence this can be used in dysmenorrhoea. Along with kashaya, virechana can be done one week before the menstruation with eranda taila, which helps in reducing the pain

3. In hirsutism and androgenic features - Sapthasara kashayam can be given along with palashakshara or Kalyana kshara.
4. In Insulin resistance conditions - Sapthasara kashayam can be given along with chitrakatriphaladi choorna and chandraprabha.
5. In dyspepsia, constipation flatulence and abdominal pains - Sapthasara kashayam can be given along with dasamoolahareetaki leha, vaiswanara choorna, hinguvachadi choorna or vayu gulika.
6. In peptic ulcer, hyper acidity, GERD - Sapthasara kashayam can be given along with kalyanagulam, avipathi choornam and dadimadi ghrutam
7. In Gallbladder calculi - Sapthasara kashayam can be given with avipathi choornam, kalyanagulam, chandraprbha or brihat vaiswanada choornam.
8. In Agnimandhya - Sapthasara kashaya can be given along with ashtachooranam (5-10 gms), it aids digestion.
9. In asrugara conditions - Sapthasara kashayam can be given along with pushyanuga choornam as it helps in vayuanulomana and sthambana.