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A Review on DASHAMOOLA

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Abstract:

Ayurveda is a science of life that has been around for thousands of years. According to Ayurveda, Dash means ten and Moola means Roots. Dashmoola contains ten roots of different ten plants which are taken in equal proportion. Generally it is considered as a combination of Brihat Panchamoola and Laghu Panchamoola. 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. Brihat Panchmoola contains Bilva, Gambhari, Agnimantha, Patala, Shyonaka whereas Laghu Panchmoola contains Brahati, Gokharu, Kantakari, Prishniparni, Shalaparni The combination of these ten roots is used widely in Ayurveda which acts on Vata and Dosha and reduces its aggravation Nerves, muscles, bones, and joints are all linked to a variety of diseases. It's anti-inflammatory, antioxidant, and analgesic properties are all potent. In ayurvedic medicine, the polyherbal combination is one of the most common ingredients used to prepare many forms of medicine used for treatment of various ailments, especially Vata Roga. 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.

Keyword Dashmoola, Gokharu, Bael, Shalaparni, Tridosha etc.

Introduction:

Ayurveda, the traditional medicinal system of India, is known around the world. Plants, animals, minerals, and metals are all included in Ayurvedic formulas. Dashmoola is thought to be one of the most powerful combinations of several plants utilized in Ayurveda. Dashmoola, according to Ayurveda, works primarily on the Vata Dosha, reducing its aggravation. It also affects the Pelvis, Bladder, Colon, Kidney, Bones, Ears, and lower limbs, which are all Vata organs.

Dash means ten and Moola means Roots. Thus, Dashmoola means 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. Dashmoola is a group of ten herbs Bilva, Patala, Agnimantha, Shyonaka, Gambhari, Brahati, Gokharu, Kantakari, Prishniparni, Shalaparni. The Dashmoola is a balancer of Vata, Pitta, and Kapha known as Tridosha Nashak. Vata Vyadhi, or inflammation, is treated by this medicine well. In ayurvedic medicine, the polyherbal combination is one of the most common ingredients used to prepare many forms of medicine used for treatment of various ailments, especially Vata Roga.

Brihat panchamula (5 roots of trees)

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

Laghu panchamoola (5 roots/whole plant of shrubs)

No.	Botanical Name	Common Name	Family
6	<i>Desmodium gangeticum</i>	Shalparni	Fabaceae
7	<i>Uraria picta</i>	Prishniparni	Fabaceae

8	<i>Solanum indica</i>	Brihati	Solanaceae
9	<i>Solanum xanthocarpum</i>	Kantakari	Solanaceae
10	<i>Tribulus terrestris</i>	Gokshuru	Zygophyllaceae

- Ayurvedic action of dashmoola: Dashmoola mainly act as toxin digester, it is used in Asthma and in inflammation, also Increases strength and it reduces Fever.

1. Agnimantha (*Agnimantha*, *Premna Serratifolia*):

Synonym: Sanskrit: Agnimantha, Ganiparnika, Jjaya, Vaijayanti, Arani, Bengali: Bhut-bhiravi, Guajarati: Mothi-arni, Hindi: Agetha. Agnimantha is an important Ayurvedic drug used in several Ayurvedic preparations. The roots of Agnimantha *Premna integrifolia* Linn can be used to identify and authenticate distinct species of *P. integrifolia* as well as different Agnimantha sources. Since then, agnimantha has been known by other botanical names, including *Clerodendrum phlomidis* Linn. F., which belongs to the Verbenaceae family.¹ In addition to its common distribution along the coasts of India and the Andaman Islands, Agnimantha can also be found in the plains of Assam and in the Khasi mountains.² Tarkari and Agnimantha were enumerated separately by Acharya Sushruta in the Varunadi Gana³. The stem bark includes many chemical elements such as Premnacorymboside A, scutellarioside II, quercetin-3-rutinoside, and leonurisode A⁴. Roots contains Alkaloid such as premnine, ganikarine, premazole. 5β , 3α , 8β -trihydroxy-pimara-15- ene; 6α , 11, 12, 16-tetrahydroxy-7-oxo-abieta-8, 1, 13-triene; 2α , 19-dihydroxypri-mara-7, 15- diene were found in root bark.⁶

Therapeutic uses :

Among the root and leaves of plants, the roots and leaves are most often used to treat various ailments in Ayurveda. Astringent, stimulant, liver tonic, laxative, carminative, and antibacterial properties are all attributed to the roots. Infusion of leaves with pepper is beneficial in the treatment of colds and fevers.⁷ Vata, kapha, neuralgia, inflammations, heart diseases, cough, asthma, bronchitis, leprosy, skin disorders, dyspepsia, flatulence, constipation, fever, diabetes, and anorexia are just a few of the conditions that The Roots can aid with.⁸

Gokshur (*Tribulus Terretris* Linn):

Synonyms Hindi: Gokhru, Sanskrit : Bahukantaka, Telegu : Chirupalleru⁹ · It has significant role to destroy diseases of mutravaha srota as well as other systems. The rasayana and vrisya effect of

gokshuratake a unique place in the traditional herbs based remedies and also economic growth of the nation. Its Fruits contains Chemical Constituent Chlorogenin, diosgenin, gitogenin, rutin, rhamnase, while Roots has different chemical constituents such as Campesterol, b-sitosterol and stigmasterol, neotrigogenin. Aerial Parts contains Astragalinal, dioscin, diosgenin, hecogenin, ruscogenin, furostanol, glycoside, saponin terrestrosides etc.¹⁰

Therapeutic Uses :It has multidimensional uses. It is used as a sexual booster.¹¹ Gokshura fruit Powder is boiled with milk and consumed For Vajikarana. Decoction of Shunthi and Gokshura (root) is used in the Management of Amavata. Gokshura and the flowers of Tila are grounded and make paste of it by using honey For Kesa Vardhana.

Brihati (*Solanum Indicum*):

Brihati's English synonyms include Poison Berry, Indian Nightshade, African Eggplant, Bush Tomato, and Badi Kateri, Vanabhanta, and *Solanum indicum* Linn. (Solanaceae). It is a valuable plant in Southeast Asia, not only for its therapeutic properties but also for its economic significance. It also grows in Asia, Africa, Australia, and India as a shrub.¹² Chemical constituents present in brihati are Carotene, Carpesterol, Solanocarphone, Diosogenin, B- Sitosterol, Lanosterol, Solasonine, Solamargine, Solasodine, vitamin C. Its fruit and root consists of wax, fatty acids and alkaloids solanine¹³

Therapeutic Uses

Brihati, according to Ayurveda, is the best herbal medicine for colds, coughs, sore throats, and asthma. It's a fantastic herbal appetiser, digestive, diuretic, and heart-healthy.^{14,15} It promotes digestive fire and regulates fever, asthma, and discomfort due to its heated potency.

2. Bilwa (*Aegle Marmelos corr.*)

The bael tree (*Aegle marmelos Corr.*) belongs to the Rutaceae family and is widely known as bilva.¹⁶ Bilva or bael plant has medicinal as well as religious importance. The plant is considered very sacred in the Hindu religion, and its leaves are donated to Lord Shiva during worship. Every part of Bilva shows some therapeutic uses but root and unripe fruits were used in most of Ayurvedic formulations. Bilva's characteristics and usage for a variety of ailments are clearly discussed in our Ayurvedic classics.^{17, 18} It contains major Chemical Constituents γ -Fagarine, marmesin, mermesinine, marmin, umbelliferone and in minor quantity it contains Aeglin,

Aeglinol, Aurapten, Lupeol, Chloromarmin.¹⁹ Leaf of Bilva contains Skimmianine, Aegeline, Lupeol, Cineol, Citral, Citronella, Cuminaldehyde, Eugenol, Marmesinine.²⁰ The roots have a sweet, astringent, and bitter taste to them. It helps with vomiting, dysuria, asthma, cough, hiccough, TB, fever, diarrhoea, and stomach ache and possesses Laghu, Ushna guna Tridoshaghnaqualities.^{21,22}

Therapeutic Uses:

Bilva roots were proven effective in asthma and hiccough, It is also used in Dysuria, in constipation, Pile and as a healers of ulcer.²³

3. Shyonaka (*Oroxylum indicum*)

Synonym of Shyonaka are Prthsumba, Katvanga in Sanskrit, Sonapatha, Syonak in hindi and in English it is known as Indian trumpet flower. *Oroxylum indicum* is a highly placed drug in the Ayurveda and has wide spectrum of medicinal activities. *Oroxylum indicum* (*Bignoniaceae*), roots,leaves and stems used in the treatment of various disorders as well as used as a tonic.²⁴ It contains different Chemical Constituents like Flavonoids, glycosides, alkaloids, tannins, terpenoids etc.²⁵ leaves contain an anthraquinone, aloe-emodin and the bark contains traces of an alkaloid, tannic acid, sitosterol and galactose.^{26,27}

Therapeutic Uses:

It is active ingredient of well-known Ayurvedic formulations like Chyavanprash, Dashmularistha etc.²⁸ *Oroxylum indicum* is mostly used as a tonic that boosts appetite and is beneficial for Vata conditions such as fevers, bronchitis, intestinal worms, vomiting, dysentery, asthma, and inflammation. It's used to treat rheumatism, diarrhoea, dysentery, and diarrhoea.²⁹ Flavonoids present in *Oroxylum indicum* Vent. Was found to be responsible for its gastro-protective activity.³⁰ In various tribes of India, bark and seeds of the plant are used in fever, pneumonia and respiratory symptoms.^{31, 32}

4. Kantakari (*Solanum xanthocarpum Schrad. &Wendl.*)

Kantakari (*Solanum xanthocarpum Schrad. &Wendl.*) Belongs to the Solanaceae family and is a regularly

used Ayurvedic ingredient in dasamoola. Katakari is widely used in treating various types of jwara (fever), tamakaswasa (bronchial asthma), kasa (cough) and hikka (hiccough). Bhauringani, Duhsparsa, Vyaghri, Kshudra, Nidigdika are the synonym for Katakari.³³

chemical constituents present in the Katakari are solanocarpine, solanine-S, solasodine, solasonine, solamargine, stigmaterol, campesterol, cholesterol, solasurine, galactoside of b-sitosterol, flavonal glycoside, quercetin-3-O-b-D-glucopyranosyl-0-b-D-mannopyranoside, apigenin, sitosterol, its flower contain solanocarpine and amino acids while seeds contain coumarins, scopolin, scopoletin, esculin and esculetin.³³

Therapeutic Uses:

It is widely used in the treatment of respiratory diseases in Ayurveda. It is used especially in treating kasa (cough), shwasa (bronchial asthma), jwara (fever) etc. Katakari is used as an ingredient in many of the compound formulations like Vyaghriharitakiavaleha, Chavanaprasha, Dasamoolarishta.³⁴ The entire plant can be used to treat vitiated vata and kapha disorders, helminthiasis, dental caries, inflammations, flatulence, constipation, dyspepsia, anorexia, leprosy, skin illnesses, hypertension, fever, cough, asthma, bronchitis, hiccough, lumbago, haemorrhoids, and epilepsy. It also has some other uses like anthelmintic, anti-inflammatory, digestive, carminative, appetizer, stomachic, febrifuge, expectorant, laxative, stimulant, diuretic, rejuvenating, emmenagogue and aphrodisiac.³⁵ The plant can help with fevers, coughs, and asthma, among other things. Pimples and swellings are treated by applying the fruit paste externally to the affected area.³⁶ Root is an expectorant activity it is also used in cough, asthma, pain in chest.³⁷

5. Patala

6. Patala an Ayurvedic drug has been used more extensively as one of the Dashamoola and Brihat panchamoola group. Padhal, Podal, padal, parul are the synonyms of Patala.³⁸ It is obtained from *Stereospermum suaveolens* (Roxb.) of Family Bignoniaceae.³⁹ Bark contains crystalline bitter substances like iridoid Glycoside. Leaves contain Flavone, Stereolensin, lapachol, ceryl alcohol, palmitic acid, stearic acid, oleic acid etc. It has Tikta, kasaya rasa guna

Therapeutic Uses: Patala has different therapeutic properties like Diuretics, anti-inflammatory, cardiac tonic. It is also used in the management of Tridosha, as it is useful in the balance of vata. Flowers of patala used in the management of blood related disorders.

7. Gambhari (*Gmelina borea* Roxb.)

8.

In English, it is known as Coomb teak, Cashmeri tree, and Candhar tree. In Sanskrit, Kashmarya, Kashmeeri, and Gambhari are all names for the Herb. Gambhari (*Gmelina borea* Roxb.) belongs to the family Verbinaceae. It is found throughout greater part of India, Western Ghats, and from foot of North-West Himalaya to Chittagong & throughout Deccan Peninsula.⁴⁰ It contains different Chemical Constituents like sesquiterpene, ceryl alcohol, hentriacontanol-1, β -sitosterol, n-octacosanol, gmelinol while Root contains n-octacosanol, gmelinol, arboreol, 2-O-methyl arboreal, 2-O-ethylarboreal, isoarboreal, gmelanone, β -sitosterol, paulownin, 6''-bromoisoarboreal, palmitic, oleic and linoleic acids, stigmaterol, stigmastanol, campesterol etc.

Therapeutic Uses:

The stem bark of Gambhari has Antioxidant Activity, Cardioprotective, and Antioxidant Activity

9. Shalparni (*Desmodium Gangeticum*)

Sthira, saumya, triparni, pivari, guha, vidarigandha, deergaangi, deergharpatra or anshumati are the synonyms of Shalparni. *Desmodium gangeticum* belonging to the family Papilionaceae (Fabaceae). Chemical constituents found in the aerial sections of the plant include 5 tryptamine derivatives and 6-OMe-2-Me-carbolinium cation. N, N-di-Me tryptamine and its N-oxide, N-Me-tryptamine, hypaphorine, hordenine, candicine, a pterocarpan, pterocarpanoids, gangetinin, and desmodin are all found in the roots. The seeds are known to contain the alkaloids -carboline and indole-3-alkylamine, as well as carbolines.

Therapeutic Uses:

Chronic fever, cough, diarrhoea, vomiting, asthma, snake bites, and scorpion stings are all treated with this bitter, astringent, and diuretic root. The root is a component of the Ayurvedic tonic 'Dasamulakvatha,' which has antipyretic, alterative, and bitter properties. It is reported to be beneficial in the treatment of diuretic, aphrodisiac, typhoid and also as, Anti-Inflammatory Activity, Analgesic Activity, Anti-Diabetic Activity, Cardiovascular Activity, Anti-Oxidant Activity⁴²

10. Prishniparni (*Uraria Picta*):

The roots of *Uraria picta* of family Leguminosae sub-family Fabaceae is a well-liked ayurvedic healthful plant that additionally glorious by name Prishniparni, Dhavani in Sanskrit and Pithava in gujrat. It is a well-known ayurvedic drug of the Indian system of medicines used for treating

general weariness, antioxidant, analgesic, and anti-inflammatory similar medical disorders.⁴³ It contains different Chemical constituents like isoflavanones, triterpenes and steroids in the roots. Therapeutic uses:

Aphrodisiac qualities have also been discovered in the roots. Coughs, chills, and fevers are treated with its decoction. The leaves are antiseptic and used to treat gonorrhoea. Children's sore mouth can also be treated with the pods. Urinary illnesses, tumours, edoema, burning sensations, and breathing difficulties are all treated with this drug.⁴ It also contains anti-inflammatory, anti-hepatoprotective, and anti-microbial properties.

Marketed Preparation of Dashmoola :

1. Dashmoola powder
2. Dashmoola churn
3. Dashmoola kwatha churn
4. Dashmoola hair lep
5. Dashmoolarishta syrup
6. dashmool ghanavati
7. Dasamoola jeerakarishtam
8. Dashmoola rasaayanam
9. Jiva dashmool kwath
10. Dashmool kwath granules

CONCLUSION:

Dashmoola is a famous ayurvedic combination of medical herbs. Dash means Ten and Moola means Roots. 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. Dashmoola has powerful medicinal characteristics that can help in the treatment and prevention of a variety of ailments. It can be used to address problems with the nerves, bones, muscles, and joints. Dashmoola has potent anti-inflammatory and antioxidant properties. As a result, it's utilised to treat painful, inflammatory musculoskeletal disorders like osteoarthritis, gout, and rheumatoid arthritis.

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