



A Review Of *Boerhavia diffusa* (Punarnava) As Per Ancient Aspect & Recent Advantages With Pharmacotherapeutic Properties

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ABSTRACT - This review aims to produce affirmations on the phytochemical and medicine aspects of *Boerhavia Diffusa*, Nyctaginaceae conjointly referred to as "Punarnava". It possesses a massive ethnomedical history & presents a phytochemical reservoir of heuristic healthful worth, it's one among the oldest oriental medicines mentioned in writing as potential remedy for numerous ailments.

Keywords - *Boerhavia Diffusa*, Punarnava, Ayurveda, Pharmacotherapeutic Properties.

I. INTRODUCTION -

The use of healthful plants is predicated on the expertise of the many generations of physicians and ancient systems of drugs from completely different ethnic societies. ⁽¹⁾

Based on the expertise of the many generations of physicians and ancient systems of drugs from completely different ethnic societies, healthful plants are wont to cure several ailments. ⁽²⁾

Indian system of drugs (Ayurveda) is enjoying a significant role on top of things and management of assorted health disorders and it depends on plant resources and used as a full drug.

This is the time to enlist and analyse the phytochemicals that area unit liable for therapeutic values found in healthful plants and scientific validation of people claims. it should conjointly encourage be a brand-new discovery of distinctive biomolecule to cure threat health disorders.

In this regard, we've got chosen Punarnava (*Boerhavia Diffusa*) and its healthful richness. *Boerhaavia Diffusa* L. (Nyctaginaceae), ordinarily referred to as 'Punarnava' within the Indian system of drugs, could be a perennial locomotion herb found throughout the waste land of Asian country. ⁽³⁾

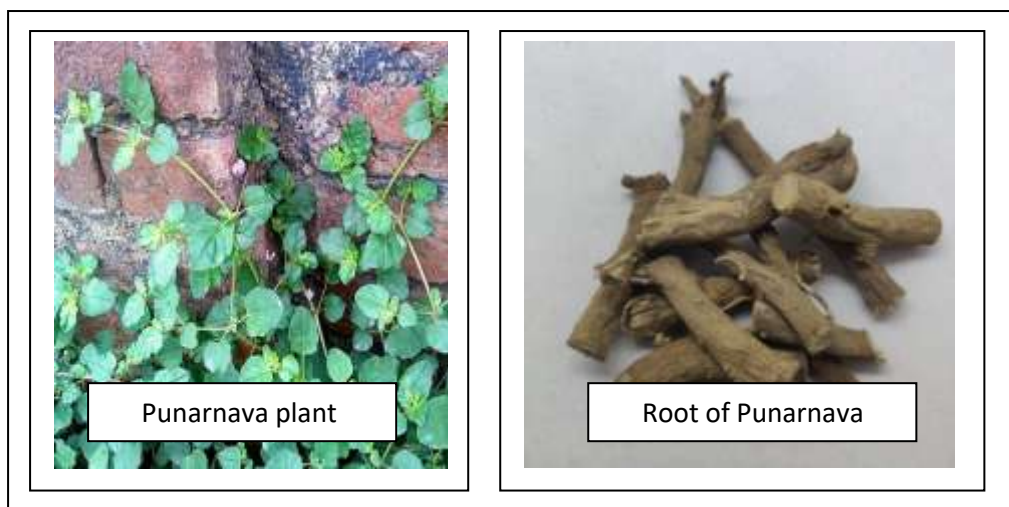
MORPHOLOGY -

Boerhavia Diffusa - a perennial locomotion weed, prostrate or ascending herb, up to one m long or additional having spreading branches. The plant grows extravagantly within the season, and mature seeds area unit fashioned in October-November. ⁽⁴⁾

leaves - ovate, shape.

Flowers - minute, typically fascicled or sub umbellate on the last word branch lets, pink, white and concerning one.5 mm long.

Tap root - stalk, cylindrical to narrowly cigar-shaped to conelike or tapering, light-weight yellow, brown or chromatic grey.



Phyto-chemical constituents -

Generally whole plant consists the subsequent phytochemical constituents; those are Panuramine (Alkaloids), β -sitosterol (Phytosterols), Liriodendrin (lignans), Punarnavoside (Rotenoids), Boerhavin (Xanthones) and saltpetre (Salts).

Rasa Panchak-

Rasa- Madhura, Tikta, Kashaya

Guna- Laghu, Ruksha

Virya- Ushna

Vipaka- Madhura

Dosha karma- Tridoshaghna

Nutritional value of Punarnava-⁽⁵⁾

In one hundred g of Punarnava, you'll realize a complete fat content of one.61% of the daily suggested indefinite quantity. It's 162 mg of atomic number 11 and a couple of.26% of the daily suggested indefinite quantity of macromolecule. It has 44.8 mg of vitamin C in it, in conjunction with 142 mg of metal. It conjointly has zero.012 mg of iron in it.

Pharmacotherapeutic Properties

1. Anticancer Activity
 2. Antidiabetic drug and symptom Activity
 3. Antifibrinolytic Activity
 4. Medicine Activity
 5. Water pill and urinary organ Activity
 6. Hepatoprotective Activity
 7. Antimicrobial Activity
- (a) Medicament Activity
- (b) Antifungal Activity

8. Inhibitor Activity
9. Opposed wheezing Activity
10. Medicine Activity

AYURVEDA ASPECT-

- Diuretic
- Stomachic
- Prescribed within the treatment of jaundice
- Given within the loss of biological process power
- Enlargement of spleen
- Used for relieving abdominal pains

Therapeutical uses of Punarnava according to different Acharyas in Samhita-

1. In Charak Vedic literature, By Acharya Charak- at intervals the kind of ointment in communicable disease and skin condition and nephrolith.
2. In Shusruta Vedic literature, By Acharya Shusruta- Use in snake poisoning, rat biting, urinary troubles, viscus troubles.
3. Nighantu, By Dhanvantri- edema, anemia, heart condition, laxative, hemorrhage.
4. In Rigveda, use in ill health cause by water and passerine.

Uses of Punarnava ⁽⁶⁾ -

1. Punarnava have to be compelled to be employed in conjunction with Sunthi to urge Associate in Nursing improved medication result.
2. Punarnava is useful in Aamavata.
3. The juice extracted from Punarnava leaf is used at intervals the eyes through topical application.
4. Punarnava roots rubbed in honey area unit regionally assigned for cataract, continual redness, inflammation.
5. When the Punarnava root juice is placed into eyes that provides live in eye diseases like avitaminosis and redness.
6. Punarnava is beneficial in decreasing swelling and stinking in pores and skin disorders.
7. Paste crafted from Punarnava roots is enforced at the injured wounds as a result of it permits dehydration the oozing out of that wound.
8. The leaves of Punarnava area unit utilised in vegetable preparations, that tends to point a reduction in edema. Punarnava is applied in enemas, it works as a purgative and treats flatulence.
9. It's used as in numerous panchakarma ways like Swedana (fomentation) where Punarnava roots considerably and Punarnava plant as an entire is used to alleviate ache and swelling.
10. Punarnava reduces haematoidin level to forestall jaundice.

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Ayurvedic formulations-

1. Punarnavasava - Punarnavasavam may well be a balanced formulation, so it works on all dosha notably, Vata, Kapha and Sama-Pitta. Punarnavasava is associate ayurvedic liquid formulation prepared through the tactic of fermentation of some herbs poignant the abdomen, liver, spleen, heart, and kidney.
2. Punarnavadi Mandura - it's medicine containing iron content and useful in diseases like anemia, metabolic process troubles due to anemia, phthisis, hepatitis, jaundice, abdominal distension, piles, chronic redness, gout, Hyperuricemia, worm infestation and skin diseases.
3. Punarnavashtak Kwath - useful in Generalized edema, Abdominal disorder, cough, bronchitis, etc. & jointly helpful in removing abdominal pain.
4. Punarnava Guggula - it's medication, anodyne and anti-arthritic properties. it's within the main used for rheumatism, gout, hernia, sciatica, frozen shoulder, backache, bladder pain, and tailbone pain
5. Punarnavasak Churna - Punarnava Churna is polyherbal Ayurvedic medicine. the foremost ingredients of this medicine is Punarnava or Boerhaavia diffusa L. (Nyctaginaceae). This healthful powder is useful at intervals the treatment of abdominal diseases, Inflammation and so the oedema. Punarnava churna is Dipana (Digestive stimulant, the action of kindling agni), Pachak, laxative, and drug.
6. Sukumar Ghrit - It's in style of fixings butter, use for the procedure of panchakarma and jointly as medicine for treatment of drugs.
7. Shothaghna lepa

II. CONCLUSION -

As the name thoroughbred Punarnava (Punar + Nava).

Punar means that - all over again, Nava means that changing into new, often because of its multiple edges and medicine actions.

Punarnava tested itself as charming natural remedy by writing.

Punarnava herb is most widely used in treatment of renal and urinary problems. Punarnava is excellent anti-inflammatory and diuretic. It is used as a heart tonic and kidney tonic.

Further analysis has to be undertaken to ascertain the authentic activities. Confirmation of those activities are assured by medicine activity on experimental animals or others.

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