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Critical review of *Saptasama Vati*

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ABSTRACT

Rasa Shastra and *Bhaishajya Kalpana* is the pharmaceutical branch of *Ayurveda* and deals with standardization of herbal, mineral and herbo-mineral formulations. *Visha-Upavisha* are considered highly valuable as they are fast acting even in smaller doses. *Bhallataka* is one among potent *Upavisha*, used in various formulations. *Saptasama Vati* is one such formulation containing *Bhallataka* as the main ingredient which is considered as an *Upavisha* mentioned in *Bharata Bhaishajya Ratnakara*. *Saptasama Vati* contains *Trikatu*, *Triphala*, *Tila*, *Shuddha Bhallataka*, *Mishri*, *Ghrita* and *Madhu*. The present work is an attempt to emphasize the *Patha Bheda*, preparation, indications of *Saptasama Vati*.

Key words: *Saptasama Vati*, *Visha*, *Bhallataka*, *Bharata Bhaishajya Ratnakara*

INTRODUCTION

Ayurveda is one of the most ancient health care systems. Backed by time tested pharmacological wisdom and added with sophisticated research, *Ayurveda* stands as one of the chief components in global market of traditional therapies. *Visha-Upavisha Dravya* when used properly would prove to be highly beneficial otherwise they are considered to be fatal. The emergence of *Rasa Shastra* and the advancement of various purification methods helped much in making their use safer and more frequent in therapeutics. Even an acute poison can become an excellent drug if it is properly administered. On the other hand even a drug

if not properly administered becomes an acute poison.^[1] *Saptasama Vati* is one such formulation mentioned in *Bharata Bhaishajya Ratnakara*.^[2] *Sapta* means seven and all the seven ingredients mentioned in the formulation are taken in equal quantity and *Vati* are prepared. Hence it is named as *Saptasama Vati*. It contains *Shuddha Bhallataka*, *Triphala*, *Trikatu*, *Tila*, *Mishri*, *Ghrita* and *Madhu*. *Saptasama Vati* acts as *Rasayana*, *Vajikarana* and *Kushta Nashaka*.

MATERIALS AND METHODS

To study *Saptasama Vati* with special reference to *Bharata Bhaishajya Ratnakara*.

Table 1: Showing the *Patha Bheda* of *Saptasama Vati*

SN	Drugs	Quantity
1.	<i>Shuddha Bhallataka</i>	1 part
2.	<i>Triphala</i>	1 part
3.	<i>Trikatu</i>	1 part
4.	<i>Tila</i>	1 part
5.	<i>Mishri</i>	1 part
6.	<i>Ghrita</i>	1 part

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7.	Madhu	1 part
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Ingredients in detail

Ingredient	Properties	Action	Roga Adhikara	Biological action
<i>Bhallataka</i> ^[9] (<i>Semecarpus anacardium</i>)	Rasa - Tikta, Kashaya, Katu Guna - Laghu, Tikshna, Snigdha Virya - Ushna Vipaka - Madhura Doshaghnata - Kapha-Vata Hara	Deepana Pachana, Rasayana, Medhya, Vrishya	Vrana, Udara, Gulma, Sopha, Anaha, Jwara, Krimi, Arsha, Switra, Vrishya	Anti-atherogenic effect ^[4] Anti-inflammatory activity ^[5] Antioxidant activity ^[6] CNS activity- Nootropic activity ^[7] Antimicrobial activity ^[8] Hypoglycemic effect ^[9] Anti-carcinogenic activity ^[10]
<i>Haritaki</i> ^[11] (<i>Terminalia chebula</i>)	Rasa – Kashaya Pradhana Pancharasa devoid of Lavana Guna - Ruksha Virya – Ushna Vipaka – Madhura Doshaghnata - Tridoshaghna	Deepana, Rasayana, Medhya, Chakshushya	Kasa, Swasa, Prameha, Arshas, Kushta, Sotha Udara, Krimi, Grahani, Vibandha, Vishamajwara, Gulma, Adhmana, Chardi, Hridroga, Kamala, Sula, Anaha, Pleeharoga, Yakritroga, Asmari, Mutrakrccha, Mutraghata	Anti-microbial Anti-inflammatory Anti-oxidant Anti-diabetic Hepato-protective Anti-mutagenic Anti-proliferative Radioactive Cardioprotective ^[12]
<i>Vibhitaki</i> ^[13] (<i>Terminalia bellerica</i>)	Rasa - Kashaya Guna - Ruksha Virya - Ushna Vipaka - Madhura Doshaghnata - Tridoshaghna	Bhedana, Netrya, Keshya, Madakara	Krimi, Trushna, Chardi	Anti-oxidant activity, Hepato-protective, Anti-microbial, Anti-diabetic, Angiogenic activity, Thrombolytic activity, Woundhealing activity, Anti-cancer activity, Anti-spasmodic activity, Bronchodilatory activity, Immuno-modulatory activity, Anti-hypertensive activity ^[14]
<i>Amalaki</i> ^[15] (<i>Embllica officinalis</i>)	Rasa - Amla Pradhana Pancharasa devoid of Lavana Guna - Guru, Sheeta	Kanthy, Hrudya, Dahahara	Raktapitta, Prameha, Rasayana, Vajikarana	Anti-aging, Cardioprotective, Hepato-protective, Carcinogenic, Immunomodulator, Cytopotective,

	<p><i>Virya - Sheeta</i> <i>Vipaka - Madhura</i> <i>Doshaghnata - Tridoshaghna</i></p>			<p>Anti-inflammatory, Antipyretic, Hypolipidemic, Anti-diabetic, Anti-bacterial, Anti-hyperthyroid, Antioxidant, Nephro-protective, Neuro-protective^[16]</p>
<p><i>Shunti</i>^[17] (<i>Zingiber officinale</i>)</p>	<p><i>Rasa - Katu</i> <i>Guna - Laghu, Snigdha</i> <i>Virya - Ushna</i> <i>Vipaka - Madhura</i> <i>Doshaghnata - Kapha-Vatahara</i></p>	<p><i>Pachana, Grahi, Vrishya, Swarya</i></p>	<p><i>Amavata, Chardi, Swasa, Sula, Kasa, Hrdroga, Sleepada, Sotha, Arshas, Adhmana, Udavarta</i></p>	<p>Anti-oxidant Anti-microbial Anti-cancerogenic, Anti-mutagenic Anti-inflammatory Anti-tumour activity Anti-diabetic activity, Neuroprotective, Gastro protective, Anti-emetic, Hepato-protective^[18]</p>
<p><i>Pippali</i>^[19] (<i>Piper longum</i>)</p>	<p><i>Rasa - Tikta, Kashaya, Katu</i> <i>Guna - Snigdha, Laghu</i> <i>Virya - Anushna</i> <i>Vipaka - Madhura</i> <i>Doshaghnata - Vata Kapha Hara</i></p>	<p><i>Deepana, Rechana, Vrishya, Rasayana</i></p>	<p><i>Swasa, Kasa, Udara, Jwara, Kushta, Prameha, Arshas, Gulma, Pleeha Roga, Sula</i></p>	<p>Anti-bacterial, Anti-microbial, Anti-amoebic, Anti-diabetic, Neuro-protective, Immunomodulatory, Anti-tumour, Anti-oxidant, Anti-asthmatic, Anti-helminthic, Anti-snake venom, Anti-ulcer^[20]</p>
<p><i>Maricha</i>^[21] (<i>Piper nigrum</i>)</p>	<p><i>Rasa - Katu</i> <i>Guna - Tikshna, Ruksha</i> <i>Virya - Ushna</i> <i>Vipaka - Madhura</i> <i>Doshaghnata - Kapha-Vata Hara, Pitta Kara</i></p>	<p><i>Deepana, Pachana, Rasayana, Medhya, Vrishya</i></p>	<p><i>Swasa, Sula, Krimi</i></p>	<p>Anti-fungal activity Taenicidal activity Anti-bacterial activity, Anti-tumour activity, Hepato-protective activity, Bioavailability enhancer,</p>

				Anti-obesity activity ^[22]
<i>Tila</i> ^[23] (<i>Sesamum indicum</i>)	<i>Rasa - Katu, Tikta, Madhura, Kashaya,</i> <i>Guna - Guru, Snigdha</i> <i>Virya - Ushna</i> <i>Vipaka - Katu</i> <i>Doshaghnata - Tridoshaghnata</i>	<i>Deepana, Grahi, Medhya, Vrana Shodana, Twachya, Balya, Keshya, Dantya, Alpanutrakrut</i>	<i>Vrana, Udara, Gulma, Sopha, Anaha, Jwara, Krimi, Arsha, Switra, Vrishya</i>	Anti-oxidant activity, Anti-fungal activity, Anti-cancer activity, Anti-aging activity, Vasorelaxant activity, Anti-hyperglycemic activity, Anti-coagulant activity, Hypolipidemic activity, Hypocholesteromic activity, Anti-atheroscleotic activity, Woundhealing activity, Neuroprotective effect, Analgesic effect ^[24]
<i>Mishri</i> ^[25]	<i>Rasa - Madhura</i> <i>Guna - Sheeta, Snigdha</i> <i>Doshaghnata - Vata-Pitta Hara</i>	<i>Vrishya, Chakshushya, Brimhana, Balya, Vantihara</i>		
<i>Madhu</i> ^[26]	<i>Rasa - Kashaya, Madhura</i> <i>Guna - Guru, Ruksha</i> <i>Virya - Sheeta</i> <i>Vipaka - Madhura</i> <i>Doshaghnata - Vata Kara</i>	<i>Chedana</i>	<i>Raktapitta, Kapha Roga</i>	Anti-oxidant, Insulin like action, Hypotensive action, Blood regulatory action, Antibiotic effect, Anti-inflammatory action, Wound healing property, Hepato-protective activity Nephro-protective activity, Immuno-stimulant, Anti-bacterial activity ^[27]
<i>Ghrita</i> ^[28]	<i>Rasa - Madhura</i> <i>Guna - Snigdha</i> <i>Virya - Sheeta</i> <i>Vipaka - Madhura</i> <i>Doshaghnata - Vata-Pitta Hara, Kapha Kara</i>	<i>Deepana, Pachana, Smrutikara, Ojovardhaka, Rasayana, Medhya, Vrishya</i>	<i>Visha, Mada, Jwara, Apasmara, Murcha, Yonisula, Karnasula, Sirahsula</i>	Antioxidant, Anti-atherogenic, Woundhealing activity, Anti-diabetic property, Immuno-stimulant activity, Anti-convulsant activity, Cardioprotective activity,

				Anti-cancer activity, Hepato-protective activity, Anti-diarrhoeal activity, Eye lubricant, Anti stress activity ^[29]
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DISCUSSION

Action of a compound is decided by the action of the major ingredient or by synergistic action of all the ingredients. *Bhallataka*, one of the ingredients of *Saptasama Vati* is classified under *Upavisha*^[30] and has synonym *Sopha Hetu*, *Spota Hetu*, *Agnika* based on its blister causing nature.^[31] The oil in the fruit is responsible for the irritation. Ayurveda classics have mentioned different methods of *Bhallataka Shodhana* like *Gharshana* with *Ishtika Churna*, *Dolayantra Swedana* with *Narikela Jala*, *Nimmarjana* in *Gomutra* and *Godugdha*. *Shodhana* helps in detoxification of the drug. Several procedures are adopted for *Shodhana* depending on the nature of the drug. Different media are advocated for the *Shodhana* of drugs. The media *Gomutra* is reported for its antimicrobial, antibacterial, antifungal, antiseptic, antihelmintic, anticancerous, immunostimulant activities.^[32] *Godugdha* is recommended as one of the antidote for *Bhallataka* poisoning.^[33] Brick powder is having adsorbent property by which it absorbs irritant oil in the fruit. *Shodhana* decreases the phenolic and flavonoid content and converts toxic urushiol into nontoxic anacardol derivative thereby reducing toxicity.^[34] *Shodhana* decreases cytotoxicity without affecting anticancer activity significantly.^[35] All the ingredients of *Saptasama Vati* helps in balancing *Tridosha*. The specific anti-oxidant property of the drugs reduces oxidative damage caused by the free radicals and act as *Rasayana*. The *Snigdha Guna* of *Sunti*, *Pippali*, *Tila*, *Mishri*, *Ghritha* and predominant *Madhura Vipaka* of *Saptasama Vati* act as *Vrishya* and can be used as *Vajikarana*. The drugs *Pippali*, *Maricha*, *Madhu*, *Ghritha* have *Yogavahi* property. They act as bioenhancer and may lead to synergetic effect, which is the most important feature of polyherbal formulation in *Ayurveda*. *Saptasama Vati* has the capability to

revitalize all the body elements and restores equilibrium and health.

CONCLUSION

Saptasama Vati is an herbal combination of *Upavisha Dravya* i.e., *Bhallataka* along with other drugs. It is mentioned in *Bharata Bhaishajya Ratnakara* and is chiefly indicated in *Kushta* and has *Rasayana*, *Vajikarana* properties. Apart from the above-mentioned indications it can be given in various other ailments owing to its properties. There is a need of standardization of *Saptasama Vati* at various levels to establish the safety and efficacy of the drug.

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