

## COMMIFERRA WHIGHTII: A PHARMACOLOGICALLY ACTIVE PLANT

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### ABSTRACT

Traditional medicines are the medicines which are utilised by the tribal community for the treatment of their many kinds of the disorders. Traditional medical are the result of the experiments and experiences of the several generation over time due to their continuous experiences and utilization of the medicines for the several disorders. WHO also promotes the TM for the treatment of the various illnesses due to the easy availability and the less side effects. In this review articles we are presenting some of the aspects of the plant known as the *Commiferra*

*wightii*. The plant is commonly known as the gugglu, the injured bark of the plant is the very rich sources of the *oleo gum resin* called ass the gugglu. The plant is useful for the treatment of the inflammation, gout, Rheumatism, obesity. In the Ayuurvedic sciences of the India the plant is the very rich sources of the various kinds of the metabolites which are used for the treatment of the many diseases. The plant has the very narrow distribution pattern, they are found wildly in the dry region of the Rajasthan and in the Gujarat. the plant is very rare and the IUCN declared the plant as the endangered so the plant needs the conservation and the propagation.

**KEYWORDS:** *Commiferra wightii*, Endangered, Ayuurvedic plants, TM and ACM, medicinally, Oleogumresin, gugglu.

### INTRODUCTION

Traditional medicines are the medicines which are utilised by the communities for the treatment of the primary diseases. They are the resultant of the communities experiences which are living in that community from the long time. The traditional medicines are the valuable and they are easy to uses, they are simple for the system and the damage of the

medicines are also very rare. the chemical medicines are very hard to uses and they have the very negative side effects and the cost of the formation is also very high, so the poor countries like the Africa and the India cannot afford the medicines which are chemically made.<sup>[1][2][3][4][5][6]</sup>

WHO forms the strategy for the sustainable uses of the traditional medicines and safe uses.<sup>[1][2]</sup>

In this review article we are presenting some of the aspects of the plant entitled as the *Commifera wightii*. It has been termed as the guggule.<sup>[1][2][3]</sup>

The plant *commifera wightii* is commonly known as the gugglu., the plant is the member of the Bursareaceae family, the gugglu plant is found from the Asia to the south Africa. In India and in the Pakistan the plant is used and it is widely grown. In India in the Rajasthan the plant is grown for the production of the gugglu and the other metabolites of the commercial values. The plant is known in the arid and the semi arid region of the India.<sup>[1][4][5][6]</sup>



**Figure: 1 *Commifera wightii* in natural (source: pin interest).**

**Overall the plant is small tree or the shrubs.**

The plant reached at the height of the 4-5 meters. On the stem the leaves have the thorns. The leaves are the simple and the lanceolate, the leaflets are ovate. *commifera wightii* is commonly used and grow for the purposes of the gum resin and the gugglu. The gugglu is harvested from the bark of the tree after the tapping of the tree with the any injury or any kinds of the disturbances, so it disturbs the overall schedule of the formation of the secondary metabolites of the gugglu.<sup>[1][2][3][4][5][6]</sup>

Due to the overharvested reasons of the gugglu the plants is at the edge of the extinction. The habitat of the gugglu are destroying with the speed, since the commercial values of the gugglu is very high in the India and in the Pakistan. due to the consideration of theses region the plant is cultivated in the region of the Rajasthan and in the Gujarat.

In India in the NMPB the Kutch project has been run and the objective of the projects was to cultivate the *Commifera wightii* in abundant amount.

The plant is the very good reservoirs of the gugglu, the gugglu is the good sources of the many kinds of the metabolites, these are the rich sources of the inflammation, gout, rheumatism, obesity, disorder of the lipid metabolism.

The gugglu has the rich collection of the many kinds of the volatiles oils, many of the terpenoids, such as the monoterpenoids, diterpenoids, triterpenoids, lignin, and many other kinds of the amino acids.

The colour of the gugglu is the yellow and the taste of the gugglu is also the bitter and the pungent, the aroma of the gugglu is also the aromatic kinds type.

Many workers of the world and in india have worked out the pharmacological aspects of the *Commifera whigtii*, theses pharmacological activity are as follows.<sup>[7][8][9][10][11]</sup>

- A) Hypoglycemic activity
- B) They have the effects on the platelet aggregation, and fibrolytic activity
- C) Thyroid stimulating activity
- D) Anti inflammatory and the antiarthritic effects
- E) Antiasthroscretic activity
- F) Cardio protective activity
- G) Cytotoxic activity
- I) Anti fertility Activity
- J) Skin diseases

## CONCLUSION

overall this is the short review of the Plant *Commifera wightii*, the plant is them member of the burseraceae family, the plant is valuable from the commercially point of view, in India and in the Pakistan the plant is grown for the production of the gugglu, the gugglu is the rich sources of the many kinds of the metabolites of the commercial values. They are used

medical in the Indian ayurvedic medicines system and they are also aesthetically used for the many purposes in India and the other adjoining countries. gugglu has been worked out by the many workers in world and in India, they have worked on the gugglu phytochemistry and the pharmacology, the phytochemsity of the stem and the leaves and the bark has been worked extensively. Well the *Commifera wightii* is the rich sources of the metabolites and the further investigation can open the new gate of the metabolites and the pharmacology.

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