

## DASAMULA: A WONDER DRUG OF AYURVEDA

Jai Prakash Pandey

Associate Professor, L.B.S. Mahila Ayurvedic College, Bilaspur, Yamunanagar, Haryana, India

Email: [dr.jai45@yahoo.com](mailto:dr.jai45@yahoo.com)

### ABSTRACT

*Dasamula* is a traditional *Ayurvedic* formulation used in balancing excess *Vata* in the biological system and supports normal function to the bowel. It is a nourishing muscle tonic that strengthens the body and calms the nervous system by helping the flow of *Vata* in the body downwards. A decoction of the whole herbs is used as an enema to eliminate natural toxins from the gastro-intestinal tract and to balance *Vata* in the lower region of the body. The formula of *Dasamula* is very practical. *Dasamula* literally means ten roots and it is composed of - *Bilva*, *Agnimantha*, *Syonaka*, *Patala*, *Gambhari*, *Salaparni*, *Prisnaparni*, *Brihati*, *Kantakari* and *Goksura*. It is used as a *Sothahara* and *Vatahara* medicine and has been described in the ancient *Ayurvedic* text as a *Tridosic Rasayan*. This ten root formula is simply a bowel toner, designed to normalize the muscular function and contractibility of the intestinal wall. *Dasamula* is an effective *Ayurvedic* medicine for many acute and chronic respiratory diseases. The objective of this classical review is to study the effectiveness of *Dasamula* in various diseases to help the mankind and society for achieving *Sukha Ayu*, without any known side effects.

**Keywords:** *Dasamula*, *Ayurveda*, *Charak Samhita*, *Sushruta Samhita*, *Astanga Hridaya*,

### INTRODUCTION

The objective of this scientific knowledge is to enable physician to make judicious use in a more effective way. Looking to the prime importance of *Prayoga* (use), *Acharya Charak* has said that real expert of medicinal plants is he who is well versed in their use besides their names and forms<sup>1</sup>. The present article deals with classical use of *Dasamula* in various diseases, recorded right from the *Charak Samhita* to the various available classical *Ayurvedic* texts. Group of drugs like *Dasamula* are very popular in society and it is a wonder formulation of *Ayurveda*. Now a large number of people are using *Dasamula* rather than taking singly as

*Bilva*, *Agnimantha*, *Syonaka*, *Patala*, *Gambhari*, *Salaparni*, *Prisnaparni*, *Brihati*, *Kantakari* and *Goksura*. Therefore, a classical review of *Dasamula* is needed to highlight the prime importance of *Dasamula*. It is astringent and sweet in taste (*Rasa*), warming in action (*Virya*), post digestive effect (*Vipaka*) is pungent and used in the balancing for *Vata* and *Kapha* specially. It has potent anti-inflammatory, *Sothahara*, *Agnideepaka*, *Malasodhaka* and *Tridosaghna Prabhava*. It is excellent in *Vayu* and nerve disorders and all irregular movements of *Vayu*.

**Aim:**

To study clinical use of *Dasamula* from various classical *Ayurvedic* texts.

**Objective-**

1. Collection of various references of *Dasamula* from available *Ayurvedic* texts.
2. Enlightening the use of *Dasamula* in various *Ayurvedic* texts.

**Materials and methods-**

**Materials:**

All references of *Dasamula* was collected from Original text of *Charak Samhita*, *Sushrut Samhita*, *Ashtanga Hridayam*, *Sarangdhar Samhita*, and *Bhava Prakasa*.

**Methods:**

References of *Dasamula* is collected from Original text and arranged with their use in various diseases. All the diseases are grouped according to *Ashtanga Ayurveda*.

**Kaya-chikitsa**

**Fever-**

1. *Pippali* should be used with decoction of *Dasamula*.<sup>2</sup>
2. *Dasamula* alleviates asthma, pacifies *Kapha*, *Pitta* and *Vata*, is digestive of *Ama* and removes all types of fever.<sup>3</sup>
3. In *Sannipata* fever with Asthma and cough, decoction of *Dasamula* mixed with *Pippali* and *Puskaramula* should be given.<sup>4</sup>

**Diarrhoea-**

In diarrhoea with pain and tenesmus non unctuous enema with decoction of *Dasamula* added with honey and milk is an excellent remedy.<sup>5</sup>

**Grahani roga**

-*Dasamuladya Ghrita*<sup>6</sup>

**Asthma and cough-**

1. *Dvipanchamulyadi Ghrita*<sup>7</sup>
2. *Dasamulyadi Ghrita*<sup>8</sup>
3. Liquid gruel processed with *Dasamula* alleviates cough, hiccough and asthma.<sup>9</sup>
4. One suffering from hiccough and asthma should take, while thirsty, decoction of *Dasamula* or *Devadaru* or wine.<sup>10</sup>
5. In order to eradicate asthma decoction of *Dasamula* should be given. It is effective even in severe cases.<sup>11</sup>

**Consumption-**

1. Fresh *Ghee* extracted from the milk boiled with *Dasamula* is used after adding *Pippali* powder and honey. It improves voice, alleviates

pain in head, chest and shoulder and removes cough, *Asthma* and fever.<sup>12</sup>

2. *Ghee* cooked with sweet (*Jivaniya*) *Dravyas*, *Dasamula* decoction, milk and meat soup is an excellent remedy for consumption.<sup>13</sup>

**Heart disease-**

Decoction of *Dasamula* added with rock salt and *Yavaksara* destroys asthma, cough, heart disease, *Gulma* and colic.<sup>14</sup>

**Oedema-**

Diet of the patient of oedema should consist of cereals of old barley and *Sali* rice cooked with *Dasamula* decoction and that too in small quantity and added with little salt and *Ghee*.<sup>15</sup>

**Granthi-visarpa-**

In case of pain, the part should be sprinkled with hot oil or *Dasamula* decoction or urine.<sup>16</sup>

**Vata-vyadhi-**

In *Visvachi* and *Avabahuka* (pain in arms), decoction of *Dasamula*, *Bala* and *Masa* mixed with oil and *Ghee* should be used as snuff in evening.<sup>17</sup>

Sciatica is treated with decoction of *Dasamula* added with *Hingu* and *Pusakaramula* or only with that of *Sephali* leaves.<sup>18</sup>

In *Manyastambha* (torticollis) decoction of *Dasamula* or even *Panchamula*, rough sudation and snuffing should be used.<sup>19</sup>

**Vatarakta-**

1. Milk cooked with *Dasamula* decoction alleviates pain immediately.<sup>20</sup>

**Amavata-**

1. In *Amavata*, one should take *Dasamula* decoction added with *Pippali* or *Haritaki* with *Sunthi* or *Guduchi* with *Sunthi*.<sup>21</sup>

2. Enema of *Dasamula* mixed with urine should be given.<sup>22</sup>

**Shalakyachikitsa**

**Loose teeth-**

1. Gargle should be used with *Dasamula* decoction added with *Ghee*.<sup>23</sup>

**Defects of vision-**

1. In *Timira* caused by *Vata*, *Ghee* cooked with *Dasamula* decoction and paste of *Triphala* in four times milk should be used.<sup>24</sup>

**Balaroga -chikitsa**

**Abnormal lactation-**

1. In breast milk affected by *Vata*, decoction of *Dasamula* should be given for three days.<sup>25</sup>

## DISCUSSION

One of the herbal drugs like *Dasamula* has a lot of significance in our life as it cures many diseases. After reviewing various classical texts, it is clear that we can cure different diseases by using *Dasamula*. *Dasamula* has many medicinal properties such as *Tridosahara*, *Balya*, *Vrisya*, *Rasayana*, *Sothahara* etc. In the *Ayurvedic* literature *Dasamula* is extensively described as a curative and preventive herbal formulation. It is used internally and externally in various diseases, and it is one of the most important commonly used compound herbal formulations. Presently it is considered as an important *Sothahara* and *Vatahara* drug and is extensively prescribed drug to women after delivery to manage post pregnancy complications.. Most important thing about *Dasamula* is that it is cultivated throughout India. *Dasamula* also has *Srotosodhana* property as it removes the *Sroto -avarodha*, thereby enabling the proper flow of *Dosas* in all the channels. This brings the vitiated *Vata* to *Samavastha*, normalizes the *Agni* and regulates the excessive production of harmful products. *Dasamula* is also *Balya*, *Vrisya* and *Rasayana*. *Dasamula* have *Vatasamaka* and *Dhatuvardhaka* properties and thus provides nutrition to the nervous system.

## CONCLUSION

After analyzing the various classical texts, it is clear that *Dasamula* is used in the traditional system of medicine extensively in various formulations. *Dasamula* is a group of drugs widely used in many disorders due to various pharmacological actions. Considering the encouraging findings in the classical texts *Dasamula* can be used both as curative and prophylactic drug in the society.

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**Source of Support: Nil**

**Conflict Of Interest: None Declared**

How to cite this URL: Jai Prakash Pandey: Dasamula - A Wonder Drug Of Ayurveda. International Ayurvedic Medical Journal {online} 2018 {cited March, 2018} Available from: [http://www.iamj.in/posts/images/upload/701\\_704.pdf](http://www.iamj.in/posts/images/upload/701_704.pdf)