



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

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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 *dhatukshay* 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 *Striogadhikar*. It contains drugs like *deepanapachana*, *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 *Kusumsanjanan yog* highlights *artavjanak*, *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 *Kusumsanjanan yog* is a safe herbal intervention in secondary amenorrhoea. Further clinical trials are recommended.

**KEYWORDS:** *Kusumsanjanan 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.<sup>[1]</sup> The prevalence rate of the same is 3 %.<sup>[2]</sup> 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.<sup>[3]</sup> 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.**

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

	<i>kash)</i>	<i>samhita)Phalavarga</i> <i>(Sushrut samhita)</i>		<i>Karaveeradi</i> <i>(Dhanwantari nighantu)</i>	<i>Varga</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*<sup>[4]</sup>; so it does *vata shaman* through increase *gati* of *avrohit vata* (*kaishadev*).<sup>[5]</sup> Along with this it is *kaphahara* through *snigdhoshna* property (*Bhavprakash // dhanwantari*).<sup>[6]</sup> It is *sthanya vardhak* may be equally act on the *aratva*.<sup>[7]</sup> It relives *avarodhit vata* at *artavavaha srotas* and channels *artava poshan*. It helps for *udavartaj yonishul*. *Tiloil* is observed as *yonishulhar*.<sup>[8]</sup> It is indicative drug at second month *garbha- staphak aushadhis* may be useful through *artvasthapak guna*.<sup>[9]</sup> It is *Sukshmargasthitana* means it reaches to micro level of tissues.<sup>[10]</sup>

*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.<sup>[11]</sup> 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<sup>[12]</sup> and best nutritional suppliment.

**2 shleshmantak** fruit bears *snigdha*, *sheeta*, *guru madhura*, *pichhil*, *lekhān* and *saraka* properties<sup>[13]</sup> It help to release *avrodhā* of *kapha* at *srotas* or condition like *kapha vataavrodhā*. *Lekhan guna* of the same helps to does braking of accumulation of *doshā*. It is also *raktasthambhak* and *vishagna*. It restore uterine flow and augment 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.<sup>[14]</sup>

**3 krishnajirak** is *Laghu Ruksha*, *Katu*, *Ushna*, *Dipana*, *Garbhashya shodhak*, *pachan*, *kaphagna*, and *Kaphashodhak*.<sup>[15]</sup> 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.<sup>[16]</sup>

**4 guda** is said to be *Laghu*, *kshara*.<sup>[17]</sup> *swadu abhishyandihara*, and *agnivardhak*.<sup>[18]</sup> 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).<sup>[19]</sup>

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 nirmitti*, 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) *Garbhashyastharta 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.

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Author 2: have contributed for approval.

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