



## SAPTAPARNA: OVERVIEW - A REVIEW ARTICLE

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## ABSTRACT

Ayurveda classics & modern texts provided huge information about the *Saptaparna* (*Alstonia scholaris*) with its importance, synonyms, uses, part used, formulations and thus more. It is highlighted in diseased conditions like *Jwara* (fever), *Swasa* (Asthamia), *Kustha* (skin disease), *Prameha* (diabetes) etc. *Saptaparna* Is one of the divine medicinal Plants among the plants of Ayurveda. But, the data of information are in scattered manner. Hence, an effort has been induced to accumulate the information regarding *Saptaparna* from mainly *Bruhatatrayas* (*Charaka Samhita*, *Sushruta Samhita*, *Ashthanga Sangraha* and *Asthanga Hridaya*), five *Nighantus* and other advanced texts. This article will assist to the Ayurvedic industrial People, learners of Ayurveda and the persons interested in Ayurveda with the detailed materials of *Saptaparna*.

**KEYWORDS:** *Saptaparna*, *Alstonia scholaris*, Ayurvedic aspect, Pharmacology.

## INTRODUCTION

*Saptaparna* - (*Alstonia scholaris*) Is an important medicinal plant in folklore medicine. It grows throughout India, in deciduous and evergreen forests and in plains. Juice of leaves and tincture of the bark acts as a powerful galactogogue and also used in cases of snake bite. Milky juice of the plant is applied on wounds and ulcers. The bark is bitter, acrid, astringent, digestive, laxative, thermo genic, antipyretic, galactogogue, cardiotonic and tonic. It is useful in abdominal disorders, fevers, leprosy, skin diseases, chronic and foul ulcers, asthma, bronchitis and helminthiasis. The bark extract induces the cellular immune response at low doses and inhibited the delayed type of hypersensitivity reaction at high doses. The alkaloid fraction of *A. scholaris* were founded to have a potential anticancer agent.<sup>[1]</sup>

Its bark extracts showed chemo preventive potential against skin tumor genesis in Swiss albino mice. Barks of different herbal drugs are greatly used by the Ayurvedic Pharmaceutical Industries. Stem bark of *Alstonia scholaris* R. Br. is also used as one of the ingredients in many of the formulations. But the different barks of herbal medicines seem are very similar in size, shape, color and other morphological characters. Now the question arises related to identity and genuineness of the stem bark of *Saptaparna* (*A. scholaris* R. Br.). However, phytochemical screening performs the major parts to overcome this problem and assists us greatly for the correct identity. Hence, an attempt has been made to ensure properties of *Saptaparna* (*Alstonia scholaris* R.

Br.) stem-bark through analytical study by following materials and methods.

## MATERIALS AND METHODS

The article represented here was covered the information of *Saptaparna* from *Veda*, *Purana*, *Sanskrita Sahitya*, *Bruhata Traya* (*Charaka Samhita*, *Sushruta Samhita*, *Asthanga Sangraha* and *Asthanga Hridaya*), different *nighnatus* (*Dhanvatrya nighantu*<sup>[2]</sup>, *Kaideva Nighantu*<sup>[3]</sup>, *Bhavprakasha Nighantu*<sup>[4]</sup>, *Raj Nighantu*<sup>[5]</sup> and *Madanpala Nighantu*<sup>[6]</sup>) and other advance text *Nighantu Adarsha*<sup>[7]</sup>, wealth of India, Indian medicinal plants, Flora of British India and many more.

All the above mentioned texts were referred for the information related to the herbal drug *Saptaparna* and results are presented in tabular form with discussion in the heading of results & discussions below.

Ayurvedic drugs act on the body in various ways. The action on the body is explained and understood on the level of *Rasa Panchaka* of the drug.

The action of *Saptaparna* on the body to cure the disease can be understood as follows,

- The drug *Saptaparna* possesses *Tikta* and *Kashaya Rasa* brings about *Upashoshana* of *Kleda* and *Meda*.
- *Tikta*, *Kashaya Rasa*, *Katu Vipaka* and *Ushna Veerya* reduce *Kapha*.
- *Tikta*, *Kashaya Rasa* pacifies *Pitta*.
- *Snigdha guna* and *Ushna Veerya* reduces *Vata*.

- *Sthaulya* is a chronic disease in which *Meda Shaitilya* is present. *Tikta Kashaya Rasa*, *Katu Vipaka* and *Ushna Veerya* decrease the *Kleda* and *Meda*. *Snigdha* and *Sara Guna* with *Ushna Veerya* perform *Vata Anulomana* thus helping in breaking the *Samprapti*.
- The experimental and Clinical data suggests the *Deepana Karma* of *Saptaparna Twaka* acts at *Dhatvagni* level while that of *Patra* is at *Jataragni* level.
- With this due reference this also helps in reducing ama hence helps in breaking *Samprapti* of various disorders related to *jataragni*.

Further study is required in this regard

As *Charak* has quoted *Saptaparna* in *Sarasava* and *Asava Arista Kalpana* possess *Suksma*, *Vyavayi*, *Vikasi*, *Ushna* and *Tikshna Guna*, *Asava Arista Kalpana* of *Saptaparna* could prove more effective in the treatment of various disorders such as *yonigata shweta strava*.

Different parts of *Saptaparna* have specific therapeutic actions. On studying the *Brihatrayi* it can be summarized that,

*Mula – Vamana Dravya*

*Puspha – Swasa and Shirovirechana Dravya*.

*Twaka – Danta kastagata visha and Stanya dushti*.

*Ksheera – Krimidanta and Adhobagahara dravya*.

*Beeja – Shirovirechana dravya*.

Mainly *Tikta, Kashaya Rasa* Drugs have *Sheetta Veerya* but *Saptaparna* is an exception to this rule. Like *Haritaki* it also has *Ushna Veerya*. But *Haritaki* has *Ruksha guna* and *Madhura Vipaka* whereas *Saptaparna* has *Snigdha guna* and *Katu Vipaka*. Both *Haritaki* and *Saptaparna* have *Sara guna*.

## REFERENCES

### 1) Reference from Charak Samhita<sup>[8]</sup>

Reference	Sutra	Viman	Chikitsa	Siddhi
Churna pradeha	3/4	-	-	-
Kushtagha dashemani	4/13	-	-	-
Udardaprashaman dashemani	4/43	-	-	-
Santarpan samuthita vyadhi	23/10	-	-	-
Sarasava	25/49	-	-	-
Vamandravya kalpa sangraha	-	8/35	-	-
Tikta sakandha	-	8/43	-	-
Kashya sakandha	-	8/44	-	-
Shirovirechana dravya	-	8/151	-	-
Prameha	-	-	6/29, 35	-
Kushta	-	-	7/65, 91, 97, 112, 129, 144, 154, 158	-
Apsamara	-	-	10/18	-
Grahani	-	-	15/125, 134, 179	-
Visarpa	-	-	17/114	-
Shwasa	-	-	21/88	-
Kaphaj mutrakruchcha	-	-	26/57	-
Stanyaadushti	-	-	30/260, 261	-
Rasnadi niruha	-	-	-	3/61
Vidanga taila	-	-	-	4/20
Panchatikta basti	-	-	-	8/8

As *Saptaparna* has *Tikta Kashaya Rasa* its *Panchabautic* configuration is predominated with *Vayu, Akasha* and *Prithvi Mahabutha*.

*Saptaparna* (*Alstonia scholaris*) (*Apocynaceae*) is one of the drugs indicated for the treatment of obesity and hyper-lipidemic conditions. It is mainly used in the form of *kwatha* (decoction). The parts used are *Twaka* (bark), *Ksheera* (latex) and *Pushpa* (flower).

*Sharangdhara* has quoted 3 different methodologies for identification of *Ritu* namely, *Rashikhya*, *Masakhya* and *Rupakhya*. *Sushruta* has mentioned that the flowering of *Saptaparna* occurs in *Sharada Ritu* indicating the beginning of *Sharada Ritu*. *Dalhana* also has quoted *Saptaparna* to be “*Sharadhi vikasanashila*”. In the later *Nighantus Shaarada* is quoted as one of the synonyms of *Saptaparna*. Thus we can conclude that the synonyms are indicating the morphological characteristics of the plant for its identification and its therapeutic uses as well.

In *Su. Chi. 37/33 A Anuvasana Taila* has been mentioned which contains *Saptaparna* as one of the ingredients and is indicated in the treatment of *Sthaulya*.

Following are the references mentioned in samhitas.

2) Reference from sushruta samhita<sup>[9]</sup>

Reference	Sutra	Chikitsa	Kalpa	Uttara
Ritucharya-Sharada Lakshanam	6/36	-	-	-
Pratisarniya kshara	11/11	-	-	-
Aragvadhadhi gana	38/6	-	-	-
Lakshadi Gana	38/64	-	-	-
Adhobhagahar Dravya	39/4	-	-	-
Tikta varga	42/11	-	-	-
Dwivraniya	-	1/21	-	-
Bhagandara	-	8/50	-	-
Kushta	-	9/7,8,46,49,50,51,54,58	-	-
Prameha	-	11/8,9	-	-
Prameha Pidaka	-	12/9	-	-
Kaphaj Vridhi/Granthi	-	19/14	-	-
Staulya Anuvasana	-	37/33	-	-
Danta Kashthagata Visha	-	-	1/50	-
Dundubhi Kshara Agada	-	-	6/3	-
Jwara	-	-	-	39/245,257
Shwasa	-	-	-	51/36
Apasmara	-	-	-	61/34

3) Reference from Ashtang Sangraha<sup>[10]</sup>

Reference	Sutra	Chikitsa	Kalpa	Uttara
Dantakashthagata Vish	18/16	-	-	-
Vamanopaga Dravya	14/2	-	-	-
Virechanopaga Dravya	14/3	-	-	-
ShirovirechanopagaDravya	14/5	-	-	-
Kushtaghna Mahakashaya	15/15	-	-	-
Udarda-Prashamana Mahakashaya	15/39	-	-	-
Aragwadhadi	16/9	-	-	-
Tikta- Skandha	18/22	-	-	-
Kashaya -Skandha	18/24	-	-	-
Sa-krumi Vrana	39/54	-	-	-
Pratisaraniya Kshara	40/8	-	-	-
Jwara	-	1/78	-	-
Shwasa	-	6/35	-	-
Kaphaja Mutrakricha	-	13/5	-	-
Prameha	-	14/5,21,22	-	-
Kushta	-	21/4,5,12,16,43,81, 98,104,119 ,124	-	-
Panchatikta panchaprasuta Basti	-	-	4/43	-
Rutuvishesha Shita, Vasanta	-	-	-	1/83
Kapha Dushta Stanya	-	-	-	2/15
Apasmara	-	-	-	10/22
Krimidanta	-	-	-	26/16
Vrana	-	-	-	30/35,64
Dushtavrana	-	-	-	31/14
Hasira Mushaka Visha	-	-	-	46/48
Dundubhi Kshara Agada	-	-	-	47/52

4) References from Ashtang hrudaya<sup>[11]</sup>

References	Sutra	Chikitsa	Kalpa	Uttara
Aragwadhadhi gana	15/17	-	-	-
Sa-krimi vrana	29/76	-	-	-
Shwasa	-	4/33	-	-
Grahani	-	10/12	-	-
Kaphaj Mutrakricha	-	11/21	-	-
Prameha	-	12/16,42	-	-

Vridhi	-	13/34	--	-
Visarpa	-	18/15	-	-
Kushta	-	19/8,11,37,41,50,79	-	-
Panchatikta panchaprasutika basti	-	50/79	-	-
Apsamara	-	-	4/23	7/20
Karna roga	-	-	-	18/57
Krimidanta	-	-	-	22/20
Mukhapaka	-	-	-	22/103

Maximum number of references is quoted in Asthanga Samgraha (37) followed by Charaka Samhita (31). Asthanga Hridaya has listed minimum number of references of Saptaparna in comparison to others. In Charaka Samhita totally 31 references were found in 16 different Adhyayas of 4 different Sthanas. In Sutra Sthana 5, Vimana Sthana 4, Chikitsa Sthana 19 and in Siddhi Sthana 3 references were mentioned. Out Of 19

references in Chikitsa Sthana maximum 8 times it is used in Kushtha Chikitsa. Chakrapani in his Charakatatparya tika has quoted that “Patha” and “Saptaparna” as the drugs having Rasayana property in Swastha and Rogahara property in Arta (Patient). Thus they have a potential of Performing “Ubhaya-arthakrita karma”. (Ch. Ch. Chi.)

##### 5) Classification of Saptaparna in Nighantus.

No.	Nighantu	Varga
1.	Dhanvantari	Chandanadi varga
2.	Madanpala	Vatadi varga
3.	Kaiyadeva	Aushadi varga
4.	Bhavprakasha	Vatadi varga
5.	Raja	Chandanadi varga
6.	Nighantu Adarsha	Kutajadi varga

##### Panchabhautika Constitution<sup>[12]</sup>

Every drug has Panchabhautika properties (Ch. Su. 26) and the panchabhautika Samgathana of the drug can be

detected on the basis of Rasapanchaka. After referring all texts we concluded that the drug Saptaparna having these types Rasa-Panchaka and Panchbhautika Constitution.

Rasa-panchaka	Panchabhautika Constitution
Rasa. Kashaya, Tikta	Vayu, prithvi; vayu, akash
Guna. Singdh, Sara	Jala; jala
Virya, Usha	Agni
Vipaka katu	Vayu, agni

##### 6) Synonyms mentioned in Bruhatrayi

Maximum 4 synonyms of Saptaparna are stated in Asthanga Hridaya as – Saptaparna, saptachchada, saptavaha, saptavha followed by 3 in Sushruta Samhita- Saptaparna, saptachchada, saptavhawhile Charaka and Asthanga Samgraha have mentioned only 2 synonyms- Saptaparna, saptachchada.

Therapeutic indications of Saptaparna in Brihatrayi.

All Acharyas have indicated the use of Saptaparna in Prameha, Kushtha, Apasmara and Shwasa. In Sushruta Samhita and Ashtang sangraha have mentioned its uses in vrana and specifically Ashtang Sangraha have mentioned its uses in dushta vrana.

##### 7) Prayogya anga mentioned in bruhatrayi

18 Prayojya Anga in Audbhida Gana of Charaka Samhita total 9 Prayojya Anga of Saptaparna have been mentioned as mula, twaka, Sara, swarasa, kshara, pushpa (Ch. Su. 14) in Brihatrayi and Asthanga Samgraha has mentioned \*Beeja of Saptaparna as Shirovirechana Dravya which is not included in Audbhida Gana mentioned by Charaka. Mula and Pushpa are both mentioned in all the 4 Samhitas. It is evident that Saptaparna when indicated for internal administration was used in Pana form followed by leha form, while indicated for external application it was mainly in the form of Abhyanga.

##### DISCUSSION

From the above references mentioned in the article shows *Saptaparna* have its efficacy in urinary tract disorders, in cases of skin disorders, it also have its *jwarashamak* properties also works in respiratory disorders and helps in wound healing with all of its properties. Due to its properties of *rasapanchka* it is also helpful in life style disorders such as diabetes. It is the *Kashaya rasa Pradhan dravya* it helps in *sthambhan, shoshana* properties which is also helpful in *strava shoshana* as it also contains with *ushana virya*.

## CONCLUSION

The plant contains various chemical constituents like alkaloids, coumarins, flavonoids leucoanthocyanins, reducing sugars, simple phenolics, steroids, saponins and tannins. In *Ayurveda* this plant mentioned in various classes according to their properties such as, *Tikta Skandha* (bitter), *Kashaskandha* (astringent), *Kushtghna* (anti-leprosy), *Udardprashmana* (skin disorders), etc. Due to its *Tikta*, *Kashaya rasa* it is useful to reduce *Kapha* and *Pitta dosha*. Also it has *Katu vipaka* and *Ushna virya* therefore it will reduce the infection and do the wound healing action. Due to its various properties it work in various diseases like *Krimi* (worm infestation), *Shwasa* (Respiratory system), *Kushtha* (skin deasese), *Gulma* (Tumor), *Vrana* (Wound), *Shoola* (pain) etc. Further study on this topic is yet to be done. The research on this study is still going on.

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