



COMPARATIVE STUDY OF DASAMoola KWATHA AND DASAMoolARISHTA WITH SPECIAL REFERENCE TO THEIR METHOD OF PREPARATION AND USES

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ABSTRACT

Dasamoola denotes to a polyherbal Ayurvedic preparation containing ten specific roots of medicinal plants which include five tree species called ‘*Brihat Panchamula*’ and five shrub species called ‘*Laghu Panchamoola*’. *Dasamoola Kwatha* and *Dasamoolarishta* are popular *Dasamoola* preparations in liquid form because of their therapeutic effects. Therefore, they have been widely used for various disease conditions in *Ayurveda*. *Dasamoola Kwatha* is the decoction of *Dasamoola* whereas *Dasamoola* is a content of the *Kwatha* of *Dasamoolarishta*. *Dasamoola Kwatha* is varying with the condition for which it is used. This conceptual study was conducted by studying Ayurvedic *Kwatha* preparation, *Sandhana Kalpana* according to the Ayurvedic textbooks with the objective to compare the important ingredients of *Dasamoola Kwatha* and *Dashamoolarishta*. Also, modern scientific knowledge was explored in this study. The results of present study suggest that *Kwatha* and *Arishta* are the most suitable dosage forms of *Dasamoola* for the treatment of various disease conditions. Further findings also support that the traditional uses of different varieties of *Dasamoola Kwatha* have been designed specifically to address the individualized disease condition. When preparing a medicine for an individual patient, the traditional medical practitioners ideally take into account as such things of the patient more importantly affected *Dosha*, strength of the digestive fire, body tissues affected and the accumulated toxins. This shows that the Ayurvedic and Traditional preparations are often

complex in their composition which is responsible for various functions, such as balancing, stimulating, cleansing and nourishing which in turn stimulating the innate capacity of the body to heal itself.

Keywords: polyherbal, Brihat panchamula, Laghu panchamoola

INTRODUCTION

Dasamoola is a group of herbs containing two sub-groups namely *Brihat Panchamoola* and *Laghu Panchamoola*.¹ *Brihat Panchamoola* consists of five herbal roots namely *Agnimantha* (*Clerodendron phlomoidis*), *Bilva* (*Aegle marmelos*), *Shyonaka* (*Oroxylum indicum*), *Patala* (*Stereospermum suaveolens*) and *Gambhari* (*Gmelina arborea*). *Laghu Panchamula* also consists of five herbal roots namely *Shalaparni* (*Desmodium gangeticum*), *Prishniparni* (*Uraria picta*), *Brihati* (*Solanum indicum*), *Kantakarika* (*Solanum xanthocarpum*) and *Gokshura* (*Tribulus terrestris*). *Dasamoola Kwatha*, is the decoction of these ten herbal roots.² *Dasamoolarishta* is the fermented liquid medicinal preparation according to *Sandhana Kalpana* in which *Dasamoola* is one of ingredients in the decoction (*Kwatha*) known as *Drava Dravya* of its production.³ Traditional medical practitioners use *Dasamoola Kwatha* & *Dasamoolarishta* which contain different or added ingredients according need of individualized treatments.

Aim & Objectives

- To evaluate the role of *Dasamoola Kwatha* and *Dasamoolarishta* which form part of the individualized treatments of traditional medical system.
- To compare the therapeutic benefits of *Dasamoola Kwatha* and *Dasamoolarishta*
- To evaluate the role of *Dasamoola Kwatha* with different ingredients and their specific *Anupana* used in many generations.

Methodology

This conceptual study was conducted by studying Ayurvedic *Kwatha* preparation, *Sandhana Kalpana* with relevant to the processes of preparation, methods of administration and therapeutic benefits according to the Ayurvedic textbooks. And also, it was intended to study the advantages of fermented liquors according to the concepts of modern science and to compare the benefits of *Dasamoolarishtaya* with the benefits of *Dashamula Kwatha*.

Table 1: Brihat Panchamoola⁴

No	Sanskrit Name	Latin Name
1.	<i>Bilva</i>	<i>Aegle marmelos</i>
2.	<i>Shyonaka</i>	<i>Oroxylum indicum</i>
3.	<i>Gambhari</i>	<i>Gmelina arborea</i>
4.	<i>Agnimantha</i>	<i>Clerodendron phlomidis</i>
5.	<i>Patala</i>	<i>Stereospermum suaveolens</i>

Table 2: Laghu Panchamoola⁵

No	Sanskrit Name	Latin Name
1.	<i>Kantakari</i>	<i>Solanum xanthocarpum</i>
2.	<i>Brihati</i>	<i>Solanum indicum</i>
3.	<i>Shalaparni</i>	<i>Desmodium gangeticum</i>
4.	<i>Prishniparni</i>	<i>Uraria picta</i>
5.	<i>Gokshura</i>	<i>Tribulus terrestris</i>

Table 3: Rasapanchaka of Dasamoola⁶

Rasa	Kashaya, Madhura
Guna	Guru, Ruksha
Virya	Ushna
Vipaka	Katu
Doshagnatha	Vata Kapha Shamaka

Dasamoolarishta⁷: Dasamoola is a content of the Kwatha of Dasamoolarishta. Arishta is that in which fermentation is allowed to proceed for generating alcohol in the liquids and ingredients kept after boiling.

Table 4: Composition of Kwatha Dravya of Dasamoolarishta

S.No	Sanskrit Name	Latin Name	Parts Used
1.	Bilva	<i>Aegle marmelos</i>	Roots
2.	Agnimantha	<i>Clerodendrum phlomidis</i>	Roots
3.	Shyonaka	<i>Oroxylum indicum</i>	Roots
4.	Patala	<i>Stereospermum suaveolens</i>	Roots
5.	Vartaki	<i>Solanum indicum</i>	Roots
6.	Kantakari	<i>Solanum xanthocarpum</i>	Roots
7.	Gokshura	<i>Tribulus terrestris</i>	Roots
8.	Shalaparni	<i>Desmodium gangeticum</i>	Roots
9.	Prishniparni	<i>Uraria picta</i>	Roots
10.	Kasmarya	<i>Gmelina arborea</i>	Roots
11.	Chitraka	<i>Plumbago zeylanica</i>	Roots
12.	Pushkara moola	<i>Inula racemose</i>	Roots
13.	Lodhra	<i>Symplocos racemose</i>	Stembark/ Roots
14.	Guduchi	<i>Tinospora cordifolia</i>	Stem
15.	Amalaki	<i>Phyllanthus emblica</i>	Fruit
16.	Duralabha	<i>Fagonia cretica</i>	whole plant
17.	Khadira	<i>Acacia catechu</i>	Heart wood
18.	Bijasara	<i>Pterocarpus marsupium</i>	heart wood
19.	Pathya	<i>Terminalia chebula</i>	Fruit
20.	Kushta	<i>Saussurea lappa</i>	Root
21.	Manjishta	<i>Rubia cordifolia</i>	Root
22.	Devadaru	<i>Cedrus deodara</i>	Heart wood
23.	Vidanga	<i>Embelia ribes</i>	Fruit
24.	Madhuka	<i>Madhuca longifolia</i> (Koen.)	Root
25.	Bharngi	<i>Clerodendrum serratum</i>	Root
26.	Kapittha	<i>Feronia limonia</i>	Fruit
27.	Bibhitaka	<i>Terminalia bellirica</i>	Fruit
28.	Punarnava	<i>Boerhavia diffusa</i>	Root
29.	Chavya	<i>Piper retrofractum</i>	Stem
30.	Jatamansi	<i>Nordostachys jatamansi</i>	Rhizome
31.	Priyangu	<i>Callicarpa macrophylla</i>	Flower
32.	Sariva	<i>Hemidesmus indicus</i>	Root
33.	Krishnajeeraka	<i>Carum carvi</i>	Fruit
34.	Trivrit	<i>Operculina turpethum</i>	Root
35.	Nirgundi	<i>Vitex negundo</i>	Seed
36.	Rasna	<i>Pluchea lanceolate</i>	Leaf
37.	Pippali	<i>piper longum linn</i>	Fruit
38.	Puga	<i>Areca catechu</i>	Seed
39.	Shati	<i>Hedychium spicatum</i>	Tubers

40.	Haridra	Curcuma longa	Rhizome
41.	Shatapushpa	Anethum sowa	Fruit
42.	Padmaka	Prunus cerasoides	Stem
43.	Nagakesara	Mesua ferrea	Stamen
44.	Musta	Cyperus rotundus	Rhizome
45.	Indrayava	Holarrhena antidysenterica	Seeds
46.	Shunthi	Zingiber officinalis	Rhizome
47.	Jivaka	Malaxis acuminta D. Don syn. Microstylis wallichii Lindl syn. Malaxis wallichii Deb.	Stem
48.	Risabhaka	Microstylis muscifera Ridley	Root
49.	Meda	Polygonatum verticillatum (L.) All. syn. Convallaria verticillata L. syn Evallaria verticillata Necker	Root
50.	Mahameda	Polygonatum cirrhifolium (Wall.) Royle	Root
51.	Kakoli	Roscoea procera Wall. formerly Roscoea purpurea or Fritillaria roylei Hook.f	Root
52.	Kshirakakoli	Lilium polphyllum D. Don	Root
53.	Riddhi	Habenaria edgeworthii H.f.	Root
54.	Vridddhi	Habenaria intermedia D. Don syn. Habenaria arietina H.f.	Root

Table 5: Composition of Kwatha Dravya of Draksha

S. No	Sanskrit Name	Latin Name	Parts Used
1.	Draksha	Vitis vinifera	Fruit
2.	Dhataki	Woodfordia fruticosa	Flower
3.	Guda	Jaggery	-
4.	Kshaudra	Honey	-

Table 6: Composition of Sukshma Churna Dravya

S. No	Sanskrit Name	Latin Name	Parts Used
1.	Kankola	Piper cubeba	Fruit
2.	Jala	Coleus vettiveroides	Root
3.	Chandana	Santalum album	Heart wood
4.	Jatiphala	Myristica fragrans	Seed
5.	Lavanga	Syzygium aromaticum	Flower bud
6.	Tvak	Cinnamomum zeylanicum	Stem bark
7.	Ela	Elettaria cardamomum	Seed
8.	Patra	Cinnamomum tamala	Leaf
9.	Kesara	Crocus sativus	Threads of flowers
10.	Pippali	Piper longum	Fruits
11.	Kataka Phala	Strychnos potatorum	Seed
12.	Kasturi	Moschus moschiferus	Secretion

Method of Preparation

1. **Dashamoola Kwatha⁸:** According to Bhaishajya Ratnavali, 01 Pala (48gm) of coarsely powdered drugs is boiled with 16 parts of water in an earthen pot, over a mild fire till the liquid is reduced to 1/8

of quantity. Finally, the liquid should be strained through cloth.

2. **Dasamoolarishta⁹:** According to Sarngadhara Samhitha, mixing the Dasamoola Kwatha with the form of Yavakuta Churna of Dasamoola, Kwatha

of *Draksha* and *Guda*, *Madhu*, *Dhataki Pushpa* followed by *Prakshepa Dravya* in *Sandhana Patra*. Thereafter it is sealed properly and kept undis-

turbed. On the completion of the fermentation process, *Kataka Bija* is added to clear the liquid and filter the same. Finally, *Kasturi* is added to the filtered liquid.

Table 7: Different Varieties of *Dasamoola Kwatha* and *Anupana* mentioned in *Ayurveda*

No	Ingredients	Anupana	Therapeutic benefits
1.	<i>Dasamoola</i> ¹⁰	Pippali powder	Controls diseases of throat (<i>Kantagraha</i>) and heart (<i>Hrid graha</i>)
2.	<i>Dasamoola</i> , <i>Bala</i> , <i>Rasna</i> , <i>Puskaramula</i> , <i>Devadaru</i> and <i>Shunthi</i> ¹¹	-	Provides relief from <i>Parsavasoola</i> , <i>Skandasoola</i> (pain in the shoulders) headache and other disorders like <i>Kasa</i> (cough) etc. caused from tuberculosis
3.	<i>Dasamoola</i> and <i>Pippali</i> ¹²	1gm of pepper powder	The confection is an excellent recipe for the cure of <i>Kaphaja</i> type of <i>Kasa</i> , fever, bronchitis and pleurisy
4.	<i>Dasamoola</i> ¹³	Honey	It cures <i>Sutika</i> problems
5.	<i>Dasamoola</i> ¹⁴	1g of <i>Puskara</i> roots powder	Cures bronchitis, asthma, cases of pleurisy and pain in the cardiac region.
6.	<i>Dasamoola</i> ¹⁵	<i>Yavaksara</i> (250mg) and powdered red rock salt (500mg)	In curing heart problems, <i>Swasa</i> , <i>Gulma</i> and <i>Soola</i>
7.	<i>Dasamoola</i> ¹⁶	salt and <i>Kshara</i> -alkali preparation	Cures <i>Kasa</i> (cough) asthma, heart diseases, <i>Gulma</i> (phantom tumour) and colic pain.
8.	<i>Dasamoola</i> ¹⁷	Purified <i>Silajathu</i> 1gm and jaggery 12 gm.	Cures such diseases as <i>Vata Kundalika</i> , <i>Asthila</i> and <i>Vata Vasti</i> (wind entered through enema)
9.	<i>Dasamoola</i> ¹⁸	-	For <i>Vatika</i> type of Oedema
10.	<i>Dasamoola</i> ¹⁹	<i>Puskara</i> roots powder	<i>Gridhrasi Vata</i>

Results

Table 8: Difference between *Dashamoola Kwatha* and *Dasamoolarishta*

S.No	Features	<i>Dashamoola Kwatha</i>	<i>Dasamoolarishta</i>
1.	Generation of alcohol	No self-generated alcohol	Contains about 8 – 12 % of self-generated natural alcohol in it.
2.	Dose	Usually the dose is 50ml	12 – 24 ml. One or two times a day, usually advised after food.
3.	Efficacy	Efficacy of the drug is reduced with the time.	Efficacy of the drug is not reduced with the time, usually it is increased.
4.	<i>Rasayana guna</i>	No specifically identified <i>Rasayana guna</i> .	The medicine is a great <i>Rasayana</i> as well. It improves immunity and strength. It is used as a general health tonic
5.	Side Effects	No side effects identified	High dose may cause burning sensation, stomach disturbances.
6.	Contra indications	Not contraindicated during pregnancy.	It is not prescribed as a tonic during pregnancy.

Dasamoola Kwatha promotes digestive power and it cures *Kanharoga* (diseases of throat). (*B.R.165*), *Va-*

takapha Jwara, *Sannipata Jwara*, *Sutika Dosa* (diseases of puerperal woman), *Sosha* (emaciation), *Saitya*, *Bhrama* (dizziness), *Sweda* (Hyperhidrosis), *Kasa*

(cough), *Swasa* (breathlessness), *Hridroga* (diseases of heart), *Parshwa Shula* (pain in flank region), *Tandra* (drowsiness), *Mastaka Sula* (headache).²⁰

Dasamoolalarishta is capable of alleviating many diseases in all the system of human body. It cures *Grahani* (Malabsorption syndrome), *Mandagni* (dyspepsia), *Aruchi* (anorexia), *Chardi* (vomiting), *Bhagandara* (anal fistula), *Kasa* (cough), *Gulma* (sprue or silosis), *Vata Vyadi* (Vata imbalance disorders), *Pandu Roga* (Anemia), *Kamala* (liver disorders, jaundice), *Kushtha* (skin disorders), *Arsas* (Piles), *Prameha* (Diabetes), *Udara* (Ascites), *Mutra Sarkara* (urinary gravels), *Asmari* (urinary calculi), *Mutrakricchra* (difficulty in urination), *Dhatu Kshaya* (in emaciated, lean and weak person) and *Meha* (urinary disorders).²¹

Advantages of fermented liquors of Dasamoolarishta:

Ancient Ayurvedic teachers have invented *Sandhana kalpana* to increase absorption of active principles of herbs more to the human body when they are dissolved in a fermented base. Delivering medicaments to the body is higher in *Dasamoolarishta* which enhances the therapeutic benefits. Therefore, it is more beneficial to use *Dasamoolarista* than *Dasamoola Kwatha*.²²

Also, *Arishta* is a herbarized wine, possessed with many medicinal qualities prescribed for varieties of ailments. These are generally delicious in taste and should be taken appropriately under guidance of a physician in adequate amount and duration without exceeding the prescribed volume.

DISCUSSION

Kwatha and *Arishta* are the most suitable dosage forms of *Dasamoola* for the treatment of relevant disease conditions. Traditional uses of different varieties of *Dasamoola Kwatha* have been designed specifically to address the particular individualized disease condition. Use of different varieties of *Dasamoola Kwatha* clearly shows a relationship between symptoms of illnesses and various forms of *Dasamoola Kwatha* prepared with different ingredients.

Ashtavarga is one of the most important ingredients in the *Kwatha Dravya* of *Dasamoolarista* which is having the properties of *Jeevaniya* and *Vayasthapana*. The

herbs in the *Ashtavarga* are *Jeevaka*, *Rishbhaka*, *Meda*, *Mahameda*, *Kakoli*, *Kshira-kakoli*, *Riddhi* and *Vridddhi*. pharmacological actions of these can be compared with nutritive, antioxidant and anti-ageing effects. Therefore, *Dasamoolarista* by design gets all the qualities and pharmacological actions of *Ashtavarga* in it.²³

Dashamularishta is a general health tonic and it improves immunity and strength. One of the most important advantageous outcomes of natural fermentation process of *Dashamularishta* is self-generating alcohol in it. This self-generated alcohol and the water present in the product acts as a media to deliver water and alcohol soluble active herbal components to the body. Therefore, the qualities of *Dasamoola* have been enhanced and produced multiple actions towards all the systems. Furthermore, this alcoholic base stabilizes this pharmaceutical product and protects its physical, chemical and therapeutic specifications by avoiding the microbial contamination.

With regard to the moderate alcohol consumption, it is advised to take up to one drink per day for women and up to two drinks per day for men. To make equation for moderate alcohol consumption in female, one should take 5 fl.oz of 12% alcohol (reference beverage).²⁴

Dosage of *Dasamoolarishta* per day is 40-80ml²⁵

30ml of liquid

= One fluid ounce

80ml of *Dasamularishta*

= 1.fl.oz/ 30*80

= 2.66 fl. Oz

Dasamoolarista daily dosage does not exceed the moderate alcohol consumption level and it provides more health benefits due to its natural fermentation process. Thus, it can lower risk of Cardiovascular diseases by raising levels of high-density lipoprotein (HDL) as higher HDL levels are associated with greater protection against heart diseases. Also, it can promote the life span by reducing the risk of death by 18%. Furthermore, *Dasamoolarista* improves libido by protecting against erectile dysfunction. Also, it can be helpful to prevent Common Cold and to decrease chances of developing Dementia. Moreover, *Dasamoolarista* can reduce the risk of Gallstones and lower the chance of type II Diabetes Mellitus.²⁶

CONCLUSION

It is very useful to choose a suitable formula of *Dasamoola kwatha* in each disease condition where the drug is appropriate. Also, it is necessary to take *Anupana* of *Dasamoola Kwatha* into account in each disease condition.

In comparison with *Dasamoola Kwatha*, *Dasamoolarishta* is more active in every system of the body and its lingering capacity makes easier to treat patients who need it. Also, its number of therapeutic actions is higher when compared to *Dasamoola Kwatha*.

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