

DASHAMOOOLA KWATHA – AN OVERVIEW

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ABSTRACT

Ayurveda is a science of life that has been around for thousands of years. Dashamoola is one of the most important drugs explained by Acharya Charaka. According to Ayurveda, Dash means ten and Moola means Roots. Dashmoola contains ten roots of ten different plants which are taken in equal proportion. Generally, it is considered as a combination of Brihat Panchamoola and Laghu Panchamoola. Brihat Panchamoola contains Bilva, Gambhari, Agnimantha, Patala, Shyonaka whereas Laghu Panchamoola contains Brihati, Gokshura, Kantakari, Prishniparni, Shalaparni. The combination of these ten roots is used widely in Ayurveda which acts on Vata 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. Because of its anti-inflammatory action it is also called as Shothahara Gana. Dashamoola is available in various

forms like Dashamoolarishta, Dashamoola Kwatha etc. The Dashamoola Kashaya is anti-inflammatory in action. This work is to bridge traditional Ayurvedic practices with current scientific insights offering a comprehensive overview of Dashamoolakwathas therapeutic potential.

KEYWORD: Dashamoola, Anupana, Anti-inflammatory, Dashamoolarishta.

AIM AND OBJECTIVE

The primary aim of this article is to provide a comprehensive overview of Dashamoolakwatha examining its traditional use, drug overview, therapeutic benefits,

Anupanas used, its clinical significance, methodology, and its modern significance. This article seeks to enhance the understanding of Dashamoolakwatha.

OBJECTIVE

- To assess therapeutic benefits.
- To detail the methodology.
- To explore the role of Dashamoolakwatha In clinical practice and its traditional use.
- To evaluate the role of Dashamoolakwatha with different ingredients and their specific Anupana used.
- To correlate with modern science and its practical applications.

INTRODUCTION

Dasha means ten and moola means the roots so Dashamoola means ten roots. The roots of five trees are known as Brihat Panchamoola and the roots of shrubs are known as Laghupanchamoola. Dashamoola is prepared by mixing the equal parts of these roots. Dashamoola is a group of ten herbs Bilva, Patala, Agnimantha, Shyonaka, Gambhari, Brihati, Gokshura, Kantakari, Prishniparni, Shalaparni. The Dashamoola is a balance of Vata, Pitta, and Kapha known as Tridosha Nashak. Vata Vyadhi, and Inflammation (Shotha), is treated by this medicine well. Any kind of inflammation is termed as Shotha. Depending on the type and site it is denoted by another term Shophya or Shvayathu. So Dashamoola are also known as Shothahara drugs that are mentioned in Shothaharagana.

Brihat Pachamoola

Sr. No.	Botanical name	Sanskrit name	Family
1.	<i>Aeglemarmelos</i>	Bilva	Rutaceae
2.	<i>Premnamucronata</i>	Agnimantha	Verbanaceae
3.	<i>Gmelinaarborea</i>	Gambhari	Verbenaceae
4.	<i>Oroxylimindicum</i>	Shyonak	Bignoniaceae
5.	<i>Stereospermumsuaveolens</i>	Patala	Bignoniaceae

Laghu Panchamoola

Sr.no.	Botanical name	Sanskrit name	Family
1.	<i>Desmodiumgangeticum</i>	Shalaparni	Fabaceae
2.	<i>Urariapicta</i>	Prishniparni	Fabaceae
3.	<i>Solanum indica</i>	Brihati	Solanacear
4.	<i>Solanum xanthocarpum</i>	Kantakari	Solanaceae
5.	<i>Tribulusterrestris</i>	Gokshura	Zygophyllaceae

1. Agnimantha

- English name- wind killer.
- Botanical name –*Premna Integrifolia/ mucronata*.
- Family-*Verbenaceae*.
- When 2 dried sticks of Agnimanta plant rubbed each other will produce fire and when administered internally stimulates digestive fire.
- Synonyms-Jaya, jayanti, Agnimantha.
- Useful part – Root.
- Action- Kapha Vata Shamak, Anti-inflammatory, anti-helminthic, hypoglycaemic.
- Formulations – Dashamoolarishta, Dashamoolakwatha
- Indications- Vasameha(Lipuria), Arsha(Haemorrhoids), Visarpa, Urusthambha(diseases related to thigh), Shitapitta(urticaria)

2. Bilva

- Bilva is very useful in dysentery.
- Synonyms -Shailusha, Kantaki, Tripatra, Gandapatra, Mahaphala, Sadaphala.
- English name – Bael fruit
- Botanical name-*Aegle marmelos*.
- Family – Rutaceae.
- Useful part -Root, unopened fruit, leaves.
- Action- Kaphavata Shamak, constipative, stimulant, antipyretic, cooling, laxative
- Indications – Atisara(diarrhoea), chard (vomiting), Arsha (piles), Medoroga(obesity), Balaroga(diseases of children)
- Formulations – Bilvaadikwatha, Bilvaadighrita, Bilvaadichurna, Bilvataila.

3. Gambhari

- Synonyms –Kashmiri, Bhadraparni, Shriparni, Sthulatwacha, Pitarohini, Katphala
- English name – Comb teak.
- Botanical name –*Gmelina arborea*.
- Family – verbenaceae.
- Useful part – root bark.
- Action –Trisha Shamak, demulcent, laxative.

- Indication –Atisara(diarrhoea), Raktapitta (bleeding disorder), Vatarakta (gout), Pandu (anaemia)
- Formulations- Dashamoolarishta, Dashamoolakwatha

4. Shyonaka

- Synonyms –Putivriksha, Shukanasha, Nata, Tuntuka.
- English name – Indian trumpet.
- Botanical name – *Oroxylum indicum*.
- Family – bignonaceae.
- Useful part – root bark.
- Action –Kaphavatashamak, Anti-inflammatory, anti-arthritis, antibacterial
- Indication –Atisara(diarrhoea), Udara (ascites),
- Formulations- Dashamoola Kashaya, Dashamoolarista.

5. Patala

- Synonyms- Tamrapushpi, Kumbhipushpi, Madhudhuti, Amogha.
- English name – rose flower fragrant.
- Botanical name – *Stereospermum suaveolens*
- Family – bignonaceae.
- Useful part -root bark.
- Action – Tridosha Shamak, anti-inflammatory, tonic, analgesic, liver stimulant.
- Indication – Shotha (inflammation), Hikka(hiccough), Ashmari(calculus).
- Formulations-Dashamulaadikwatha, Dashamulataila, Dashamoolaghrita.

6. Shalaparni

- Synonyms – Anshumati, Vidarigandha, Soumaya, Sthira, Shophagni.
- English name – Sal leaved desmodium.
- Botanical name – *Desmodium gangeticum*.
- Family – Papilionaceae.
- Useful part – root.
- Action – Vata Pitta Shamak, antioxidant, anti-inflammatory, digestive, anti-catarhal.
- Indication- Hridgata Vata (cardiac pain), Ardhavabhedaka(hemicrania), Vatarakta (gouty arthritis),

- Formulations- Dashamoola Kashaya, Laghupanchamoola Kashaya, Laghupanchamoola Kshirapaka.

7. Prishnaparni

- Synonyms- Chitraparni, Pruthakparni, Dhawani, Tanvi.
- English name- Indian uraria.
- Botanical name – *Uraria picta*.
- Family – Papilionaceae.
- Useful part – root.
- Action – Tridosha Shamaka, anti-microbial, antiviral, anti-inflammatory, diuretic, antiemetic.
- Indication – Vatarakta (gout), Raktaatisara (blood mixed diarrhoea)
- Formulations- Dashamoolarishta, Dashamoolaghrita, Dshamoolaleha, Dashamoola Kashaya

8. Brihati

- Synonyms – Vartaki, Pitaphala, Kantaki, Mahati.
- English name – Indian night shade.
- Botanical name – *Solanum indicum*.
- Family - Solanaceae
- Useful part -root, fruit, leaves.
- Action – Kapha Vata Shamaka, carminative, cardiac tonic, antipyretic, analgesic, expectorant.
- Indication – Grahani, alopecia areata, diseases of children, Krimikarna (maggots in ear)
- Formulations- Brihatyaadi Kwatha, Laghupanchamoola Kwatha, Dashamoolarishta, Dashamooladya Ghrita.

9. Kantakari

- Synonyms-Rashtrika, Dhawani, Kantakini, Dusparsha, Chitraphala.
- English name – wild eggs plant.
- Botanical name – *Solanum xanthocarpum*.
- Family – Solanaceae.
- Useful part – root, whole plant.

- Action –Kaphavata Shamaka, anti-inflammatory, anti-bacterial, analgesic, stimulant, appetiser.
- Indication- Shotha(swelling), Shwasa(dyspnoea), Kasa(cough), Ajirna(indigestion),
- Formulations- Kantakari Kwatha, Dashamoola Haritaki, Dashamoola Kwatha, Dashamoola Ghrita.

10. Gokshura

- Synonyms –gokantaka, Kshuraka, Kantaphala, Swadukantaka
- English name – Small caltrops.
- Botanical name – *Tribulus terrestris*.
- Family – zygophyllaceae.
- Useful part – Root, fruits.
- Action – Tridoshashamak, anti-inflammatory, diuretic, digestive, aphrodisiac.
- Indication – Mutrakrichra(dysuria), Ashmari(calculus), to promote hair growth.
- Formulations- Gokshuradyaavaleha, Dashamoolakwatha, Gokshurakwatha.

Rasapanchak of Dashamoola

Rasa	Kashaya, madhura
Guna	Guru, ruksha
Virya	Ushna
Vipaka	Katu
Prabhava	Vata kapha shamak

Dosage: According to bhaisajyaratnavali – 1g; According to sharangadhara – 2 pala(96ml).

General – 15-30ml twice a day for children; (30-60)ml twice a day for adults.

Weighing machine, Khalwayantra, Stainless steel vessel, Cloth, Plates, Spoon & Airtight container.

General Method of preparation

1. The roots of Dashamoola are individually taken.
2. Weight of each ingredient is taken separately using weighing machine.
3. Root of each herb is pounded and coarse powder is obtained.
4. Coarse powder of each of the above said 10 herbs are taken in equal quantities.
5. The combination is boiled with 16 times of water in a stainless steel Vessel.
6. It is boiled until 4 times water remains that is reduced to 1/4 quantity of the content.

7. The decoction thus prepared is filtered through a sterile cloth or sieve into a bottle or small vessel.
8. It is used in 2 divided doses: 50 ml in the morning and 50 ml in the evening before food.
9. If the disease demands administration of an extra dose the quantity of powder of the herbs and water is proportionally increased.

Method of preparation according to Bhaisajyanavali

1 Pala(48g) of coarsely powdered Dashamoola drugs are taken and boiled with 16 parts of water in an earthen pot, over a mild fire till the liquid is reduced to 1/8th of quantity. Finally the liquid should be strained through cloth.

Precautions

- Only coarse powder of the drugs should be considered for Kwatha.
- Chemically inert vessel should be used for boiling of Kwatha.
- The vessel should be kept open throughout the boiling process.
- Only mild to moderate heat is maintained throughout the process.

Anupana – Pippali Churna (acc to Bhaisajya Ratnavali).

Different varieties of Dashamoola Kwatha and their Anupana

Sr.no	Ingredients	Anupana	Therapeutic benefits.
1.	Dashamoola	Pippali powder.	Controls diseases of throat and heart
2.	Dashamoola, Bala, Rasna, Puskaramula, Devadaru and Shunthi	-	Provides relief from Parshva Shoola, Skandashoola(pain in the shoulders), headaches, Kasa etc.
3.	Dashamoola and Pippali	1g of pepper powder.	Cures the Kaphaja type of Kasa, fever, bronchitis and pleurisy.
4.	Dashamoola	Honey	Cures Sutika problems.
5.	Dashamoola	1g of Pushkara roots powder	Cures bronchitis, Asthama, pleurisy and pain in the cardiac region.
6.	Dashamoola	Yavakshara(250g) and Saindhava Lavana(500mg)	Cures heart problems, Shwasa, Gulma, Shoola.
7.	Dashamoola	Salt and Kshara alkali preparation	Cures Kasa(cough), asthma, heart diseases, Gulma(abdominal tumour), and colic pain.
8.	Dashamoola	Purified Shilajatu 1g and jaggery 12g	Cures Vata Kundalika, Asthila(prostatomegaly),
9.	Dashamoola	-	For Vatika type of oedema.
10.	Dashamoola	Puskara roots powder	Gridhrasi.

Shelf life – Sadhyo Sevana(to be consumed immediately)

Indications

Acc to Acharya Charaka

- Kati Shoola/ Kati Graha - Low back pain, lumbar Spondylosis, lumbago, stiffness of the low back area, sacro iliac pain, hip pain, low back strain, low back discomfort.
- Trika Shoola – pain in sacral region.
- Gridhrasi- Sciatica.
- Sphik Shoola- buttock pain.
- Janu Shoola – pain in knee joint.
- Vibandha- constipation.

Acc to Bhaisajya Ratnavali: Parshvashola, Jwara, Shwasa & Kaphajakasa.

Dashamoola Kwatha in clinical practice

<p>Bal Roga</p> <ul style="list-style-type: none"> ▪ Dashamoola Kwatha for Parisheka in spastic cerebral palsy in children. ▪ Useful for children experiencing weakness or debility. ▪ Helps in growth and development of children. ▪ Balances Doshas in children. 	<p>Streeroga and Prasuti Tantra</p> <ul style="list-style-type: none"> ▪ Dashamoola Kwatha is useful in post delivery complications. ▪ Dashamoola Kwatha Yoni Pichu in Sukhaprasava ▪ Regulates menstrual cycles. ▪ Alleviates symptoms associated with menstrual disorders such as dysmenorrhea, menorrhagia etc. ▪ Supports uterine health by balancing the Vata and Pitta Doshas which helps in managing conditions like uterine fibroids and endometriosis. ▪ Alleviates pelvis pain due to its anti-inflammatory properties. ▪ Strengthens the reproductive system.
<p>Shalya Tantra</p> <ul style="list-style-type: none"> ▪ Dashamoola Kwatha Dhara Sweda used in accident induced knee injuries ▪ Dashamoola Kwatha used to was the wounds because of its anti microbial properties ▪ Dashamoola Kwatha is used to treat Vranashotha ▪ It is used in pre and post operative care ▪ Pre-operative- its rejuvenative property helps in preparing the body for surgery, enhancing vitality and reducing stress ▪ Post operative- useful for anti- 	<p>Shalakhya</p> <ul style="list-style-type: none"> ▪ Adhimantha(primary open angle glaucoma)- Dashamoolaghrita (10-20ml) with warm water is used ▪ Karnagootha- Dashamoola Kashaya. ▪ Putikarna, Karnapratinaha, Karnasrava-dashamoolakatutrayadi Kashaya. ▪ Kshavathu – Dashamoola Panchakolaadi Kashaya(15ml twice a day before food). ▪ Vatikashiroroga- Karnapurana- Dashamoola Taila. ▪ Kaphaja Shiroroga- Dashamoola Ghrita. ▪ Ardhavabhedaka- Dashamoola Taila. ▪ Sheetada- Gandusha – Dashamoola Kwatha ▪ Chaladanta- Kavala- Dashamoola Kwatha + Tila Taila. ▪ Helps in alleviating symptoms related to sinusitis, rhinitis, etc.

<p>inflammatory and wound healing properties, helps in reducing post-surgical inflammation, accelerating recovery and supporting the healthy tissues</p> <ul style="list-style-type: none"> Managing pain and inflammation Maintaining digestive function and preventing complication 	<ul style="list-style-type: none"> Its anti-inflammatory properties and expectorant helps to reduce congestion and inflammation in the respiratory tract. It indirectly benefits the eye health as well. Ear conditions like otitis media or ear infections can be reduced. <p>Its soothing properties help in managing throat inflammation and infection.</p>
<p>Rasayana</p> <ul style="list-style-type: none"> Naimitika Rasayana – Dashamoola Haritaki. Its rejuvenating properties help in enhancing physical strength and vitality. The formulation boosts the immune system. Balances the Tridoshas. Improves digestive health Promotes longevity. 	<p>Modern perspective</p> <p>The decoction is used for respiratory issues like cough and bronchitis as it an expectorant and has anti inflammatory action. It benefits conditions like asthma and COPD</p> <p>It is useful in managing arthritis and joint pain it is parallel to the non-steroidal anti inflammatory drugs. Regulates the menses and supports uterine health. It provides a complementary option to conventional treatments for conditions like menstrual irregularities and uterine fibroids</p> <p>It improves the overall vitality and longevity</p> <p>It also act as an immune booster.</p>

Mode of action

• Skeletal system

Dashamoola is essential in reducing joint ad muscle pain due to its potent alagesic, pain relieving and anti inflammatory properties, thereby lowerinfg the chances of chronic autoimmune inflammatory diseases like rheumatoid arthritis, osteoarthritis, joint pain, swelling and ailments caused by vata dosha vitiation.

• Respiratory system

Dashamoola contains powerful expectorant, anti inflammatory, antibiotic, analgesic, and anti asthmatic properties that aid in the management of a variety of respiratory ailments such as the common cold, cough, and flu symptoms, the ten roots easily remove the rheum particle accumulation in the nasal passage and the chest. It can also help with bronchitis, allergic rhinitis, whooping cough and asthmatic conditions.

• Digestive system

Dashamoola is well known for its digestive properties. It not only balances the stomach acid but provides immediate relief from acidity and heartburn, but it also improves digestion and

reduces constipation. It also stimulates appetite and promotes better nutrient absorption in the body as well as treating conditions such as flatulence, abdominal cramps, bloating and so on.

- **Gynaecological health**

Regulates menstrual cycles and Alleviates symptoms associated with menstrual disorders such as dysmenorrhea, menorrhagia etc. It Supports uterine health by balancing the Vata and Pitta Doshas which helps in managing conditions like uterine fibroids and endometriosis it also Alleviates pelvis pain due to its anti-inflammatory properties and Strengthens the reproductive system.

- **Pre and post operative care**

Pre-operative- its rejuvenative property helps in preparing the body for surgery, enhancing vitality and reducing stress.

Post operative- useful for anti-inflammatory and wound healing properties, helps in reducing post-surgical inflammation, accelerating recovery and supporting the healthy tissues.

Managing pain and inflammation

Maintaining digestive function and preventing complication

Special indications

Ch.Chi.5/142- Gulma Chikitsa, Dashamulaadi Ghrita. Its oral use cures Kaphaja Gulma.
Ch.Chi.17/102-Hikka Shwasa Chikitsa.Dashamulaadi Yavagu Alleviates Kasa (cough), Hridgraha(heart problem), hiccough, dyspnoea.
Ch. Chi18/123-124- Kasa Chikitsa, Dashamula Ghrita.
Ch. Chi. 28/119-121- Dashamoola Ghrita- Vata Vyadhi Chikitsa. This preparation is harmless and used in the form of internal administration, external massage (Abhyanga), and enema(Basti).
Ch.Chi. 29/124 Dashamoolakshira- Vata Shonita Chikitsa.

Side effects- no side effects but it may cause increase in urine output.

DISCUSSION

Kwatha is the most suitable form of Dashamoola for the treatment of relevant diseases condition. the use of different formulations of Dashamoola clearly shows the effectiveness of Dashamoola in various illness. It is used widely in the clinical practice in ashtanga ayurveda. The research above clearly validates its traditional use as well as its use in the present era.

The anti inflammatory property helps in various parts like in pre and post operative surgical care, respiratory disorders, gynaecological disorders, musculoskeletal disorders et. It also enhances the digestive action. The Dashamoola Kwatha along with other ingredients and other Anupanas has varied effects on our body. The modern correlation has also been discussed along with its ayurvedic significance

CONCLUSION

Dashamoola Kwatha an esteemed Ayurvedic decoction derived from the combination of 10 potent medicinal roots embodies a rich tradition of therapeutic practice. Its diverse applications across multiple health domains underscore its significant role in ayurvedic medicine. The formulation benefits extend from enhancing digestive health and alleviating respiratory issues to supporting musculoskeletal strength and gynaecological wellness. Its rejuvenate properties further promote overall vitality, longevity and immune support. The Dashamoola in combination with different drugs and with different Anupanas shows varied results on the human body. In clinical practice Dashamoola Kwatha serves as a versatile remedy effective in both preventive and therapeutic contexts. Its anti inflammatory, digestive and revitalising effects make it a valuable component in managing various conditions. It clearly validates the traditional as well as the use of Dashamoola Kwatha in the present era. This formulation does not have any side effects except the fact that it increases the urine output in certain cases. The modern co-relation with the diseases has also been mentioned along with its Ayurvedic significance.

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