

A REVIEW ARTICLE ON MEDICINAL IMPORTANCE OF *DUGDHKA*

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ABSTRACT

Ayurveda a branch of medical science which deals with the ancient methods of treatment. It originates from *Vedas* which are oldest manuscripts of *Indian* culture. Ancient time was that time when one can use each and every herb as a medicine. Now-a-days we have very little knowledge about herbs and *Ayurvedic* procedures. Most of the drugs are ignored due to lack of knowledge. *Gugdhika* is one of them. It is a wonderful drug which is used in many disease conditions like *Krimi*, *Udarshula*, *Arsha* etc. and explained by many *Ayurvedic* ancient *Acharya*'s.

KEYWORDS: *Gugdhika*, *Ayurveda*, *Dravya*.

INTRODUCTION

Ayurveda is a branch of medical science which deals with the ancient methods of treatments. It originates from *Vedas* which are oldest manuscripts of *Indian* culture. Ancient time was that time when one can use each and every herb as a medicine. Now-a-days we have very little knowledge about herbs and *Ayurvedic* procedures. Most of the drugs are ignored due to lack of knowledge. *Dugdhika* is a herb which is described by *Acharya*

Bhavamishra in *Bhavprakash Nighantu*.^[1] When it is broken, then milk like substance is seen in the broken part of this drug. Due to this feature its name suggests *Dugdhika*. Its whole plant is used for the formulation. It is *Rakt-Shodhka*,^[2] *Mutral*,^[3] *Garbhasthapaka*,^[4] This *dravya* is ignored maybe because it can grow easily everywhere and people think that it is a weed. This is also famous as the name of *Asthma Plant* worldwide.

Classical categorization of *Dugdhika*.

S. No.	Classical text	Gana & Varga
1.	<i>Bhavaprakash Nighantu</i> , ^[5]	<i>Guduchiyadi Varga</i>
2.	<i>Priya Nighantu</i> , ^[6]	
3.	<i>Madanpala Nighantu</i> , ^[7]	<i>Abhyadi- Pratham Varga</i>
4.	<i>Adarsha Nighantu</i> , ^[8]	<i>Amlakyadi Varga</i>
5.	<i>Dravyaguna Hastamalka</i> , ^[9]	<i>Arka Kula</i>

Vernacular Names of *Dugdhika*.^[10]

S. No.	Language	Names
1.	<i>Sanskrit</i>	<i>Dugdhika</i>
2.	<i>Hindi</i>	<i>Dudhi</i>
3.	<i>Punjabi</i>	<i>Dodhaka</i>
4.	<i>Telugu</i>	<i>Peddivari manubaala</i>
5.	<i>Urdu</i>	<i>Dudhi</i>

Synonyms of *Dugdhika* in Different Classical texts.

S. No.	Synonyms	B.P.N ^[11]	D.H ^[12]	N.A. ^[13]
1.	<i>Dugdhika</i>	+	+	+
2.	<i>Ksheera</i>	+	+	-
3.	<i>Vikshirini</i>	+	+	-
4.	<i>Swaduparni</i>	+	+	-
5.	<i>Nagarjuni</i>	-	+	+
6.	<i>Laghu Dugdhika</i>	+	-	-
7.	<i>Goraksadugdhika</i>	-	-	-
8.	<i>Kshirini</i>	-	-	+
9.	<i>Dugdhfeni</i>	-	-	+

Action & uses of *Dugdhika* in Different Classical texts.

S. No.	Classical text	Action & Uses
1.	<i>Bhavaprakash Nighantu</i> , ^[14]	<i>Garbhakarka, Mutrapravartaka, Vrisya, Kusth-Krimi-Nashaka</i>
2.	<i>Priya Nighantu</i> , ^[15]	<i>Amaatishara-Nashaka, Swashara</i>
3.	<i>Madanpala Nighantu</i> , ^[16]	<i>Garbhashtapaka, Malavrodhaka, Viroutpadaka, Kustha-Krimi-Unmulaka</i>
4.	<i>Adarsha Nighantu</i> , ^[17]	<i>Garbhakarini, Vrisya, Vishnashini, Vranapsarini, Ruchya, Malastambhaka</i>
5.	<i>Dravyaguna Hastamalka</i> , ^[18]	<i>Anulomana, Raktshodhana, Mutral, Vishaghna</i>

Rasapanchaka of *Dugdhika* in Different Classical texts.

S. No.	Classical texts	Rasa	Guna	Virya	Vipaka	Dosh-Karma
1.	<i>Bhavaprakash Nighantu</i> , ^[19]	<i>Katu-Tikta</i>	<i>Guru-Ruksha</i>	<i>Ushna</i>	-	<i>Vatakaraka</i>
2.	<i>Priya Nighantu</i> , ^[20]	<i>Madhura-Kasaya</i>	<i>Ushna</i>	-	-	-
3.	<i>Nighantu Adarsha</i> , ^[21]	<i>Katu-Tikta-Kasaya</i>	-	<i>Ushna</i>	<i>Katu</i>	<i>Vata-Kapha-Samaka</i>
4.	<i>Madanpala Nighantu</i> , ^[22]	<i>Madhura</i>	<i>Guru-Ushna</i>	<i>Usna</i>	-	<i>Vatakaraka</i>
5.	<i>Dravyaguna Hastamalka</i> , ^[23]	<i>Katu-Tikta-Madhua</i>	<i>Guru-Ruksha-Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Pitta-Kapha-Samaka</i>

Taxonomical classification of *Dugdhika*.^[24]

S. No.	Taxonomical Classification	<i>Euphorbia hirta</i> Linn.
1.	Kingdom	Plantae
2.	Phylum	Tracheophyta
3.	Class	Magnoliopsida
4.	Family	Euphorbiaceae
5.	Genus	<i>Euphorbia</i> L.
6.	Species	<i>Euphorbia thymifolia</i> Linn.

Botanical Description of Different varieties of *Dugdhika*.^[25]

S. No.	Botanical description	<i>Euphorbia hirta</i> Linn.
1.	Habit	Erect annual herb.
2.	Stem	Solid, hairy stem that produces white latex.
3.	Leaves	Simple, elliptical, hairy with a finely dentate margin
4.	Flowers	Unisexual and found in axillary cymes at each leaf node. They lack petals and are generally on a stalk.
5.	Fruits	The fruit is a capsules with three valves.
6.	Seeds	Tiny, oblong, four-sided red seeds.
7.	Distribution	All over India.
8.	Image	

Therapeutic uses

1. **Dadru**- Ringworm caused by indigestion should be rubbed with a dry stick and then milk juice of *Dugdhika* should be rubbed on it, it destroys ringworm.^[26]
2. **Swasa**- Its fresh juice is used in *Swasa*.^[27]
3. **Dantkrimi**- Its root should be chewed with teeth, it destroys the worms of the teeth.^[28]
4. **Arsha**- Its root or *Panchanga* is used with black pepper for the treatment of piles.^[29]
5. **Anartava**- its root fresh juice is used for the treatment of amenorrhea.^[30]
6. **Rakta-Arsha**- Medicated *Ghrita* made with both *Lagu Kantakari* and *Dugdhika* is used.^[31]
7. **Swetapradar**- Dry leaves *Phant Kalpna* is used.^[32]
8. **Vishphotaka**- Paste of *Erand* seeds with *Dugdhika* apply locally.^[33]
9. **Udarshula**- In children its leaves fresh juice is beneficial.^[34]
10. **Atisara**- Dry leaves *Phant Kalpna* is used.^[35]

Useful Part^[36]*Panchanga***Dosage**^[37]

- Decoction- 20-40 ml.
- Fresh juice- 5-10 ml

DISCUSSION

Dugdhika is one of the weed grow in hottest zone of India on roadsides, lawns, grassland areas. It is having many medicinal properties like *Arshaghna*,^[38] *Krimighna*,^[39] *Twakroghara*,^[40] *Anartava*,^[41] etc. this *Dravya* is having properties which is in dominance of *Agni*, *Vayu*, *Mahabhuta*, hence this *Dravya* can be used in *Kaphaj Viyadhi*. In *Ayurvedic* classical Texts *Dugdhika* is to be described as much like other famous *Dravya*. *Acharya Charaka* mentioned it into *Visarpa* with other *Dravya* but not as much. This *Dravya* came in lime light in *Nighantu Kala*. Almost every *Nighatukara* described *Dugdhika* in their texts. There are many varieties of *Dugdhika*. One of the most common is *Badi Dugdhika* and other is *Choti Dhugdika* apart from them *Garbhini*, *Nagarjuni*, also its varieties. Overall it is wonderful herb which is easily available around us more research must be done on it for the benefits of society.

CONCLUSION

By knowing the unknown facts about *Dugdhika* we can conclude that researches should be done this plant for the benefits of society.

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