

A REVIEW ON EXTERNAL USES OF *DASHAMOOLA*- A PRIME GROUP OF DRUGS

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ABSTRACT

Dashamoola is very well known and extensively used group of drugs, which possess *moola* of ten drugs. *Dashamoola* is used for treating various diseases since samhita periods. Drugs of *Dashamoola* is found enlisted under *Shavyathuhara mahakashya* in Charaka sutrasthana. As a group its indication and term *Dashamoola* is first given by Acharya sushruta. References of *Dashamoola* are collected from various *chikitsagranthas* i.e. 32, from Samhita periods to 20th cent. Most of the formulations found for *Dashamoola* in referred 32 books are for internal uses only. Limited external uses of *Dashamoola* are found in referred books. *Dashamoola* is externally used in 43 different diseased conditions and found to be used by 14 different administration modes i.e. *Pradeha*, *Pralepa*, *Abhaynaga*, *Gandusha*, *Aschyotana* etc.

Keywords: *Dashamoola*, *Pradeha*, External, *Moola*, *Tridosahara*, *Vataroga*.

INTRODUCTION

Dashamoola is a group of ten drugs i.e. *Bilva*, *Patala*, *Agnimantha*, *Shyonaka*, *Gambhari*, *Bruhati*, *Kantakari*, *Prishniparni*, *Shalparni*, *Gokshura*, where part used are *moola* of all the drugs in a group. Acharya Sushruta has first coined the various groups with their compound effect and indications. Acharya Charaka has used the term *Dashamoola* at various places in *chikitsasthan* but not distinctly enumerated the ten drugs of it with group name. In *Sutrasthan* of Charaksamhita *Shavyathuhara mahakashya* a group of ten drugs given where all the drugs of *Dashamoola* are found. In *Dashamoola* group five drugs are large trees (*Brihat panchamoola*) while other five are small herbs (*Laghu panchamoola*). *Dashamoola* possess *tridosahara* properties and found indicated in *Shwasa*,

Kasa, *Amapachan*, *Shirashoola* and *Jwara* internally.¹ Most of the *Dravya* of *Brihat panchamoola* are of *Ushna veerya*, *Katu vipaka*, *Tikta-kashaya rasa* and *Laghu-ruksha guna* some exceptions are also found like *Shyonaka* having *Sheeta veerya* while *Patala* having *Anushna veerya*. In *Laghupanchamoola*, *Gokshura* is *sheeta* in *veerya* rest of the drugs are having *Ushna veerya*. *Kantakari* and *Bruhati* are having *Katu vipaka* while rest three drugs (*Shalparni*, *Prishniparni* and *Gokshura*) possess *Madhura vipaka*. *Dashamoola* is found repetitively mentioned in numerous diseased conditions and in various dosage forms

Materials and methods: A chronological review of all available *Ayurvedic* classics have been carried out, i.e., *Charak samhita*² (C.S.-1000 BC- 4 AD),

Sushrutasamhita³ (S.S.-1000 BC- 2th AD), Navanitakam⁴ (N.N.1st -4th Century), Ashtang samgrah⁵ (A.S.-6th Century), Ashatanghraday⁶ (A.H.-7th century AD), Kashyapsamhita⁷ (K.S.-6th AD), Bhelasamhita⁸ (B.S.-7th AD), Vrundamadhav⁹ (V.M.-9th -11th AD), Chikitsa-kalika¹⁰ (C.K.-10th Century), Chakradutta¹¹ (C.D.-11th AD), Haritasamhita¹² (H.S.-10th -12th AD), Gadanigraha¹³ (G.N.- 11th -12th Century), Vangasena¹⁴ (V.S.-12th century), Sharangadharasamhita¹⁵ (Sh.S.13th Century), Bopadevashatak¹⁶ (B.D.S. 13th Century), Vaidyajivan¹⁷ (V.J.-1539-1608), Vaidyamanorama¹⁸ (V.A.M.-1592), Yogachintamani¹⁹ (Y.C.-1575-1625), Vaidyachintamani²⁰ (V.C.-16th Century),

Bhavprakashasamhita²¹ (B.P.-16th Century), Yogaratnakar²² (Y.R.-17th Century), Yogatarangini²³ (Y.T.-17th Century), Vaidyarahasya²⁴ (V.R.-1701), Chikitanjan²⁵ (C.A.1701), Vyadhinigraha & prashstaaushadha sangrah²⁶ (V.N.-1786), Abhinavchintamani²⁷ (A.C.-1792), Basavarajeeya²⁸ (B.V.-16th -18th Century), Bhaishajyaratnavali²⁹ (B.R.-18th Century), Nighantaratanakara³⁰ (N.R.-1867), Vaidyamanotsav³¹ (V.M.V.), Amrutasagar³² (A.M.S.) and Sahashtrayoga³³ (S.Y.-20th Century) and all relevant information regarding external uses of Dashamoola was gathered.

Table No.1: External uses of Dashamoola found in various Chikitsasagranthas:

S r. n o	Yoga	Ref.	Mode of adminis- tration	Indications
1.	Dvepanchamoola	Su.Chikitsa.1/77, A.S. Uttarasthana 30/44,V.R.Vransh otha/24	Lepa	Vataja-vrana
2.	Jyotishmati, Haridra Dasha- moola, Manshila, Laksha, Shwe- ta, Triphala, Gandhadravya	A.H.Sutrasthana.2 1/18	Shirovire- chana- dhumpan	Shodhana arthe
3.	Karvira, Jalapippali, Dasha- moola + Gomutra	K.S.Dwivraniya	Mardan /Abhyanga	Arunshika
4.	Punarnava, Devadaru, Shigru, Shunthi, Dashamoola	V.M.Vranshotha/9 , C.D. Vransho- tha/9, G.N. Vran- shopha/37 B.R. Vranasho- tha/9, V.S.Vranshotha/47 , A.C. 46/4	Pralepa	Kapha-vataj sho- tha
5.	Dashamoola	Sh.S.Uttarasthana. 11/97	Pradeha	Vataj galaganda
		V.C.Galaganda	Lepa	

6.	<i>Dashamooladi lepa</i>	N.N.14/43	<i>Pralepa</i>	<i>Mandala</i>
7.	<i>Dashamoola, Alaktam, Sukshma ela, Twaka</i>	A.C. 16/18	<i>Dhumpan</i>	<i>Hikka</i>
8.	<i>Dashamoola, Eranda moola, Daruharidra, Haridra</i>	A.C. 16/19	<i>Dhumpan</i>	<i>Hikka</i>
9.	<i>Dashamoola, Alaktam, Pippali, Haridra, Rason</i>	A.C. 16/20	<i>Dhumpan</i>	<i>Hikka</i>
10.	<i>Dashamoola, Shimitwaka, Chandan, Mayur-chandrika</i>	A.C. 16/23	<i>Dhumpan</i>	<i>Hikka</i>
11.	<i>Dashamoola, Masha, Ghrita, Madhu, Vanara</i>	A.C. 16/24	<i>Dhumpan</i>	<i>Hikka</i>
12.	<i>Salwan sweda</i>	V.C.Galaganda	<i>Lepa</i>	<i>Vataroga</i>
13.	<i>Dashamoola, Nichula, Shigrumoola</i>	Y.R. Galaganda/1, G.N.Granthyadi/6 2, B.V.19(Gulma), B.R. Galaganda/3, V.S. Gandamala/10, N.R.13, N.R.U.40	<i>Aalepa</i>	<i>Vataj galaganda</i>
14.	<i>Mahasalwan sweda</i>	V.S. Vatavyadhi/67, Sh.S.Ut. 2/26, Y.R.Vatavyadhi/3 Y.R. 5/21, Y.T.5/22, N.R.6, N.R.U.24	<i>Sweda</i>	<i>Sarva-anilarti</i>
15.	<i>Dashamoola kwatha</i>	V.R.Mukharoga/1	<i>Gandusha</i>	<i>Mukharoga</i>
16.	<i>Dashamoola kwatha</i>	A.S.Su.26/5	<i>Parisheka, Avagahan</i>	<i>Vatahara</i>
17.	<i>Prapaundrikadi kwatha</i>	A.S.Ut.19/19	<i>Ashchyotana</i>	<i>Pittaj adhimantha</i>
18.	<i>Dhanyamla+Dashamoola kwatha</i>	A.S. Ut 22/9	<i>Nadi sweda</i>	<i>Kaphaj karnashoola</i>
19.	<i>Dashamoola kwatha</i>	V.M.Vranshotha/2 4, C.D. Vranshotha/26, Y.R. Vranashotha/2, G.N.Vranashopha/52, V.S. Vranshotha/70	<i>Lepa , Prakshalana</i>	<i>Vataj vranshotha</i>
20.	<i>Dashamoola kwatha</i>	C.D.Vatavyadhi/59	<i>Parisheka</i>	<i>Padatala daha</i>

		B.R. Vatavyadhi/51		
21.	Dashamoola kwatha	G.N. Sweda/9	Parisheka	Shoolahara
22.	Dashamoola kwatha	B.R.Vatavyadhi/24 , V.S. Vatarogaadhikara/107, AMS. 17., A.C. 27/75	Sweda	Manyastambha
23.	Dashamoola kwatha	B.V.(Gulma), N.R.Uttarasthana.4 7	Prakshalan	Vataj vrana
24.	Dashamoola, Bilva, Dhatakipushpa kwatha	N.R.Uttarasthana.2 4	Pichu	Sannipat yoniroga
25.	Dashamoola kwatha	Y.R. Striroga/12	Pichu	Sannipata
26.	Dashamoola, Dhanyaka, Gairika, Saindhava, Guda, Taila, Ghrita	A.C. 56/7	Abhyanga	Aushtha kopa
27.	Dashamoola taila, ghrita,	V.R.Mukharoga/1	Gandusha	Mukharoga
28.	Dashamoola taila/ghrita	A.M.S. 30/ Shleepada/Vidradhi	Prakshalana	Vidradhi-vrana/shoola
29.	Dashamoola kwatha, Bijpuraka rasa, Taila	AMS.16/ Apasmar/ Vatvyadhi, V.R.Vatavyadhi/1	Abhyanga	Shirograha
30.	Rasna, Shatapushpa, Devadaru, Kushtha, Masha, Ardrak, Taila, Vacha, Kulatha, Sneha, Dashamoola	N.R.Uttarasthana. 24	Pradeha	Vataroga
31.	Agurvadi taila	C.S.Chikitsa.3/268	Abhyanga	Jwara
32.	Taptaraj taila	B.R.Shiroroga/139	Abhyanga	Shirashoola, Netraroga, Karnashoola, Jwara, Kamala, Pandu, Halimaka, Peenasa
33.	Dashamooladi taila	B.S.14/11	Abhyanga	Adhyavata, Urustambha, Khudvata
34.	Dashamoola kwatha + taila	B.R.Karnaroga/28 , A.C.57/22	Karnapurana	Badhirya
35.	Madhukadi taila	B.R.Karnaroga/62	Karnapurana	Karnastrava, Karnakandu, Karnakshveda, Putikarna, Kar-

				napaka, Karnashoola
36.	Dashamoola taila (Dashamoola+Nirgundi+Sneha)	B.R.Shiroroga/107	Abhyanga	Shiroroga, Asthisandhiroga
37.	Dashamoola taila	B.R.Shiroroga/96	Abhyanga	Shirashoola, Karnashoola, Netrashoola
38.	Dashamoola, karanjabija, Nirgundi patra, Jayantipatra, Dhatura panchanga, Katutaila	B.R.Shiroroga/87	Abhyanga	Shiroroga, Karnaroga, Netraroga, Manyastambha
39.	Dashamoola taila (Dashamoola + Sneha)	B.R.Shiroroga/86	Abhyanga	Sannipata jwara, Shwasa, Kasa
40.	Dashamoola kwatha, Ashtangakalka, Dugdha, tila taila	B.R.Shiroroga/83	Abhyanga	Shirashoola, Suryavarta, Abhisyanda
41.	Dashamoolakwatha-kalka, Dugdha, taila	B.R.Shiroroga/81	Abhyanga	Akala palita, Jwara, Arochaka, Shirashoola
42.	Samudrashoshan taila	B.R.Shotha/181	Abhyanga	Karna shotha, Shleepada, Galaganda, Bradhna, Vruddhi, Shotha
43.	Shothashardula taila	B.R.Shotha/168	Abhyanga	Sannipataja shotha, Klinna vrana, Shleepada, Jwara, Pandu, Krimi, Nadivrana
44.	Shushkamoolakadya taila	B.R.Shotha/160	Abhyanga	Sannipataj shotha, Udararoga
45.	Ushiradya taila	B.R.Mutraghat/43	Abhyanga	Mutraghata, Mutrakrichha, Ashmari
46.	Dashamoola+Ajakshira siddha taila	BVR.6(Vatavyadhi); V.C.7	Karnapurran	Badhirya
47.	Mahavishagarbha taila	B.R.Vatavyadhi/56 2, N.R.Uttarasthana.2 4	Abhyanga	Sarvangagraha, Grudhrashi, Mahavata, Dandaptanaka
48.	Dashamoola +ghrita+ Taila	V.S.Vranshotha/91	Parisheka	Daha, Shoola
49.	Dashamoola ghrita	C.D.Vatarakta/10	Parisheka	Shoola

50.	<i>Kumkumadhya taila</i>	V.M.Kshudraroga/67, B.R.Kshudraroga/107	Abhyanga	Nili-ka, Pitika, Vyanga
51.	<i>Mushaka taila</i>	V.M.Kshudraroga/35, V.S.kshudraroga/200	Abhyanga	Gudabhransha
		Y.R. Kshudraroga/1		Gudashoola, Bhagandar
52.	<i>Dashamoola+sneha</i>	V.M.Vidradhi/8 C.D.Vidradhi/9, G.N.Vidradhi/37 B.R.Vidradhi/10	Parisheka	Shoola, Shotha, Sashoola-Vrana
53.	<i>Sneha+ Dashamoola</i>	A.H.Uttarasthana 22/14, V.S.Mukharoga/69	Gandusha /Kavala	Dantachala
		Y.R. Dantaroga/1	Abhyanga	
		S.Y.Dantaroga/27	Gandusha	
54.	<i>Dashamoola siddha kshira with ghrita, taila</i>	A.S. Uttarasthana 30/16	Parisheka, Prakshalan	Shotha, Vrana, Daha, Shoola
55.	<i>Dashamoola kwatha, Taila, Ghrita, Vasa, Madhu</i>	A.S. Uttarasthana. 26/12	Kavala	Dantachala
56.	<i>Ghrita, Taila, Vasa, Majja+ Gandhadravaya+ Dashamoola</i>	C.S.Sutra.3/19, V.M.Vatavyadhi/15, G.N.Vataroga/93	Pradeha	Vata roga
57.	<i>Dashamoola siddha taila</i>	C.S.Chikitsa.21/122	Parisheka	Visarpa
58.	<i>Dashamooladi taila</i>	A.S. Chikitsa.2/42	Abhyanga	Sheetajwara
59.	<i>Dashamoola, Kakoli, Rasna, Madhuka, Sariva Kwatha+ Kushtha kalka</i>	A.S. Uttarasthana. 26/56	Gandusha	Vataj mukhpaka
60.	<i>Dashamoola ksheerpaka</i>	A.S. Uttarasthana. 19/8	Sweda	Vataj abhishyanda
61.	<i>Dashamoola + Aja paya</i>	A.S. Uttarasthana. 22/3	Sweda	Vataj karnashoola
62.	<i>Pippali, Dashamoola, Shunthi, Yava, Erandamoola siddha ksheerapka</i>	A.S. Uttarasthana. 24/10	Sweda	Vataj pratishyaya
63.	<i>Dashamoola ksheerpaka</i>	A.S. Uttarasthana. 28/2	Parisheka	Vataj shirotapa
64.	<i>Dashamoola ksheerpaka</i>	V.M.Vatarakta/25.	Parisheka	Vatarakta

		, A.C.28/8		
65.	<i>Dashamoola+Vataghna sidhdha ksheera</i>	S.Y.Shiroroga/37	<i>Parisheka</i>	<i>Shirovikara</i>

Table no. 2: Diseased conditions where *Dashamoola* is indicated externally:

Sr.no.	Diseased conditions
1.	<i>Adhyavata-Urustambha</i>
2.	<i>Akala palita</i>
3.	<i>Arochaka</i>
4.	<i>Arunshika</i>
5.	<i>Ashmari</i>
6.	<i>Asthi-sandhiroga</i>
7.	<i>Aushtha paka</i>
8.	<i>Badhirya</i>
9.	<i>Bhagandar</i>
10.	<i>Bradhna</i>
11.	<i>Daha- Padatala daha</i>
12.	<i>Dantachala</i>
13.	<i>Grudhrasi</i>
14.	<i>Gudabhransha- Gudashoola</i>
15.	<i>Pandu -Kamla –Halimaka</i>
16.	<i>Hikka -Shwasa- Kasa</i>
17.	<i>Jwara –Sheetajwara- Sannipata jwara</i>
18.	<i>Shotha -Kaphavataj shotha -Sannipataj shotha</i>
19.	<i>Karna shotha- Karnakandu- Karnakshveda- Karnapaka- Karnaroga- Karnashoola -Vataj karnashoola- Kaphaj karnashoola –Karnastrava- Putikarna</i>
20.	<i>Klinna vrana- Nadivrana- Vrana -Vatajavrana</i>
21.	<i>Krimi</i>
22.	<i>Mahavata- Vatamaya /Vataroga –Khudvata- Dandaptanak</i>
23.	<i>Mandalakushtha</i>
24.	<i>Manyastambha</i>
25.	<i>Mukharoga- Vataj mukhpaka</i>
26.	<i>Mutraghat-Mutrakrichha</i>
27.	<i>Netraroga-Netrashoola-Vataj abhishyanda- Abhishyanda -Pittaj adhimantha- Kaphaja-timira</i>
28.	<i>Nilika- Vyanga</i>
29.	<i>Peenasa- Vataj pratishyaya</i>
30.	<i>Pitika</i>
31.	<i>Sannipat yoniroga</i>
32.	<i>Sarva-anilarti</i>
33.	<i>Sarvanga graha</i>
34.	<i>Shirashoola- Shiroroga-Shirovikara-shirograha- Vataj shirotapa</i>

35.	<i>Shleepada</i>
36.	<i>Shoola</i>
37.	<i>Suryavarta</i>
38.	<i>Udararoga</i>
39.	<i>Vataj galaganda</i>
40.	<i>Vatarakta</i>
41.	<i>Vidradhi</i>
42.	<i>Visarpa</i>
43.	<i>Vruddhi</i>

Table no. 3 : List of external mode of administrations used for *Dashamoola* with their repetition:

Sr.no.	Mode of administrations	No. of time repeated
1.	<i>Abhyanga</i>	20
2.	<i>Parisheka</i>	10
3.	<i>Pralepa- Lepa- Aalepa</i>	7
4.	<i>Shirovirechana-dhumpana</i>	6
5.	<i>Swedana- Sweda -Nadi Sweda</i>	6
6.	<i>Gandusha</i>	5
7.	<i>Pradeha</i>	3
8.	<i>Prakshalana</i>	4
9.	<i>Karnapurana</i>	3
10.	<i>Kavala</i>	2
11.	<i>Pichu</i>	2
12.	<i>Avagahana</i>	1
13.	<i>Ashchyotana</i>	1
14.	<i>Mardana</i>	1

DISCUSSION:

Dashamoola preparations are administered in various forms internally and externally. Most of the references found for *Dashamoola* are of internal use only. Very limited external uses of *Dashamoola* are found in referred 32 books, that is 65 references only. Externally *Kwatha*, *Kalka*, *Taila*, *Ghrita* dosage forms of *Dashamoola* preparations were found, where *Sneha* form (*taila/ghrita*) is found to be used maximally in external use i.e. 35 followed by *kwatha* (11) etc. For *Hikka* 5 *Dashamooladi dhumapan* were mentioned only in *Abhinavchintamani* (Table no. 1)

Externally *Dashamoola* is administered in 14 different forms like, *Pradeha*, *Parisheka*, *Sweda*, *Gandusha*, *Karnapurana*, etc. *Dashamoola* is found to be administered externally in various modes, where *abhyanga* occurred maximum time i.e. 20 followed by *Parisheka* (10), *Pralepa-Lepa-Aalepa* (7), *Sweda* (6), *Dhumpan* (6), *Gandusha* (5) etc. (Table no. 3)

Mahasalwan sweda and lepa containing *Dashamoola*, *Nichula* and *Shigrumoola* are repeated 7 times in different texts i.e. *Yogaratanakar*, *Gadanigraha*, *Bhaishjyaranavali*, *Vangasena* etc. for *Vataroga* and *Vataja galganda*. Number of time quoted by different texts reflects efficacy of yoga

in treating particular conditions. *Shothaghna* and *Vatakaphaghna* properties of *Dashamoola* and *Shigrumoola* added *Vishaghna* property of *Nichula* is help reducing *Vataroga* and *Vataj galaganda*.

Pralepa made up of *Punarnava*, *Devadaru*, *Shigru*, *Shunthi* and *Dashamoola* indicated for *Kaphavataj shotha* is found recurred in six different texts i.e. *Vrundamadhava*, *Chakradutta*, *Gadani-graha*, *Bhaishjyarnavali* etc. *Dashamoola* is *tridoshaghna* and *dravyas* added to this *pralepa* is also *ushna*, *tikshna*, *ampachan* which helps in combating *kapha-vataja shotha*.

External uses of *Dashamoola* are found indicated for various conditions like *Vatavyadhi*, *Urdhwajatrugata vyadhi*, *Shotha*, *Vrana*, *Udararoga* etc.

CONCLUSION:

From this review study it can be concluded that *Dashamoola* is used internally as well as externally also. *Dashamoola* possess *aampaachan*, *shothahara*, *tridoshaghna* property due to which it is found indicated in conditions like, *Vatavyadhi*, *Shotha*, *Vrana*, *Udararoga* etc. and used mainly in the form of *pradeha*, *parisheka*, *abhyanga* in 32 referred *chikitsagranthas*. The review made from various *chikitsagranthas* clearly indicates that *Dashamoola* is an indispensable group of drugs of Ayurvedic physician's armamentarium.

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