LITERARY REVIEW ON DASHMOOLIBALA MASHA KWATH W.S.R TO AVABAHUKA (FROZEN SHOULDOR)

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ABSTRACT

The Dashmoolibala masha kwath has been described by chakrapanidatta in the treatment of Avabahuka through Nasaya. The ingredients of Dashmoolibala masha kwath are Bilva, Agnimantha, Shyonaka, Patala, Gambhari, Shalaparni, Prishniparni, Gokshura, Kantakari, Brihati, Bala, Masha. Avabahuka is the one of Vatavyadhí mentioned in ayurvedic text. Avabahuka is the disease where the Vata located at the base of the shoulder constrict the Siras and there by losing the movements of the shoulder joint. The symptoms of Avabahuka can be co-related to the symptoms of Adhesive capsulitis or better known as frozen shoulder. Dashmoolibala Masha Kasaya made by Dashmoola, Bala, and Masha. It is used as a Nasya in Avabahuka patients. Avabahuka is a disease of Vatavyadhí where Vata's Ruksha and Sheeta guna aggravates so in this condition Snigdha and Brahana guna of dravya will be benificial. Dashmoolibala Masha Kashaya is having mostly Brahana and Vatahara properties and actions of any compound formulation follow the principles of Prakritisamvasamavaya and Vikritivishamasamavaya (Chakrapani – Ch. Vi. 1/10). According to these principles Samyoga (combination) of many drugs in a compound formulation gives rise to some new properties and actions (Vikritivishamasamavaya) along with existence of the inherent one (Prakritisamvasamavaya).

INTRODUCTION

The Dashmoolibala masha kwath has been described by chakrapanidatta in the treatment of Avabahuka through Nasaya. The ingredients of Dashmoolibala masha kwath are Bilva, Agnimantha, Shyonaka, Patala, Gambhari, Shalaparni, Prishniparni, Gokshura, Kantakari, Brihati, Bala, Masha.[¹] Avabahuka is the one of Vatavyadhí mentioned in ayurvedic text. Avabahuka is the disease where the Vata located at the base of the shoulder constrict the Siras and there by losing the movements of the shoulder joint.[²] The symptoms of Avabahuka can be co-related to the symptoms of Adhesive capsulitis or better known as frozen shoulder.[³] Frozen shoulder is a clinical syndrome with painful restriction of both passive and active shoulder movements.[⁴] It may follow bursitis or tendinitis of the shoulder or be associated with systemic disorders such as chronic pulmonary disease, myocardial infarction and diabetes mellitus. In early stages, the pain is worst at night and the stiffness limited to abduction and internal rotation of the shoulder. Later the pain is present all the times and all the movements of the shoulder are limited.⁶ Shoulder pain is a very common musculoskeletal complaint in men and women over the age of 40 years.[⁷] Nasya is the best modality treatment of Avabahuka. Dashmoolibala masha kwath Nasya cures the Avabahuka disease.

KEYWORDS: Dashmoolibala masha kwath, Avabahuka, Frozen shoulder.

Guna Karma (Properties and actions) of Dashmoolibala masha kwath

The properties and actions of any compound formulation follow the principles of Prakritisamvasamavaya and Vikritivishamasamavaya (Chakrapani – Ch. Vi. 1/10). According to these principles Samyoga (combination) of many drugs in a compound formulation gives rise to some new properties and actions (Vikritivishamasamavaya) along with existence of the inherent one (Prakritisamvasamavaya).

Gunakarma of individual drugs

The Compound yog in Dashmoolibalamasha kwath comprise Bilva, Agnimantha, Shyonaka, Patala, Gambhari, Shalaparni, Prishniparni, Gokshura, Kantakari and Brihati, Bala, Masha. The Properties of Individual drugs are as follow.
1. Bilva
Latin Name: Aegle marmelos corr. Family: Rutaceae
Classification: Charaka – Shothahara, Anuvasanopaga, Asthapanopaga, Arshoghna.

Synonyms: Shreephala, Shandilya, Shailoosha, Gandhagarbha, Sadaphala, etc.
Hindi: Bel
English: Bael
Parts used: Moolatwak, Patra, Phala, stem bark
Description: This is 25-30 ft. long tree, found all over India especially in Bengal, Bihar and south India.

Chemical Constituents: Tannic acid, volatile oil, most important active principle is marmel oxalic acid, vitamin C, carotene, steroid, calcium, iron, phosphate compound.

Root bark contains umbelliferine and one alkaloid.

Rasa- Tikta, Kashaya Guna- Laghu, Ruksa Veerya-Ushna
Vipaka- Katu Doshashamak- Vata kapha shakam and Pitta Vardhaka
Karma- Grahi, Deepan Pachana Balya

2. Agnimantha
Latin Name: Premna mucronata Roxb., Premna integrifolia Linn.

osin, also contains aegelin Family : Verbenaceae
Classification:
- Charaka: Shothahara, Sheetaprashamana, Anuvasanopaga.
- Sushruta: Vatasamshamana, Veeratarvadi, Varnadi.
- Bhavaprakasha: Guduchyadi Varga

Synonyms: Ganikarika, Tarkari, Jaya, Vijayā etc.
Hindi: Arni
Parts used: Moolatwak, Patra
Description: It is a big tree of 25 – 30 ft, found all over India specially in U.P., Bihar, Orissa.

Chemical Constituents:
- It contains three alkaloids – prenmine, graniarine, ganikarine, tannin, some unsaturated aromatic hydrocarbons
- Alkaloids acts on blood vessels, rises B.P. They have sympathomimetic action. It is anti-inflammatory.

Rasa- Katu Tikta, Madhur Kashaya Guna- Ruksha Veerya-Ushna
Vipaka- Katu Doshashamak- Vata kapha shakam & Agnivardhaka
Karma- Pandu & Sotha hara

3. Shyonaka
Latin Name: Oroxyllum indicum Vent.
Family: Bignoniaceae

Classification
- Charaka: Shothahara, Sheetaprashamana, Anuvasanopaga.
- Sushruta: Brihatpanchamooloa, Rodhradi, Veertavadi.
- Bhavaprakasha: Guduchyadi

Synonyms: Tintuka, Katavanga, Dirghavrinta etc.
Hindi: Sonapatha
Parts used: Moola Twaka
Description: It is 25-40 ft. long tree found through India except in western drier areas.

Chemical Constituents: “Oroxylin – A” bitter crystalline alkaloid, baicalein and chrysin (flavons), glycoside, pectin, tannic acid etc.

Action & Uses: Shothahara, Vedanasthapana, Deepana, Pachana. It is anti-inflammatory, antifungal and diuretic. Seeds are purgative. Tender fruits are carminative. It is also used in Vata Vikara.

Rasa- Tikta, Kashaya Guna- Laghu, Ruksa Veerya-Ushna
Vipaka- Katu Doshashamak- Vata Pitta& kapha shakam
Karma- Deepan

4. Patala
Latin Name: Stereospernum suaveolens DC.
Family: Bignoniaceae

Classification
- Charaka: Shothahara
- Sushruta: Brihatapanchamooloa, adhobhagahara, Aragvadhardi.
- Bhavaprakasha: Guduchyadi

Synonyms Name: Tamrapushpi, Kumbhika, Amogha, Vasantaduti etc.
Hindi Name: Padhala, Adhakapari
Parts used: Moolatwak, Pushpa, Patra, Beejakshara
Description: It is a big tree of 30-60 ft. high, found throughout India.

Chemical Constituents: Flower contains albumin, sugar, mucilage and wax. Dark coloured gum from the bark which contain a bitter principle, Tikta Dravya from the seeds, 5 non-volatile oil.

Action & Uses: Shothahara, Dahaprashamana, Vedanasthapana, Antibacterial, analgesic, antipyretic. Flowers are used for spermatogenesis. Bark is used in inflammatory diseases.

Rasa- Tikta, Kashaya Guna- Guru Veerya- Ushna
Vipaka- Katu Doshashamak- Vata & kapha shamak
Karma- Arshahara

5. Gambhari
Latin Name: Gmelina arbore Linn. Family: Verbenaceae

Classification
- Charaka: Shothahara, Virechanopaga, Dahaprashamana
- Sushruta: Brihatpanchamooloa, Sarivadi
• Bhavaprakasha: Guduchyadi

Synonyms: Shjeeprarni, Madhuparnika, Kashmaree, Peetarohine
Hindi: Gambhara
Parts used: Moola Twak, Phala
Description: This is 40-60 ft, long tree found all over India specially in hilly areas.
Chemical Constituents: Roots contain a yellow, viscid oil resin, an alkaloid, a trace of benzoic acid and ash free from Mn. Fruit contains butyric acid, alkaloid, tannin, ephedrine
Action & Uses: Shothahara, Vedanasthapana, Garbhashaya, Shothahara, Vrishya, Deepana, Anulomana, anti-inflammatory (due to premmazole)
Rasa- Katu, Tikta, Guna- Guru Veerya- Ushna
Vipaka- Katu Doshashamak- Vata, Pitta & kapha shamak

6. Shalaparni
Latin Name: Desmodium gangeticum DC.
Family: Papilionaceae
Classification:
• Charaka: Shothahara, Angamardaprashamana, Snehopaga, Balya, Madhurskandha.
• Sushruta: Laghupanchamoola, Vidarigandhadi.
• Bhavaprakasha: Guduchyadi

Synonyms: Vidarigandha, Triparni, Anshumatec
Hindi: Sarivan
Parts used: Panchanga
Description: This is a 2-4 feet long shrub found in Sub-Himalayan ranges.
Chemical Constituents: Root contains yellow resin, oil, alkaloids and 6% ash. 7 alkaloids and a new β phenylethyllamine base of the halostachine have been isolated from roots
Action & Uses: Shothahara, Vedanasthapana, Rasayana, Vrishya, Angamarda Prashamana, Balya, Shvayathuhara, anti-inflammatory and an analgesic activity of gangetin. Diuretic increase tolerance to hypoxia and reduced contraction of blood vessel.
Rasa- Tikta, Madhur Gun- Guru, Snigdh Veerya- Ushna
Vipaka- Madhur Doshashamak- Vata, Pitta & kapha shamak

7. Prishniparni
Latin Name: Uraria picta Desv. Family: Papilionaceae
Classification:
• Charaka: Shothahara, Angamarda Prashamana
• Sushruta : Vidarigandhadi, Haridradi, Laghupanchamoola
• Bhavaprakasha : Guduchyadi

Synonyms: Prithakaparni, Kalashee, Dhavanee, Guha, Chitraparni, Anghriparni.
Hindi: Pithavan
Parts used: Panchanga
Description: This is a small shrub 2-4 feet long found all over India.

Chemical Constituents: Pulp contains mucilages, pectin, sugar, tannin, a volatile oil and bitter principle and ash contains K and Na compounds.
Rasa- Madhur Guna- Laghu, Snigdh Veerya- Ushna
Vipaka- Madhur Doshashamak- Vata, Pitta & kapha shamak

8. Gokshura
Latin Name: Tribulus terrestris Linn. Family: Zygophyllaceae
Classification:
• Charaka: Shothahara, Anuvasanopaga, Mootavirechaneeya, Krimighna
• Sushruta: Laghupanchamoola, Vidarigandhadi, Veeratarvadi, Vatashamarihedana.
• Bhavaprakasha: Guduchyadi

Synonyms: Trikantaka, Shvdanshtra, Swadukntaka, Vanshiring-ata, Chanadruma, Ekshugandhika.
Hindi: Gokshura
English: Land caltrops, puncture vine
Parts used: Panchanga
Description: This is a small trailing and spreading herb, densely covered with minute hairs, fruits, spinous, growing throughout India and other warm countries.
Chemical Constituents: Harmine, harman, aromatic oils, diosgenin, gilogenin, sitosterol, some saponin, glycode, tannin etc.
Sedative, anti-inflammatory, Garbhashapaka, Krimighna.
Rasa- Madhur Gun- Guru, Snigdh Veerya- Sheet
Vipaka- Madhur Doshashamak- Vata shamak

9. Kantakari
Latin Name: Solanum surattense Burm F. Solanum xanthocarpum Schradt Wendle
Family: Solanaceae
Classification:
• Sushruta: Brihatyadi, Varunadi, Laghu Panchamooola
• Bhavaprakasha: Guduchyadi

Synonyms: Dusparsa, Kshudra, Vyaghree, Nidigdhika
Hindi: Choti Kateri, Rengni
English: Yellow berried night shade
Parts used: Panchanga
Description: It is a small prickly spreading herb.
Chemical Constituents: Fat and Rala from the whole plant, an alkaloid solasonine have been isolated from leaves, roots and fruits yielded coumarines scopolin, scopolein escutin and esculetin. It also contains solanine alkaloid, potassium chloride, potassium nitrate, iron and some organic acids.
Action & Uses: Shothahara, Vedanasthapana, Deepana, Pachana, Garbhshayya Samkochaka, Raktashodhaka, reduced serum cholesterol (solasodine). It is anti-inflammatory, also used in difficult labour, constipation. Leaves are used locally to relieve pain.
Rasa- Katu, Tikta Guna- Laghu, Ruksha Veerya- Ushna
Vipaka- Katu Doshashamak- Vata and Kapha shamak

10. Brihati
Latin Name: Solanum indicum Linn. Family: Solanaceae
Classification:
• Charaka: Kanthyaka, Hikkanigrahana, Shothahara, Angamardaprashamana.
• Sushruta: Brihatyadi, Laghupanchamoola
• Bhavaprakasha: Guduchyadi
Synonyms: Vartaki, Mahati, Sinhi, Kshudabhantaki
Hindi: Badi Kateri
Parts used: Moola, Phala
Description: It is of 1-6 ft. long spiny shrub, found throughout tropical India.
Chemical Constituents: Solanine, solanidine alkaloids.
Action & Uses: Shothahara, Vedanasthapana, Deepana, Pachana, Garbhshayya Samkochaka, Raktashodhaka, Angamarda Prashamana. It is used in dysmenorrhoea, difficult labour, abdominal pain, Yonikandu etc.
Rasa- Katu, Tikta Guna- Laghu, Ruksha & Teekshna
Veerya- Ushna
Vipaka- Katu Doshashamak- Vata and Kapha shamak

11. Bala
Latin Name: Sida cordifolia Family: Malvaceae
Classification:
• Charaka: Balaya, Madhurskanda
• Sushruta: Vata sansamana
Synonyms: bariyar, khateti, bal, beleda
Hindi name: Bariyaar, khireeti
Parts use: Moola, bejha
Description: It is of 2-5 feet long chhop. Found 3500 feet height of all india.
Chemical constituents: Ehexedrine, steroid, Mucin, Phytosterol
Actions & Uses: jwara, pittaher, shothaher, balaya, ojoverdhak, moomtrakrichha, Grahini, pakshaghta, ardita, kshaya- roga, krishta, doorbalaya,

12. Masha
Latin name: Phaseotus mungo
Family: Leguminosae
Classification:
• Charaka: Vrishya, vataher, bahumallam
• Sushruta: santerpankarak, stanyaker, pittakapha verdhak
• Bhavapraksha: shukral, brahana, santerpana, balya,

Synonyms: mashe, ulid, alad, black gram, kidney bean
Hindi name: Ulad
Parts uses: Phalla (bejha)

Description: is of 1-2 feet high chhop. Found through in india.
Chemical constituents: albuminoaid, starch, oil
Actions & uses: kapha verdhak, pitta karak, vata samak, rochak, Purishjanan, mutral, stanyajan, aartavjanan, Medoverdhan jeeyee

Gunakarma of Combined Laghu Panchamoola
This group consists of following five drugs – Gokshura, Brihati, Kantakari, Prishniparni and Shalaparni. The properties of this combined yog is as follow.
Synonyms: Laghu, Hrasva, Kanishtha Panchamoola
Part used: Entire root
Rasa- Madhur Guna- Laghu, Veerya- Natiushna
Vipaka- Madhur Doshashamak- Vata and Pitta shamak

Gunakarma of Combined Brihat Panchamoola
This group contains the following five drugs– Bilva, Agnimanta, Shyonaka, Patala and Gambhari. The properties of this combined yog is as follow.
Synonyms: Maha, Brihat Panchamoola Part used : Root bark
Rasa- Tikta, Kashaya & Madhur Guna- Laghu, Veerya- Ushan
Vipaka- Laghu Doshashamak- Vata and Kapha shamak

Gunakarma of Dashamoola: This group contains ten drugs of both the laghu and brihat Panchamoola.
The properties and actions mentioned in different texts are as follows–
Charak Samhitia: Shothahara
Susutra Samhitia: Kaphahara, Pittahara, Vatahara, Shwasa, all types of fever, Amapachana
Astang Samgraha: Shothahara
Dhanvantari Nighantu: Sannipata Jwara, Parshvashoola etc. Nashaka
Madanpala Nighantu: Tridoshaghna, Shiro-parshvashoolanashaka
Kaidev Nighantu: Tridoshaghna, Agnisada, Pratishhyaya etc. Nåshaka.
Bhavprakash Nighantu: Tridoshaghna, Shotha, Aruchi etc. Nåshaka

Indication of Dashmool
Dashmoola’ which is used traditionally for treatment of a number of diseases like jaundice, rheumatism, puerperal fever, paralysis, oedema, filaria and. It provides general support to the body during periods of influenza, cough, cold, neuralgia and headaches. It is also used as a dietary supplement.[6,9] ‘Dashmool’ is used in different traditional Ayurvedic preparations like ‘Dashmoolarishta’, ‘Dashmool grhitam’ and ‘Chyanaprash’.[10] It is rejuvenator and revitalizer and commonly known as restorative tonic. It relives post delivery weakness. This syrup promotes vitality and strength.[11] It improves milk production in women’s. This is very useful in menopause.[12] Dashmularishta restores energy in women after delivery.
DISCUSSION

Dashmoolibala Masha Kasaya made by Dashmoola, Bala, and Masha. It is used as a Nasya in Avabahuka patients. Avabahuka is a disease of Vatavyadhhi where Vata’s Ruksa and Sheeta guna aggravates so in this condition Snigdha and Brahana guna of dravya will be benificial. Dashmoolibala Masha Kashaya is having mostly Brahana and Vatara Dravya, So it will be helpful in Avabahuka disease. In Frozen shoulder nerves are also affected. Masha and Bala is best drugs for neurological condition so Dashmooli bala Masha Kashaya is effective on Frozen shoulder.

CONCLUSION

Dashmoolibala Masha Kasaya Nasya is very effective in Avabahuka, Nose is the gate way of Head. If we introduce Dashmooli kashaya in Nostril by Nasya therapy, it will reach head region which will nourish the nerve and it will cure the disease. Dashmooladibala masha kashaya Pana (Oral administration) is also effective in Avabahuka disease as well as other Vataj Disorder.

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