

A LITERARY REVIEW ON MISHRAKAGANA

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ABSTRACT

The word “Mishraka Gana” is derived from two words; “Mishraka” means mixture or combination and “Gana” means group. Our ancient Acharayas classified drugs on the basis of similar morphological characters (Aakriti Sadharmya), properties (Guna Sadharmya) and therapeutic uses (Karma Sadharmya) into groups known as Ganas. This combination of two or more drugs in a group is called as Mishraka Gana. In this way, a single drug when combined with other drugs shows new enhanced properties and the combined results are best with respect to a particular disease. The following review systematically highlights the properties and therapeutic uses of each Mishraka Gana especially Audbhidagana which will be helpful in acquiring knowledge about the properties of drugs and their clinical utility.

KEYWORDS: Brihat Paanchamoola, Laghu Paanchamoola, Trikatu, PaanchaPallava, Pancha Valkala etc.

INTRODUCTION

In Ayurveda, the culture of combination or mixture of different drugs under one group has been followed from very ancient times. Our Acharayas enumerated more than 500 drugs.^[1] and classified these drugs in a single group known as Ganas/Vargas.

Acharya Charaka classified 10 drugs in one single group known as Mahakshaya in Sutrasthana.^[2] Similarly, Acharya Sushruta classified 10-15 drugs in one single group known as Ganas in Sutrasthana where 37 such ganas

were explained.^[3] This combination of the drugs in different groups allows us to easily understand the availability, properties and therapeutic uses of large number of drugs in systematic manner.

DISCUSSION

Aurbhidagana (vegetable origin)

Laghu Panchamoola**Synonyms****Kaniya Panchamoola^[4]****Composition^[5]**

Laghu Panchamoola contains the roots of following five herbs

तत्र त्रिकण्टकबृहतीद्वयपृथक्पण्याविदारिगन्धा चेति कनीयः ।

(सू० सू० 38.67)

S.No.	DRUG	BOTANICAL NAME	FAMILY	QUANTITY
1.	Trikantaka(Gokshura)	<i>Tribulus terrestris</i>	Zygophyllaceae	1 Part
2.	BrihatKantakari (Brihati)	<i>Solanum indicum</i>	Solanaceae	1 Part
3.	LaghuKantakari (Kantakari)	<i>Solanum surattense</i>	Solanaceae	1 Part
4.	Prithakaparni(Prishnaparni)	<i>Uraria picta</i>	Fabaceae	1 Part
5.	Vidarigandha(Shalaparni)	<i>Desmodium gangeticum</i>	Fabaceae	1 Part

Pharmacodynamic Properties^[6]

कषायतिक्तमधुरं कनीयः पंचमूलकम्
वातघ्नं पित्तशमनं बृंहणं बलवर्द्धनम्।

(सू० सू० 38.68)

RASA –Tikta, kshaya, madhurGUNA – Laghu
VIRYA – Anushna PRABHAVA – Strengthening
DOSHA KARMA – Vatagna, Pitta-shaman KARMA
– Brmhana (body weight promoting)
Balya (strength promoting) Jwarahara (anti-pyretic)
Shwasahara (anti -asthmatic) Ashmarinashak
(lithotriptic)

Pharmacological Actions

- Analgesic
- Anti-arthritis
- Anti-inflammatory
- Antioxidant
- Anti-paralytic
- Anti-spasmodic

- Neuroprotective
- Lithotriptic

Therapeutic Indications

- Bursitis
- Fibromyalgia
- Gout
- Low backache
- Muscle spasm
- Osteoarthritis
- Rheumatoid arthritis
- Sciatica
- Facial paralysis
- Kidney stone

Brihat Panchamoola

Composition^[7]

Brihat Panchamoola contains the roots of following five herbs

बिल्वाग्निमन्थटिण्टुकपाटलाः काश्मर्यश्चेतिमहत्।

(सू० सू० 38.69)

S.No.	DRUG	BOTANICAL NAME	FAMILY	QUANTITY
1.	Bilva	<i>Aegle marmelos</i>	Rutaceae	1 Part
2.	Agnimantha	<i>Premnamucronata</i>	Verbenaceae	1 Part
3.	Tuntunak (Shyonaka)	<i>Oroxylum indicum</i>	Bignoniaceae	1 Part
4.	Patala	<i>Stereospermum suaveolens</i>	Bignoniaceae	1 Part
5.	Kasmari (Gambhari)	<i>Gmelina arborea</i>	Verbenaceae	1 Part

Pharmacodynamic Properties^[8]

सतिक्तं कफवातघ्नं पाके लघ्वग्निदीपनम्।

मधुरानुरसश्च पंचमूलं महत् स्मृतम्।।

(सू० सू० 38.70)

RASA –Tikta, kshayaGUNA – Laghu VIRYA –Ushna
DOSHA KARMA – Kapha-vata-hara KARMA –
Agnidepya (promotes digestive fire)
Kasahara (anti -tussive) Shwasahara (anti-asthmatic)
Shothahara (destroys oedema) Amahara (destroys
ama dosha)

Pharmacological Actions

- Anti-inflammatory
- Antioxidant

- Analgesic
- Anti-arthritis
- Anti-paralytic
- Anti-spasmodic
- Neuroprotective
- Uterine tonic

Therapeutic Indications

- Rheumatoid arthritis
- Osteoarthritis

- Muscle spasm
- Low backache
- Gout
- Fibromyalgia
- Bursitis
- Sciatica
- Flatulence
- Facial paralysis
- Constipation

Dashmoola

Composition^[9]

The roots of five dravyas included in Brihat Panchmoola and the roots of five dravyas included in Laghu Panchmoola when mixed in equal parts constitutes Dashmoola

- Dashmoola is so named as it strengthens ten mahamula dhamnis (the ten great vessels carrying ojas).
- Pacifies all kinds of vata.
- Supports ten indriyas.

Pharmacodynamic Properties^[10]

गणःश्वासहरो ह्यष कफपित्तानिलापहः ।

आमस्य पाचनश्च सर्वज्वरविनाशनः ।।

(सू० सू० 38.72)

RASA – Tikta, kshaya, madhur

GUNA – Laghu

VIRYA – Ushna

DOSHA KARMA – Tridosha-hara

KARMA – Amahara (destroys ama dosha)

Sarv-jwaranashan (anti-pyretic)

Kasahara (anti-tussive)

Shwasahara (anti-asthmatic)

Pharmacological Actions

- Anti-inflammatory
- Anti-pyretic/ febrifuge
- Anti-rheumatic
- Antioxidant
- Analgesic
- Sedative
- Tranquilizer
- Tonic

Therapeutic Indications

- Rheumatoid arthritis
- Osteoarthritis
- Low backache
- Gout
- Headache
- Inflammation and oedema
- Bronchitis
- Sciatica
- Remittent fever, puerperal/ post-partum fever
- PMS

Valli Panchamoola & Kantaka Panchamoola

Valli Panchamoola

Composition^[11]

“Valli” means climber or creeper and “panchamoola” means five roots. Vallipanchamoola is the group of roots of five creepers.

विदारीसारिवारजनीगुडुच्योऽजश्रुंगीचेतिवल्लीसंज्ञः ।।

(सू० सू० 38.73)

S. No.	DRUG	BOTANICAL NAME	FAMILY	QUANTITY
1.	Vidari	<i>Pueraria tuberosa</i>	Leguminosae	1 Part
2.	Saariva	<i>Hemidesmus indicus</i>	Asclepiadaceae	1 Part
3.	Rajni (Manjistha)	<i>Rubia cordifolia</i>	Rubiaceae	1 Part
4.	Guduchi	<i>Tinospora cordifolia</i>	Menispermaceae	1 Part
5.	Ajashruni (Karkatashruni)	<i>Pistacia integerrima</i>	Anacardiaceae	1 Part

Pharmacodynamic Properties^[12]

Dosha Karma

Pitta-kapha-hara Karma

वल्लीपंचमूलप्रशस्तं कफनाशनं ।

सृष्टमूत्रानिलहरं वृष्यमेन्द्रियबोधनम् ।।

- Srusthmutra (urine eliminating/ diuretic)
- Vrshya (aphrodisiac)
- Indriyabodhak (beneficial for sense-organs)

Therapeutic Indications

- UTI
- Inflammation

- Edema
- Retention of urine

Kantaka Panchamoola Composition^[13]

“Kantaka” means thorns and “panchamoola” means five roots. Kantakapanchamoola is the group of five plants having thorns.

करमदत्रिकण्टकसैरीयकशतावरीगृध्नख्य इति कण्टकसंज्ञः ।।

(सू० सू० 38.74)

S. No.	DRUG	BOTANICAL NAME	FAMILY	QUANTITY
1.	Karmarda	<i>Cassia carandas</i>	Apocynaceae	1 Part
2.	Gokshura	<i>Tribulus terrestris</i>	Zygophyllaceae	1 Part
3.	Saireyaka	<i>Barleriaprionitis</i>	Acanthaceae	1 Part
4.	Satavari	<i>Asparagus racemosus</i>	Liliaceae	1 Part
5.	Grudhranakra (Himsra)	<i>Capparis sepiaria</i>	Capparidaceae	1 Part

Pharmacodynamic Properties^[14]

कण्टकाख्यं कफनिलहरं ।

मधुरानुरसचैव पक्वाशयविशोधनं ।।

RASA –Tikta, madhur GUNA – Guru, snighad
VIRYA –Anushna
DOSHA KARMA – Kapha-vata-shamak KARMA –
Pakavashayavishodhak, sarvdoshahara

Acharya Sushruta has mentioned same guna-karmas of Valli panchmoola and Kantaka Panchmoola which are as follows

रक्तपित्तहरौह्येतौ शोफत्रयविनाशनौ ।

सर्वमेहहरौ चैव शुक्रदोषविनाशनौ ।।

(सू० सू० 38.75)

Both Valli and Kantaka Panchamoola groups proves curative in^[15]

- Haemoptysis
- Three types of odema (shoph).
- Urethral discharges
- Seminal disorders

Trinapanchamoola Composition^[16]

Trina Panchamoola is derived from two words “Trina” means grass and Panchamoola means five roots. Trinapanchamoola contains the roots of following five herbs of the Poaceae family

कुशकाशनलदर्भकाण्डेक्षुका इति तृणसंज्ञकः ।

(सू० सू० 38.76)

S.No.	DRUG	BOTANICAL NAME	FAMILY	QUANTITY
1.	Kusha	<i>Desmostachyabipinnata</i>	Poaceae	1 Part
2.	Kasha	<i>Saccharum spontaneum</i>	Poaceae	1 Part
3.	Nala	<i>Arundo donax</i>	Poaceae	1 Part
4.	Darbha	<i>Imperatacylindrica</i>	Poaceae	1 Part
5.	Kandhikshu	<i>Saccharum officinarum</i>	Poaceae	1 Part

However, different Acharyas have categorized different drugs under Trinapanchamoola

CHARAKA	SUSHRUTA	VAGBHATTA	BHAV PRAKASH	DHANWANTARI NIGHANTU	KAYDEVA NIGHANTU
Ikshu	Kusha	Ikshu	Ikshu	Ikshu	Ikshu
Darbha	Kasha	Darbha	Darbha	Darbha	Darbha
Kasha	Nala	Kasha	Kasha	Kasha	Kaand- ikshu
Shaali	Darbha	Shaali	Kusha	Shaali	Shaali
Sharr	Kaand- ikshu	Sharr	Sharr	Sharr	Sharr



Pharmacodynamic Properties^[17]

Rasa –Madhur, tikta Guna – Laghu, snigadh VIRYA –Sheeta

Dosha Karma – Pitta-shamak

Karma –

मूत्रदोषविकार रक्तपित्तं तथैव च।

अन्यतः पयुक्तः क्षीरेण शीघ्रमेव विनाशयेत्॥

(सु० सू० 38.77)

- Cases of haemoptysis,
- Renal defects or of urinary diseases are found to

speedily yield to the curative efficacy of the compound internally administered through the medium of cow's milk.

Madhyamapanchamoola Composition^[18]

Madhyamapanchamoola is derived from two words “Madhyama” means medium-sized and “Panchamoola” means five roots. Madhyapanchamoola contains the roots of following five medium sized shrubs.

बलापुनर्नवैरण्डशूर्पपर्णीद्वयेन तु च।

(अ०ह०सू० 6.169)

S. No.	DRUG	BOTANICAL NAME	FAMILY	QUANTITY
1.	Bala	<i>Sida cordifolia</i>	Malvaceae	1 Part
2.	Punarnava	<i>Boerhaviadiffusa</i>	Nyctaginaceae	1 Part
3.	Eranda	<i>Ricinus communis</i>	Euphorbiaceae	1 Part
4.	Mudagparni	<i>Phaseolus trilobus</i>	Fabaceae	1 Part
5.	Mashaparni	<i>Teramnus labialis</i>	Fabaceae	1 Part

Pharmacodynamic Properties^[19]

मध्यमं कफवातघ्नं नातिपित्तकरं सरम ।

(अ०ह०सू० 6.170)

RASA – Madhur GUNA – Laghu VIRYA –Sheeta
DOSHA KARMA – Kapha-vata-shamak KARMA – Sara (induces mobility)

Vata-anulomaka (carminative) Balya (strength promoting) Brmhana (body weight promoting) Rasayan (immunomodulatory) Vednasthapan (analgesic)

Therapeutic Indications

- Constipation
- Inflammation

- Generalized weakness
- Pain

Jeevaneeyapanchamoola Composition^[20]

The word “Jeevaneeya Panchmoola” is derived from two words “Jeevaneeya” means “life-promoting” and “Panchamoola” means five roots. Jeevaneeya panchamoola contains the roots of following high potency drugs:

अभीरुवीराजीवन्तीजीवकर्शभकैः स्मृतम् ।

(अ०ह०सू० 6.170)

S.No.	DRUG	BOTANICAL NAME	FAMILY	QUANTITY
1.	Abhiru (Satavari)	<i>Asparagus racemosus</i>	Liliaceae	1 Part
2.	Beera (Kakoli)	<i>Roscoeapropera</i>	Zingiberaceae	1 Part
3.	Jeevanti	<i>Leptadenia reticulata</i>	Asclepiadaceae	1 Part
4.	Jeevaka	<i>Microstylismuscifera</i>	Orchidaceae	1 Part
5.	Rishbhak	<i>Microstyliswallichii</i>	Orchidaceae	1 Part

Pharmacodynamic Properties^[21]

जीवनाख्यं तु चक्षुष्यं वृष्यं पित्तानिलापहम् ।

(अ०ह०सू० 6.170)

RASA – Madhur GUNA – Guru, snigad VIRYA – Sheeta
 DOSHA KARMA – Pitta-shamak KARMA – Caksushya (beneficial for eyes)
 Vrsya (aphrodisiac) Jeevaniya (life-promoting)

Panchapallava
 Composition^[22]

The word “Panchpallava” is derived from two words “Pancha” means five and “Pallava” means leaves. Panchapallava is a group of five leaves of the following trees:

आम्रजम्बूकपित्थानां बीजपूरकबिल्वयोः ।

(प० प्र० 2.152)

S.No.	DRUG	BOTANICAL NAME	FAMILY	QUANTITY
1.	Amra	<i>Mangifera indica</i>	Anacardiaceae	1 Part
2.	Jambu	<i>Syzygiumcumini</i>	Myrtaceae	1 Part
3.	Kapittha	<i>Feronia elephantum</i>	Rutaceae	1 Part
4.	Beejapurak	<i>Citrus medica</i>	Rutaceae	1 Part
5.	Bilva	<i>Aegle marmelos</i>	Rutaceae	1 Part

Pharmacodynamic Properties^[23]

गन्धकर्माणिसर्वत्र पत्राणिपंचपल्लवम् ।।

(प० प्र० 2.152)

RASA –Kshaya GUNA – Laghu, ruksh VIRYA – Ushna VIPAKA - Katu
 Dosh Karma – Kapha-vata-shamak
 Karma – Gandhkarmaprayoga (destroys bad odour of oil) Chardighna (anti-emetic)
 Mutrasangrahanya (anti-diuretic)

Composition^[25]

The word “PanchValakala” is derived from two words “Pancha” means five and “Valakala” means bark. Panchavalakala is a group of five barks of the following trees

Panchavalakala

Synonyms^[24]

Panchavetas (Raj Nighantu)

न्यग्रोधोदुम्बराश्वत्थपारीशप्लक्षपादपाः ।

पञ्चैते क्षीरिणो वृक्षास्तेषां त्वक् पञ्चवल्कलं ।।

(भा० प्र० वटादि० वर्ग-15)

S.No.	Drug	Botanical name	Family	Quantity
1.	Vata	<i>Ficus benghalensis</i>	Moraceae	1 Part
2.	Udumbara	<i>Ficus glomerata</i>	Moraceae	1 Part
3.	Ashwattha	<i>Ficus religiosa</i>	Moraceae	1 Part
4.	Plaksha	<i>Ficus lacor</i>	Moraceae	1 Part
5.	Parisha	<i>Thespesia populnea</i>	Malvaceae	1 Part

Panchavalakala according to different Acharya

Charaka	Sushruta	Vagbhatta
Vata	Vata	Vata
Udumbara	Udumbara	Udumbara
Ashwattha	Ashwattha	Ashwattha
Plaksha	Plaksha	Plaksha
Kapithana	Madhuca	Vetas

Pharmacodynamic Properties^[26]

RASA –Kshaya, tikta

GUNA – Laghu, ruksh

VIRYA –Sheeta

VIPAKA - Katu

DOSHA KARMA – Pitta-kapha-rakta-shamak

KARMA – Varnya (complexion-promoting)

Yonirogahara (destroys diseases of female genital tract)

Vranahara (promotes wound-healing)

Medorogahara (anti-lipidaemic)

Visarpahara (destroys erysipelas)

Shothahara (destroys oedema) Grahi (seizing)

Bhagansandhankar (promotes reunion of fractures)

Triphala

In Ayurvedic texts, four ganas are mentioned under

Triphala which are asfollows^[27]

- 1) KshayaTriphala or Triphala
- 2) MadhuraTriphala
- 3) SwalpaTriphala
- 4) SugandhiTriphala

Kshaya Triphala

Synonyms

Phalatrika, vara, mahtitriphala, kshayatriphala

Composition^[28]

The word “Triphala” is derived from two words “Tri” means three and “Phala” means fruit. Triphala is composed of the pericarp of three myrobalans; Terminalia chebula (Haritaki), Terminalia bellirica (Vibhitaki), and Emblica officinalis (Amalaki).

हरीतक्यामलकबभीतकानि त्रिफला ।

(सु० सू० 38.56)

पथ्याबिभीत घात्रीणां फलैः स्यात्त्रिफलासमैः ।

(भा० प्र० हरी० वर्ग-43)

S. No.	Drug	Botanical name	Family
1.	Haritaki	<i>Terminalia chebula</i>	Combretaceae
2.	Vibhitaki	<i>Terminalia bellirica</i>	Combretaceae
3.	Amalaki	<i>Emblica officinalis</i>	Euphorbiaceae

Proportion of Fruits in Triphala^[29]

एका हरीतकी योज्या द्वौ च योज्या बिभीतकौ ।

चत्वार्यामलकान्येवं त्रिफलैषा प्रकीर्तितश ॥

(शा० म० 6.9)

DRUG	By weight	By number
Haritaki (Dwikarshita) 20 gm	1 Part	1
Vibhitaki (Karshphala) 10 gm	1 Part	2
Amalaki (Ardhkarsh) 5 gm	1 Part	4

Pharmacodynamic Properties^[30]

त्रिफला कफपित्तघ्नी मेहकुष्ठहरा सरा ।

चक्षुष्या दीपनी रूच्याविशमज्वरनाशिनी ।।

(भा० प्र० हरी० वर्ग-43)

RASA –Kshayapradhan

GUNA – Laghu, ruksh, sara

VIRYA –Anushnasheeta

VIPAKA - Madhur

DOSHA KARMA – Tridosha-shamak (especially kapha-pitta- shamak)

KARMA – Caksusya (beneficial for eyes)

Premeha and kustha hara (anti-diabetic and anti-leprotic)

Dipana (stomachic)

Ruchivardaka (relishing/appetiser)

Virechan (purgative)

Medorogahara (anti-lipidaemic)

Vishamjwara hara (anti- malarial)

Madhura Triphala

Composition^[31]

Madhur Triphala is a group of following dravyas each taken in same quantity

द्राक्षाकाशमर्यखर्जूरीफलानि मिलितानि तु ।

मधुरत्रिफला ज्ञेया मधुरानि फलत्रयम् ।।

(रा० नि० मिश्र०-4)

S.No.	Drug	Botanical name	Family
1.	Draksha	<i>Vitis vinifera</i>	Vitaceae
2.	Kashmarya(Gambhari)	<i>Gmelina arborea</i>	Verbenaceae
3.	Kharjura	<i>Phoenix sylvestris</i>	Arecaceae

Pharmacodynamic Properties^[32]

RASA – Madhur

GUNA – Guru, snigadh

VIRYA –Sheeta

VIPAKA - Madhur

DOSHA KARMA – Pitta-shamaka

KARMA – Raktapitta nashaka (curative in haemoptysis), Trishna nashaka (cures excessive thirst)

Daha nashaka (provides cooling effect) Rakta-alptanashaka (useful in anemia)

Swalpatriphala

Composition^[33]

Swalpa Triphala is a group of following dravyas each taken in same quantity.

स्वल्पाकाशमर्यखर्जूरपरुषक फलैः भवेत् ।

(रा० नि० मिश्र०-4)

S.No.	Drug	Botanical name	Family
1.	Kashmarya(Gambhari)	<i>Gmelina arborea</i>	Verbenaceae
2.	Kharjura	<i>Phoenix sylvestris</i>	Arecaceae
3.	Parushaka	<i>Grewia asiatica</i>	Tiliaceae

Pharmacodynamic Properties

RASA – Madhur GUNA – Snigadh VIRYA –Sheeta

VIPAKA - Madhur

DOSHA KARMA – Pitta-shamak KARMA – (Same as Madhura Triphala)

Sugandhitriphala

Composition^[34]

Sugandhi Triphala is a group of following aromatic

dravyas each taken insame quantity.

जातिफलं पूगफलं लवंगकलिका फलम् ।
सुगन्धित्रिफला प्रोक्ता सुरभित्रिफला च सा ॥

(रा० नि० मिश्र०-5)

S.No.	Drug	Botanical name	Family
1.	Jatiphala	<i>Myristica fragrans</i>	Myristicaceae
2.	Pugaphala	<i>Areca catechu</i>	Arecaceae
3.	Lavanga	<i>Syzygiumaromaticum</i>	Myrtaceae

Pharmacodynamic Properties^[35]

RASA –Tikta GUNA – Laghu VIRYA –Sheeta
VIPAKA - Katu
KARMA – Mukhdurgandhanashak (destroys foul
odour of mouth)Stambhan (checks discharges)
Chedana (scrapping)Ruchikar (relishing)

Composition^[37]

The word “Trikatu” is derived from two words “Tri”
means threeand “katu” means pungent. Trikatu is a group
of following katu dravyas each taken in same quantity.

Trikatu**Synonyms^[36]**

Katu-traya, trayaushana, vyosha

विश्वापकुल्या मरिचं त्रयं त्रिकटु कथ्यते ।
कटुत्रिकं तु त्रिकटु त्र्यूषणं व्योष उच्यते ॥

(भा०प्र०हरी० वर्ग-62)

S. No.	Drug	Botanical name	Family
1.	Vishwa (Sunthi)	<i>Zingiber officinalis</i>	Zingiberaceae
2.	Upkulya(Pippali)	<i>Piper longum</i>	Piperaceae
3.	Maricha	<i>Piper nigrum</i>	Piperaceae

Pharmacodynamic Properties^[38]

त्र्यूषणं दीपनं हन्ति श्वासकासत्वगामयान् ।

गुल्ममेहकफस्थौल्यमेदः श्लीपदपीनसान् ॥

(भा० प्र० हरी० वर्ग-63)

RASA –Katu

GUNA – Laghu, tikshna VIRYA –Ushna VIPAKA –
Katu

DOSHA KARMA – Kapha-shamak KARMA –
Medhorogahara (anti-lipidaemic)

Premeaha hara (anti-diabetic)

Kustha and twakrogahara (cures skin diseases)

Dipana (stomachic)

Peenasahara (cures running nose, allergic rhinitis)

Gulma-hara (useful in abdominal tumor)

Agnivardaka (improves digestion)

Shleepadahara (cures elephantiasis)**Chaturusana****Composition^[39]**

The word “Chaturusana” is derived from two words,
“Chatur” means fourand “usana” means hot in potency.
Chaturusana is a group of four dravyas containing
Shunti, maricha, pippali and pippali moola. Hence,
Trikatu withPippali moola combined together is called as
Chaturusana.

TRIKATU + PIPPALI MOOLA = CHATURUSANA

त्र्यूषणं सकणामूलं कथितं चतुरुरुषणम् ।

व्योषस्येव गुणः पोक्ता अधिकाचतुरुषणे ॥

(भा० प्र० हरी० वर्ग-66)

S.No.	Drug	Botanical name	Family
1.	Vishwa (Sunthi)	<i>Zingiber officinalis</i>	Zingiberaceae
2.	Upkulya(Pippali)	<i>Piper longum</i>	Piperaceae
3.	Maricha	<i>Piper nigrum</i>	Piperaceae
4.	Pippali moola	Root of <i>Piper longum</i>	Piperaceae

Pharmacodynamic Properties

Chaturusana possesses similar pharmacodynamic properties as Trikatu, but they are more hot in potency as compared to Trikatu.

RASA –Katu

GUNA – Laghu, tikshna

VIRYA –Ushna (more ushana than Trikatu) VIPAKA – Katu

DOSHA KARMA – Kapha-shamak KARMA – Medhorogahara (anti-lipidaemic)

Premeaha hara (anti-diabetic)

Kustha and twakrogahara (cures skin diseases)

Dipana (stomachic)

Peenasahara (cures running nose, allergic rhinitis)

Gulmahara (useful in abdominal tumor)

Agnivardaka (improves digestion)

Shleepadahara (cures elephantiasis)

Panchakola

Composition^[40]

The word “Panchakola” is derived from two words, “Pancha” means five and “kola” means quantity equal to the volume of a seed of jujube (6 gm approximately). Panchakola is a mixture of five drugs, each taken in the quantity of Kola.

पिप्पली पिप्पलीमूलं चव्यचित्रकनागरैः ।

पंचभिः कोलमात्रं यत्पंचकोलं तदुच्यते ॥

(भा० प्र० हरी० वर्ग-72)

S. No.	Drug	Botanical Name	Family
1.	Pippali	<i>Piper longum</i>	Piperaceae
2.	Pippali moola	Root of <i>Piper longum</i>	Piperaceae
3.	Chavya	<i>Piper retrofractum</i>	Piperaceae
4.	Chitraka	<i>Plumbago zeylanica</i>	Plumbaginaceae
5.	Nagara (Sunthi)	<i>Zingiber officinalis</i>	Zingiberaceae

Pharmacodynamic Properties^[41]

पंचकोलं रसे पाके कटुकंरुचिकृन्मतम् ।

तीक्ष्णोष्णं पाचनं श्रेष्ठं दीपनं कफवातनुत् ॥

गुल्मप्लीहोदरानाहशूलघ्नं पित्तकोपनम् ॥

(भा० प्र० हरी० वर्ग-73)

RASA –Katu
GUNA – Ushna, tikshna
VIRYA –Ushna
VIPAKA – Katu
**DOSHA KARMA – Kapha-vata-shamak, pitta-
 vardaka**
KARMA –Ruchivardhaka (relishing)
Pachana (digestive)Dipana (stomachic)
Gulmahara (useful in abdominal tumor)
Pleeharogahara (cures diseases of spleen)
Udararogahara (cures other abdominal disorders)

Shoolaghnam (alleviates colic)

Shadusana
Composition^[42]

The word “Shadusana” is derived from two words, “Shad” means six and “usana” means hot in potency. Shadusana is a group of six dravyas possessing hot potency.

Panchakola with maricha combined together is called as Shadusana.

PANCHAKOLA + MARICHA = SHADUSANA

पंचकोलं समरिचं षडूषणमुदाहृतम् ।

(भा० प्र० हरी० वर्ग-74)

S.No.	Drug	Botanical name	Family
1.	Pippali	<i>Piper longum</i>	Piperaceae
2.	Pippali moola	Root of <i>Piper longum</i>	Piperaceae
3.	Chavya	<i>Piper retrofractum</i>	Piperaceae
4.	Chitraka	<i>Plumbago zeylanica</i>	Plumbaginaceae
5.	Nagara (Sunthi)	<i>Zingiber officinalis</i>	Zingiberaceae
6.	Maricha	<i>Piper nigrum</i>	Piperaceae

Pharmacodynamic Properties^[43]

पंचकोलगुणं तत्तु रूक्षमुष्णं विषापहम् ।।

(भा० प्र० हरी० वर्ग-74)

Shadusana possesses guna-karma similar to Panchakola but they are more ruksh and ushna as compared to Panchakola. They also possess anti- poisonous property.

Pleeharogahara (cures diseases of spleen)
Udararogahara (cures other abdominal disorders)
Shoolaghnam (alleviates colic)
Vishapham (anti-poisonous)

RASA –Katu
GUNA – Ushna, tikshna
VIRYA –Ushna
VIPAKA – Katu
**DOSHA KARMA – Kapha-vata-shamak, pitta-
 vardaka**
KARMA –Ruchivardhaka (relishing)
Pachana (digestive)Dipana (stomachic)
Gulmahara (useful in abdominal tumor)

Trimada
Composition^[44]

Vidanga, musta and chitraka - group of these three dravyas is known as Trimada. By combining these three dravyas together or consuming them in excessive amount, mada (mental instability) is produced, hence are called as Trimada.

विडंगमुस्तचित्रैश्चत्रिमदः समुदाहृतः ।

(भै०० 4.16)

S.No.	Drug	Botanical name	Family
1.	Vidanga	<i>Embeliaribes</i>	Myrsinaceae
2.	Musta	<i>Cyperus rotundus</i>	Cyperaceae
3.	Chitraka	<i>Plumbago zeylanica</i>	Plumbaginaceae

Pharmacodynamic Properties^[45]

RASA –Katu, tikta

GUNA – Laghu, ruksh, tikshna

VIRYA –Ushna

VIPAKA – Katu

DOSHA KARMA – Kapha-vata-shamak, pitta-prakopaka

KARMA –Dipana (stomachic)

Pachana (digestive)

Gulmahara (useful in abdominal tumor)

Shoolagham (alleviates colic) Arshoghana (cures piles)

Krimighna (anthelmintic) Aruchikara (produces anorexia)

Chaturbeeja**Composition^[46]**

“Chaturabeeja” is derived from two words “Chatur” means four and “beeja” means seeds. So, Chaturbeeja is group of seeds of following four dravyas.

मेथिका चन्द्रशूरश्च कालाऽजाजी यवानिका ।

एतच्चतुष्टयं युक्तं चतुर्बीजमिति स्मृतम् ॥

(भा० प्र० हरी० वर्ग-98)

S.No.	Drug	Botanical name	Family
1.	Methika	<i>Trigonella foneum</i>	Fabaceae
2.	Chandrashura	<i>Lepidium sativum</i>	Cruciferae
3.	Ajaji	<i>Nigella sativa</i>	Ranunculaceae
4.	Yavanika	<i>Trachyspermumammi</i>	Apiaceae

Pharmacodynamic Properties^[47]

तच्चूर्णं भक्षितं नित्यं निहन्ति पवनामयम् ।

अजीणं श्लमाघमानं पार्श्वशूलं कटिव्यथाम् ॥

(भा० प्र० हरी० वर्ग-99)

RASA –Katu, tikta

GUNA – Laghu, ruksh, tikshna

VIRYA –Ushna

VIPAKA – Katu

DOSHA KARMA – Kapha-vata-shamak

KARMA –Vatajrogahara (cures disorders caused by vata imbalance)

Ajeernahara (cures indigestion) Shoolahara (cures abdominal colic)

Adhmanahara (cures bloating, gaseous distension of abdomen) Parshvashoolahara (cures pain in flanks) Katishoolahara (cures hip, low back ache)

Jeevaniyagana**Composition^[48]**

Jeevaniya gana is group of following dravyas which increases the Jeevan (life, ayu) of an individual and prevents the body from various hazards.

अष्टवर्गः सयष्टीको जीवन्ती मुदगपर्णिका ।

माषपर्णी गणोऽयं तु जीवनीय इति स्मृतः ॥

(भा० प्र० गु० वर्ग-57)

S. No.	Drug	Botanical name	Family
1.	Jeevaka	<i>Microstylismuscifera</i>	Orchidaceae
2.	Rishabhaka	<i>Microstyliswalichii</i>	Orchidaceae
3.	Meda	<i>Polygonatumcirrhifolium</i>	Asparagaceae
4.	Mahameda	<i>Polygonatumverticillatum</i>	Asparagaceae
5.	Kakoli	<i>Roscoceaprocera</i>	Zingiberaceae
6.	KshiraKakoli	<i>Fritillaria roylei</i>	Zingiberaceae
7.	Vruddhi	<i>Habenariaaccuminata</i>	Orchidaceae
8.	Ruddhi	<i>Habenaria intermedia</i>	Orchidaceae
9.	Mudgaparni	<i>Phaseolus trilobus</i>	Fabaceae

10.	Mashaparni	<i>Teramnus labialis</i>	Fabaceae
11.	Yashtimadhu	<i>Glycyrrhiza glabra</i>	Fabaceae
12.	Jivanti	<i>Leptadenia reticulata</i>	Asclepiadaceae

Pharmacodynamic Properties^[49]**RASA – Madhur****GUNA – Guru****VIRYA –Sheeta****VIPAKA – Madhur****DOSHA KARMA – Vata-pitta-shamak, kapha-
vardhak****KARMA –Jeevaniya (vitaliser)**

Shukral (enhances semen) Brmhana (body weight promoting) Garbhasthapaka (fetus stabilizing)

Stanyajanana (galactagogue)

Trishnahara (reduces excessive thirst) Jwarahara (anti-pyretic) Rakspittahara (cures haemoptysis)

Reduces other pittaj and raktaj disorders

Ashtavarga**Composition^[50]**

Ashtavarga is group of following eight dravyas

जीवकर्षभकौ मेदे काकोकल्यौ ऋद्धिवृद्धिके ।

अष्टवर्गोऽष्टभिर्द्रव्यैः कथितचरकादिभिः ॥

(भा० प्र० हरि० वर्ग-120-121)

S. No.	DRUG	BOTANICAL NAME	FAMILY
1.	Jeevaka	<i>Microstylismuscifera</i>	Orchidaceae
2.	Rishabhaka	<i>Microstyliswalichii</i>	Orchidaceae
3.	Meda	<i>Polygonatumcirrhifolium</i>	Asparagaceae
4.	Mahameda	<i>Polygonatumverticillatum</i>	Asparagaceae
5.	Kakoli	<i>Roscoea procera</i>	Zingiberaceae
6.	KshiraKakoli	<i>Fritillaria roylei</i>	Zingiberaceae
7.	Vruddhi	<i>Habenariaaccuminata</i>	Orchidaceae
8.	Ruddhi	<i>Habenaria intermedia</i>	Orchidaceae

Pharmacodynamic Properties^[51]

अष्टवर्गो हिमः स्वादुर्बृहणः शुकलो गुरुः ।

भग्नसन्धानकृत्कामबलासबलवर्द्धनः ॥

वातपित्तास्त्रतृड्दाहज्वरमेहक्षयप्रणुत् ॥

(भा० प्र० हरि० वर्ग-122)

मेदाजीवककाकोलीऋद्धिद्वन्द्वेऽपि चासति ।

वरीविदार्यश्वगन्धावाराहीश्चकमात् क्षिपेत् ॥

(भा० प्र० हरि० वर्ग-144)

RASA – Madhur**GUNA – Guru****VIRYA –Sheeta****VIPAKA – Madhur****DOSHA KARMA – Vata-pitta-shamak, kapha-
vardhak****KARMA –Brmhana (body weight promoting)**

Shukral (enhances semen)

Bhagnasandhanakar (promotes reunion of joints)

Vajikaraka (aphrodisiac)

Raktapittahara (cures haemoptysis) Jwarahara (anti-pyretic) Pramehahara (anti-diabetic) Kshayahara (provides strength)

Trijataka/ trisugandhi**synonyms^[53]**

Trijata, Trisugandhi

Composition^[54]

“Trijataka” is derived from two words “Tri” means three and “Jataka” means aromatic. So, Trijataka is group of following three aromatic dravyas

DRUG	SUBSTITUTE
Meda, Mahameda	Satavari
Jeevaka, Rishabhaka	Vidarikanda
Kakoli, KshiraKakoli	Ashwagandha
Ruddhi, Vruddhi	Varahi

Substitutes of Ashtavarga^[52]

Acharya Bhavmishra has described about the substitutes of Ashtavargadravyas which are as follows

त्वगेलापत्रकैस्तुल्यस्त्रिसुगन्धि त्रिजातकम् ।

(भा० प्र० कर्पू० वर्ग-72)

S.No.	DRUG	BOTANICAL NAME	FAMILY
1.	Twak	<i>Cinnamomum zeylanicum</i>	Lauraceae
2.	Ela	<i>Elettaria cardamomum</i>	Zingiberaceae
3.	Tejpatra	<i>Cinnamomum tamala</i>	Lauraceae

Chaturajataka Composition^[55]

“chaturajataka” is derived from two words “Chatura” means four and “Jataka” means aromatic. So, Chaturajataka is group of four aromatic dravyas. When Nagakeshara is added to Trijataka, the combination so formed is known as Chaturajataka.

TRIJATAKA + NAGAKESHARA = CHATURAJATAKA

त्वगेलापत्रकैस्तुल्यस्त्रिसुगन्धि त्रिजातकम् ।

नागकेशरसंयुक्तं चातुर्जातकमुच्यते ।।

(भा० प्र० कर्पू० वर्ग-72)

S.No.	Drug	Botanical name	Family
1.	Twak	<i>Cinnamomum zeylanicum</i>	Lauraceae
2.	Ela	<i>Elettaria cardamomum</i>	Zingiberaceae
3.	Tejpatra	<i>Cinnamomum tamala</i>	Lauraceae
4.	Nagakeshara	<i>Mesua ferrea</i>	Guttiferae

Pharmacodynamic Properties of Trijataka and Chaturajataka^[56]

तद् द्वयं रोचनं रुक्षं तीक्ष्णोष्णं मुखगन्धहृत् ।

लघुपित्तग्निकृद्घर्ष्यं कफवातविषापहम् ।।

(भा० प्र० कर्पू० वर्ग-73)

RASA –Katu

GUNA – Laghu, tikshna, ruksha

VIRYA –Ushna

VIPAKA – Katu

DOSHA KARMA – Kapha-vata-shamak, Pitta-
vardaka

KARMA –Mukhagandahara (destroys foul odour of
mouth)

Dipana (stomachic) Rochaya (relishing)

Varnya (complexion promoting)

Visaghna (eliminates toxic effects of poisonous
substances)

Katuchaturajataka

Composition^[57]

When Maricha is added to Trijataka, the combination so
formed is known as Katuchaturajataka.

TRIJATAKA + MARICHA= KATUCHATURAJATAKA

एलात्वक्पत्रकैस्तुल्यैः मरिचेनसमन्वितैः ।

कटुपूर्वमिदं चान्यच्चातुर्जातकमुच्यते ॥

(रा०नि०मि० वर्ग-19)

S.No.	Drug	Botanical name	Family
1.	Twak	<i>Cinnamomum zeylanicum</i>	Lauraceae
2.	Ela	<i>Elettaria cardamomum</i>	Zingiberaceae
3.	Tejpatra	<i>Cinnamomum tamala</i>	Lauraceae
4.	Maricha	<i>Piper nigrum</i>	Piperaceae

Pharmacodynamic Properties of Katuchaturajataka

RASA –Katu, tikta, madhura

GUNA – Laghu, tikshna, ruksha

VIRYA –Ushna

VIPAKA – Katu

DOSHA KARMA – Kapha-vata-shamak, Pitta-
vardaka

KARMA –Mukhagandahara (destroys foul breath)

Dipana (stomachic)Rochaya (relishing)

Panchatikta

Composition^[58]

“Panchatikta” is derived from two words “Pancha” means five and “Tikta” means bitter. So, Panchatikta is group of five bitter rasa dominance dravyas which are as follows:

गुडूची निम्बमूलत्वक् भिषङ्माता निदिग्धिका ।

पटोलपत्रमित्येतत् पंचतिकं प्रकीर्तितम् ॥

(रा०त०१८/१८)

S.No.	Drug	Botanical name	Family
1.	Guduchi	<i>Tinospora cordifolia</i>	Menispermaceae
2.	Nimba	<i>Azadirachta indica</i>	Meliaceae
3.	Bhishangmata(Vasa)	<i>Adhatodavasic</i>	Acanthaceae
4.	Nidigdhika (Kantakari)	<i>Solanum surattense</i>	Solanaceae
5.	Patola	<i>Trichosanthes dioica</i>	Cucurbitaceae

Pharmacodynamic Properties of Panchatikta^[59]

RASA –Tikta

GUNA – Laghu, ruksha

VIRYA –Sheeta

VIPAKA – Katu

DOSHA KARMA – Kapha-pitta-shamaka

KARMA –Dipana (stomachic)

Rochaya (relishing)Pachana (digestive)

Chardinigrahana (anti-emetic) Kusthaghna (anti-
leprotic) Stanyasodhana (galacto-depurant) Jwaraghna
(febrifuge)

Krimighna (anthelmintic)

Visaghna (eliminates toxic effects of poisonous
substances)Kandughna (anti-pruritic)

Amlapanchaka

Composition^[60]

“Amlapanchaka” is derived from two words “Amla” means sour and “Panchaka” means five. So, Amlapanchaka is group of five sour rasa dominance dravyas which are as follows:

अम्लवेतसजम्बीरलुङ्गनारंगनिम्बुकैः ।

फलपंचाम्लकं ख्यातं कीर्तितञ्चाम्लपंचकम् ।।

(२० त० २/१५)

S.No.	DRUG	BOTANICAL NAME	FAMILY
1.	Amlavetasa	<i>Hippophaerhamnoides</i>	Elaeagnaceae
2.	Jambeera	<i>Citrus limon</i>	Rutaceae
3.	Matulunga	<i>Citrus medica</i>	Rutaceae
4.	Naranga	<i>Citrus reticulata</i>	Rutaceae
5.	Nimbuka	<i>Citrus acida</i>	Rutaceae

Acharya Raj Nighantukar has mentioned another two Amlapanchaka which includes following dravyas

Phalamlapanchaka	Panchamlaphala
Jambeera	Dadima
Naranga	Kola
Amlavetasa	Vrikshamla
Tintidika	Cukrika
Bijapuraka	Amlavetasa

Pharmacodynamic Properties of Amlapanchaka^[61]

RASA –Amla **VIRYA** –Ushna **VIPAKA** – Amla
DOSHA KARMA – Vata-kapha shamaka, Pitta-
 vardaka **KARMA** –Dipana (stomachic)
 Rochaya (relishing) Pachana (digestive)
 Chardinigrahana (anti-emetic) Hridya (cardiac tonic)
 Vatanulomana (carminative)
 Brmhna (body weight promoting) Balya (strength
 promoting) Mana prasadhana (pleasing)

Indriyastherayakara (promotes normal functioning of sense organs).

Trikarshika
Composition^[62]

“Trikarshika” is derived from two words “Tri” means three and “Karshika” means karsha pramana (quantity). So, Trikarshika is group of three dravyas each taken in Karsha pramana which are:

नागरातिविषा मुस्ता त्रयमेतत्त्रिकार्षिकम् ।

(२० नि० मि० वर्ग-१६)

S.No.	DRUG	BOTANICAL NAME	FAMILY
1.	Nagar	<i>Zingiber officinale</i>	Zingiberaceae
2.	Ativisha	<i>Aconitum heterophyllum</i>	Ranunculaceae
3.	Mustak	<i>Cyperus rotundus</i>	Cyperaceae

TRIKARSHIKA+ GUDUCHI (1 KARSHA)= CHATURBHADRA

नागरातिविषामुस्ता त्रयमेतत्त्रिकार्षिकम् ।

गुडुच्या मिलितं तच्च चातुर्भद्रकमुच्यते ।।

(२० नि० मि० वर्ग-१६-१७)

S.No.	DRUG	BOTANICAL NAME	FAMILY
1.	Nagar	<i>Zingiber officinale</i>	Zingiberaceae
2.	Ativisha	<i>Aconitum heterophyllum</i>	Ranunculaceae
3.	Mustak	<i>Cyperus rotundus</i>	Cyperaceae
4.	Guduchi	<i>Tinospora cordifolia</i>	Menispermaceae

Chaturbhadra Composition^[63]

When Guduchi (in quantity of 1 karsha) is added to Trikarshika, the combination so formed is known as Chaturbhadra.

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