

THERAPEUTIC REVIEW ON DURVA (CYNODON DACTYLON) W S R TO
RAKTHAPRADARA

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INTRODUCTION

Durva is the most sacred plant since *Vedas* used in medicines as well as Holy yogas. The whole plant of *Durva* is used for medicinal purpose, externally as well as internally. It is an elegant tenacious perennial creeping grass growing throughout the country and ascending to 2440m. It is *Kaphapitha shamaka*, *sthambhaka*, *Kashaya Madhura rasa pradhana dravya*, having *Laghu guna*, *sheeta virya* and *Madhura vipaka*. It is the proven drug in *Rakthapitha*. All the *Samhithas* have emphasized its utility in *rakthapitha*, *athisara*, *Rakthapradara*, *chardi*, *muthradaha*. Also, it is one among the *Prajasthapana gana*. The most common bleeding disorders in women are described as *rakthapradara* in *Ayurveda* characterised by *pradeerana* of *raktha/raja*. It can be correlated to DUB in modern science. *Apanavatha vaigunya* is the primary cause for *rakthapradara*.

Gana

- *Bhavaprakasha*: *guduchyadi varga*
- *Acharya Charaka*: *Prajasthapana gana*, *Varnya Rajanighantu*: *shalmalyadi varga*
- *Kaiyadeva Nighantu*: *oshadhi varga*

Types

Bhavaprakasha: *neela durva/hari durva*, *swetha durva*, *ganda durva Kaiyadeva* & *Rajanighantu*: *neela durva/hari durva*, *swetha durva*.

Chemical composition

Cynodon dactylon contains crude carbohydrates, protein, mineral constituents, oxides of Magnesium, Calcium, Phosphorus, Sodium, Potassium, alkaloids, beta sitosterol flavonoids, glycosides, carotene, Vit C, fat, Palmitic acid, essential oil triticin 12.4%, propionic acid, agropyrene.

In Samhithas**Charaka Samhita**

In *Chikitsasthana*, *Durva* is used in the *chikitsa* of *rakthapradara*. *Durva swarasa Nasya* is used for the *Nasagatha Rakthapitha*. In *Arsha chikitsa*, *Durva swarasa* and *gritha* used for the *raktharsha* in the form of *lepa*. In *suthrasthana* explained *Durva* is one among the *Prajasthapaka dravyas*.

Susrutha Samhita

In *Suthrasthana*, *Durva* is one among the *sleshma samshamaneeya dravyas*. In *Chikithsasthana*, due to

virechana athiyoga for *jeevana sonitha*, the *payasa* made by *Durva*, *kashmari phala*, *usheera* should be taken as internally. In *Shareera sthana*, *churna* of *Swarna*, *Durva*, *kaidarya*, *gritha*, *madhu* should be used to promote the mental power and intellect of the baby. In *uthara sthana*, *pallava* of *Durva*, *Vata*, *karnikara*, *madhu* taken internally for the *Rakthapradara*.

Ashtanga Hridaya

In *Suthrasthana*, one among the *pithanashaka dravyas*. *Durva* is important in *oushadha dharana nirdesha*. In *Chikithsasthana*, explained as a *pithanashaka dravya*. *Lepa* of *Durva*, *Manjishta*, *madhuka*, *sariva* and *gritha* for the blood oozing part after the *Rakthamokshana*. Also, the *Durva swarasa* is used for the *kaphaja pithaja vranaropana*. Also, in *Mahuyashtyadi taila*, *Durva* is one among the *kalkadravyas*.

Madhava Nidana

Durva is described as *Rakthapithahari*.

Madanapala Nighantu

Durva is used for *visarpa*, *rakthapithahara*, *kapha shamaka*, *dahahara*.

Kaiyadeva Nighantu

Durva is *shitha virya*, *tiktha madhura Kashaya rasa*, *kapha*, *rakthapitha*, *trishna* and *daha shamaka*.

Traditionally, the juice of the *Cynodon dactylon* act as astringent and is applied to bleeding cuts and wounds to

stop the bleeding. The paste made of the plant mixed with honey is used in epistaxis. Oral administration of the juice of this with honey, 2-3 times per day is more effective in menorrhagia. Local application in the form of paste of this upon the lower abdomen reduces severe bleeding per vagina. A decoction of *Cynodon dactylon* mixed with sugar is useful in the problem of urine retention.

According to Unani system of medicine, *Cynodon dactylon* is used as a laxative, expectorant, carminative, coolant and as a brain and heart tonic.

In Homoeopathic systems of medicine, it is used to treat all types of bleeding and skin troubles.

Research shows that, that the aqueous extract of *Cynodon dactylon* has high antidiabetic potential along with significant hypoglycemic and hypolipidemic effects.

In a research, evaluation of hemostatic effect of *Cynodon dactylon* it showed that the juice significantly reduced the bleeding time which is measure of blood coagulation. It enhances the formation of platelet, this shows the presence of flavonoids, alkaloids and tannins. Tannins have been implicated in the haemostatic activity of the plants where they arrest bleeding.

In an investigation hexane, dichloromethane, ethyl acetate and methanol extracts of *Cynodon dactylon* whole plant were tested in albino rats for antidiarrheal activity on castor oil induced diarrhea. These results indicate that the plant possess good antidiarrheal property.

Alcoholic extract of *Cynodon dactylon* was screened for antiulcer activity in albino rats.

This activity may be due to the presence of flavonoids.

CONCLUSION

Durva is a sacred plant and traditionally used in India. Our *Acharyas* have mentioned about *durva* in *Samhithas* for the treatment of different diseases. Mainly *rakthapitha*, *rakthapradara*, *chardi*, *daha* etc. Research about *Cynodon dactylon* showed that it is having the properties like haemostatic, antimicrobial, antidiabetic, antidiarrheal etc. *Rakthapradara* is characterized by *pradeerana* of *raja*. It can be considered as *adhoga rakthapitha*. Among single drugs possessing efficacious role in checking *Raktapitta* of different types *durva* stands as one of the best herbal drugs. Also, for the *rakthapradara* we can use the drug *durva* as formulations like *Durvadya gritha*, *durvadi kwatha*, *durvadya taila*, *gandhaka taila*, *abhraka louha*, *madhuyashtyadi taila*.