

PUSHKARMOOLA (INULA RACEMOSA HOOK. F.): A AYURVEDIC REVIEWDr. Manish Kumar Soni*¹ and Dr. Omprakash Sharma²¹PG Scholar Deptt of Dravyaguna, Sriganganagar College of Ayurvedic Science and Hospital, Tanta University, Sriganganagar – 335001, India.²Professor Deptt of Dravyaguna, Sriganganagar College of Ayurvedic Science and Hospital, Tanta University, Sriganganagar – 335001, India.***Corresponding Author: Dr. Manish Kumar Soni**

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ABSTRACT

Inula racemosa hook f. is herb (plant) is used in ayurvedic medicine in India for a long time. This is a member of Asteraceae family. It is commonly known as Puskaramula in Sanskrit and Pokharmula Hindi. It is a tall, stout herb found in western Himalayas between 5000 to 14000 ft altitude The great Acharya Charaka has indicated it "PUSKARMULAM HIKKA KASA SWAS PARSWASULA HARANAM"^[1] means this is the best drug of Hikka (Hiccups), Swas (Asthma), Parswa sula. But now these days iris Germanica, Inula royeliana, Hedichyum spicatum are using instead of Inula racemosa by the pharma industries and ayurveda physicians during their clinical practice.

KEYWORDS: Inula racemosa, Pokharmula, Hikka, Parswasula, Iris germanica, Inula royelina .**INTRODUCTION**

The traditional system of medicine means of Ayurveda is a medical science practiced for a long time for living disease free life. It depends on medicinal plants for the management of various disease Among these herbs Inula racemosa is a powerful herb for ayurveda medical science and as well as pharma industry also. First it mentioned as a variety of kustha in holy granth AGNI PURAN. Acharya Charak introduced it as hikka, swas, parswa shula hara.^[1,2] The controversy started about this drug with the concept of substitutes that was introduced by Bhavmisra and Yog ratnakar.^[3] It is described by both that either kustha or erand mula may be used as the substitute of puskarmula. Puskarmula is used for Swas and Hikka mainly in classical texts. Later on its role also identified in Hrid rog (angina) and Vataj Hrid rog (HHD).^[5] Roots are bitter, acrid, thermogenic, cardiogenic expectorant, alexipharmic, anodyne, anti-inflammatory, digestive, carminative, aphrodisiac, febrifuge and tonic.^[1]

Scientific Classification

Kingdom – Plantae
Phylum – Magnoliophyta
Class – Magnoliopsida
Order – Asterales
Family – Asteraceae
Tribe – Inulaceae
Genus – Inula
Species – Inula racemosa

Vernacular Names^[4]

English – Indian elecampane, sunspear
Hindi – Pokharmul
Sanskrit – Puskara mula, kasmira, padma, sugandhikam
Telugu – Pushkara mulamu
Gujarati – Pokharmul
Kannada – Puskarmul
Cashmini – Poshkar
Malayalam – Puskarmulam
Marathi – Pushkarmul
Tamil – Puskarmulam

Synonyms

Kasmira, Padmapatra, Pouskara, Kustha, Bheda, Ciram, Jiham, Tirtha, Dhira, Padma, Puskarahava, Brahmatirtha, Mulam, Vatahva, Phala Patraka, Viram, Swasari, Sugandhikam, Mula, Pushkarjata.^[3]

These synonyms are found in various Ayurveda nighantus

Classification ACC to Ayurveda

Charak- Swashara, Hikkani-grahana^[1]
Susruta – Phala Varga
Vagbhatta - Hidhma Nigrahana (A.H.)
Swas Shamaka (A.S.)

Botanical Description

Plant is a tall, stout herb stem is 0.3 to 1.5 mt, high, rough, grooved and all vegetative parts are scabrid

tomentose. Basal leaves- 20 - 45 x 12.5 - 20 cm. Lower leaves are narrowed to a winged leaf stack. Upper leaves are lanceolate and stem clasping. The abaxial laminal face is densely tomentose. Radical leaves are broad 20-45 x 12.5 - 20 cm. broad and elliptic lan shaped with long stalked. The cauline leaves are smaller, oblong and semi aplexicaule. Stem leaves oblong, half stem clasping usually deeply lobed at the base. Flowers – in heads /racemes, very large 3.8 to 5 cm in diameter Outer bracts broad, tips triangular, bent back, inner bracts linear, sharp pointed. These are shady yellow daisies produced in mid to late summer. These borns on apical spike like cluster. Fruits-the fruits are cylinder, hairless, achne 4 mm long. Pappus 8 mm long and reddish in colour Root – root stock branched, fresh roots are irregularly fusiform. Roots have a dull brownish skin with yellowish colour inside the possess a sweet and somewhat camphoraceous odour and have a bitter taste.

Distribution

Inula racemosa is distributed at temperate and alpine western Himalayas at an altitude of 5000 to 14000 ft. from Kashmir to kumaon, Afghanistan to Nepal. It also found wild among strong alpine scrub vegetation in cold Laddakh (Leh) region of Kashmir.^[6]

It is a critically endangered species due to the fragile nature of its habitat and its exploitation due to commercial medicinal properties. The species is facing the onslaught of indiscriminate over exploitation, habitat destruction and competition.^[8]

Ayurvedic Properties^[3,4,6]

Ras – Tikta, Katu

Guna – Laghu, Tikshna

Virya – Ushna

Vipaka – Katu

Karma – Kapha Vatahara, Hradya, Dipana.

Indications

This is indicated in Hikka (Hiccups), Kasa (Cough), Swas (Asthma), Parswsula (both side chest pain), Hrid rog (Cardiac disease angina &HD), Aadhman (Gastritis) and Pandu (Anaemia).^[3,4,5]

USEFUL PART- Root

DOSAGE – Powder 1-3gm

Important Preparations

1. Puskarmulasava
2. Puskaradi Churn
3. Puskaradi kalk
4. Puskaradi Kasaya
5. Brhat Yograj guggulu
6. Haritakyadi churn
7. Kankayan gutika
8. Kumaryasav
9. Dasmularista
10. Lodhrasava

Phytochemical studies

Chemical constitutes

Inula racemosa has Alantolactone, isoalantolactone, inunolide (Germacranolide), dihydroisoalanto lactone, B-sitosterol, D- mannitol, dihydroxinunolide, neo-alantalactone, in-unolise, sesquiterpene lactone (inunol), alantodiene etc.

Ethnomedicinal Uses

Inula racemosa root is used as expectorant and resolvent indurations. It is described as rasayan (rejuvenator and immunomodulator) by Ayurveda acharyas and used for this purpose by ayurveda physicians according to Bhav Prakash it is tikta (bitter pungent) in taste. When it is administered mitigates vatakaphaj jwara, sotha, aruchi, swas and parswasooal.^[3]

It is specific medicine for cough, dyspnoea. Besides this a compound of *Inula racemosa* root and *Comiphora*, asthma, pleuricy, tuberculosis and chest pain special pre cardiac pain, the roots is given orally in rheumatic pains and liver problems. The liniment is externally used for relieving pain.

The root of *Inula racemosa* is an important ingredient of several polyherbal formulations those are for cardiac disease and inflammatory conditions of spleen and live mukul called Pushkar Guggulu is a popular anti-obesity, hypolipidemic is indicated in cardiac ailments.

Therapeutic Uses

1. HRID ROG – powder of *Inula racemosa* should be taken with honey for heart disease.
2. PARSWA SULA – pushkar mula churna is given with honey.
3. KASA-SWAS- Powder of *Inula racemosa* root should be taken with dash mool kasaya.
4. DIURETIC – Its powder should be taken with luke warm water.
5. Powder of *Inula racemosa* is used as a tooth powder for tooth ache and various disease of teeth.
6. Powder of *Inula racemosa* is used externally for abscess and boils.

CONCLUSION

The plant *Inula racemosa* (Puskarmula) is found at temperate and alpine western Himalaya at 5000 to 14000 ft. Traditionally this plant is using science Agni puran to upto now days for the treatment of many disease Now a days many experiments studies proves many medicinal values and use of *Inula racemosa* in number of diseases. It can be concluded that the drug *Inula racemosa* proved extensive medicinal value for the treatment of so many diseases.

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