

A PHYTOCHEMICAL EXPLORATION OF *KUSUMSANJANAN YOG* IN SECONDARY AMENORRHOEA: A COMPREHENSIVE REVIEW

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Article Received: 8 October 2025 | Article Revised: 29 October 2025 | Article Accepted: 19 November 2025

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DOI: <https://doi.org/10.5281/zenodo.17778276>

How to cite this Article: Dr. Geeta Patki, Dr. Vishala Turlapati (2025) A PHYTOCHEMICAL EXPLORATION OF *KUSUMSANJANAN YOG* IN SECONDARY AMENORRHOEA: A COMPREHENSIVE REVIEW. World Journal of Pharmaceutical Science and Research, 4(6), pg: 110-115. <https://doi.org/10.5281/zenodo.17778276>



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ABSTRACT

Amenorrhoea in a reproductive age is a symptom highlighting underlying disease with maximum challenge. Timely it shall be addressed for maintenance of normalcy of system Secondary amenorrhoea is a common gynecological disorder by HPO axis imbalance, ovarian dysfunction, stress, malnutrition. Prolonged amenorrhoea may lead to further complications like failure for conceptions, abortion or systemic diseases like HTN, Endometrial diseases, Osteoporosis Ayurveda describes this stage as *Anartava*. It is a symptom present in many conditions, which may be physiological as well as pathological. *Pittakshaya*, *kaphvaavrodha* and *dhatukshaya* are major steps of pathogenesis. Clinical entities like *Artav kshaya* *Lohit kshaya*, *Nastartav* focuses the same. Classics highlight many drugs for *artavapravartan*. *Kusum Sanjanana Yog* is the Ayurvedic formulation described by *yogratnakar* in *Strirogadghikar*. It contains drugs like *deepana-pachana*, *kapha vatashamaka*, *pitta vardhaka* and *garbhashayashodhana*. All drugs are easily available, and therapy is noninvasive and acceptable. Therefore, this formulation is selected. **Aim:** To evaluate the probable phytochemical action of *Kusumsanjana yog* in the management of secondary amenorrhoea. Material and methods Data was collected from classical texts, peer reviewed journals, database, and modern pharmacological sources. Main drugs were studied for pharmacodynamics purview by Ayurved and modern phytochemistry. **Result:** Ingredients of *Kusumsanjana yog* highlights *artavanak*, *vatanuloman*, *deepan*, *avarodhhar* properties. Phytoconstituents like phyto oestrogens, flavonoids corrects utero ovarian microcirculation and repairs endometrium. Overall it stimulates outflow of endometrium resulting menstruation. **Conclusion:** The study concludes as *Kusumsanjana yog* is a safe herbal intervention in secondary amenorrhoea. Further clinical trials are recommended.

KEYWORDS: *Kusumsanjana yog*, secondary amenorrhoea, *Anartava*, hormonal imbalance.

INTRODUCTION

Absence of menses in a good reproductive age is a major issue in female epochs. *Ayurveda* describes this stage as *Anartava*. It is a symptom present in many conditions, which may be physiological as well as pathological. *Pittakshaya*, *kaphvaavrodha* and *dhatukshay* are major steps of pathogenesis.

Modern Science Enlist this in amenorrhoea. Secondary amenorrhoea is defined as absence of previously regular menses for more than 90 days or >3 months.^[1] The prevalence rate of the same is 3 %.^[2] HPO axis abnormality, ovarian dysfunction, stress, metabolic disorders are common causes for the same. Ayurvedic Classics have highlighted many regimens for the *artavapravartan*. However, trials are not made to compare them on hormonal screens. *Kusum Sanjanana yog* is described by *Yogratnakar* in *Streerogadhikar* for same.^[3] Word to word it indicates, if the sheet *kwath* of above said drugs is given to lady with amenorrhoea/ *Anartava* for three days results will appear positively.





Aim: To evaluate the phytochemical mechanism of *Kusumasanjanan yog* in secondary amenorrhoea.

Material and Methods: All classical reviews as well as peer reviewed journals, data base was used for collection of data. Modern review was also done Phyto-constituents of each ingredients were explored.

RESULT AND DISCUSSION

(Drug details)

Table No. 1: Highlighting ayurvedic pharmacodynamics.

DRUG	<i>Krushna Tila</i> 	<i>Shelu/Shleshmataka</i> 	<i>KrshnaJeeraka</i> 	<i>Purana Guda</i> 
LATIN NAME	<i>Sesamum Indicum</i>	<i>Cordia Dichotoma</i>	<i>Carum Bulbocastanum</i>	<i>Saccharum Officinarum</i>
RASA	<i>Madhura, Tikta Kashaya, Katu</i>	<i>Twaka-Kashaya, Tikta Phala- Madhura</i>	<i>Katu</i>	<i>Madhura</i>
GUNA	<i>Guru, Snigdha Sookshma, Vyavayi</i>	<i>Snigdha Guru</i>	<i>Laghu Ruksha</i>	<i>Guru Snigdha</i>
VIRYA	<i>Ushna</i>	<i>Sheeta</i>	<i>Ushna</i>	<i>Na-Atisheeta (S.S), Ushna</i>
VIPAKA	<i>Madhura Katu</i>	<i>Twaka-Katu Phala-Madhura</i>	<i>Katu</i>	<i>Mdhur</i>
KARMA	<i>Snehana, Swarya, Balya, Vibandhaka, Agnivaradhaka Sangrahi, Mridu, Rechaka sukshmamarggami Vrana Pachaka Vrana Shodhaka</i>	<i>Twak-Kaphapitta Shamaka Phala-Shamaka Pittavata (ripened) Kaphraktarog har (unripened)</i>	<i>Kaphavata Shamaka Garbhashaya Shodhakara Sangrahi Vedanasthapana</i>	<i>Mutrashodhaka Raktashodhaka Vatapiitahar, Balya, Garbhashaya Shodhaka Pittanashaka Agnijanaka Meda-Krumi-Kapha Vardhaka</i>
THERAPEUTIC USES	<i>Yonishoola Udavarta Anaha, Pradara Granthi</i>	<i>Keshya Vrana Visarpa Visha</i>	<i>Adhmana Chardi Shopha Dysmenorrhoea</i>	<i>Yonivyapad, Pradara</i>
GANA	<i>Shaalyadi (Raj nighantu) Shimbidhanya (Bhavpra</i>	<i>Amradi (Bhavprakash, Dhanvantari nighantu) Vishaghna (Charak</i>	<i>Haritakyadi (Bhavprakash)</i>	<i>Ikshu Varga (Bhavprakash), Oshadi Varga (Kaiyadevnighantu),</i>

	<i>kash)</i>	<i>samhita)Phalavarga</i> (<i>Sushrut samhita</i>)		<i>Karaveeradi Varga</i> (<i>Dhanwantari nighantu</i>)
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Table No.2: Highlighting Phyto -chemical analysis of components of *Kusumsanjanan yog*.

DRUG	CONTENTS	PHARMACOLOGICAL ACTION
Krishna tila	Lignans(sesamin, Sesamol), Sesamolin, sesaminol, Octanol, Phenol, Arginine, Cystine, Histidine, Tocopherols, Phytosterols, proteins, Antioxidants, saponins, Magnesium, Zinc, Vitamin C	Antioxidant, Nematicidal, RBC production, Muscle development, enzyme synthesis, Hormone production-estrogen
Shleshmantaka	Linolenic Acid, Sitosterol, Carvone, Limonene, Flavonoids, dihydrocarvone, Carvacol, terpenes, tanins	Antioxidant, Anti-inflammatory, Antimicrobial, Hepatoprotective, wound healing, endometrial support.
Krishna jiraka	Essential oils like Carvones Carvacol, limonene. Flavonoids	Carminative, Antimicrobial, Antioxidant, gynecological use, antispasmodic, Anticancer activity, Antifertility role, Oestrogenic action
Purana guda	Sucrose, glucose, Minerals like iron, Calcium, Magnesium, Zinc, Potassium	Antioxidant, Immuno-modulator, Anti-anemic, Anti-inflammatory, nutritional source

Probable mode of action

Drug *Kusumsanjanan yog* is described by *Yog ratnakar* in reference with *Anartava*; where he has mentioned as it is useful in *gataraja* lady. Literally it is highlighted for induction of menses. Means it is indicative that it will act on female reproductive system in *Anartava* lady.

1 krishna til – *Krisna til* bears *kashaya- madhur -katu rasa*, *Katu -madhur vipaka* and it is *snigdha*^[4]; so it does *vata shaman* through increase *gati* of *avrodhit vata (kaishadev)*.^[5] Along with this it is *kaphahara* through *snigdghoshna* property (*Bhavprakash // dhanwantari*).^[6] It is *sthanya vardhak* may be equally act on the *aratva*.^[7] It relives *avarodhit vata* at *artavavaha srotas* and channels *artava poshan*. It helps for *udavartaj yonishul*. *Til oil* is observed as *yonishulhar*.^[8] It is indicative drug at second month *garbha- staphak aushadhis* may be useful through *artvasthapak guna*.^[9] It is *Sukshmargasthitana* means it reaches to micro level of tissues.^[10]

Til contains phytoestrogens like sesamin, sesamol and lignans. *Tila* is rich in minerals like calcium and magnesium good source of B complex, zinc, vit E, Niacin, Folic acid, B1(Thiamine), B6(Pyridoxine), Riboflavin, Dietary fibres, Monounsaturated fats. All components help in RBC production, muscle development, enzyme synthesis.^[11] and hormone production. Lignans control immune response in uterus. It contains sesamin with is to be converted into entrolactose. Phytoestrols in *Til* supports oestrogenic activity by initiating endometrial proliferation and ovarian function. It is also antioxidant^[12] and best nutritional supplement.

2 shleshmantak fruit bears *snigdha, sheeta, guru madhura, pichhil, lekhan* and *saraka* properties^[13] It help to release *avrodha* of *kapha* at *srotas* or condition like *kapha vataavrodha*. *Lekhan guna* of the same helps to does braking of accumulation of *dosha*. It is also *raktasthambhak* and *vishagna*. It restore uterine flow and augument menstrual flow.

Seeds of fruits shows anti-inflammatory activity, helps to reduce degeneration process. Anti-implantation action was also noticed. So it can be postulate as this drug work for growth and expulsion of endometrial tissues.^[14]

3 krishnajirak is *Laghu Ruksha, Katu, Ushna, Dipana, Garbhashya shodhak, pachan, kaphagna, and Kaphashodhak*.^[15] It is said good for *vatakaphagna Kaphajanya shopha*. *Dipana pachan* properties does *rasa*

dhatavagnivardhak and *garbhashya shodhan*. In *Anartava* it does *Garbhashyastha*, *rasatarpan*, *Artavavardhan* and *Aratvanisarana*. It provides uterotonic effect and metabolic repairs.

The animal study showed it does elevation of TSH, antifertility action, increases oestrogens. Role of *krishnjeerak* is noticed as anti-stress effector.^[16]

4 guda is said to be *Laghu*, *kshara*.^[17] *swadu abhishyandihara*, and *agnivardhak*.^[18] These properties helps to increase *pittarakta* specially *Garbhashya pitta* through the *rakta*. It is helpful in the formation of *garbhashyastha artava* and letting out menstrual flow i.e. *Garbhashay shodhan*. It supplies micro nutrients to body and regenerate the endometrium.

Jaggery consists of minerals like calcium, potassium, iron, zinc, copper, folic acid, B-complex which ultimately help to prevent conditions like anemia, relaxes blood vessels and muscle, nerve diseases. It augments the functions of amalgamated compounds. (Ghosh et al.1998).^[19]

Combine effect of drugs works on metabolic action through *deepen*, *srotoshodhan*. It corrects micro channeling of nutrients, and repairs endothelial tissues of utero ovarian system. Again it augments *vatanuloman* which regulates the menstrual flow. This synergistic action of contents maintain physiological functions.

CONCLUSION

Kusumsanjanan yog shows properties to work on *artav nirmiti*, and *artavpravartan* in the condition of secondary amenorrhoea. Probably cumulative effect of the therapy may work to release *avarodha* of *kapha vata* (relieve obstruction in microcirculation) *Dhatavagnivardhak* (repair in metabolic process) *Garbhashyasthartava nirmitti*(repair or reformation of endometrium), and *Aratvapravartana* (elimination of flow). This focus classical indication of the drug in amenorrhoea.

Further clinical trials, and standardization studies are recommended.

ACKNOWLEDGEMENT

Author 1: have contributed for conceptualization content development, collection of data/ references and framing of article.

Author 2: have contributed for approval.

SOURCE OF FUNDING: Nil

INTEREST OF CONFLICT: Nil

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