

A CRITICAL AYURVEDIC LITERARY REVIEW OF THE PLANT CHANGERI (OXALIS CORNICULATA LINN.)

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ABSTRACT

One of the key herbs in *Ayurveda* is *Changeri* (*Oxalis corniculata* Linn.). The procumbent yellow sorrel, also known as sleeping beauty or creeping wood sorrel, is a low-growing, delicate- appearing herbaceous plant in the Oxalidaceae family that is native to warmer regions and damp areas of India. Anorexia, dyspepsia, rheumatoid arthritis, skin conditions, and diarrhea are all treated with this plant. Although many other studies have explored *Changeri*, the literature presented in this work will be beneficial for future research initiatives.

KEYWORDS: *Changeri*, *Oxalis corniculata*, Woodsorrel.

INTRODUCTION

Medicinal plants are widely recognized as vital components of treatment in the health care system. One such traditional medical system is *Ayurveda*, which addresses the healing properties of medicinal plants when used wisely and in a timely manner. The need for herbal medications is growing daily and *Ayurvedic* medications are

becoming more and more well-liked because they have less cumulative toxicity and substantially fewer side effects. For the benefit of humankind, it is imperative that the medical benefits of accessible, affordable, and plentiful plant sources to be discovered and spread. *Oxalis corniculata* Linn. (Oxalidaceae) is known as Pulichinta in Telugu, *Changeri* in Sanskrit, is an annual plant that grows all over India as a weed. The medicinal qualities of *Changeri* include *amla kashaya rasa*, *laghu rooksha guna*, *amla vipaka*, *ushna virya*, and

Changeri is *Kaphavataharam*. It is used in the treatment of *kushta*, *arsas*, *atisara*, and *grahani*. Ayurvedic formulations such as *Changerighrita*, is used to treat *grahani*, *arsas*, *anaha*, *mutrakrichara*, *pravahika*, and *gudabramsha*. It is utilized in Siddha medicines such as *Uppuchenduram* which is used to treat menstrual disorders, hyperacidity, heartburning, colic and *pitta* disorders. Studies showed Carotene and Vitamin C are both abundantly present in *Changeri* leaves. The knowledge about plants is distributed throughout numerous classical textbooks from various eras, making it a monumental undertaking for scholars to collect the information. In this study, an attempt was made to consolidate the classical literature of *Changeri* (*Oxalis corniculata* Linn.) under a single roof for easy reference.

AIM AND OBJECTIVES

The aim of this study is to conduct a literature review of various Ayurvedic texts in order to obtain information about *Changeri*. The objective of this research is to describe the synonyms, *Rasapanchaka* and *Vargas* according to different *Acharyas* as well as references of *Changeri* in *Bruhatrayi*.

METHODOLOGY

Various textbooks that comprised of pharmacopoeias, *Nighantu*, *Samhita* and recent textbooks of *Dravyaguna Vijnan* concerned with the drug of interest was systematically reviewed and critically analyzed to satisfy the objective.

Botanicalname

Oxalis corniculata Linn.

Family

Oxalidaceae.

Vernacularnames

- Telugu - Pulichinta.
- Hindi - Tinpatiya, Ambilosa.
- English - Indiansorrel.
- Kannada - Pullamouri, Sivargee, Purachisoppu.
- Tamil - Puliyarai.
- Malayalam - Pulliparel.
- Marathi - Ambutee, Bhuisarpati.

- Bengali - Amrul.
- Gujarat - Ambolee, Teenpanaki, Rukhadi.
- Assamese - Changeritenga.
- Punjab - Khatkal, Khartmittha, Khattibootee.
- Urdu - Changeri, Teenpatiya.

Taxonomical classification

- Kingdom - Plantae.
- Class - Dicotyledons.
- Subclass - Polypetalae.
- Series - Disciflorace.
- Order - Oxalidales.
- Family - Oxalidaceae.
- Genus - Oxalis.
- Species - Corniculata

Habitat

It is found throughout the warmer parts of India ascending to an altitude of 3000mts North-west Himalayas and also commonly grows in damp places, roadsides & lawns.

Botanical description

Annual or Perennial hairy herb.

- Root - Dark brownish, thin, about 1-2mm thick, branched, rough, soft; no odour and taste.
- Stem - Creeping, brownish red, soft, very thin, easily breakable, no odour and taste and rooting at nodes, 15-45cm long, much branched.
- Leaves - Palmately compound, trifoliate; Petiole green, thin, about 3-9cm long, cylindrical, Pubescent; Leaflet green glabrous, 1-2 cm long obcordate, sessile or sub sessile, base cuneate, taste somewhat sour.
- Flowers - Yellow colored, in small, long stalked, axillary sub umbellate cymes.
- Fruit - Cylindrical capsule with numerous tiny black seeds, tomentose, oblong, 1.2- 2.5cm long, narrowed at apex.
- Seeds - Tiny dark brown several in each cell, broadly ovoid transversely striate.



Fig. 1: Whole Plant.



Fig. 2: Leaves.



Fig. 3: Stem & Root.



Fig. 4: Flower.



Fig. 5: Fruit.



Fig. 6: Seed.

Chemical constituents

Vit-C, Carotene, Malic acid, Tartaric acid, Citric acid & C-glycosyl flavonoids, Linolenic acid, Palmitic acid, Stearic acid, Oleic acid, Bitexine-2-0-beta-D-Glucopyrunoside and Vitexine, Carbohydrates, Proteins, Amino acids, Fiber and Calcium.

Synonyms

Synonyms mentioned in various nighantus

S. No.	Synonyms	B.P.	D.N.	K.N.	Mp.N.	R.N.	S.N.	So.N.
1.	<i>Ambshtha</i>	+	-	+	-	+	+	-
2.	<i>Amla</i>	-	-	-	-	+	-	-
3.	<i>Amladolika</i>	-	-	+	-	-	-	-
4.	<i>Amlalonika</i>	+	+	+	-	-	+	+
5.	<i>Amlapatraka</i>	+	-	-	-	+	+	-
6.	<i>Amlavati</i>	-	-	-	-	+	-	-
7.	<i>Amlika</i>	-	-	+	+	-	-	+
8.	<i>Asmantaka</i>	+	-	-	-	-	-	-
9.	<i>Changeri</i>	+	+	+	-	+	+	+
10.	<i>Chatuschada</i>	-	-	-	+	-	-	-

11.	<i>Chatusparni</i>	-	+	+	-	+	-	-
12.	<i>Chukra</i>	-	-	+	+	-	-	-
13.	<i>Chukrahava</i>	-	-	-	-	+	-	-
14.	<i>Chukrika</i>	+	-	-	-	+	+	-
15.	<i>Dantasatha</i>	+	+	+	-	+	+	-
16.	<i>Hetu</i>	-	-	-	-	-	+	-
17.	<i>Kshudra</i>	-	-	-	-	-	-	+
18.	<i>Kshudramlika</i>	-	-	+	+	+	-	-
19.	<i>Kushali</i>	+	-	-	-	-	-	-
20.	<i>Loda</i>	-	-	+	-	-	-	-
21.	<i>Lola</i>	-	+	-	-	-	-	-
22.	<i>Lona</i>	-	+	+	-	+	-	-
23.	<i>Lonaamla</i>	-	-	-	-	+	-	-
24.	<i>Lonika</i>	-	+	-	-	-	-	+
25.	<i>Rajmota</i>	-	-	+	-	-	-	-
26.	<i>Sastranga</i>	-	-	-	-	+	-	-
27.	<i>Shafari</i>	+	-	-	-	-	-	-
28.	<i>Sunishnachada</i>	-	-	+	-	-	-	-
29.	<i>Sunishnnakapatraka</i>	-	-	-	-	-	+	-

Classification of *changeri* in various ayurvedic texts

Name of <i>varga</i>	C.S.	Su.S.	A.H.	A.S.	B.P.N	D.N.	K.N.	Mp.N.	N.A	P.N.	R.N.	S.N	So.N.
<i>Amradi varga</i>	-	-	-	-	-	+	-	-	-	-	-	-	+
<i>Aushadi varga</i>	-	-	-	-	-	-	+	-	-	-	-	-	-
<i>Changeriyadi varga</i>	-	-	-	-	-	-	-	-	+	-	-	-	-
<i>Haritkyadi varga</i>	-	-	-	-	-	-	-	-	-	+	-	-	-
<i>Mishrakadi varga</i>	-	-	-	-	-	-	-	-	-	-	+	-	-
<i>Mulakadi varga</i>	-	-	-	-	-	-	-	-	-	-	+	-	-
<i>Parpatadi varga</i>	-	-	-	-	-	-	-	-	-	-	+	-	-
<i>Patra varga</i>	-	-	-	-	-	-	-	-	-	-	+	-	-
<i>Shaka varga</i>	+	+	+	+	+	-	-	+	-	-	-	-	-
<i>Ulapadi varga</i>	-	-	-	-	-	-	-	-	-	-	-	+	-

Rasapanchaka of *changeri* from various *Nighantus* and *Api*

Rasapanchaka		Nighantus									
		K.N.	R.N.	B.P.	P.N.	D.N.	MP.N.	N.A.	API		
Rasa	<i>Madhura</i>	+	-	-	-	-	-	+	-		
	<i>Amla</i>	+	+	+	+	-	-	+	+		
	<i>Lavana</i>	-	-	-	-	-	-	-	-		
	<i>Katu</i>	-	+	-	-	-	-	-	-		
	<i>Tikta</i>	-	-	-	-	-	-	-	-		
	<i>Kashaya</i>	+	-	-	-	-	-	-	+		
Guna	<i>Laghu</i>	+	-	-	-	-	+	-	+		
	<i>Ruksha</i>	-	-	+	+	-	-	-	+		
Virya	<i>Ushna</i>	-	+	+	+	+	+	+	+		
Vipaka	<i>Madhura</i>	-	-	-	-	-	-	+	-		
	<i>Amla</i>	-	-	-	-	-	-	-	+		
	<i>Katu</i>	-	-	-	-	-	-	-	-		

Karmas of changeri according to various nighantus

Nighantu	Karma	Indications
Kaiyadeva Nighantu	Pittavardhaka, KaphaVatajVikarahara.	Atisarahara, Grahanihara, Arshoghana
Priya Nighantu	Pittavardhaka, Vatanashaka, Deepana, Ruchya.	Grahanihara, Atisarahara, Arshoghana, Kushtaghana
Dhanwantari Nighantu	Pittakaraka, Kapha-VataShamaka, Grahi.	Grahani, Arsas, Amavata
Madanpala Nighantu	Pittavardhaka, KaphaVatahara, Deepana, Ruchya.	Grahanidoshahara, Arshoghana, Kushthghana, Atisarahara.
Bhavaprakasha Nighantu	Pittajanaka, KaphaVatanuta, Deepana, Ruchya.	Grahaninashani, Atisaranashini, Arshanashini, Kushthanashini.

Part used

Panchanga (Whole plant)

Visishta yoga

Changeri Ghrita

Dosage

Churna - 2 to 6 gms.

Swarasa - 5 to 10 ml.

It is also used externally.

Classical references in *bhrihatrayees*

Sl. No	Reference	Name of the Drug/Drug mentioned	Indications/Actions/ Uses
1.	Ca.Su.2/19	<i>Changeri [Peya]</i>	<i>Grahani, Pachana</i>
2.	Ca.Su.27/93	<i>Changeri [Peya]</i>	<i>Grahani, Arsa, Kapha Vardaka, Bhedana.</i>
3.	Ca.Vi.8/140	<i>Changeri [Amlaskandha]</i>	<i>Vatavikara.</i>
4.	Ca.Ci.3/267	<i>Changeri [Agurvadyataila]</i>	<i>Sitajwara</i>
5.	Ca.Ci.8/125	<i>Changeri [Yavagu]</i>	<i>Atisara</i>
6.	Ca.Ci.8/131	<i>Changeri [Khada]</i>	<i>Atisara</i>
7.	Ca.Ci.14/111	<i>Changeri [Nagaradyaghruta]</i>	<i>Kaphavatanuth, Arsa, Grahani, Mutrakrcchra, Pravahika, Gudabhramsa, Anaha, Arti.</i>

8.	Ca.Ci.14/115	<i>Changeri</i> [pippalyadyaghrita]	Arsa, Grahani, Mutrakrcchra, Anaha, Gulma, Hrdroga, Sotha, Pleehodara, Jwara, Kasa, Hikka, Swasa, Parswashoola, Bala Pushtikara, Varnya, Agni Sandipaka.
9.	Ca.Ci.14/122	<i>Changeri</i>	Leafy vegetable in Arsas
10.	Ca.Ci.14/231	<i>Changeri</i> [Hriveradigritha]	Arsa, Atisara, Grahi, Jwara, Aruchi, Pandu, Mutrakrcchra, Gudabhramsa, Bastyanaha, Pichhasrava, Sula, Tridosaghna.
11.	Ca.Ci.14/239	<i>Changeri</i> [ghrita]	Tridoshaja-Arsas, Atisara, Raktasrava, Pravaha, Gudabhramsa, Picchilasrava.
12.	Ca.Ci.19/43	<i>Changeri</i> [ghrita]	Gudabhramsa
13.	Ca.Ci.19/111	<i>Changeri</i> with other drugs	Kaphaja Atisara
14.	Su.Su.46/273	<i>Changeri</i> [Shaka]	Grahani, Arsa, Agni dipaka
15.	Su.Utt.40/55	<i>Changeri</i> with other drugs Siddha gritha	Sula, Atisara
16.	Su. Utt.40/182	<i>Changeri</i> with other drugs Siddha ghrita	Deepana, Grahani, Jwara, Atisara, Arsas
17.	AH.Su.6/74	<i>Changeri</i>	Agnivardaka, Grahaniroga, Arsaroga, Vataroga, Kapharoga
18.	AH.Ci.8/78	<i>Changeri</i> [ghrita]	Anaha, Mutrakrcchra, Pravahika, Gudabhramsa, Gudapida, Arsa, Grahaniroga, Vataroga.
19.	AH.Ci.8/132	<i>Changeri</i> [Madhukadi ghrita]	Tridosasamaka, Arsa, Atisara, Grahani, Panduroga, Jwara, Aruci, Mutrakrcchra, Gudabhramsa, Basti Sambhanditha Anaha, Pravahika, Pichhasrava
20.	AH.Ci.9/48	<i>Changeri</i> [ghrita]	Gudabhramsa
21.	AH.Ci.9/116	<i>Changeri</i> [Khala]	Kapha atisara

Research update

1. *Changeri* swarasa showed Antibacterial effect against E.coli.^[39]
2. *Changeri* showed efficacy in Atisara.^[40]
3. *Changeriyadi ghrita* with *Marichyadichurna* showed efficacy in *Grahani roga*.^[41]
4. *Changeri* [*Oxalis corniculata* Linn.] swarasa showed mild to moderate Antidote effect in *Dattura* [*Datura metel*]induced toxicity.^[42]
5. *Changeri Masi* [*Oxalis corniculata*Linn] (0.5mg) showed altering in copper concentration in water.^[43]
6. Ethanolic extract of *Oxalis corniculata* leaves showed significant Anti-inflammatory

activity in induced inflammatory bowel disease in rats.^[44]

DISCUSSION

Changeri is a popular plant that grows well in lawns and other areas with somewhat damp soil. It is a significant medication used in various formulations. The medicinal qualities of *Changeri* include *Amala Kashaya rasa*, *Laghu Rooksha guna*, *Ushna virya* and *Amla Vipaka*. *Changeri* is *KaphaVata Haram*. *Grahani*, *Atisara*, *Arsa* and *Kushta* are treated with it. Ayurvedic formulations containing *Changeri* such as *Changeri ghrita* are used to treat ailments like *Arsa*, *Grahani*, *Anaha*, *Mutrakrichara*, *Pravahika*, *Atisara* and *Gudabramsha*. It is utilized in Siddha preparations such as *Uppuchenduram* which is used to treat Colic, Hyperacidity, and Burning in the chest caused by Pitta. Studies on the nutritional qualities of *Changeri* revealed that it has a wide range of beneficial qualities for people.

CONCLUSION

It is evident from the literature review that, *Changeri* is used to treat *Arsas*, *Kusta*, *Grahani* and *Atisara*. Most studies show that *Changeri* is found in many ayurvedic formulations which acts as *Kusthaghna*, *Atisarghna*, and *Arshaghna*. It showed pharmacological activities like Anti-inflammatory, Anti-Oxidant, Anti-Cancer, Anthelmthic, Antimicrobial, Astringent, Antiulcer, Antidiaetic, Antiepileptic, Cardiorelaxant, Diuretic, Febrifuge.^[48] This plant plays a major part in both disease prevention and treatment. More research needs to be done to determine the actual clinical application. Future, research on *Changeri* will benefit from this body of literature.

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