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, Brihathi, Kantakari and Gokshura. 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. 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, Brihathi, Kantakari and Gokshura. 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.²
2. Dasamula alleviates asthma, pacifies Kapha, Pitta and Vata, is digestive of Ama and removes all types of fever.³
3. In Sannipata fever with Asthma and cough, decoction of Dasamula mixed with Pippali and Puskaramula should be given.⁴

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

**Grahani roga**

- Dasamuladya Ghrita⁶

**Asthma and cough**
1. Dvipanchamulyadi Ghrita⁷
2. Dasamulyadi Ghrita⁸
3. Liquid gruel processed with Dasamula alleviates cough, hiccough and asthma.⁹
4. One suffering from hiccough and asthma should take, while thirsty, decoction of Dasamula or Devadaru or wine.¹⁰
5. In order to eradicate asthma decoction of Dasamula should be given. It is effective even in severe cases.¹¹

**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.¹²
2. Ghee cooked with sweet (Jivaniya) Dravyas, Dasamula decoction, milk and meat soup is an excellent remedy for consumption.¹³

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

**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.¹⁵

**Granthi-visarpa**
In case of pain, the part should be sprinkled with hot oil or Dasamula decoction or urine.¹⁶

**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.¹⁷

Sciatia is treated with decoction of Dasamula added with Hingu and Puskaramula or only with that of Sephal leaves.¹⁸

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

**Vatarakta**
1. Milk cooked with Dasamula decoction alleviates pain immediately.²⁰
2. Enema of Dasamula mixed with urine should be given.²²

**Amavata**
1. In Amavata, one should take Dasamula decoction added with Pippali or Haritaki with Sunthi or Guduchi with Sunthi.²¹
2. Enema of Dasamula mixed with urine should be given.²²

**Shalakya-chikitsa**

**Loose teeth**
1. Gargle should be used with Dasamula decoction added with Ghee.²³

**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.²⁴

**Balaroga-chikitsa**

**Abnormal lactation**
1. In breast milk affected by Vata, decoction of Dasamula should be given for three days.²⁵
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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