Darbha	
Hindi Name	Darbha
English Name	Cogon Grass / Blady Grass
Scientific Name & Family	*Imperata cylindrica* (L.) Raeusch.; Family – Poaceae
Part Used	Root (rhizome), whole plant
Main Synonyms	Darbha, Yajnabhushana
External Morphology	A perennial rhizomatous grass growing 30–120 cm tall; stems erect and slender; leaves long, narrow, and sharp-edged, with a prominent midrib and rough margins; inflorescence is a silvery-white cylindrical spike-like panicle, giving a cottony appearance; rhizomes are creeping, tough, and fibrous, spreading widely underground.
Rasapanchaka & Dosha-Karma	Guna: Laghu, Ruksha Rasa: Madhura, Kashaya Vipāka: Madhura Vīrya: Śīta Doṣa-karma: Pitta-Kapha śāmaka
Active Phytoconstituents	Triterpenoids, flavonoids, saponins, phenolic compounds, potassium salts
Pharmacological Actions	Mutrala (diuretic), Pittashamaka, Raktapittahara (controls bleeding disorders), Daha-shamaka (relieves burning sensation), Trishnaghna
Important Formulations	Kusha Kashaya, Panchagavya preparations, and traditional cooling decoctions
Dose	Root decoction: 20–40 ml
To be Noted	Darbha grass is considered sacred in Vedic rituals and yajnas. Apart from its religious importance, it is also valued in Ayurveda for its cooling and diuretic properties, particularly in urinary disorders and bleeding conditions.

References:

1. Dravyaguna Vigyan, P.V. Sharma Part. II
2. A textbook of Dravyaguna Vigyan, Prakash L. Hegde Vol. II

Department of Dravyaguna Vigyan

Rohilkhand Ayurvedic Medical College & Hospital, Bareilly, UP, India 243006