

## Comprehensive Review of Shatpushpa Siddha Taila Nasya and Tiladi Kwatha: An Ayurvedic Approach to Management of Pushphaghni (PCOS)

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Polycystic ovarian syndrome is a probably fastest growing gynaecological disorder in females of reproductive age group. Many pharmacological drugs have been used to treat PCOS with numerous side effects, which have resulted in the selection of alternative treatments from natural sources. Hence, this review aims to investigate the efficacy of medicinal herbs in regularising ovulation, hyperandrogenism, and other metabolic condition in PCOS. Based on the keywords "polycystic ovarian syndrome" or "medicinal herbs" or "ovarian cysts" or "hyperandrogenism" or "insulin resistance". Treatment included such as Tiladi Kwatha and Shatpushpa Siddha Taila Nasya in Pushphaghni (PCOS).

**Keywords:** Polycystic Ovarian Syndrome, Pushphaghni, Tiladi Kwatha, Shatpushpa Taila

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## Introduction

The term 'drug' originates from French word 'Droque,' meaning a dry herb. According to World Health Organization (WHO), a drug is any substance intended to modify physiological systems or pathological states for benefit of recipient. PCOS is a heterogeneous disorder of unknown aetiology. Many features have been associated with disorder, including ovulatory dysfunction, 'polycystic ovaries' on either ultrasonographic or histopathological examination, Menstrual irregularities hirsutism, hyperandrogenaemia, abnormal gonadotrophin concentrations and most recently insulin resistance and hyperinsulinemia.[1] Vitiating of *Dosha* till manifestation of disease (*Roga*) is known as *Samprapti* and *Samprapti Vighatana* (bring *Dosha* back to normal state) is known as *Chikitsa*. The drug is helped to *Samprapti Vighatana*. [2] Acharya Charka says that *Aushadham* (Drug) is a part of '*Chikitsa Chatushpada*' [3] The classical description of PCOS is difficult to pinpoint; maximum congruence of PCOS can be coinciding with *Pushpaghni*. In Ayurvedic context, word "*Artava*" has two meanings: *Anthapusha* (ovum) and *Bahirpushpa* (menstrual blood). [4] We can correlate this disease somewhat with Acharya Kashyapa's *Pushpaghni*, where *Vritha Pushpam* can be compared to irregular menstruation or anovulation, *Sthula* with an obesity feature, and *Lomasha Ganda* with hirsutism on body. [5]

This article reviews the Ayurvedic formulations of *Shatpushpa Siddha Taila* and *Tiladi Kwatha*, specifically focusing on their role in managing *Pushpaghni Janya Vikara* (Polycystic Ovary Syndrome - PCOS).

### Prevalence

Polycystic Ovarian Syndrome (PCOS) is a common female endocrine disorder with prevalence of PCOS has reported incidence rate of 2.2% to 26% worldwide. [6] September 1 marks the start of the PCOS (Polycystic ovary syndrome) awareness month and is also observed as 'World PCOS Day of Unity', an event organised by the PCOS Challenge: The National Polycystic Ovary Syndrome Association.

5 million women affected with PCOS, according to the National Institutes of Health's Office of Disease Prevention.

The World Health Organization estimates that there are one out of forty newly reported cases of PCOS worldwide.

In India ranges from 3.7-22.5% depending on the criteria used for diagnosis. [7] Prevalence of PCOS in adolescents is 9.13% in India. [8]

### Rationality of selection of trial drug

The most prevalent metabolic and endocrine illness, PCOS results in an imbalance of hormones, which in turn causes complications like infertility, skin issues, and another severe illness (DM, CVD, etc.). [9]

Modern research states that PCOS is treated with hormone therapy, such as progesterone and oestrogen, which has its own negative effects, including weight gain, hot flashes, hepatotoxicity, nephrotoxicity, and depression. [10] Therefore, creating a PCOS treatment plan that is safe, affordable, conservative, non-invasive, and hormone-free is essential and will have long-term health advantages.

*Ayurveda* is a wholesome life which not only works on disease but also focus in healthy life style. *Ayurveda* helps to remove the root cause of the disease. A review of Ayurveda literature was conducted to identify the sources, studies conducted by different scholars on Ayurvedic management of PCOS. Literature reveals that there is no previous study has been carried out on comparative effect on *Shatpushpa Siddha Taila Nasya* hence keeping this view in mind, *Shatpushpa* mentioned in *Kashyap Samhita* chosen for *Shodhana*. Another drug *Tiladi Kwatha Orally* as mentioned in *gadanigrha* was chosen for *Shamana* in the present study. So, in present study an attempt has been made to compare the combine effect of *Shatpushpa Siddha Taila Nasya* with *Tiladi Kwatha Orally* in the management of *Pushpaghni* w.s.r. to Polycystic Ovary Syndrome.

### Ingredients of Shatpushpa Siddha Taila

*Shatpushpa* indicated by Acharya Kashyapa in *Viphalam/Akarmya* and *Alapartavm*. He has vividly described the effect of *Shatpushpa* on *Beejotsarga* in the chapter *Shatpushpa- Shatavari Kalapadhyaya*. [11] In this context, *Shatpushpa* drugs, when combined with *Tila Taila*, results in the formation of *Shatpushpa Siddha Taila Nasya*, which is specifically indicated for the *Artava Pravartan*.

Ingredients of *Shatpushpa Siddha Taila* possess quality of, *Katu-Tikta Rasa*, *Ushana Veerya*, *Laghu Ruksha Tikshana guna*, *Katu Vipak* and *Vata Kapha Shamak*[12] properties. It is also having *Rituparvritani*, *Yonishukravishodhani*, *Agnivardhini*, *Vatashamni*, *Putarprada*, *Balya*, properties and thus it might help in ovulation.[13] *Shatpushpa* have Phytoestrogen (mixed estrogenic and anti-estrogenic action), Hypercholesterolaemia, Antihyperlipidemic action which helps to maintain hormone level and lipid profile.

PCOS is a result of hormonal imbalance initiating from Hypothalamic-Pituitary Ovary axis. As per *Ayurveda*, it is said that '*Nasa Hi Shirso Dwaaram*' so *Nasya* would be the appropriate *Shodhana*[14] procedure to deal with endocrine disorder, where hypothalamus or pituitary gland is involved. Hence *Shatpushpa Taila Nasya* has been taken in present study.

### **Shatpushpa Siddha Taila: Composition and Benefits**

#### **List of Ingredients of Shatpushpa Siddha Taila**

SN	Ingredients	Latin Name	Family	Part Used	Part
1.	Shatpushpa Kalka	Anethum sowa Kurz.	Umbelliferae	Seed	1/4 part
2.	Tila	Sesamum indicum Linn	Pedaliaceae	Seed	1 part
3.	Shatpushpa Kwatha	Anethum sowa Kurz.	Umbelliferae	Seed	4 part

*Shatpushpa Siddha Taila* is an Ayurvedic medicated oil prepared using the principles of *Sneha Kalpana*. The main ingredients include:

- *Shatpushpa (Anethum sowa)* - Known for its estrogenic properties, it enhances ovulation and balances hormonal levels.
- *Tila Taila (Sesamum indicum)* - A potent *Vatashamaka* oil, rich in antioxidants and essential fatty acids.

### **Preparation Method**

*Shatpushpa Siddha Taila* will be made by Reference of "*Sneha Kalpana*" in *Sharangdhar Samhita Madhyam Khanda*. (9/1) 1 part of *Kalka Darvya* and 4 parts of *Taila* and 16 parts of *Kwatha* will be mixed and it will be heated till only *Sneha* (oil) remains.

**Step 1** - *Shatpushpa* of 4 kg and 16 litres of water used for *Kwatha* preparation. After its reduction to 1/4th 4 litres of *Kwatha* prepared for *Taila Paka*.

**Step 2** - 1/2kg of *Shatpushpa* coarse powder mixed with water for *Kalka* preparation.

**Step 3** - *Murchan* of *Tila Taila* with *Murchana Dravya* done.

**Step 4** - Then prepared *Shatpushpa Kwatha*, *Kalka* and *Murchit Tila Taila* mixed together for *Snehapaka*.

**Step 5** - Examinations for *Snehapaka Lakshna* was done.

**For Nasya - Mridu Paka**

**For Basti - Madhyam Paka**

(*Snehpaka* by *Aacharya Sharangdhara Madhyam Khand* chapter - 9)

### **Pharmacological Properties**

- Phytoestrogenic Action - Helps regulate ovarian function.
- Hypolipidemic & Antihypercholesterolaemic - Supports metabolic health.
- *Ushna Veerya* (Hot potency) - Clears blocked menstrual channels (*Artavavaha Srotas*).
- *Vata-Kapha Shamaka* - Balances excess doshas contributing to PCOS.

**Nasya Therapy for PCOS:** The Ayurvedic dictum '*Nasa Hi Shirso Dwaaram*' (the nose is the gateway to the brain) suggests that *Nasya* treatment can influence the hypothalamic-pituitary-ovarian axis. *Shatpushpa Siddha Taila*, administered as *Nasya*, aids in hormonal balance and ovulation regulation.

### **Analytical Parameters**

SN	Practical Name	Shatpushpa Siddha Taila
1.	Saponification Value	172.23
2.	Acid Value	5.77
3.	Thin -layer Chromatography (TLC)	0.125, 0.188, 0.25, 0.50, 0.625, 0.75, 0.813, 0.875, 0.938

### **Tiladi Kwatha: Composition and Benefits**

#### **List of ingredients of Tiladi Kwatha**

SN	Drug	Latin Name	Useful part	Quantity
1.	Tila	Sesamum indicum	Seed (Beeja)	1 part
2.	Sunthi	Zingiber officinale	Rhizome (Kand)	1/3 part
3.	Pippali	Piper longum	Fruit (Phal)	
4.	Maricha	Piper nigrum	Fruit (Phal)	
5.	Bharangi (Brahmanyasti)	Clerodendrum serratum	Root (Mool)	

*Tiladi Kwatha* is an herbal decoction recommended for Amenorrhea (*Kusumaprodh*). Its ingredients include:

- *Tila* (*Sesamum indicum*) - A natural emmenagogue, balances *Vata Dosha*.
- *Pippali* (*Piper longum*) - Improves metabolism, enhances bioavailability of other herbs.
- *Shunthi* (*Zingiber officinale*) - Acts as a digestive stimulant & anti-inflammatory agent.
- *Maricha* (*Piper nigrum*) - Detoxifies the system, aiding in menstrual regulation.
- *Bharangi* (*Clerodendrum serratum*) - Known for its anti-inflammatory and immune-modulating properties.

#### Preparation Method:

1. *Tila seeds* are boiled in water until reduced to 50%.
2. *Trikatu* (*Pippali*, *Shunthi*, *Maricha*) and *Bharangi Churna* are added.
3. The decoction is further reduced and filtered before administration.

#### Pharmacological Properties:

- Hypoglycaemic & Hypolipidemic - Supports insulin sensitivity.
- Anti-inflammatory & Antioxidant - Reduces systemic inflammation linked to PCOS.
- *Rasayana* (Rejuvenative) - Enhances overall reproductive health.
- *Artavajanana* (Menstrual regulator) - Promotes healthy menstrual cycles.

#### Collection & Preparation of Drugs

The raw herbs were sourced from local markets in Rajasthan, India, and authenticated by the DG Department of DSRRAU, Jodhpur. The formulations were prepared in a controlled environment at the college pharmacy to ensure quality and efficacy.

#### Analytical & Research Insights

Scientific evaluations of these formulations highlight their bioactive components:

- *Shatpushpa* contains limonene, carvone, and phytoestrogens, which regulate ovarian function.
- *Tila Taila* is rich in sesamin and sesamol, known for their cholesterol-lowering effects.

- *Trikatu* components (*Pippali*, *Shunthi*, *Maricha*) exhibit anti-inflammatory and metabolic benefits.

## Conclusion

Shatpushpa Siddha Taila and Tiladi Kwatha, when used in combination, present a holistic Ayurvedic approach to PCOS management. The drugs selected for this study are Tiladi Kwatha Orally and Shatpushpa Siddha Taila Nasya. Both drugs are having Aartavajanna (effect on hormone level), Srotovishodhana, Garbhshyoutrjaka, Vatanulomana, Deepana, Lekhana and Chedana etc. properties. Due to these properties Dosha returns to their respective Ashaya appropriate functioning of Artavavaha Srotas occurs, Artavajanana and Srotovisodhan. The integration of Nasya therapy and oral herbal decoction addresses hormonal imbalance, improves metabolic health, and restores menstrual regularity. Future clinical studies can further validate their efficacy in modern medical contexts.

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