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Arkpushpa Taila - Pharmaceutical review w.s.r. to Artavakshaya

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ABSTRACT

Women undergo rhythmic and periodic changes in the body that reflect and maintain fertility. These changes are externally visible as menstrual cycle. Menstruation is affected by a multitude of factors. There are issues related to menstruation that affect other systems and vice versa. It could also lead to sub fertility and infertility. *Artavakshaya* is one among those, where the menstruation is affected. Even though it is not mentioned separately as a disease but it appears as a symptom in many of the gynaecological disorders like oligomenorrhea / hypomenorrhea. In Ayurveda we have plenty of *Dravyas* and *Yogas* which help to treat the same. Even though we have plenty of options there are many formulations which are not yet explored, *Arka (Calotropis procera)* is one among them. We get reference of *Arkpushpa Taila* from *Bharata Bhaishajya Ratnakara* for *Rudhirasrava*. This basic concept is taken and an effort is made to understand the utility of this *Taila* in *Artavakshaya*. Even though the drug *Arka* is widely available, the unavailability of *Arkpushpa Taila* in the market made to prepare the *Arkpushpa Taila* and see the efficacy, difficulty and clinical utility of it.

Key words: *Artavakshaya, Arkpushpa, Arkpushpa Taila, Rudhirasrava.*

INTRODUCTION

Artava or *Rajapravritti* is unique to women. In *Ayurveda*, *Artava* has two meanings *Bahirpushpa* i.e. *Raja* and *Antahpushpa* i.e. *Stree beeja*. Here, we are discussing about the *Bahirpushpa*. Women are affected with the problems of *Artava* like *Atyartava, Raktapradara, Kashtartava, Nashtartava, Artavakshaya* etc.

Artavakshaya is explained by *Acharya Sushruta* with the following symptoms like *Yathochitkala*

Adarshanam, Alpata and *Yoni Vedana* which ascertain the involvement of *Vata* and *Kapha*. *Artavakshaya* is not a disease but it is a symptom mainly seen in cases like PCOD, infertility and in Hyperthyroidism.

Trisutra has been described as the three basic pillars of *Ayurveda* i.e., *Hetu* (Aetiology), *Linga* (Symptomatology) and *Aushadha* (Drugs). Drug plays a pivotal role in the successful treatment and was used for medicinal purposes since the time immemorial. There are innumerable drugs mentioned in *Ayurvedic* classics which can be used as a single drug or in combination. One among them is *Arka*. Abundant information about this plant can be found in various *Ayurvedic* literatures. It's well known in India from ancient period since *Samhita Kala*. There are two types of *Arka* mentioned in *Ayurveda*. *Shweta Arka (Calotropis gigantea)* and *Rakta Arka (Calotropis procera)*. Among the two, *Rakta Arka (Calotropis procera)* is widely used. Both these plants belong to *Asclepiadaceae* family and closely resemble each other in chemical and physiological actions. Commonly grows throughout India as a weed.

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AIMS AND OBJECTIVES

1. To review the references pertaining to properties of *Arka Pushpa*.
2. To prepare *Arkapushpa Taila* as per classical reference of *Sneha Kalpana*.
3. To find out possible way of action by analysing its properties.

MATERIALS AND METHODS**References pertaining to *Arka Pushpa*****Table 1: showing the vernacular names of *Arka***

English	Madar
Hindi	Ak
Kannada	Ekka
Marathi	Akanda
Malayalam	Erikku

Table 2: Showing the *Vargas* of *Arka*

Charaka	<i>Bhedaniya, Swedopaga, Vamanopaga, Shukrashodhana Varga</i>
Sushruta	<i>Arkadi Gana</i>
Bh.Pr.Ni	<i>Guduchyadi Varga</i>

Chemical constituents: Cardenolides, steroids, tannins, glycosides, phenols, terpenoids, sugars, flavonoids, alkaloids and saponins and the flower contains calotropenyl acetate and multiflavenol.

Table 3: Showing the *Rasapanchaka* of *Arka Pushpa*

Rasa	<i>Madhura, Tikta</i>
Guna	<i>Laghu</i>
Virya	<i>Ushna</i>
Vipaka	<i>Katu</i>
Dosha Karma	<i>Kapha-Vata</i>

Tila Taila has Latin name of *Sesamum indicum* and belongs to a Pedaliaceae family.

Table 4: Showing *Rasapanchaka* of *Tila Taila*

Rasa	<i>Madhura, Tikta</i>
Anurasa	<i>Kashaya</i>
Guna	<i>Snigdha, Guru, Sukshma, Vyavayi, Vishada, Sara, Vikasi</i>
Virya	<i>Ushna</i>
Vipaka	<i>Madhura</i>
Dosha Karma	<i>Vatahara</i>
Karma	<i>Garbhashaya Shodhana, Balya, Chakshushya, Dipaka, Medhya, Snehana</i>

Preparation of *Arkapushpa Taila*

Arkapushpa Taila was prepared according to *Sharangadhara Samhita, Snehakalpana*.

Materials required

- *Rakta Arka Pushpa* (*Calotropis procera*)
- *Murchita Tila Taila* (GMP certified)
- Gas stove
- Wide mouthed vessel (stainless steel vessel)
- *Khalwa Yantra* for *Kalka* preparation
- Spatula with long handle
- Measuring jar
- Weighing machine
- A clean cloth for filtering

Steps involved

- Collection of the drug - *Rakta Arka Pushpa* was collected from the premises of Sri Sri Ayurveda Hospital, Bengaluru. and authenticated by Dept. of Dravya Guna of Sri Sri College of Ayurvedic Science and Research.
- Preparation of *Arkapushpa Taila*

Method of preparation

As Arkapushpa Taila is being a Sneha Kalpana by using Pushpa Kalka as Kalka Dravya. The quantity of ingredients were decided as;

Table 5: Showing the Ingredients & quantity of drugs used in Arkapushpa Taila.

Sanskrit name	Parts used	Quantity
Rakta Arka	Pushpa (Kalka - 1/8 th)	1.125 kg
Murchita Tila Taila	-	9 litres
Jala	-	36 litres

- The preparation was done in the proportion of 1/8th:1:4
- Preparation was done in two days.

Day 1

- The drug Arka Pushpa was collected and washed properly.
- It was pounded well with water in a Khalwa Yantra and Kalka was made.
- Prepared Kalka was weighed in a clean vessel.
- A wide mouthed vessel was taken and kept on the stove; it was preheated to remove the moisture content.
- 9 litres of Murchita Tila Taila was poured into the vessel and heated on Mandagni.
- Then the prepared Kalka was added to the Taila slowly with constant stirring.
- 36 litres of water was measured and poured to the above mixture and heated on Mandagni.
- Taila was heated for one and half hour and kept overnight.

Day 2

- The process of heating was continued till the Sneha Siddhi Lakshanas. Later, the Taila was

filtered with a clean cloth and allowed to cool before packing.

Properties of prepared Arkapushpa Taila

- Gandha: Arkapushpa Gandha
- Varna: same as Murchita Tila Taila

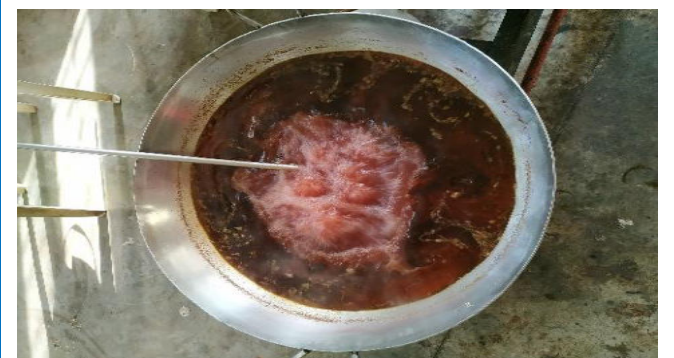
Test done for Sneha Siddhi Lakshanas

- Fire test

When kalka was put on fire, there was no crackling sound.

- Varti test

Kalka made into Varti form, finger print was seen.

Photography 1: Showing the preparations of Arkapushpa Taila



DISCUSSION

Artavakshaya can be mainly due to vitiation of Vata and Kapha Doshas. As Arkapushpa is having Ushna Virya, Katu Vipaka and Vata-Kaphahara property, it may directly act on the condition. Tila Taila is having Ushna Virya, Vatahara and Garbhashaya Shodhana property, will also acts on Artava Pravritti.

Arkapushpa is rich in gallic acid, flavonoids, tannins, carbohydrates and proteins. In an in-vivo study on PCOS rats, the antioxidant property of gallic acid showed impact on pituitary-ovarian axis, sexual hormones and oxidative stress parameters. Presence of gallic acid in Arkapushpa also can impact on HPO axis and reduce the oxidative stress thus it helps in the proper menstruation.

In a clinical study it was proved that ingestion of carbohydrate rich meals increases the synthesis of Serotonin during premenstrual phase. So, Arkapushpa Taila Basti which is rich in carbohydrates will also increases the Serotonin levels. Thus, it can be contributed to the PMS condition.

Basti is told as Ardha Chikitsa and is the treatment for Vata Dosha. Acharya Kashyapa has mentioned Anuvasana Basti for Artavakshaya. Mode of action of Basti is through the absorption of drugs. Absorption happens through enteric nervous system which is the second brain of the body. The hyper osmotic solution of Basti does the mechanical and chemical stimulation and proper absorption of the Dravya happens. In Matra Basti less quantity of oil is used as compared to Anuvasana Basti and does not need to be accompanied by any strict dietary restriction or daily routine and can be administered in all seasons. These

benefits of the Basti makes patient comfortable to the treatment. Thus, Arkapushpa Taila given as Matrabasti will be beneficial for the condition of Artavakshaya.

Even though the pathophysiology of PCOD consists of different parameters, when we understand according to Dosha vitiation, it occurs due to the Prakopa of Vata and Kapha.

Thus, Arkapushpa Taila Basti will also have effect on PCOD, Vandhyatwa, Hypomenorrhea and Oligomenorrhea where the main symptom is Artavakshaya.

Preparation of Arkapushpa Taila is easy and cost effective. There is no scarcity with regards to availability of Dravya. The practical difficulty which can be faced only with collection of the flowers because of latex.

CONCLUSION

The ratios of Gynaecological problems are increasing day by day. To tackle this problem the treatment should be more effective. Single drug formulations and easy mode of administration of drug plays an important role in this situation. Arkapushpa Taila is easily prepared due to the huge availability of the Dravya and preparation is cost effective. As the mode of administration of drug is Basti, it will be more efficacious. In Artavakshaya the treatment mainly aims at Artava Pravritti and Srotodushti Nivarana. Ushna Virya, Vata Kapha Hara property of Arka and Tila Taila holds the best drug of choice in this condition. The article also aims to encourage the unexplored drugs and Yogas in the Ayurvedic classics to understand its clinical utility and also its preparation for the better results. This can be taken as the scope for further research with possible uses of Arkapushpa Taila and different mode of administration to find its wide utility.

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