



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

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### ABSTRACT

The Dashmoolibala masha kwath has being 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 Vatavyadhi 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 Vatavyadhi where Vata's Ruksha and Sheeta guna aggravates so in this condition Snigdha and Brahana guna of dravya will be beneficial. Dashmoolibala Masha Kashaya is having mostly Brahana and Vatahara dravyas, 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. 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.

**KEYWORDS:** Dashmoolibala masha kwath, Avabahuka, Frozen shoulder.

### INTRODUCTION

The Dashmoolibala masha kwath has being 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.<sup>[1]</sup> Avabahuka is the one of Vatavyadhi 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.<sup>[2]</sup> The symptoms of Avabahuka can be co- related to the symptoms of Adhesive capsulitis or better known as frozen shoulder.<sup>[3]</sup> Frozen shoulder is a clinical syndrome with painful restriction of both passive and active shoulder movements.<sup>[4]</sup> 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.<sup>[5]</sup> 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.<sup>[6]</sup> Shoulder pain a very common

musculoskeletal complaint in men and women over the age of 40 years.<sup>[7]</sup> Nasya is the best modality treatment of Avabahuka. Dashmoolibala masha kwath Nasya cures the Avabahuka disease.

### Guna Karma (Properties and actions) of Dashmoolibala masha kwath

The properties and actions of any compound formulation follow the principles of Prakritisamasamavaya 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 (Prakritisamasamavaya).

### Gunakarma of individual drugs

The Compound yog in Dashmoolibalamasha kwath comprise Bilva, Agnimantha, Shyonaka, Patala, Gambhari, Shalaparni, Prishniparni, Gokshura, Kantakari and Brihati, Balla, Masha. The Properties of Individual drugs are as follow.

**1. Bilva**

Latin Name: *Aegle marmelos* corr. Family: Rutaceae  
 Classification: Charaka – Shothahara, Anuvasanopaga, Asthanopaga, Arshoghna.

Bhavaprakasha – Guduchyadi

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 umbelliferone and one alkaloid.

Action & Uses: Grahi, Deepana, Vedanasthapana, Anulomana.

Rasa- Tikta, Kashaya Guna- Laghu, Ruksha Veerya-Ushna

Vipaka- Katu Doshashamak- Vata kapha shamak 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: Moolatwaka, 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 – premnine, graniarine, ganikarine, tannin, some unsaturated aromatic hydrocarbons

Action & Uses: Vedanasthapana, Anulomana, Shothahara, Raktashodhaka, Deepana, Pachana. 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 shamak & Agnivardhaka

Karma- Pandu & Sotha hara

**3. Shyonaka**

Latin Name: *Oroxylum indicum* Vent.

Family: Bignoniaceae

**Classification**

- Charaka: Shothahara, Sheetaprashamana, Anuvasanopaga.
- Sushruta: Brihatpanchamoola, Rodhradi, Veertarvadi.
- 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: “Oroxilin – 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, Ruksha Veerya-Ushna

Vipaka- Katu Doshashamak- Vata Pitta& kapha shamak

Karma- Deepan

**4. Patala**

Latin Name: *Stereospermum suaveolens* DC.

Family: Bignoniaceae

**Classification**

- Charaka: Shothahara
- Sushruta: Brihatpanchamoola, adhobhagahara, Aragvadhadi.
- 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 arborea* Linn. Family: Verbenaceae

**Classification**

- Charaka: Shothahara, Virechanopaga, Dahaprashamana
- Sushruta: Brihatpanchamoola, Sarivadi

- Bhavaprakasha: Guduchyadi

Synonyms: Shjreeparni, Madhuparnika, Kashmaree, Peetarohinee

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 premnazole)

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  $\beta$  phenlethylamine 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 Guna- Guru, Snigdha 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, Dhavane, 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.

Action & Uses: Shothahara, Vatahara, Deepaniya, Vrishya, Dahahara, Angamarda Prashamana.

Rasa- Madhur Guna- Laghu, Snigdha Veerya- Ushna

Vipaka- Madhur Doshashamak- Vata, Pitta & kapha shamak

### 8. Gokshura

Latin Name: *Tribulus terrestris* Linn. Family: Zygophyllaceae

Classification:

- Charaka: Shothahara, Anuvasanopaga, Mootravirechaneeya, Krimighna
- Sushruta: Laghupanchamoola, Vidarigandhadi, Veeratarvadi, Vatashmaribhedana.
- Bhavaprakasha: Guduchyadi

Synonyms: Trikantaka, Shvadanshra, Swadukantaka, Vanshring-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, glycoxyde, tannin etc.

Action & Uses: Shothahara, Vedanasthapana, Deepana, Yonivyapadahara, Vrishya, Vatashamaka, Anulomana. Sedative, anti-inflammatory, Garbhasthapaka, Krimighna.

Rasa- Madhur Guna- Guru, Snigdha Veerya- Sheet

Vipaka- Madhur Doshashamak- Vata shamak

### 9. Kantakari

Latin Name: *Solanum surattense* Burm F. *Solanum xanthocarpum* Schradt Wendle

Family: Solanaceae

Classification:

- Charaka: Kasahara, Kanthya, Shothahara, Hikkaniyagrahana, Sheetaprashamana, Angamarda Prashamana.
- Sushruta: Brihatyadi, Varunadi, Laghu Panchamoola
- Bhavaprakasha: Guduchyadi

Synonyms: Dusparsha, Kshudra, Vyaghree, Nidigdika

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, scopolin escutin and esculetin. It also contains solanine alkaloid, potassium chloride, potassium nitrate, iron and some organic acids.

Action & Uses: Shothahara, Vedanasthapana, Deepana, Pachana, Garbhashaya 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: Kanthya, 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, Garbhashaya 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:

- Charak: Balaya, Madhurskanda
- Sushruta: Vata sansamana

Synonyms: bariyar, khareti, bal, beleda

Hindi name: Bariyaar, khiretti

Parts use: Moola, beej

Description: it is of 2-5 feet long chhop. Found 3500 feet height of all india.

Chemical constituents: Eghedrine, steroid, Mucin, Phytosterial

Actions & Uses: jwara, pittaher, shotaher, balaya, ojooverdhak, mootrakrichha, Grahini, pakshaghata, 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 (beeja)

Description: it 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, stanyajanana, aartavjanana, Medoverdhan jeevneeeya

### 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, Agnimantha, 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 Samhita: Shothahara

Susutra Samhita: Kaphahara, Pittahara, Vatahara, Shwasa, all types of fever, Amapachana

Astang Samgraha: Shothahara

Dhanvantari Nighantu: Sannipata Jwara, Parshvashoola etc. Nashaka

Madanpala Nighantu: Tridoshaghna, Shiro-parshvashoolanashaka

Kaudev Nighantu: Tridoshaghna, Agnisada, Pratishtyaya etc. Nāshaka.

Bhavprakash Nighantu: Tridoshaghna, Shotha, Aruchi etc. Nāshaka

### 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.<sup>[8,9]</sup> 'Dashmoola' is used in different traditional Ayurvedic preparations like 'Dashmoolarishta', 'Dashmoola ghritam' and 'Chyavanprash'.<sup>[10]</sup> It is rejuvenator and revitalizer and commonly known as restorative tonic. It relives post delivery weakness. This syrup promotes vitality and strength.<sup>[11]</sup> It improves milk production in women's. This is very useful in menopause.<sup>[12]</sup> Dashmoolarishta 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 Vatavyadhi where Vata's Ruksha and Sheeta guna aggravates so in this condition Snigdha and Brahana guna of dravya will be beneficial. Dashmoolibala Masha Kashaya is having mostly Brahana and Vatahara 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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