

**PHARMACO – THERAPEUTICS OF DASEMANI DRUGS****N. N. SIRCAR***13/4, Central Park, Calcutta – 700 032, India.***Received: March 10, 1983****Accepted: August 20, 1983**

**ABSTRACT:** *The author scans in this paper the drug classification of Ayurvedic science grouped under two distinct heads of Botanical and therapeutic planes with modern equivalents. Also he throws some light on grouping of drugs done by Caraka the author of Caraka Samhita with special references to anti-inflammatory, Anti-haemorrhoidal and Anti-asthmatic Dasemani drugs.*

In Ayurveda, in the matter of drug classification, varieties of criteria have been taken into consideration. Mainly they are grouped under two distinct heads of botanical and therapeutic indices.

Under botanical head, drugs have been broadly classified as Puspa – varga, Phala – varga, Saka – varga, Phalasaka – varga, Kandasaka – varga, Haritakyadi – varga, Guducyadi – varga, Karpuradi – varga and Vacadi – varga.

Under therapeutic head, drugs have been solely indexed on their ability to nullify a diseased condition, brought about by the upset of 'Tridosic balance' in the system. Group – wise, they are called : 'Anti – vatic' (Vataghna), Anti – paittic (Pittaghna) and lastly 'Anti-kaphic' (Kaphaghna). Evidently, guided by these three broad therapeutic indices a well versed vaidya

(tatvavid) can easily pick up one, two or several drugs of his choice from a range, sometime locally available, to treat a patient.

However, apart from this broad division of drugs, on botanical and therapeutic planes with detailed elaboration in material medica, another style of grouping of drugs has been done by Caraka. In his classical style he has called them: 'Dasemani varga' (dasa + imani)<sup>1</sup>. Totally, they are fifty in number, with well defined names for each of them. Each varga or group has ten time of drugs, hence aptly called 'Dasemani'. They, separately or together, are used to make recipes of 'Maha-kasayas', as termed by Caraka.

Now let us mention below those fifty heads of Dasemani vargas with their respective therapeutic indices along with their equivalent modern nomenclature:

<i>S. No.</i>	<i>Therepeutic group as per Caraka</i>	<i>Modern equivalent</i>
1	Jivaniyani	Anabolic
2	Brmhaniyani	An attribute that ensures nutrition and body building.
3	Lekhaniyani	An attribute that helps removal of morbid accumulation and also obesity.
4	Bhedaniyani	Cathartic
5	Sandharaniyani	An attribute that regulates all excretory functions.
6	Dipaniyani	Appetising, carminative
7	Balyani	Tonic, antiasthenic
8	Varnyani	Giver of complexion.
9	Kanthyani	Improver of voice.
10	Hrdyani	Attribute beneficial for heart, cordial.
11	Trptighnani	Appetite booster.
12	Arsoghnani	Anti – haemorrhoidal.
13	Kusthaghnani	Anti – leprotic.
14	Kandughnani	Drugs for dermatological affections.
15	Krmighnani*	Antibacterials and anthelmentic.
16	Visaghnani	Antitoxic, antidotes.
17	Stanyajananani	Galactogogue.
18	Stanya sodhanani	Improver of quality of breast milk.
19	Sukra jananani	Seminiferous.
20	Sukra sodhanani	Remover of semen defect.

21	Snehopagani	Attribute that imparts soothing qualities through balanced lipid metabolism.
22	Swedopagani	Sudorific.
23	Vamanopagani	Emetic.
24	Virecanopagani	Purgative / laxative
25	Asthanopagani	Drugs for aqueous enema.
26	Anuvasanopagani	Drugs for oily enema.
27	Sirovirecanopagani	Drugs for treating intra – cranial heaviness through oronasal excretion.
28	Chardi nigrahanani	Antiemetic.
29	Trsna nigrhanani	Attribute that subsides insatiable thirst.
30	Hikka nigrahanani	Anti hiccup drugs.
31	Purisa samgrahanani	Antidiarrhoeal drugs.
32	Purisa virajaniyani	Attribute for stool coloration (through hepatic route).
33	Mutra samgrahanani	Antipolyuria.
34	Mutra virajaniyani	Attributes that controls urine colour.
35	Mutra virecaniyani	Diuretic
36	Kasa harani	Antitussive
37	Svasa harani	Antiasthmatic
38	Sotha harani	Antioedemic.
39	Jwara harani	Antipyretic.
40	Sramaharani	Antifatigue.
41	Daha prasamanani	Refrigerant.

42	Sita prasamanani	Antitremor drugs.
43	Udarda prasamanani**	Analgesic.
44	Angamarda prasamanani	Antimyalgic.
45	Sula prasamanani	Attribute that allays intrectal pain.
46	Sonita sthapanani	Antihaemorrhagic / styptic.
47	Vedanasthapanani	Anodyne / remover of pain.
48	Samjna sthapanani	Antianesthetic.
49	Praja sthapanani	Drugs that ensures progeny.
50	Vayasthapanani	Anti aging / geriatric drug.

\* Etymologically, ‘Krmighna’ means – killer for krmi. Now krmi should not be considered as worms only. According to Ayurveda krmis are as well microscopic organisms. On this point the author had made an elaborate discussion earlier.

\*\* Udarda prasamani : Etymologically ‘Udarda’ is derived from the Sanskrit – ‘Ut’ and ‘Arda’. The former root indicates superlative degree, and the latter means pain. Hence ‘Udarda’ means extreme pain. Possible, the Urdu word ‘Dard’ has some linkage with ‘Udarda’.

Now for the sake of brevity, we cite below only three groups of ‘Dasemani’ varga, with their composition.

**DASEMANI LEKHANIYANI (Anti inflammatory).**

1. Mustaka (Cyperus rotundus), 2. Kustha (Costus speciosus), 3. Haridra (Curcuma longa), 4. Daruhridra (Berberis aristata / Coscinium fenestratum), 5. Vaca (Acorus calamus), 6. Ativisa (Aconitum heterophyllum), 7. Katuruhini (Picrorhiza kurroa), 8. Citra (Plumbago zeylanica), 9. Ciravilva (Pongamia pinnata), 10. Haimavati (Terminalia).

**DASEMANI ARSOGHANANI (Anti haemornoidal).**

1. Kutaja (Holarrhena antidysenterica), 2. Vilwa (Aegle marmelos), 3. Citraka (Plumbago zeylanica), 4. Nagara (Zingiber officinale), 5. Ativisa (Aconitum heterophyllum), 6. Abhaya (Terminalia chebula), 7. Dhanvayasaka (Alaghi maurorum), 8. Daruharidra (Berberis aristata / Coscinium fenestratum), 9. Vaca (Acorus calamus), 10. Cavya (Piper chava).

**DASEMANI SWASA HARANI (Anti asthmatic).**

1. Sathi (Curcuma zedoaria), 2. Puskara mula\* (Saussuria lappa), 3. Amla vetasa (Thaikal in Asamese), 4. Ela (Elettaria cardamomum), 5. Hingu (Ferula foetida), 6. Agarū (Aquilaria agallocha), 7. Surasa

(Ocimum sanctum), 8. Tamalaki (Phyllanthus niruri), 9. Jivanti (Desmotrichum flimbriatum), 10. Cana (Angelica species).

\* Puskaromula its correct identity with saussurea tappa, by the present author, was established in 1942.

Pertinently, it may be pointed out here that on scrutiny, in Caraka samhita, it will appear that many item of drugs in Dasemani vargas are common to several groups. As for instance, Citraka (Plumbago zeylanica) and Daruharidra (Berberis aristata) are common both to Lekhaniyani and 'Arsoghani' vargas. In the same way, in some other groups, for example, 'Jivaniyani Kanthiyani' and 'Kandughnani' varga Yastimadhu (Glycyrrhiza glabra) happens to be a common item of drug. This type of selection of drugs common to several recipes of 'Maha kasayas' is noticeable in so many groups of Dasemani. However, in order to justify and explain this apparently peculiar situation Caraka quite deftly brings in a similitude that says: One particular person may happen to be quite proficient, simultaneously, in more than one vocation, and accordingly he may be designated variously, at different occasions, for his callings or performance.

Now from the above contention of Caraka, it appears that there is nothing unrealistic to find one and the same drug to have different therapeutic capability. Modern pharmacologists<sup>3</sup> have found the drug 'Mustaka' (Cyperus rotundus) to possess four well defined therapeutic properties, viz., antipyretic, antihistaminic, analgesic and anti-inflammatory. However, in the actual field of application, a conscientious Ayurvedic therapist has to refer to the reacting make-up of the 'Rasa – Guna – Virya – Vipaka – Prabhava' – the penta –

valent pharmacodynamics of Ayurvedic drug action, to justify the suitability of a particular drug against the typical Tridosic manifestation in a patient. To a well versed Ayurvedist this mental exercise is no problem at all. As Caraka says 'Yah syadrasa vikalpajnah syat ca dosa vikalpavit na sa muhyet vikaranam hetu lingopasantisu'. In the treatment of fever, in jwara rogadhikara, Mustaka (C. rotundus) finds place practically, in every other recipe, whether meant for 'Vata-pitta jwara', 'Vata-slesma jwara' or 'Pitta-slesma jwara'. Even the famous 'Sudarsana curna' has Mustaka in its composition which is highly indicated in all types of fever. Therefore, it is no wonder; the modern researchers corroborated the Ayurvedic advocacy of Mustaka as an antipyretic. Similarly, inclusion of Mustaka as 'Lekhaniya' in the Dasemani group is quite rational, in view of its having an anti-inflammatory property. Thus it is amazingly wonderful, this property and the other one, i.e. antipyretic were discovered, at least three thousand years back by the Ayurvedic sages of India. In the same stretch of argument it may be pointed out that the selection of Mustak in 'Kandughnani varga' is quite rational in consideration of its having anti-histaminic property which according to modern therapy, is indicated in all dermatological affections with the predominance of itching sensation. Hence its inclusion in 'Haridra khanda' is quite justified. In case of urticaria, where indomitable itching sensation prevails, Haridra khanda is the Ayurvedic drug of choice. Like wise antihistamines are prescribed in allopathic practice.

Now reverting back to the main issue i.e. the topics of 'Dasemani varga' we find that Rsi Agnivesa made a very precise yet elaborate working on clinical classification of drugs (totaling 500 items, placing 10 drugs in 50

groups), of course, some being common, as pointed out earlier. In absolute counting they are less than 500 in number.

However, the bone of contention in the present deliberation being the importance of Dasemani, we like to send forward our humbler appeal to world medical scientists,

who may care to accumulate knowledge for the benefit of humanity at large and should undertake a well planned research programme, spread amongst interested organizations and individual scientist, as well, to substantiate the therapeutic indices attached to fifty groups of 'DASEMANI'.

## **REFERENCES**

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5. *Caraka, sutrasthan*, Chp. 26, item 31.