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# **REVIEW ANALYSIS OF PARNAYAVANI(*Plectranthus amboinicus*) SWARASA AS EKAMOOLIKA PRAYOGA IN KAPHAJA KASA**

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## **ABSTRACT**

*Ethno medicine had always played a vital role in the development of healthy society. The mono herb therapy ( Ekamoolika prayoga) is the practice of using a single herb for treating particular conditions.*

*Kasa is a very common condition in clinical practice both in Urban and Rural places. Among all the types of Kasa, Kaphaja kasa affects the patients with Mandagni, Aruchi, Chardi, Peenasa, Utklesha, Gourava, Lomaharsha, Asyamaduryrata etc.*

*Parnayavani is considered as one of the best medicine for Kaphaja kasa in folklore medicine. Considering its Karu Thikta rasa and Laghu Rooksha Theekshna Guna and Ushna Veerya, the effect of Parnayavani can be assumed.*

**KEYWORDS:** Parnayavani, Kaphaja kasa, Ekamoolika prayoga

## **INTRODUCTION**

Medicinal plants are the only source for the treatment of diseases in ancient days and since then numerous herbs and plants have been recognized as a medicinal plant because of their potency to cure ailments [1]. The importance of Ethnomedicine in the development of healthy society is still prevalent around the globe because of its effectiveness (e.g., Tibetan medicine). Even though ignored due to the misconceptions of modern society; studies emphasize ethnic medicine as an important aspect in the future of medicine. The body of existing ethnomedical knowledge has led to great developments in health care field, with rapid industrialization of the planet and loss of ethnic cultures and customs, some of this information will no doubt disappear. The newly discovered and the existing medicinal plants are being screened for many diseases and to identify significant therapeutic importance [2].

Kasa is considered as one of the independent disease in Ayurvedic classics. [3 4,5]. The pinpoint correlation between the terms mentioned in Ayurvedic classis and Mordern text book of medicine will not be appropriate.

## **OBJECTIVES**

1. Understanding the importance of Ethnomedicine
2. Detail study of review of kaphaja Kasa
3. Understanding the action of Swarasa prayoga in kaphaja kasa
4. Understanding constituting the use of the source plant of Parnayavani (*Coleus aromaticusBenth*).

## IMPORTANCE OF ETHNOMEDICINE

India is a country with the ancient heritage of traditional medicine. The traditional medicinal practice which deals with the cultural interpretation of health and disease is called as ethnomedicine. Ethnomedicine played a vital role in the development of healthy society and still prevalent around the globe because of its effectiveness. The practice of Ethnomedicine is a complex multi-disciplinary system constituting the use of plants as primary health care for the people since millennia. According to Acharya Charaka and Acharya Susruta, Indo-Aryans had great knowledge and source of medicinal plants. The information regarding the indigenous plants was gathered from shepherds and hunters.

### KAPHAJA KASA:

In Ayurvedic classics, Kasa is explained as an independent disease. Pranavaha Srotas Dusti will be present in the disease Kasa and as described in the Ayurveda, Prana is related with life, therefore any abnormality in its function leads to disturbance of all the body functions.

So the significance of this disease is of utmost importance. Even though Kasa remains only as a minor and neglected problem in this era, it can be related with one's immunity.

The clinical features of Kaphaja Kasa are Bahula Madhura Snigdha Ghana Kapha Nistivana, Mandagni, Aruchi, Chardi, Peenasa, Utklesha, Gourava, Lomaharsha, Asyamaduryata, Kleda [6] etc. has been explained.

Kasa is one of the diseases having its predominant manifestation in Pranavaha srotas. According to Acharya Charaka and Acharya Vaghbata, due to nidhana sevana Prana vayu gets deranged, which moves upwards, afflicts the channels of upper part of the body. It upsets the functions of Udhanavayu and settles in Uras and Kanda pradesha. Then it enters the head causes contraction of anga and akshi, causes slight pain in uras kanda and parshwa followed by forceful expulsion of vayu through mouth which results in a particular sound which resembles that of broken bronze utensil when it falls down [7].

Acharya Susruta explains the involvement of Pranavayu in the manifestation of the disease Kasa [8].

In Kaphaja kasa, the obstruction of Vata is caused by Kapha [9].

### PARNAYAVANI

*Plectranthus amboinicus* is a well known plant which belongs to *Lamiaceae* family. It is present all over India. It is widely used as a folklore medicine. Phytochemical study shows that it contains flavanoids such as apigenin, luteolin and salvigenin [10].

Parnayavani- *Plectranthus amboinicus* is a plant mentioned in Ayurveda for the treatment of cough, asthma, headache, indigestion, diarrhea and intestinal worms.

**Latin name-** *Coleus amboinicus* Lour.

*Plectranthus amboinicus*

**Family-** Labiaceae (Tulasi kula)

### **VERNACULAR NAMES:**

- **Hindi name-** Patta ajwayin, Amroda, Patherchur, pathercheer
- **English name-** Country borage, Indian mint, Indian borage
- **Kannada name-** Dodda patre, Sambrani, Sambrani soppu
- **Malayalam name-** Panikoorka
- **Tamil name-** Karpooravalli, Kurpurvallai [11]

### **HABITAT**

Parnayavani is a small plant growing to a height of 1-2 feet. T

he stem is fleshy but has less strength.

The leaves are little oval, thick, fleshy and have hair-like structure beneath with strong odor.

The flowers are small, purple colored and are seen in the month of May- July. The plant is available and cultivated all over India in the temperate climate.

### **RASA PANCHAKA**

- Rasa (Taste) - Katu (Pungent), Tikta (Bitter)
- Guna (Qualities) - Laghu (Light for digestion), Ruksha (Dry in nature), Teekshna (Strong)
- Vipaka Katu (Undergoes Pungent taste after digestion)
- Veerya (Potency) - Ushna (Hot)
- Karma (Actions) - Kaphavata shamaka  
(reduces vitiated kapha and vata dosha)

**PHARMACOLOGICAL USES:**

From many years, this herb is effectively used as folklore medicine. *P. amboinicus* is a herb which has no side effects or we can say that this amazing herb have no side-effects [12]

**ANTI MICROBIAL ACTIVITY**

The essential oil was isolated by hydrodistillation of *P. amboinicus* [Lour] Spring. Dried leaves from Archipelago of the Comoros. The oil was analysed by capillary gas chromatography (GC) and Gas chromatography/Mass spectrometry (GS/MS). Carvacrol ( 23. 0%), camphor ( 22.2%),  $\Delta^3$  carene (15.0%), terpine (4.8%) were the major constituents of the oil. The antimicrobial activity of *P. amboinicus* Spring . leaf essential oil was investigated using agar gel diffusion. The result obtained showed that the essential oil of *P. amboinicus* (Lour) Spring. Exhibited more anti microbial activity on Gram- positive (*Staphylococcus aureus*) than on Gram- negative (*Escherichia coli* ). The minimum inhibitory concentration (MIC) was 0.2%and 0.1% for E. Coli and S. aureus respectively [13,14]

**ANTIFUNGAL ACTIVITY:**

Fungi are the reason for destruction of food materials, plants and grains during storage. After that, the food will release their nutritional value which makes it useless for consumption. From the world's total grain, approximately 25% are contaminated by the mycotoxins also known by the metabolites of fungi (300 or more), which are known to be toxic for humans and animals. *P. amboinicus* nanoparticles, made from its extracts from various solvents and essential oil, was effective as antifungal. *Coleus aromaticus* leaves have activity against *Aspergillus niger* and *Candida albicans* [15]

**CHEMICAL CONSTITUENTS:****Chemical constituents of *Plectranthus amboinicus***

The aerial parts of the plant yield an essential oil (0.1%) which contains Thymol (79.5%)

Leaves also contain a large amount of Oxalacetic acid, Flavonoid, Cirsimaritin and Beta- sitosterol.

**DISCUSSION:**

As discussed above, results from various studies proves that *P. amboinicus* can be used for the treatment of various conditions as antimicrobial, anti bacterial, antifungal.

Clinical studies are required including studies in animal models in order to understand the mechanism of action.

One model will not be sufficient. So other studies are also required to be conducted to confirm the other uses of *P. amboinicus*.

This article allows the researchers to explore the further potentials of this multi utility herb.

## **CONCLUSION:**

The results from this review, shows that the plant can be used for the treatment of Kaphaja kasa, as the plant was successfully used by the folklore people.

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