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Kantaka Panchamoola : A Brief Review

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ABSTRACT

Ayurveda has two main objectives to conserve health of a healthy individual and to treat a diseased person. To conserve health of a healthy individual, Ayurveda has described *Ahara, Vihara, Dincharya, Ratricharya, Ritucharya* etc. To accomplish objectives of Ayurveda many medicinal plants are also described. Ayurveda has mainly described about two types of medicines based on its origin, plant medicines and medicines prepared from metals and minerals. Plant based medicine uses plant stem, flower, seed, fruit, leaf, root etc. as source for medicinal preparations. Ayurveda explains about 5 types of *Panchmoola*. This article is an attempt to described identification, morphology and medicinal properties of contents of *Kantaka Panchmool*.

Key words: *Kantak Panchmool, Guna, Karma.*

INTRODUCTION

Five types of *Panchmoola* have been described in *Rasayana Adhayay* of *Chikitsa Sthana* of *Charak Samhita*.^[1] The word '*Panchmoola*' is first described by Acharya Charaka. Later on, *Acharya* has also described '*Kantak Panchmoola*' in chapter 38th of *Sutra Sthana*.^[2] *Acharya* has described *Karmarda, Trikantaka, Saireyak, Shatavari* and *Gridhanakhi* as content of *Kantaka Panchmoola* and he also described about their property and uses in detail. Ayurveda explains about 5 types of *Panchmoola*. This article is an attempt to described identification, morphology and medicinal properties of contents of *Kantaka Panchmool*.

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List of drug in *Kantaka Panchmoola*^[3,4]

Name	Bot. Name	Family	Varga in Bhavprakash	Karma
<i>Karmarda</i>	<i>Carissa carandas</i> Linn.	Apocynaceae	Amradi Phala Varga	Rakta Pitta Shamak, Hridya, Vamak, Mutrajanana
<i>Gokshura</i>	<i>Tribulus terrestris</i> Linn.	Zygophyllaceae	Guduchyadi Varga	Mutravirechaniya, Sothahar, Vatahara, Balya, Vrishya
<i>Saireyaka</i>	<i>Barleria prionitis</i> Linn.	Acanthaceae	Pusha Varga	Keshranjaka, Kustha, Vatarakta, Visha Nashak
<i>Shatavari</i>	<i>Asparagus racemosus</i> Willd.	Liliaceae	Guduchyadi Varga	Shukravardhak, Rasayana, Netrya,
<i>Hinsra</i>	<i>Capparis sepiaria</i> Linn.	Capparidaceae	-	Sophaighna, Kaphavatana shak

Properties of Drug in Kantaka Panchamoola^[3]

Drug	Rasa	Guna	Virya	Vipaka
Karmarda	Amla	Guru, Sara	Ushna	Katu
Gokshura	Madhura	Guru, Snigdha	Sheeta	Madhura
Saireyaka	Tikta, Madhura	Laghu	Ushna	Katu
Shatavari	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura
Hinsra	Tikta, Katu	Laghu, Ruksha	Ushna	Katu
Kantak Panchamula	Amla, Madhura, Tikta, Katu	Guru, Snigdha, Laghu, Ruksha	Sheeta /Ushna	Madhura, Katu

Karmarda Root

- Synonyms - *Karonda*
- Macroscopic - Root considerably long, often irregularly bent. Woody, cylindrical rusty or yellowish brown in colour; 1-1.5 cm thick, surface smooth; fracture, hard; odour and taste not distinct.^[9]
- Chemical composition - Root contains a trace amount of volatile oil with an odour similar to that of piper betel leaf, salicylic acid and an alkaloid. Study has reported carisone, carindone, carinol, lignin, oderoside and 2 – acetylphenol from root. Root is considered a better stomachic.^[10]
- Pharmacological activities - Anti-inflammatory, anti-pyretic activity, Anti-oxidant activity and Adaptogenic activity.^[11]

Gokshura Root

- Synonyms - *Ikshugandhika, Chanadruma, Shvadhanstra, Trikantaka, Swadukantaka.*
- Macroscopic - Drug consist of root, 7 to 18 cm. long and 0.3 to 0.7 cm in diameter, slender,

cylindrical, fibrous frequently, tough, woody and yellow to light brown in colour; surface become rough due to presence of small nodules; fracture fibrous; odour aromatic; taste sweetish and astringent.^[12]

- Chemical composition - The preliminary phytochemical study revealed the presence of saponins, flavonoids, glycosides, alkaloids and tannins.
- Pharmacological activities - Aphrodisiac activity, Antidiabetic activity, Diuretic activity, Anti-inflammatory activity.^[13]

Satavari Root

- Synonyms - *Satmuli, Satvirya, Bahusuta, Atirasa.*
- Macroscopic - Root tuberous, 10-30 cm in length and 0.1 - 0.5 cm thick, tapering at both ends with longitudinal wrinkles; colour cream; taste, sweetish.^[14] Chemical composition – The root contains siterosterols and many saponins.
- Pharmacological activities - Antidiabetic activity, Ant abortifacient, Diuretic activity, Immunostimulant.^[15]

Saireyaka Root

- Synonyms - *Sahchar, Kurantak.*
- Macroscopic - Well developed, up to 1 cm thick at the top, cylindrical and tapering, bearing lateral branches and numerous rootlets; surface rough due to numerous dot like lenticels and root scars of fallen roots; external surface grayish brown, bark thin with smooth internal surface; wood cream coloured; fracture, hard and laminated; odour and taste not characteristic.^[16]
- Pharmacological activities - Anti-inflammatory activity, Diuretic activity, Antioxidant activity, Antidiabetic activity.^[17]

Hinsra Root

- Synonyms - *Gridhnakhi, Kanthari, Duhpragharshaa, Kaakdaani.*
- Macroscopic - Root pieces are upto 5.5 cm in thickness; bark rough to tough, thick showing

longitudinal lenticels; freshly broken surface light yellowish; wood hard and compact; remnants of robust and slender rootlets present on the bark; colour varies from pale yellow to reddish brown; no particular odour or taste.^[18]

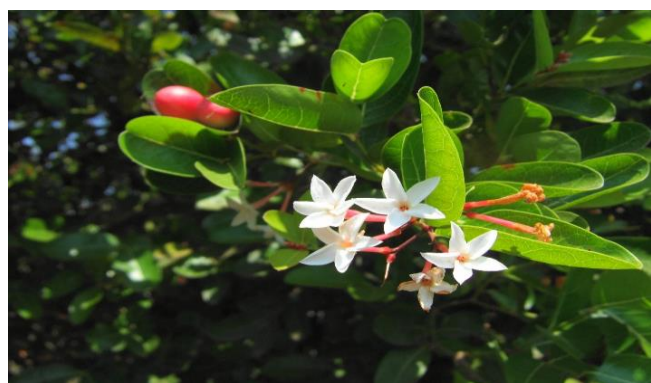
- Chemical composition - Glycosides, glucoi-berin, glucocapparin and gluco-cleomin.
- Pharmacological activities - Anti-inflammatory, Diuretic, Anthelmintic activity.^[19]



Shatavari



Hinsra



Karmard



Gokshura



Saireyaka

DISCUSSION

Acharya Susruta has described 5 drugs under heading *Kantaka Panchmoola*. These 5 plants bear thorns (*Kantaka*) so called as *Kantaka Panchmoola*. *Moola* (Root) of these *Dravya* are used in medicinal preparations. Most of *Dravya* of *Kantaka Panchmoola* possess *Madhura Rasa* except *Karmarda* which possess *Amla Rasa* and *Hinsra* which possess *Tikta Rasa*. Thus, *Ras* of *Kantak Panchmoola* is collectively decided as *Amla, Madhura, Tikta* and *Katu*. Some *Dravya* of *Kantak Panchmoola* possess *Ushna Virya* and some possess *Sheeta Virya*.

According to *Rasapanchaka*, pharmacological actions of *Kantak Panchmoola* are *Shothahar, Raktapitta Nashak, Shukra Vardhaka, Vrishya* and *Rasayana*. These above actions are described by *Acharya Susruta*. Additionally, it is described that *Kantaka Panchmoola* cures all types of *Shotha* and *Prameha*. Pharmacological activities exhibited by *Kantak Panchmoola* are Anti-inflammatory, Ani-oxidant, Apoptogenic activity, Aphrodisiac and Antidiabetic etc.

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