

Drug Review

SAHACAR TAIL¹

Sahacar Tail dominantly Tikta – Madhura in Rasa ,and Uṣṇa Viryātamak in quality hence its Vāta Kaphagna properties^{2,3}.

Botanical Name – Barleria Prionitis

Natural order – Acantheaceae

Classical Names : Sahacara ,Saireyka , Kurantaka .Jihinti, Katarika ,Bhindi

Ayurvedic Properties

Rasa-Tikta ,Madhura

Guna- Snigdha ,Laghu

Virya- Uṣṇa

Vipāka- Katu

Doṣaghanatā- Kaphavātaśāmaka

Rogaghanatā- Raktavikara, Upadanśa,Saravānga Śoṭha, Pratiśāya,Dantaśūla, Kāsa, Palitya,Vrana, Kuṣṭha, Kandu,Vidhradhi, Gandamāla.

Karma-Kaphavātaśāmaka,Varnapācana–Śodhan,Śoṭhahara,Swedajanan ,Raktaśodhak, Viṣaghna, Vedanā Praśamana.

Dose- Leaf Juice-10-20ml, Decoction-50-100ml

Botanical Description-

Prickly under shrub, 60cm to 1.5 m high. Leaves elliptic, acuminate at both ends, entire ,spine tipped. Flowers axillary, yellow ,bracts fallacious. Capsules ovoid, 25mm long with a tapering beak, 2-seede.Seeds compressed ,ovate, clothed with silky pressed hairs.

Distribution:

Through the hotter parts of India. Also grown as a hedge plant in gardens.Barleria prionitis L. (Family Acanthaceae) is a medicinal plant found throughout South Africa, India, Sri-Lanka, and tropical Asia. It is commonly known as Vajradanti. In traditional system of medicines, almost every part of the plant is used for the treatment of various diseases like toothache, fever, inflammation, gastrointestinal disorders, expectorant, boils, glandular swellings, catarrhal affections, ulcers, tonic,

diuretic, itching of leprosy ulcers, lacerated soles of feet in rainy season and the oil extract of plant is recommended to arrest the graying of hairs.

Part Used:

Whole plant, root, leaf, bark, flower

Actions and uses:

The plant has antiseptic properties, its decoction is used as a wash in dropsy. Roots are used as febrifuge and as a paste to relieve toothache. They are averring boils and glandular swellings. The dried bark is given in whooping cough. Fresh Juice of bark is diaphoretic and expectorant and is given in antisera. The leaves and flowering tops are rich in soluble potassium salts and are valued in diuretic. The leaf juice mixed with honey or sugar is given to children in fevers and catarrh, also in urinary and paralytic affections and stomach disorders. Leaf juice is often applied to lacerated soles of feet in wet season with coconut oil is applied on the face for pimples. Fresh leaves are crushed and tied on the wounds, caused by sharp edged stools. They are also used rheumatic pain and itch.

Pharmacognosy:

The periderm of stem bark is subtended by 5-7 layers of tubular collenchyma cells. The phloem rays of stem are of heterogeneous type with uniseriate and multiseriate rays, 8-16 and 8-25 cells high respectively and 2-3 cell broad. Granular and needle shaped calcium oxalate crystals, filling up many cells in almost all tissues of bark, are present. In root bark, yellowish cork and sometimes a new phellogen layer separating outer and inner cortex and cells contain calcium carbonate crystals. Stomata are caryophyllaceous type. Stomatal index on lower and upper surface 23.70 and 0.69 respectively, palisade ratio 8.10 and vein islet number 9.

Chemical Constitutions:

Two new iridoids, barlerin and acetylbarlein, scutellarein-7- neohesperioside, scutellarein-7- rhamnosylglucoside and a new acylated flavonoid glycoside luteolin-7-O-(2''-O-p-coumaroyl)-B-D-glycopyranoside are reported.

Pharmacological Activities:

Hypoglycaemic, diuretic, Spasmogenic, hypotensive, hypothermic and CNS depressant.

Toxicology

Petroleum Ether, benzene, chloroform and alcoholic extracts of the whole plant non toxic at 4 gm/kg in rat .

Phytochemical studies of *B. prionitis* revealed the presence of glycosides, steroids, tannins and flavonoids. Iridoid glycosides, shanzhiside methyl ester, 6-O-trans-p-coumaroyl-8-m O-acetylshanzhiside methyl ester, barlerin, acetyl barlerin, 7-methoxydideroside anlupulinoside have been isolated from aerial parts. Several reports including ours suggested

that plant is having antifungal, antiviral, anti-fertility, antioxidant, antidiabetic and gastroprotective activities.

TILA -TAIL

Tila (*Sesamum Indicum*):

Tail are generally similar in properties to their sources, oil seeds, so the tail are more or less similar to tila properties. The tila seeds in various languages is called as follows:

1. Sanskrit – Tila, Snehaphala
2. English – Sesame , Gingelly seeds
3. German – Sesam
4. French – Sesame
5. Arabic – Simsim
6. Hindi – Til, Mitha til
7. Marathi – Teel, Kale til
8. Bengali – Til, Chadu til
9. Gujarati – Tal
10. Telgu – Til, Tili
11. Tamil – Ellu, Yellu
12. Kannada – Navulu

Synonyms of Tila:

Tila, Homadhanya, Pavitra, Pitrutarpan, Papaghna, Pūtdhanya, Jatil, Vanodbhav, Snehaphala, Tailphala, Tilpushpa, Śīt, Vanjat, Pūrphala are the synonyms of Tila.

Parts used: Tila seeds, leaves, root and fixed oil extracted from the seeds of all the varieties of the seeds.

Ayurvedic Properties^{4,5,6} :-

Rasa – Madhur, Kaṣāya, Tikta

Vipak – Madhur

Vīrya – Uṣṇa

Tila is unctuous, heavy, hot, pungent, Suppress Vāta, Kapha aggravates Pitta, locally useful for Snehan, Śūlaghna, Vranśodhan and Ropan. Useful for Dental health, Grahi , Vajikaran, Āartavjanan, Stanyajanan, Medhya, Nutriants.

It is laxative in large dose, good for hair, beneficial for skin, cold on touch, strengthening, and produced little quantity of urine, of all the different varieties of sesame, the black species is the best, in respect of efficacy, white is medium, remaining is inferior so black species of sesame is used for oil extraction.

TILA TAIL:

Oil is the extract of substances like sesame. All types of oils are Vātaśāmaka especially sesame oil.

Synonyms of oil:

Snehottam, Snehmukhya, Tilsambhavam, Abhyanjan, Chuppadan, Mrakshan, Tilaj, Sneh, Mardanak are the synonyms of the tail.

Tila Tail properties^{7,8,9,10}:

Rasa – Madhur, Kaṣāya, Tikta

Vipāk – Madhur

Vīrya – Uṣṇa

Tila Tail is Uṣṇa, Tikṣṇa, Suksma, Vyavāyi, Sārak, Vikāsi, Vrūṣya, Srotoviśodhak, Stability induceing, Tonic, Constructive, Guru and Prīṇan .It is beneficial to skin, Improve the memory, Imparts softness and complexions to the skin. It is muscle building, strength imparting and increase the fit firmness of the body.

It action alleviates Vāta and Kapha and vitiates Pitta. It relieves aching pain in the head, ears and the female reproductive organ. It acts as purifying agents in respects of the uterus and proves curative in urticaria, it makes lean persons fatty and fat persons lean. It kills worms and it is beneficial for eyes.

The use of Tila Tail is recommended in cases of cut, cleft (crack), punctured, lacerated, blistered, thrashed or contused wounds and ulcers and in burns and scalds whether due to application of heat or any vesicant alkaline solution as well as in bites of wild beasts and birds etc. and act beneficially in baths, unguents (ointments) and lubrications etc.

In Carak Saṃhitā, the importance of use of oil is described as follows - by the use of oil, the kings of demons in early times free from old age, diseases and fatigue and proved very strong in battle (fighter). The term Tail specially means the Tila Tail. The Tila Tail is the best among sneha¹¹.

Sesamum indicum:- Seed of these plants contains fixed oil 50 to 60 % Oil contains 70 p.c. of liquid fats consisting of the glycerides of oleic acid & linolic acids 12 to 14 p.c. of solid fats, stearin, palmitin & Myristin, a crystalline substance sesamin & phenol compound sesamol is present. Seeds also contain proteins 22p.c., Carbohydrates 18p.c., muilage 4p.c., Woody fibre 4p.c. & ash 4.8p.c. (The Treatise on Indian Medicinal Plants)

Godugdha¹² –

Aṣṭāṅga Sangraha mentions Aṣṭā Kṣīr Varga out of all Kṣīr Godugdha is Śīta . It is Jivaniya, and Rasāyana

Rasa – Madhur

Vīrya – Śīta

Vipāka – Madhur

Guna – Guru, Picchila, Snigdha, Sara, Mrudu.

Daṣa – Vāta, Pitta Śāmaka, Kaphavruddhikara.

Uses – It acts as a Rasāyan, It is Saptadhātuvardhaka, Medhāvārdhaka, Kāntikāraka, Ojovruddhi. Used in Śwās, Kasa, Truṣa, Mutrakruḥha, Raktapilta. It is Bṛūhan, Balakara, Vatapitta Śāmaka.

Yogṛthnākar classify the Godugdha according to colour of the cow.

- 1) Milk of Black colour cow is best & it is Tridoṣa Śāmaka.
- 2) Milk of yellow colour cow is Vātapitta Vāta Śāmaka
- 3) Milk of red colour cow is Vāta Śāmaka.
- 4) Milk of different colour cow Vāta Śāmaka.
- 5) Milk of white colour cow is Kaphakāraka & Guru.

ŚARKARĀ^{13,14}:

Synonyms -

Sanskrit – Minandi, Śwetā, Matsyandika, Sitā, Ahicatra, Sikatā, Śudha, Śubra, Sitapala

Marathi- Sakhar

Hindi - Cini

English- Sugar

Āyurved Property :

Rasa - Madhur

Guna - Śīta, Snigdha.

Virya - Śīta Vipāk - Madhur

Karma –

Sarvadāhanāśaka, Cakṃṣya, Balvridhikara, Pittaśāmaka, Raktadoṣahara, Śukravardhaka, Chardinaśana. It is used in Kuṣṭha, Vran, Śwāsa, Hikkā & Paittic Rogās.

Kaiyadeva Nighantu Mentions types of Śarkarā.

- 1.Madhu Śarkarā (Mishri)
- 2.Guda Śarkarā
- 3.Poundraja Śarkarā
- 4.Yās Śarkarā