

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

Botanical Name - *Inula racemosa* Hook-F.

Inula - An ancient name, may be a misnomer of Belenium which means fleabane poison.
racemosa-Having racemose pattern.

Family - Asteraceae

Kula-Bhringaraja kula

Regional Name -

English – Elicampane

Hindi - Pohakarmūla

Kannada – Pushkaramūla

Malayalam - Puskkaramulani

Marathi - Pushkaramula

Ganavargikarana (Classical categorization)

Charaka - Śwāsaharavarga, Hikkānigrahaṇavarga

Suśruta - Not mentioned in Gana

Bh.Pr.Ni - Haritakyādivarga

Habitat-

Puškaramula grows in Kashmir region at the altitude of 7,000 ft.

Morphology -

Habit-Tall, stout herb,

Stem-30 to 150 cm high, rough and grooved.

Leaf-Leaves are leathery, rough above, densely hairy beneath, crenate. Basal leaves 20 to 45 cm long, 12 to 20 cm wide, long stalked, elliptic-lance shaped. Stem leaves oblong, half-stem-clasping, and often deeply lobed at the base.

Inflorescence - Heads many, very large, 4 to 5 cm in diameter. Outer bracts are broad, tips are triangular, bent back, inner bracts are linear and sharp pointed.

Fruit An achene, 4 mm long, slender, hair- less. Pappus 8 mm long and reddish.

Chemical constituents –

Innual, Isoalloantolactone, Pyrazoline, Beta-sitosterol, Daucosterol, Sesquiterpenes, Elemene, a-pinene oxide, a-humulene, a-ionone, b-ionone, Selinanone, D-mannitol, Inulin and telekin.

Rasadipancaka

Rasa – Katu Tikta

Guna - Tikṣna Laghu

Vipāka – Katu

Virya - Uṣna

Doṣakarma (Action on Doṣa) - Vātakaphaśāmaka, Vātahara due to Uṣnavirya, Kaphaśāmaka because of Uṣnavīrya, Kaḷuvipāka and KatuTikta rasa.

Karma (Action) -

Śwāsahara, Pārśwaśūlahara, Hikkānigrahaṇa, Kasahara, Sothahara, Jwaraghna, Rocaka, Pandunāśaka, Hridaya.

Agrya Karma

पुष्करमूलंहिककाश्वासकासपार्श्वशूलहराणाम् (च.सू. 25/40)

Pushkaramula (Inula racemosa Hook. f.) useful in Hiccough, Asthma, Cough and Pain in flanks.

Pharmacological Actions

Antipyretic, Sedative, Antiinflammatory, Hepatoprotective, Antiageing, Antimalarial, Antiviral, Antibacterial, Anticancerous, Anthelmintic, Antiasthmatic and Antifungal.

Rōgaghñata (Therapeutic indications)

Śwāsa, Kāsa, Pārśwaśūla, Hikkā, Śoṭha, Jwara, Aruci, Pandu, Hridroga.

AmayikaPrayoga (Therapeutic administration)

1. Pārśwaśūla (Pain in flanks)

Acarya caraka specified Puṣkaramūla (Inula racemosa) as the best remedy for Hikka (Hiccough), Śwasa (Asthma) and Pārśwaśūla (Pain in flanks).

2. Hridroga (Heart diseases)

In case of Hridroga (Heart diseases) one has to lick the paste of Puṣkaramula (Inula racemosa) mixed with honey. It is also useful in Śwāsa (Asthma), Kāsa (Cough), Kṣaya (Wasting) and Hikkā (Hiccough).

Matra (Dosage) :- Curna (Powder) - 250 mg to 750 mg

Yoga (Formulations)

Puṣkaramulacurṇa

Puṣkarādikwātha

Substitute-Iris germanica Linn.

Adulterant - Inula royleana DC.