

ECLIPTA ALBA [BHRINGRAJ] – A MULTIFACETED DRUG IN AYURVEDA

¹*Dr. Jyotsna S. Gulhane, ²Dr. Sanjay J. Dahake, ³Dr. Shubhada A. Rahatgaonkar and
⁴Dr. Swapnali N. Khabade

¹Professor & HOD, Rasa-Shastra & Bhaishajya -Kalpana Dept., S.R.C. Ayurved College,
Chikhali.

²Professor & HOD, Rasa-Shastra & Bhaishajya -Kalpana Dept., C.S.M.S. Ayurved College,
Aurangabad.

³Lecturer, Samhita Dept., S.R.C. Ayurved College, Chikhali.

⁴Lecturer, Rasas-Hastra & Bhaishajya -Kalpana Dept., S.R.C. Ayurved College Chikhali.

Article Received on
02 Dec. 2018,

Revised on 23 Dec. 2018,
Accepted on 14 Jan. 2019

DOI: 10.20959/wjpr20192-14142

*Corresponding Author

Dr. Jyotsna S. Gulhane

Professor & HOD, Rasa-
Shastra & Bhaishajya -
Kalpana Dept., S.R.C.

Ayurved College, Chikhali.

ABSTRACT

Bhringaraj is a well-known plant in India. It is mainly used for healthy hair. But our review of literature shows that it is also used for purification of various raw materials in Ayurved. Modern phormocology as well as Ayurved also depict it as having antiviral, antibacterial [kushthaghna], anti-aging [Rasayan] & anticancerous, analgesic, anti-inflammatory [shophaghna], antihepato-toxic, [yakrut-doshaghna], antivenom [vishaghna] & anti giardial [Grahamighna]. We found that it is mainly used in nasya formulatios for healty hair as well as it is used as shodhana-dravya for purifying various minerals and unwanted side-effects are decreased after shodhana by bhringaraj. Here

we are trying to co-relate the pharmacological & Ayurvediya properties of Bhringaraj.

KEYWORDS: Bhringaraj. pharmacological properties, Ayurvedic properties, Shodhanam.

INTRODUCTION

It is perennial herb with erect or prostrate stem. It grows up to 30-40 cm height. Stems are green or purple, bristly & thickened at nodes. Leaves are opposite, sub-sessile, lanciolate, oblong, and denticulate. Flowers are white, in axillary or terminal heads, and disc -shaped, with ray florets and disc florets with basal placentation. This plant is widespread in India,

found at roadsides and in moist places. It is found in three varieties :- white, yellow and blue [nil]. White variety is mainly used in medicines. There is some doubt about nila or black bhringaraj. It is not found easily.

Phyto-chemistry: - Bhringaraj / Eclipta alba.

This plant contains wide range of active principles which includes coumestans, alkaloids, flavonides, glycosides, poly acetylenes, tri terpenoides. The leaves contain stigmaterol, wedelolactone, dimethyl wedelolactone & dimethyl wedelolactone 7 and glucosides. The roots give hentricontanol, heptacosanol. The roots contain polyacetylene substituted thyphenes. Aerial part is reported to contain a phytosterol.

COMPARISON OF PHARMACOLOGICAL & AYURVEDIYA PROPERTIES

Bhrungaarah katukasteekshno rukshoshnahkaphavaatanut |

Keshyastvacyahkrumishvaasakaasashothaamapaandunut ||[bhaa.pra.ni.guduchyaadi varga 240]

Dantyo rasaayano balyah kushtthanetrashirortinut ||[bha. Pra.ni. guducyaadi varga]

Sr.No.	chemical constituents	Pharmacological activities
1	wedelolactone	Antihepatotoxic,[Nazim uddin, et.al 2010], Antibacterial [Karthikumar s. et. Al. 2007] Trypsin inhibitor, Antivenom [vianna da silvaNM et.al.2003]
2	Eclalbosaponins	Hair revitalizing [Rupali thorat et.al.2009], Antiproliferative [Khanna et.al. 2008 & Niraja kaushik-Basu et.al.2008]Antugurdial [SavangiaroenN. et. al.2005]
3	Dimethylwedelolactone	Antihepatotoxic,[Wagner et.al 1986], Antihaemorrhagic[Mukhrjee Dr et. al.1976], Antivenom[Vianna da silvaNM et.al.2003], Dye cosmetic,[Meena et.al. 2008]
4	Dasyscyphin C	Antiviral & Anticancer [Khanna et al 2008]
5	Eclalbatin	Antioxidant [TewtrakulS etal 2007]
6	Ecliptalbine	Verazin lipid lowering, Analgesic [Magdel S. Abdel-kader et al 1998]

Bhringaraj:---The derivation of word Bhringaraj is given in Amarkosh as Bhrunga iva raajate l meaning which makes the hair black like beetal / Bhrunga iva rajo yasya| whose pollens are black like beetal.

Bhavaprakaash nighantu describes Bhringaraj as Tikta, ushna, deepana, pachan, vatanuloman, rasaayan, kapha-vaatahar, chakshushya, keshya, & varnya. It is said to be tonic

& rasayana. It is helpful in treatment of infestation, asthma, cough, inflammation, anaemia, skin & eye diseases, shirorog. It helps in treating the same condition of diseases. Its seeds are used to enhance sexual activity. Bhringa extract, when used with sesame and Indian gooseberry lengthens the life, keeps hair black, organs intact, by slowing the neurological degeneration.

Dhaatree-tilaan bhrungarajo vipraan ye bhakshayeyuh manujaah kramena |
Te krushnakeshaah vimalendriyah cha nirvyadhayo varsha-shatam jeeveyuh |[bhai.ra.]
According to Raaj-nighantu blue bhringaraj is specially helpful as Rasayana.

The following medicines are described in Ayurved texts, especially in bhaishajya-ratnaavali. Most of them are used as nasya in baldness.

Bhring-rasayan and bhringrajadi churna are used internally for Rasayana purpose.
Bhrungarajastu chakshushyaah teekshnoshnaah kesharanjanaah |
Kapha-shopha-vighnaashcha tatra neelo rasaayanah |[ra.ni.]

Bhaavaprakaash describes it as [yakrutottejak] enhancing the action of liver. Pharmacology also confirms its hepatoprotective effect and describes it as anti-hepato-toxic.

Bhaavaprakaash describes it as rasayana and this claim is also proved by modern studies. Pharmacology also confirms its role in protection of neuronal tissue [vimalendriya]. Its seeds are used for retaining the sexual vigour. As well as its role in hair growth & maintaining the black colour is well known.

Its leaf extract is said to be useful in skin diseases [kushthaghna], [krumighna]. Pharmacology also describes it as anti-bacterial.

VARIOUS FORMULATIONS & USES OF BHRINGARAJ SWARASA

Bhringaraj extract loses its properties when it is boiled, so its extract is used in every preparation.

Bhringaraj extract is used in skin diseases and hair rejuvenation.

Bhringaraj, maravaa, and heena pasted together when applied upon burn injuries nullifies the burning sensation and causes no discolouration of skin.

Fresh leaf-juice is used in minor cuts & burns. It is considered effective in stopping bleeding.

The extract of Bhringaraj taken with milk works as rasayana.[bha.pra.ni.]

Bhringaraj churna, amalaki churna and black sesame taken internally also act as rasayana.

Bhringaraj ghruta is taken internally for swarabheda.

In Rasashastra it's extract is mainly used for purifying the minerals. While purifying Gandhak, Gandhak is heated, liquefied & poured in the extract of Bhringaraj.

Gandhako draavito bhrungarase kshipto vishudhyati |

Tadrasaih saptadhaa svinno gandhakah parishudhyati| [ra,ra.sa.]

Ras-ratna-samucchaya describes that kasis is purified by deeping it in the extract of Bhringaraj. And ayurved-prakaash describes that kasis is purified by pasting it with the extract of Bhringaraj.

Sakrut-bhrungaambunaa klinnam_kaseesam nirmalam bhavet |[ra.ra.sa.]

Sakrut-bhrungaambunaa Svinnam_kaseesam nirmalam bhavet |[aa.pra.]

According to Rasratnasamucchaya Shilaaajit is purified by pasting it with the extract of bhringaraj.

TRADITIONAL USES OF ECLIPTA ALBA IN INDIA

Local practioners of Mount Abu in Rajasthan use leaves and flowers of eclipta alba for treatment of urinary problems, jaundice Asthama and cough.

In Gujarat leaf paste is applied to treat allergy, athlet's foot. and ring worm infestation.

Local people and tribble communities of Hanumaangadha dist. Rajsthan use this plant as a hair tonic. Leaf-juice is taken orally with honey in jaundice and dysentry. This plant is considered to stimulate the digestive system, augment appetite and improve digestion.

Local practioners in jammu use whole plant in Asthama, bronchitis, fever, gastric and hepatic disorders, jaundice, ulcers, wounds, and leucoderma.

In Andhra Pradesh villagers use dry plant powder to give energy to elderly people, and its paste is applied to head to blacken the grey hair.

Bengali people use it's paste with sesame oil to cure baldness. Juice of the whole plant is applied in skin disorders on affected areas of the skin.

In Kerala and uttar-Pradesh crushed leaves and leaf-paste are applied on cuts and wounds. Leaf extract is applied on swellings.

DISCUSSION

According to this discussion bhringraj is significantly used in medicines for diseases & avoiding premature loss & whitening of hair, internally & externally. It's extract is popularly used in jaundice in India. It's extract is traditionally used to cure the skin diseases. It is considered to be digestive and used as antacid. As well as it is used to purify the minerals used in Ayurvedic medicines. It is well known to Indian people & they use it for minor skin lesions and in their hair oils. It's analgesic & anti-inflammatory activity is also supported by modern pharmacological studies. They have also shown it's anti-diabetic activity in rats.[bopanna k et al 1982].

CONCLUSION

Our study shows that bhringraj is effective in various conditions. In Ayurveda it is used in many medicines & it's purifying roll is also well known. Modern pharmacology also supports this view, as well as shows that it is effective in gastritis, jaundice, night blindness, spleen & liver enlargement etc. They show that diverse range of bio-active compounds like alkoides, triterpenoids, coumestans, flavonoides, glycosides etc, are present in different parts of the plant.

REFERENCES

1. Ras-ratna-samucchaya.
2. Bhaishajya-ratnavali.
3. Ayurved-prakash.
4. Raj-nighntu.
5. Amarkosh.
6. Bhavaprakash nighantu.
7. Medicinal plants of the world, vol 2nd.
8. Pharmacological activities and chemical constituents of eclipta Alba [Article in international Research journal of pharmacy issn 2230-8407A].