



## LAGHU PANCHMOOL-A Review

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### ABSTRACT

In Ayurvedic texts there are variety of herbal combinations used for various diseases according to affected Dosha, Dhatu, Prakruti, Bala, Srotas etc. Laghu panchamool is one of the such combinations used for various conditions. Shalparni, Prushniparni, Bruhati, Kantakari and Gokshur togetherly known as Laghu Panchamool<sup>[1]</sup>. It can be used Internally as well as Externally, Internally by various means such as Kwath (decoction), Ksheerpak, Yavagu(as a food suppliment), Siddha ghrutam – tailam etc. Externally in the form of decoction or ksheerpak used for parishek/ dhara etc. Laghupanchamoola by various means of Oushadi kalpana can be effectively used for Jwara (fever), urinary disorders, Heart diseases, Vatvyadhi, Sutika awastha (after delivery), as an alternative to stanya(mother's milk), Visarpa(herpes), Atisar(dysentry), Raktapitta and even as Rasayan – Vajikarn. The most classical usefulness of Laghupanchamool is its Shothhar karma, and if we assess these herbs separately we can easily point out its site of action and system where it works.

**Key words:** *Laghupanchamoola, kwath, ksheerapaka, Yavagu*

### INTRODUCTION:

Laghupanchamool is a part of Dashmool which is popular as an excellent Vatashamak. In Trimarmiya Siddhi of Charak Samhita it is mentioned that among Marma's (Vital

sights) those which are located in extremities are less fatal than the Marma's which located in trunk, similarly those which are associated with Hriday(heart), Basti(Urinary system) and Shiropadesh (head) are

extreme fatal of all Marma's, because these three are the base of our body<sup>[2]</sup>. So any tearing in one of the above three Marma's causes fatal harm to body by means of destructive diseases ; so one should be aware to protect these three Marma's by external inflicting injuries as well as from Vatadi Doshas. Among doshas Vata is predominance; so any remedy which controls vata is a excellent choice to protect these three vital Marma's<sup>[3]</sup>.

**General Information of Laghu Panchmool :** Shalparni, Prushniparni, Bruhati, Kantakari and Gokshur togetherly known as Laghu Panchamool.

**SHALPARNI :** Shalparni grows all over india up to 1000 meters elevation, It is a small herb attains the height of about 60-120 cm, leaves are 7 – 15 cm long and 2.5 – 5 cm broad, the flowers are pinkish in color. The plant flowers in May and fruits in June. Its seeds are compressed and brownish in color<sup>[4]</sup>.

Parts used : Panchang (whole plant ) of Shalparni is used for medicinal purpose<sup>[5]</sup>.

**PRUSHNIPARNI :** The tree is 75 – 150 cm in height, its leaves are compound with round base and

elongated tapering end, about 8 cm. long. Its flowers are tiny, red –blue grow in inflorescence. After growing fruits the inflorescence resembles the tail of a fox. And its seeds are yellowish 1-12 in number<sup>[6]</sup>.

Parts used : Panchang (whole plant) Prushniparni is used for medicinal purpose<sup>[6]</sup>.

**BRUHATI :** Bruhati occurs throughout India, often in waste places, also on roadsides. It's a prickly , much branched shrub. It grows up to 1-2 meters in height. The prickles are yellow, shining about 1-5 cm long. The leaves are about 10 cm. long, there midribs and other nerves present sharp yellow prickles. The flowers are purple, about 2 cm. long. The fruits round 1.5 - 2 cm. dark yellow when ripe. The seeds are smooth, minutely pitted<sup>[7],[8]</sup>.

Parts used : Root , Seed and fruits of Bruhati are used for medicinal purpose<sup>[8]</sup>.

**KANTHAKARI :** The plant occurs throughout India, often in waste places and roadsides. It is a prickly, usually spreading and woody at the base. The branches are zig-zag, spread close to the ground and are covered with yellow, sharp, shining prickles about 1.5 cm. long. Its leaves

are upto 10 cm. in length and its midribs, other nerves are present with sharp yellow prickles. The flowers are purple, about 2 cm. long. Fruits are about 1.5 – 2 cm. yellowish in color with green veins<sup>[9]</sup>. Varieties : There are two varieties, one with blue flowers and other with white flower. The blue flowered plant is available freely , whereas white one is rare. The white flowered is used as Laxmana<sup>[10]</sup>.

Parts used :Roots, Fruits and Panchang (whole plant) of Kanthakari is used for medicinal purpose<sup>[10]</sup>.

**GOKSHUR** : The plant occurs throughout India almost upto 3000 meters altitude . Shrub spreads on land with 0.5 to 1 meter height. Branches spreads from all the sides. Leaves in opposite pairs, 5-8 cm. long. The flowers are bright yellow, leaf – opposed with five petals. Fruits are slightly pentagonal having 2-3 sharp thorns. Seeds are many and within each coccus<sup>[11]</sup>.

Parts used :Roots, Fruits and Panchang (whole plant) is used as medicinal purpose<sup>[12]</sup>.

**Rasa- Veerya- Vipak and Guna-Karma of Laghupanchamool<sup>[13],[14]</sup>**

**: Rasa:** Shalparni, Prushniparni and Gokshur is having Madhur Rasa dominance. Bruhati & Kantakari are Tikta and Katu Ras dominance.

**Veerya:** Shalparni, Prushniparni, Bruhati & Kantakari all are Ushna in Veerya. Gokshur is having Sheet Veerya.

**Vipak:** Shalparni, Prushniparni and Gokshur is having Madhur Vipak.

Bruhati & Kantakari is having Katu Vipak.

**Karma:** Shalparni, Prushniparni & Gokshur are Tridosh-Shamak. (alleviates Vata, Pitta and Kapha)

Bruhati & Kantakari are Kapha-Vata Shamak. (alleviates Vata and Kapha)

No.	Name of the Herb	Rasa	Veerya	Vipak	Guna	Karma
1.	<b>SHALPARNI</b>	Madhur Tikta	Ushnam	Madhur	Guru, Snigdha	Tridosha Shamak
2.	<b>PRUSHNIPARNI</b>	Madhur Tikta	Ushnam	Madhur	Laghu, Snigdha	Tridosha Shamak
3.	<b>BRUHATI</b>	Katu, Tikta	Ushnam	Katu	Laghu, Ruksha,	Kapha- Vata Shamak
4.	<b>KANTHAKARI</b>	Tikta, Katu	Ushnam	Katu	Laghu, Ruksha	Kapha- Vata Shamak
5.	<b>GOKSHUR</b>	Madhur	Sheeta	Madhur	Guru, Snigdha	Tridosha Shamak

**Latin Name and Gana of Laghupanchamool.**

1. All the laghupanchmool comes under shothhargan (Reduces inflammation)<sup>[15]</sup>
2. Shalparni, Prushniparni, Bruhati, and Kantakari comes under Angamardaprashaman<sup>[15]</sup>.
3. Bruhati, and Kantakari are Hikkanigrahan (cures hiccough)<sup>[15]</sup> and Kanthya<sup>[15]</sup> (useful for Throat)

4. Shalparni, Prushniparni and Gokshur comes under Vidarigandhadi varga, which alleviates Vata, Pitta<sup>[16]</sup>.
5. Kanthakari comes under Kasa har (cures cough) and Sheetpittanigrahan<sup>[15]</sup> (controls chill).

NO.	Name of Herb	Latin Name	Gana (Common functioning group)
1.	SHALPARNI	Desmodium gangeticum DC.	Charak: Angamarda prashaman, Balya, Snehopag, Shothhar, Madhur skanda, Vayasthapanani. Sushrut: Vidarigandhadi, Laghupanchamool.
2.	PRUSHNIPARNI	Ureria Picta Desv.	Charak: Angamardaprashaman, Sandhaneeya, Shothhar, Madhurskanda. Sushrut: Vidarigandhadi, Laghupanchamool, Haridradi
3.	BRUHATI	Solanum indicum Linn.	Charak: Kanthya, Hikkanigrahan, Shothhar, Angamarda prashaman. Sushrut: Bruhatyadi, Laghupanchamool.
4.	KANTHAKARI	Solanum Xanthocarpum Schrad	Charak: Kasahar, Kanthya, Hikkanigrahan, Shothhar, Sheetpittanigrahan, Angamarda prashaman. Sushrut: Varunadi, Laghupanchamool.
5.	GOKSHUR	Tribulus terrestris Linn	Charak: Mootravirechan, Shothhar, Krimighna, Anuvasanopag. Sushrut: Vidarigandhadi, Virtarvadi, Laghupanchamool, Kanthakpanchamool, Vatashmari bhedan.

In such a way due to its Vata cessation quality and Shothhar, Vayasthapanan karms Laghupanchamoola is one of the drug

of choice to protect these Trimarmiya and also to nourish them.

**Clinical Uses of Laghupanchamoola :**

**1. Vataj jwara:** Kashay of Laghupanchamoola is recommended for vataj jwaram( fever)<sup>[17]</sup>.

**2. Vataj Madatyam:** Dadim swarasm or Kashay of Laghu panchamoolam is indicated for Vataj madatyam<sup>[18]</sup>. (intoxication due to liquor)

**3. Sootika Paricharya:** As Vata dosha is extremely gets vitiated after delivery, in Sutika paricharya in whom Snehpan or Ghruta pan is contraindicated, Laghupanchamoola kwath is recommended to use in the form of Yavagu(Rice gruel) which is also beneficial for brumhan(nourish)and balya (strength)<sup>[19]</sup>.

**4. Vataj visarpa :** In Vataj Visarpa (herpes) Laghupanchamool kwath or Ksheerapak can be used externally in the form of lep & parishek (affusion<sup>[20]</sup>).

**5. Atisar(Dysentry):** Laghupanchamoola yavagu (Rice gruel) is beneficial to a person suffering with dysentery to start with his food, which also improves strength<sup>[21]</sup>.

**6. Vataj Pandu :** In Vataj Pandu (anaemia) Laghupanchamoola kashayam can be effectively used if

associated with edema, body pain and kampavata<sup>[22]</sup>.

**7. Arsham :** Laghupanchamoola kwath is effective for Arsha (piles)<sup>[23]</sup>.

**8. Jwaram :** Laghupanchamool ksheerapak is very effective in jwara associated with cough and asthma, sheerschoolam and jeernajwaram<sup>[24]</sup>.

**9. Mootraghat(Anuria) :** Laghupanchamool with extra Gokshur in kwath or ksheerpak is effective against all types of mutraghat<sup>[25]</sup>.

**10. Rakta-pitta :** Laghupanchamoola siddha jala (Shrut sheet jal – water boiled first then added appropriate amount of Laghupanchamoola and allow the water to reach room temperature. ) is advisable for Rakta pitta<sup>[26]</sup>.

**11. Vataj-Hridrog :** Laghupanchamoola siddha jala or Sunthi siddha jala is helpful for Vataj hridrog<sup>[27]</sup>.

**12. Vatkaph Arsha (piles): :** Laghupanchamoola siddha jala (Shrut sheet jal – water boiled first then added appropriate amount of Laghupanchamoola and allow the water to reach room temperature. ) is advisable for Vatkaphaj Arsha.(i.e.non bleeding piles)<sup>[28]</sup>

**13. Vaajikaran :** Laghupanchamoola With double the quantity of Kakoli siddha milk is extremely Vrushya (aphrodisiac), and Rasayan( rejuvenative)<sup>[29]</sup>

**14. Stanya Abhave (unavailability of mother's milk):** In the absence of mother's milk goat milk or cows milk is advised, similarly Laghupanchamoola siddha milk or Shalparni siddha milk with adding sugar can be given safely to a baby<sup>[30]</sup>.

**15. Vataj Vidhradi (Abscess):** After Chedan and Bhedan of Vidhradi (abscess), it should be cleaned and washed with the decoction of Laghupanchamool<sup>[31]</sup>.

**16. Visarpa(Erysipelas/ Herpes):** Laghupanchamool should be wisely used by the physician in Visarpa for Polltice, Bathing as externally also in the form of medicated ghrutam or oil<sup>[32]</sup>. (Su.Chi.17/4-5)

**17. Vataj Chardi (Vomitting):** Laghupanchamool siddha Yavagu (rice gruel)with little honey is advisable in Vataj Chardi<sup>[33]</sup>.

**18. Gulma (phantom tumour) :** Laghupanchamool is useful in Vataj gulma as a food supplement in the

form of siddha peya, siddha mamsa rasa<sup>[34]</sup>.

**19. Mootrarodha/ Udavarta :** Laghupanchamool siddha milk is useful in mootrarodha / Udavarta condition<sup>[35]</sup>.

**20. Vatvyadhi:** Laghupanchamool siddha milk is beneficial in almost all vata disorders.

**21. Jwara Chikitsa:** Laghupanchamool siddha milk is useful in jwara (fever) associated with Kasa(cough), shwas(asthama), shirshool(headache), and jeernajwaram( chronic fever)<sup>[36]</sup>.

#### DISCUSSION :

Laghupanchamool is a combination of five herbes namely Shalparni, Prushniparni, Bruhati, Kantakari and Gokshur. It can be used wisely in vata- kapha, vata-pitta and vata disorders. Laghupanchamool can be used as dietary supplement to enhance health as well as in ill health.

#### CONCLUSION :

It can be concluded that Laghupanchmool is a combination of herbes with wide range of action from Trimarmiya(Head, Heart, Kidney) Chikitsa to other diseases like Vatavyadhi, Visarpa, Arsha, Vidhradhi, Mootraghat, Pandu and Raktapitta. As it alleviates Vata it is excellent in

Sootika Awastha (After delivery) conditions. In the absence of mothers milk its Kshirpak is safe and beneficial to infant. It can be used in Rasayan and Vajikaran karma.

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