



Sri Satya Sai Murlidhar Ayurvedic College & Hospital
Moga (Punjab) -142001

MUSTA

Botanical Name : *Cyperus rotundus* Linn.

Family : Cyperaceae

Introduction :

Musta used in skin infections, vachikarana drug, liver & lung diseases. Root powder is used for epilepsy. Decoction is used in gonorrhoea and also in syphilitic infections

Names in different Indian languages :

English : Nut Grass

Kannada : Tungegadde, tungahulli, badramusti

Sanskrit : Musta, mustaka

Telugu : Tunga mustalu;

Hindi : Motha, Nagarmotha

Malayalam : Muttangha

Tamil : Muthakach, Korai

Unani : Naagarmothaa, Saad-e-Kufi

Synonyms :

Mustaka, Abda, Ambuda, Ambhoda, Ambodhara, Bhadra, Bhadraa, Bhadramusta, Bhadramustaa, Bhadramustaka, Ghana, Jalada, Jaldhara, Meghaahvaa, Nirada, Vaarida, Vaarivaaha, Payoda, Balaahaka. Ganda-Duurvaa

Classification according to Charaka, Susruta & Vagbhata :

Charaka: Lekhaniya, Trsnānigrahana, Kandughna, Stanyasōdhana

Susrutha: Mustādi, Vacādi

Vagbhata: Mustādi, Vacādi

Varieties & adulterants – (CV – controversy, AD – adulterants) :

1. Nagara Mustā— *C. scariosus* (Nut hedge)

2. Bhadra Mustā— *C. rotundus* (Nut grass)

3. Kaivarta or Jala Mustā— *C. esculentus* (Earth almond).

C. esculentus

C. esculentus

Kyllinga bulbosa

Kyillingamonocephala

Morphology :

Perennial slender herb.

Stem— at base nodosely thickened and suddenly constricted into rhizome, subsolitary, triquestrous at top.



Leaves— long, often overtopping stem.

Flowers—, in. compound. umbel, spikes loosely spicate of 3- 8 spikelets.

Seeds— trigonous nuts.

Habitat & Distribution :

Common in rice fields, low lands, water logged places throughout India. s

Chemical Constituents :

Cineol (+) copadiene, copaene, cyperen I & II, cyperenone, isopatchoulenone, cyperotundone, cyperol, cyperolone, a-cyperone, (+) epoxyguaiene, isocyperol, isokobusone, kobusone, mustakone, patchulene, (+) rotundone, selinene, sugenol, beta-sitosterol etc.

Properties :

Rasa Tikta, Katu, Kasaya

Guna Laghu, Ruksa

Virya sita

VipakaKatu

Karma Kapha-pitta hara, Dipana-Pācana, Grāhi, Lekhana

Carminative, astringent, anti-inflammatory, antirheumatic, hepatoprotective, diuretic, antipyretic, analgesic, hypotensive, emmenagogue , nervine tonic

Indications : Jvara, Krimi, Trsnā, Atisra, Kandu, Grahani, Kāsa, Nidranāsa, Rakta vikara. Visarpa. Apasmara, Kustha.

Fever, skin disease, intestinal worms, ulcer, diarrhea, dysentery

Part Used : Tubers

Dosage : Powder 3-6 g; decoction 50-100 ml.

External uses :

Deodorant, corrosive when applied and rubbed on the skin and as a galactagogue when applied on the breast. In obese patients, powder is used for massage. Local application helps in skin disorders as well as in eye diseases.

Internal uses :

Nervous system : Brain and nervine tonic, hence its paste alone with milk is given in brain impairment and convulsions. –

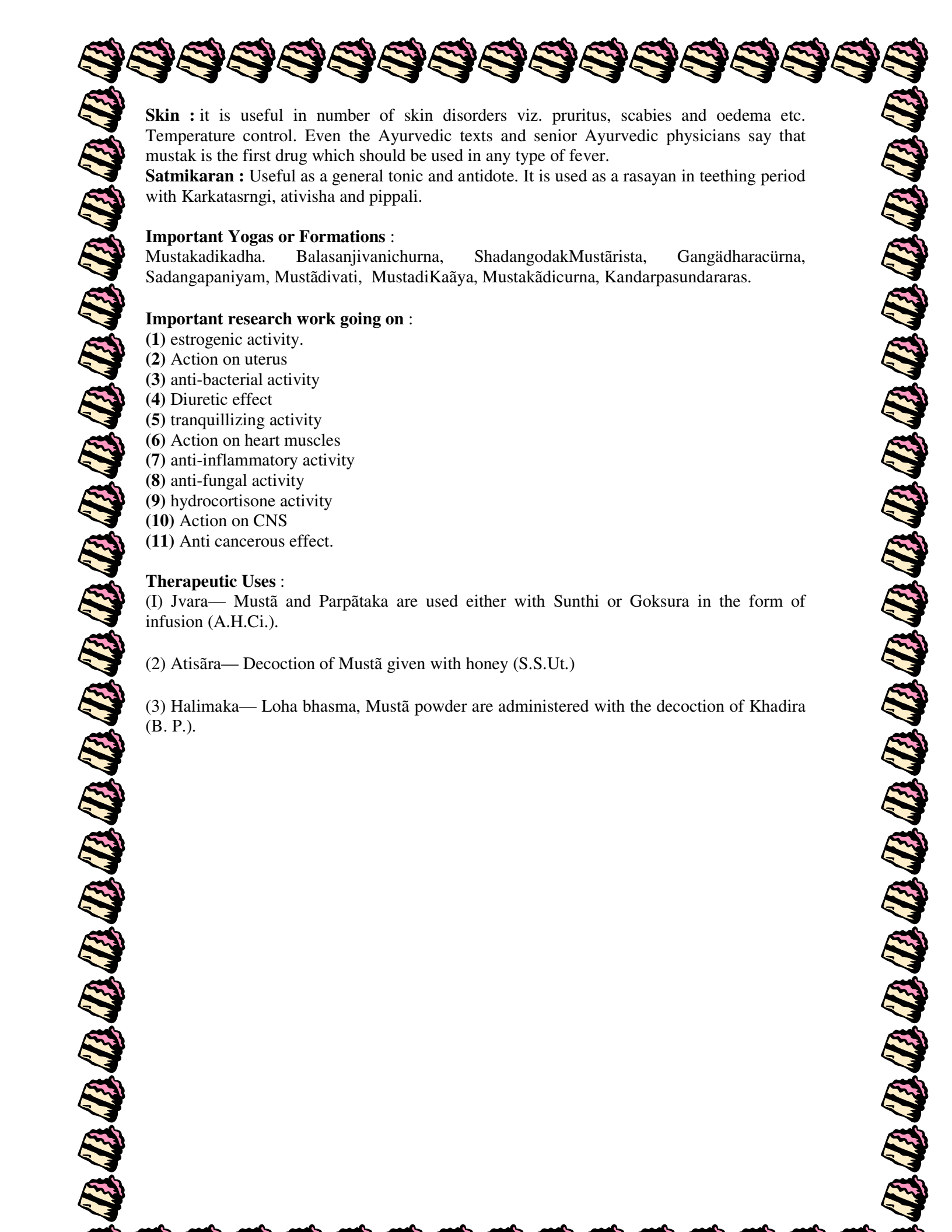
Digestive system : Mustak is the best medicine for digestive system. Being bitter, it is appetizer, digestive, astringent, anthelmintic and antidiabetic. Hence it is used in anorexia, vomiting, indigestion, sprue and diarrhoea. Large dose is required for expelling worms. A mixture of mustak, karkatshringi and ativisha is good for infantile digestive disorders (balsanjivanichurna).

Circulatory system : It is useful in blood disorders by enhancing raktadhadu.

Respiratory system : It is found to be useful in respiratory disorders arising out of gastrointestinal pathology.

Urinary system : Diuretic, hence useful in dysuria, mainly when it is associated with digestive disorders,

Reproductive system : It is known to promote uterine muscle contractions and also breast milk purifier and promoter. Hence it is used in treating number of gynecological and post-partum conditions.



Skin : it is useful in number of skin disorders viz. pruritus, scabies and oedema etc. Temperature control. Even the Ayurvedic texts and senior Ayurvedic physicians say that mustak is the first drug which should be used in any type of fever.

Satmikaran : Useful as a general tonic and antidote. It is used as a rasayan in teething period with Karkatasrngi, ativisha and pippali.

Important Yogas or Formations :

Mustakadikadha. Balasanjivanichurna, ShadangodakMustārīsta, Gangādharaçūrna, Sadangapaniyam, Mustādivati, MustadiKaāya, Mustakādicurna, Kandarpasundararas.

Important research work going on :

- (1) estrogenic activity.
- (2) Action on uterus
- (3) anti-bacterial activity
- (4) Diuretic effect
- (5) tranquillizing activity
- (6) Action on heart muscles
- (7) anti-inflammatory activity
- (8) anti-fungal activity
- (9) hydrocortisone activity
- (10) Action on CNS
- (11) Anti cancerous effect.

Therapeutic Uses :

(1) Jvara— Mustā and Parpātaka are used either with Sunthi or Goksura in the form of infusion (A.H.Ci.).

(2) Atisāra— Decoction of Mustā given with honey (S.S.Ut.)

(3) Halimaka— Loha bhasma, Mustā powder are administered with the decoction of Khadira (B. P.).