



ROLE OF DASHMOOLADI KWATHA IN TUBERCULOSIS – A CRITICAL REVIEW

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**ABSTRACT**

Tuberculosis is an infectious disease caused by *Mycobacterium tuberculosis*, an aerobe bacteria. Which cachexia, fever, cough, and hemoptysis are the cardinal features. Periodical development of drug-resistant traits in *M.tuberculosis* has posed newer challenges in the treatment of the disease condition. Owing to the similarities in the feature, Tuberculosis can be correlated to *Rajayakshma* as mentioned in *Ayurvedic* classical texts. The formulation, *Dashmooladi kwatha* is mentioned in *Cakradatta* in *Yakshma Chikitsa adhayaya*. It consists of drugs with varied properties that can provide symptomatic management of the disease. Discussion – As the disease manifests various symptoms in its due course, based on the analysis of *rasa panchaka* of individual drugs in the formulation, an assessment of the probable mode of action of *Dashmooladi kwatha* can be done. Conclusion – *Dashmooladi kwatha* can provide promising results in the symptomatic management of disease conditions and can promote physical strength in patients.

Keywords: *Dashmooladi kwatha*, Tuberculosis, *Rajayakshma*.

INTRODUCTION

Tuberculosis is a major health problem in the entire world. It is an infectious disease caused by *Mycobac-*

terium tuberculosis. According to WHO, India was the highest Tuberculosis burden in the World having

an estimated incidence of 2.69 million cases in 2019. The total number of notified cases in the year 2021 was 1.9 million.¹ In spite of great advancements in chemotherapy and immunology, Tuberculosis still continues to be a threat mainly to the developing countries of Asia, Africa, and Latin America.² Tuberculosis can be correlated with the disease condition *Rajayakshma* explained in classical *Ayurvedic* texts. There is a similarity in the early symptoms manifested in both the diseases like anorexia as *bhakta dwe-sha*, lassitude as *gauravta*, and evening pyrexia as *jwara*. The cardinal features of both are cachexia (*sarva dhatu kshaya*) cough and hemoptysis. The morbidic factors, all three *doshas*, predominated by the *kapha dosha* obstruct the srotas i.e channels carrying *rasadi dhatus*, resulting in the depletion of *dhatus* which leads to emaciation of the body.³ The

TYPES of RAJAYAKSHMA

The etiological factors though are numerous, concisely, they fall under four categories ⁷ :

Table 1: Type of Rajayakshma and its Cause.

TYPE	CAUSE
<i>Sahasa-janya</i>	Excessive involvement in activities beyond one's physical capacity
<i>Vegasamrodha-janya</i>	Suppression of natural urges
<i>Shukra-oja-sneha samshaya janya</i>	Depletion of semen, ojas, and shareera sneha amsha
<i>Vishamashana-janya</i>	Improper diet

process of depletion occurs in two ways, either *Anuloma Kshaya* ⁴ or *Pratiloma Kshaya*.⁵ *Dashmooladi kwatha* is mentioned in *Cakradatta* in *Yakshma Chikitsa*. The formulation contains *Bilva*, *Agnimanth*, *Shyonaka*, *Gambhari*, *Patala*, *Bruhati*, *Kantakari*, *Prishniparni*, *Shalaparani*, *Gokshura*, *Bala*, *Rasna*, *Pushkarmoola*, *Devadaru* and *Shunthi*.⁶

AIMS AND OBJECTIVES

To evaluate the role of *Dashmooladi kwatha* and its probable mode of action in the management of Tuberculosis.

MATERIALS AND METHODS

Different classical texts like *Charaka Samhita*, *Bhaishajya ratnavalli*, and *Cakradatta* along with contemporary textbooks of pathology and medicine were referred for the study.

Table 2: Ingredients of Dashmooladi kwatha and their Rasa-panchaka :

Se. No.	Dravya	Rasa	Guna	Virya	Vipaka	Doshagnata
1	<i>Bilva</i> ⁸	Kashaya , Tikta	Laghu , Ruksha	Ushna	Katu	Kapha-Vata Shamaka
2	<i>Agnimantha</i> ⁹	Katu	Laghu , Ruksha	Ushna	Katu	Kapha-Vata Shamaka
3	<i>Shyonaka</i> ¹⁰	Tikta , Kashaya , Katu , Madhura	Laghu , Ruksha	Ushna	Katu	Kapha- Vata Shamaka
4	<i>Gambhari</i> ¹¹	Tikta , Kashaya , Madhura	Laghu , Ruksha	Ushna	Katu	Tridosha Shamaka
5	<i>Patala</i> ¹²	Tikta , Kashaya	Laghu , Ruksha	Ushna	Katu	Tridosha Shamaka
6	<i>Bruhati</i> ¹³	Katu , Tikta	Laghu , Ruksha , Tikshna	Ushna	Katu	Kapha-Vata Shamaka
7	<i>Kantakari</i> ¹⁴	Tikta , Katu	Laghu , Ruksha	Ushna	Katu	Kapha-Vata Shamaka
8	<i>Prishniparni</i> ¹⁵	Madhura , Katu	Laghu , Sara	Ushna	Madhura	Tridosha Shamaka
9	<i>Shalaparni</i> ¹⁶	Madhura , Tikta	Guru , Snigdha	Sheeta	Madhura	Vata-Pitta Shamaka
10	<i>Gokshura</i> ¹⁷	Madhura	Guru , Snigdha	Ushna	Madhura	Tridosha- Shamaka
11	<i>Bala</i> ¹⁸	Madhura	Guru , Snigdha	Sheeta	Madhura	Vata-Pitta Shamaka
12	<i>Rasna</i> ¹⁹	Tikta	Guru	Ushna	Katu	Vata-Kapha Shamaka

Table 3: KARMA of Ingredients of Dashmooladi Kwatha :

Se. No.	Dravya	Karma
1	<i>Bilva</i> ⁸	Shoolahara , Sangrahi , Agnivardhaka , Kasahara , Hridya
2	<i>Agnimantha</i> ⁹	Jwarahara , Agnivardhaka
3	<i>Shyonaka</i> ¹⁰	Grahi , Jwarahara , Kashara , Rujahara
4	<i>Gambhari</i> ¹¹	Daha-shamaka , Jwarahara , Raktapittahara , Dipana , Shoolahara ,
5	<i>Patala</i> ¹²	Shwasahara , Atisarahara , Dahahara , Raktapittahara
6	<i>Bruhati</i> ¹³	Kasahara , Shoolahara , Agnivardhaka , Hridya
7	<i>Kantakari</i> ¹⁴	Jwarahara , Kanthya , Kasahara , Shwasahara , Hridya
8	<i>Prishniparni</i> ¹⁵	Dahashamaka , Jwarahara , Shwasahara , Kasahara
9	<i>Shalaparni</i> ¹⁶	Jwarahara , Brahmana , Kasahara , Rasayana
10	<i>Gokshura</i> ¹⁷	Balya , Deepana , Shwasahara , Kasahara , Hridya
11	<i>Bala</i> ¹⁸	Balya , Brimhana , Stambhana , Grahi , Ojo-varadhaka , Rasayana
12	<i>Rasna</i> ¹⁹	Jwarahara , Shwasahara , Kasahara , Shoolahara
13	<i>Pushkarmoola</i> ²⁰	Parshwashoolahara , Jwarahara , Shwasahara , Kasahara
14	<i>Devadaru</i> ²¹	Jwarahara , Kasahara , Vedanasthapana
15	<i>Shunthi</i> ²²	Dipana , Pachana , Grahi , Shoolahara , Shwasahara , Hridya

Table 4: Method of Preparation ⁶ :

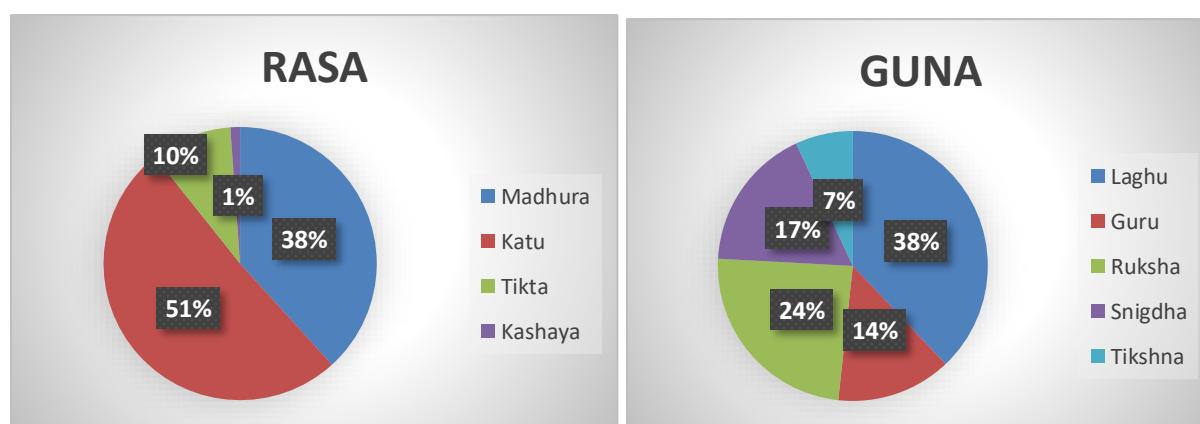
Se. No.	Dravya	Quantity in Parts
1	<i>Bilva</i>	1 part
2	<i>Agnimantha</i>	1 part
3	<i>Shyonaka</i>	1 part
4	<i>Gambhari</i>	1 part
5	<i>Patala</i>	1 part
6	<i>Bruhati</i>	1 part
7	<i>Kantakari</i>	1 part
8	<i>Prishniparni</i>	1 part
9	<i>Shalaparni</i>	1 part
10	<i>Gokshura</i>	1 part
11	<i>Bala</i>	1 part
12	<i>Rasna</i>	1 part
13	<i>Pushkarmoola</i>	1 part
14	<i>Devadaru</i>	1 part
15	<i>Shunthi</i>	1 part
16	Water	16 parts

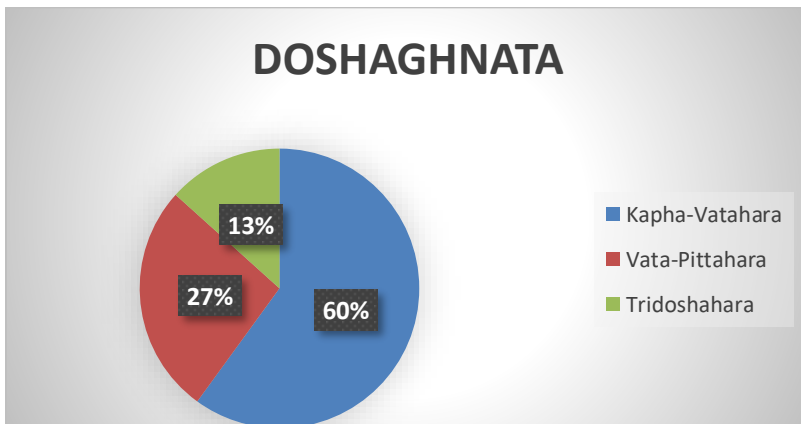
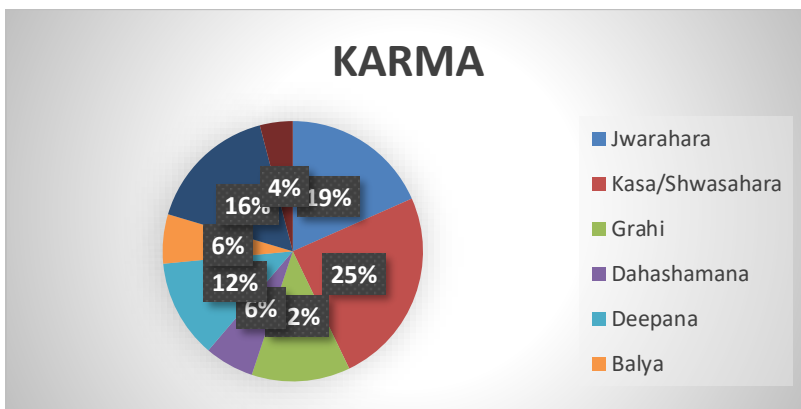
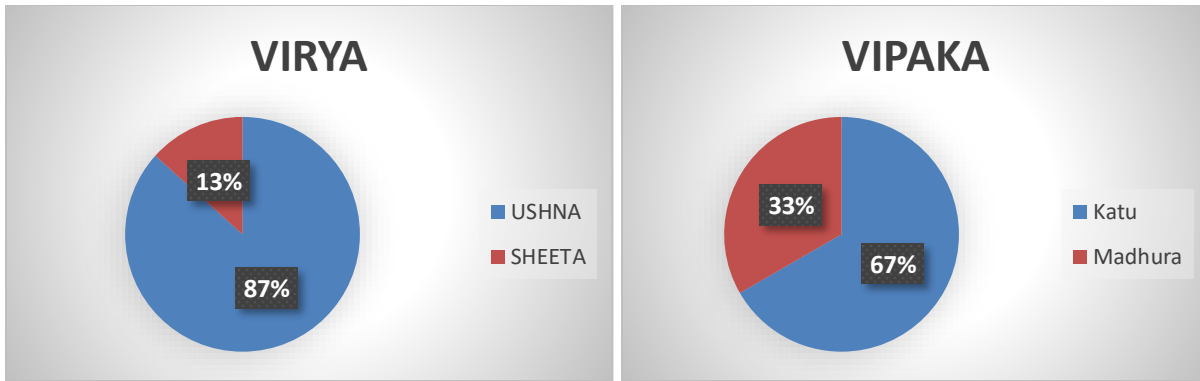
All the ingredients are taken in a prescribed ratio and a general method of preparation of *kwatha* is adopted. Coarse powder of drugs is to be boiled and reduced to 1/8th of the initial quantity.²³

Dose : 2 pala, Sadyosevana.

PROBABLE MODE of ACTION :

Based on *Rasa*, *Guna*, *Virya*, *Vipaka*, and *Karma* of the ingredients of *Dashmooladi kwatha*.





DISCUSSION

*Dhatu*s get metabolized by their respective *agni* (*dhatvagni*) and are nourished by their respective *srotas*. Due to obstruction in these *srotas*, decrease of blood etc. and decrease of *dhatvagni*, *Rajayakshma* manifests. During this period whatsoever food is con-

sumed, when digested and metabolized in *koshta*, most of it is converted into *mala* and just a little is utilized for the formation of *Ojas*. That is why the faeces of the patient of *Rajayakshma* is to be protected carefully, as in the state of marked depletion of all *dhatu*s, the strength of the body is based on faeces

i.e., *Vidabalam*.²⁴ Due to this pathogenesis, subsequently six (*shadrupa*) or eleven features (*ekadasha*

rupa) of the disease manifest.²⁴

Table 5 : Shadrupa and Ekadasha rupa of Rajayakshma

Se.No.	Shadrupa	Ekadasha rupa
1	<i>Kasa</i>	<i>Kasa</i>
2	<i>Jwara</i>	<i>Amsha-santapa</i>
3	<i>Parshwashoola</i>	<i>Vaishwarya</i>
4	<i>Vaiswarya</i>	<i>Jwara</i>
5	<i>Atisara</i>	<i>Parshwaruja</i>
6	<i>Aruchi</i>	<i>Shiroruja</i>
7		<i>Rakta Chardi</i>
8		<i>Kapha Chardi</i>
9		<i>Shwasa</i>
10		<i>Atisara</i>
11		<i>Aruchi</i>

The ingredients of *Dashmooladi Kashaya* have properties which can provide symptomatic relief to the patient of *Rajayakshma*. *Bilva* , *Shyonaka* , *Patala* , *Bruhatai* , *Kantakari* , *Prishniparni* , *Shalparni* , *Gokshura* , *Rasna* , *Devadaru* and *Pushkarmoola* have *Kasahara* and *Shwashara karma* (Antitussive). *Gambhari* and *Patala* have *Raktapittahara karma* which can be helpful in the management of *Rakta-chardi* (Hemoptysis). *Gambhari*, *Patala*, *Prishniparni* are *Daha-shamaka* hence helpful in Burning sensation of palms, feet, distress in shoulders and flanks. Almost all the ingredients have *Jwarahara* and *Shoolahara karma*. As mentioned in the classical texts about the need for protection of faeces , and since patients suffer from *Atisara*, drugs like *Bilva*, *Shyonaka* , *Bala* and *Shunthi* which have *Grahi* action can be effective. Disease has its origin from *Amashaya* due to *mandagni* which leads to the formation of *Ama*. *Bilva*, *Agnimantha*, *Gambhari*, *Bruhatai*, *Gokshura*, and *Shunthi* have *Agnideepana* action which can be useful in treating *Mandagni* and also *Aruchi*. As the disease cause loss of strength in its due course, drugs like *Bala* and *Gokshura* by their *Balya* action can help in promoting strength to the patient. The drugs have *Rasayana* action in general which acts as Rejuvenators and Immuno-modulators. The drugs possess *Kashaya Tikta*, *Katu*, and *Madhura rasa*. *Kashaya rasa* does *shoshana* of *kapha*

dosha and is anti-inflammatory in action. *Tikta rasa* reduces *pichila guna* of *kapha dosha* and provides strength to muscles. *Katu rasa* due to its *laghu* and *ruksha* properties improves blood circulation and aids in digestion. *Madhura rasa* soothes the body and mind due to its *sheeta guna* and provides nourishment to *Ojas*.

CONCLUSION

The ingredients possess varied properties and when taken as a formulation of *Dashmooladi kwatha* can be beneficial in the effective management of Tuberculosis. The drugs will not only help in the symptomatic relief but will act on the root cause of the disease i.e *Mandagni* and *Ama* by virtue of their *Agni-deepana* property. Based on the analysis of *rasa panchaka* of the individual drug, the formulation can provide promising results in efficient management as well as can improve and promote the strength of the patients when advised as an adjuvant therapy alongside anti-tubercular medicines

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