



DASHMOOLA FOR THE CURE OF LIFE

Dr. Monika Gupta and Dr. Sharuti Sarin*

Associate Professor P.G Scholar, Dept. of Kayachikitsa Dept. of Kayachikitsa, Jammu Institute of Ayurveda and Research Jammu Institute of Ayurveda and Research.

***Corresponding Author: Dr. Sharuti Sarin**

Associate Professor P.G Scholar, Dept. of Kayachikitsa Dept. of Kayachikitsa, Jammu Institute of Ayurveda and Research Jammu Institute of Ayurveda and Research.

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ABSTRACT

India is known for its traditional medicinal systems namely Ayurveda. The ayurvedic formulations are multicomponent mixtures containing plants, animals derived Products, minerals and metals and *Dashmoola* is considered to be one of the most effective mixture of various plants which are used widely in ayurveda. According to Ayurveda, *Dashmoola* mainly acts on Vata Dosha and reduces its aggravation. It also acts on organs located in Vata locations-Pelvis, Bladder, Colon, Kidney, Bones, Ears and lower limbs. It also reduces constipation, improves the health of intestine, improves urine flow, remove toxins from the kidneys, strengthens bones, improves hearing capabilities and reduces pain occurring in lower limbs. The *Dashmoola* combination also eases in breathing troubles, especially that occurring at night. *Dashmoola* offers potent medicinal properties, which are beneficial in the treatment and prevention of several disorders. It can be used to treat the conditions affecting the nerves, bones, muscles, and joints. *Dashmoola* produces powerful anti-inflammatory and antioxidant actions. Hence, it is used to treat painful, inflammatory conditions related to musculoskeletal system such as osteoarthritis, gout and rheumatoid arthritis.

KEYWORDS: *Dashmoola*, Anti-inflammatory, *Vata-Dosha*, Musculoskeletal.

INTRODUCTION

Dashmoola is a *Tridosha Nashak* and balances *Vata*, *Pitta* and *Kapha*. It is an excellent medicine for treating inflammatory conditions or *Vata Vyadhi*. It is one of the most common polyherbal combination used in preparation of many ayurvedic medicines that are indicated in treatment of variety of ailments especially *Vata Roga*. It possesses the powerful anti-inflammatory agent that plays a vital role in subsiding the various

inflammatory diseases. *Dashmoola* is a famous ayurvedic combination of medical herbs. *Dash* means Ten and *Moola* means Roots. So, the literal meaning of *Dashmoola* is ten roots. In the Ten roots five roots are of trees and five roots are of shrubs. The roots of five trees are known as *Brihat Panchmoola* and the roots of shrubs are known as *Laghu panchmoola*. *Dashmoola* is prepared by mixing the equal parts of these roots.

Brihat panchamula (5 roots of trees)

No.	Botanical name	Common name	Family
1	<i>Aegle marmelos</i>	<i>Bilva</i>	Rutaceae
2	<i>Premna obtusifolia / Clerodendrum phlomidis</i>	<i>Agnimantha</i>	Verbenaceae
3	<i>Gmelina arborea</i>	<i>Gambhari</i>	Verbenaceae
4	<i>Oroxylum indicum</i>	<i>Shyonak</i>	Bignoniaceae
5	<i>Stereospermum suaveolens</i>	<i>Patala</i>	Bignoniaceae

Laghu panchamoola (5 roots/whole plant of shrubs)

No.	Botanical name	Common name	Family
6	<i>Desmodium gangeticum</i>	<i>Shalparni</i>	Fabaceae
7	<i>Uraria picta</i>	<i>Prishniparni</i>	Fabaceae
8	<i>Solanum indicum</i>	<i>Brihati</i>	Solanaceae
9	<i>Solanum xanthocarpum</i>	<i>Kantakari</i>	Solanaceae
10	<i>Tribulus terrestris</i>	<i>Gokshuru</i>	Zygophyllaceae

- *Bilva* roots alleviates *Vayu* and *Kapha*. It cures *Chardi* (vomiting) and it does not aggravate pitta. It is given in case of intermittent fever, hypochondria, melancholia and palpitation of the heart, diarrhea and gastric ailments etc.
- *Agnimantha* / *Arani* / *Harimantha* alleviates *Shotha* (oedema). It is hot in potency and it is useful for patients suffering from diseases caused by *Vayu*. It cures fever.
- *Patala* (*Stereospermum suaveolens* DC.) alleviates *Kapha* and *Vata*. It is slightly pungent. It is constipative and digestive stimulant. It is regarded as cooling, diuretic and tonic.
- *Kashmari* / *Ghambhari*, *Sriparni* (*Gmelina arborea* Linn.) is astringent, bitter, tonic, stomachic, laxative, and useful in fever, indigestion, and anasarca. It alleviates *Kapha*.
- *Shyonak* / *Arlu*, *Phalphala*, *Sona* (*Oroxylum indicum*) is astringent and tonic and is useful for diarrhea and dysentery. It is diaphoretic and employed in the treatment of rheumatism, otorrhoea and piles.
- *Trikantaka* (*Tribulus terrestris* Linn.) is aphrodisiac, strength promoter and alleviator of *Vayu*. It cures *Mutrakricchra* (dysuria).
- *Kantakari* (*Solanum xanthocarpum* Schrad & Wendle.) is hot. It alleviates *Vayu* and *Kapha*. It cures *shvasa* (asthma) and *Kasa* (bronchitis).
- *Brihati* (*Solanum indicum* Linn) carminative, constipative, hot, and alleviator of *Vayu*.
- *Prishniparni* and *Shaliparni* (*Uria picta* Desv. & *Desmodium gangeticum* DC.) are very useful in diarrhea caused by pitta and *Kapha* and *Vata* *Prakriti* people.

HEALTH BENEFITS OF DASHMOOLA

The health benefits of *Dashmoola* are huge in number and the major issues among them include: Arthritis, asthma, headache, puerperal problems, parkinsons disease, gout, muscle spasm, lower back ache, calm the nerves, strengthen the body, support proper functions of the lings, Promotes the healthy elimination of toxins, Used for flu, cough and cold, tonic for kidneys and liver, treat fatigue, remove dead cells from the body, regenerate cells of the body, tonic for infertility, anorexia, edema.

AYURVEDIC ACTION OF DASHMOOLA

- **Ama Nashak:** toxin digester.
- **Balya:** Increases strength.
- **Kapha-Vatahar:** Remover of the Humor of *Kapha*-*Vata*.
- **Shvashar:** Gives relief in Asthma.
- **Shothhar:** Gives relief in inflammation.
- **Jwarhar:** Reduces fever.

CONCLUSION

As discussed early the **Dashoola** consists of roots of various trees and shrubs these ten roots individually possess various beneficial activities, but as a whole they balance *Kapha*, *Pitta* and *Vata doshas*, and useful especially for *Vata vyadhi*. It is given in the form of decoction in osteoarthritis, rheumatism, arthritis, joint pain and swelling, after delivery, and *chikungunya*.

1. *Dashmoola* is available in market as coarse powder. It can be boiled and prepared as a decoction. This decoction can be taken twice a day.
2. To make the decoction, take 1-2 spoon or 10-12 gram of coarse powder in one glass water and boil till water reduces to half cup. Filter this and drink half cup twice a day.
3. Drink *Dashmoola Kwath* after having meal.
4. After delivery, Women can take *Dashmoola* decoction thrice daily.
5. In case of diarrhea, take *Dashmoola* decoction mixed with 2.5 grams of *Shunthi* or dry ginger powder.

This is an herbal combination and does not have any known side-effect. It can be safely taken during breastfeeding and after delivery.

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