

A CRITICAL REVIEW ON *PARAS-PIPAL*(*THESPIA POPULNEA* LINN) "AN AYURVEDIC HERB"

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ABSTRACT

Herbs play a major role in *Ayurvedic* system. An *ayurvedic* herb is a plant source which is used in the preparation of *ayurvedic* medicines. It acts as a perfect mechanism in bringing a balanced harmony between the mind & spirit. The *ayurvedic* science which works based on the herb promises wonders to mankind when taken in a wise & prudent manner. *Paras pipal* is one of them. *Paraspipal*(*Thespesia populnea*) also known as *Parisha* a drug of *Panchvalkala*(*Mishrak Gana*) is a plant that occurs in India specially in seacoastal regions. It is commonly planted as an avenue tree & at other places largely cultivated for ornament & shade. It is attributed with *Kaphkara*, *Shukrala*, *Grahi* & *Mutrasangrahaniya Karmas*. Present review article analyze the classical references & medicinal uses on the basis of various available texts.

KEYWORDS: *Ayurveda*, *Grahi*, *Mutrasangrahaniya*, *Paraspipal*, *Panchvalkala*.

INTRODUCTION^[1,3,4,5]

Paraspipal or *Parisha* enumerated with *Panchvalkala* by Acharya Bhavmishra & also known as *Indian Tulip tree*, *Pacific rosewood* or *Portia tree*. It is a species of flowering plant in the *Mallow* family, *Malvaceae*. It is a small tree or arborescent shrub that has a pantropical distribution, found on coasts around the world. In India it extends from the shores of west Bengal to Peninsular India & the Andamans. Also grown as a road side tree in tropical regions. It applies externally to various skin diseases eg. psoriasis & also acts as atonic, astringent. Also used in diseases like urinary tract infections, diabetes, arthritis, asthma,

Gunea worm infections. It posses profound therapeutical potency attributed with *Kaphkara*, *Shukrala*, *Grahi* & *Mutrasangrahiya Karmas*.

Chief Characters^[2]

A small to medium sized tree with roundish or ovate, cordate, acuminate, entire glabrous leaves 7-12cm wuth long petioled.

FRUIT-Conical to spindle shaped & fruiting occurs particularly in Dec-april.

FLOWERS-Yellow with red spots & flowering occurs throughout the year.

Etymology^[3,6]

Parisha- 'Paari Brahmagyanama'

Isha-Ishayte gamyate asmin zigiushbhi iti.

- People for enlightenment wish to prefer this tree.

Thespasia-Thespesios(Greek)-wonderful.

Populnea-Populas(Latin)-pertaining to populars.

Table 1: Showing the Synonyms according to the various classical texts.^[6,7]

<i>GARDHBHAAND</i>	<i>'Gardbhasya andamiv falam asya iti gardhbhaand'</i> Its fruit resembles like testis of an ass, due to this characteristic it is known as <i>Gardhbhaand</i> . <i>'Gardhbh gandh vishesham, amti prapnoti, am gatyadishyu'</i> It have specific smell.
<i>KANDRAALA</i>	Is tree mostly found in caves or caves like places known as <i>Kandraala</i> .
<i>KAPITANA</i>	<i>Kam pitayati kapitana</i> <i>Kapi stanoti vaa</i> <i>Kapina kape vaa varnasya shobha tanute iti</i> <i>Kapitana</i> expands beauty as like as colour of monkey
<i>SUPARSHVAKA</i>	Trees spreads in an arranged manner.
<i>CHEERPADAPA</i>	Fruit consists of latex.
<i>FALISHA</i>	Trees have Fruits.
<i>KAMANDAL</i>	Fruit resembles like <i>kamandal</i> (Thing used to kept water or any other liquid)
<i>SUPRITITISHTA</i>	Trees are famous.
<i>KAPICHOOT</i>	Monkeys likes its fruits as mango.
<i>FALASHRENIVARA</i>	Its fruits are best among the <i>Panchcheeri Vriksha</i> .
<i>KAPERVAAS</i>	Mostly monkeys like to live on these trees so it is called as <i>Kapervaas</i>

Table 2: Showing the Vernacular Names according to the various classical texts.^[8]

LANGUAGE	NAMES
English	Annadine, Bendy tree, Bhendi tree, Indian Tulip tree, Portia tree.
Hindi	Bhendhi, Gajadanda, Paraspipal, Parasipu
Malayalam	Poovarasu, Chelantipatta, pooparutti
Bengali	Gajashundi, Palaspipal, Poresh
Gujarati	Paras Piplo
Kannada	Arasi, Bangali, Huvarasi
Marathi	Aastha, Aas, Parasbhendi, Parosapimpal, Parshvapimpal, Pimparani, Pimpari.
Tamil	Puvarsu
Telgu	Gangaravi
Sanskrit	Paarish, Gardhbhanda, Kandralla, Kapitana, Suparshvaka

Table 3: Showing the Gana/Varg according to the various classical texts.^[9,10,11,12,13,14]

Samhitas/Nighantu	Gana/Varg
Charaka Samhita	Mutrasangrahiya, Kashayaskandha
Sushruta Samhita	Nyagrodhadi Gana
Bhaav Prakash Nighantu	Vatadi Varg
Kaidev Nighantu	Aushadhi Varg
Shaaligram Nighantu	Vatadi Varg
Ashtanga Nighantu	Nyagrodhadi Gana

Table 4: Showing the Rasa Panchaka according to the various classical texts.^[11,12,15,16,17]

RASA					
Rasa	P.v.sharma	B.N.	K.N.	N.R.	P.N.
Madhura	-	+(Root&Majja)	+(Root&Majja)	+(Fala,Majja)	-
Amla	-	+(Fala)	+(Fala)	+(Fala)	-
Lavana	-	-	-	-	-
Katu	-	-	-	-	-
Tikta	-	-	-	-	-
Kashaya	+	+(Majja)	+(Majja)	+(Root)	+

GUNA						
Guna	P.v.sharma	B.N.	K.N.	N.R.	P.N.	M.N.
Laghoo	+	-	-	-	-	-
Ruksha	+	-	-	-	+	-
Snigdha	-	+	+	+	-	+
Sheet	-	-	-	-	+	-

VEERYA-SHEET, VIPAKA-KATU(P.V)

Table 5: Showing the Doshkarma according to the various classical texts.^[10,11,12,15,16,18,19]

Doshkarma	S.S.	M.N.	S.N.	N.R.	B.N.	K.N.	P.v.sharma
Kaphakaraka	-	+	+	+	+	+	-
Vatpittashamana	-	-	-	+	-	-	-
Kaphapittashamana	-	-	-	-	-	-	+
Raktapittashamaka	+	-	-	-	-	-	-

Table 6: Showing the *Karmas*(pharmacological actions) according to the various classical texts. ^[9,10,11,12,15,16,18,19]

<i>Karma</i>	<i>M.N.</i>	<i>S.N.</i>	<i>N.R.</i>	<i>B.N.</i>	<i>K.N.</i>	<i>P.v.sharma</i>	<i>S.S</i>	<i>C.S.</i>
<i>Vrishya</i>	+	+	+	+	+	-	-	-
<i>Krimiprada(krimikaraka)</i>	+	+	+	+	+	-	-	-
<i>Hridya</i>	-	-	+	-	-	+	-	-
<i>Dahashamaka</i>	-	-	+	-	-	-	+	-
<i>Kanthya</i>	-	-	+	-	-	-	-	-
<i>Kushthghana</i>	-	-	-	-	-	+	-	-
<i>Yonidoshhara</i>	-	-	-	-	-	+	-	-
<i>Vranaropana</i>	-	-	-	-	-	+	-	-
<i>Punsavana</i>	-	-	-	-	-	+	-	-
<i>Mutrasangrahnaya</i>	-	-	-	-	-	+	-	+
<i>Vranropana</i>	-	-	-	-	-	-	+	-
<i>Graahi</i>	-	-	-	-	-	+	+	-
<i>Bhagna-Asthisandhana</i>	-	-	-	-	-	-	+	-
<i>Medohara</i>	-	-	-	-	-	+	+	-
<i>Vishaghana</i>	-	-	-	-	-	+	-	-
<i>Yonidoshhara</i>	-	-	-	-	-	-	+	-

Chemical Composition^[5]

The Plant yields kaempferol & its glycosides, herbacetin & its glycosides, populenol, populnin, populnetin, quercetin, rutin, gossipetin, gossypol, B-sitosterol & its glycoside, lupeol, lupenone, alkanes, myricylalcohol, thespesone, thespone, calycopterin, sesquiterpenoidal, quinones, aminoacids & carbohydrates. Fatty acid composition of the seed oil is also reported.

Folklore Uses^[7,20]

- In Middle Province its Root considers as *Balya*.
- People of konkan region uses its flowers in *PAMA* disease & using its leaves(after heated) in inflammation or other inflammatory body places.
- People also uses its stem bark decoction for washing of *PAMA* affected areas.
- In Maurities its bark uses as a purifier also in diseases like diarrhoea, bleeding piles etc.
- In Madagascar its bark decoction used in chronic diarrhea and various skin diseases.
- Rumphians people uses its inner wood in a disease named as *Pleurodynia* in which severe pain occurs in ribs & also person feels difficulty to take breath.
- In Koman its leaves are used as ointment to cure eczema of childrens.
- In Philippians its bark decoction used in bleeding diarrhoea.
- In Dahiti its fruits are used to cure headache.

Controversy^[11]

Pareesha(*Thespesia populnea*) is included in *Panch-cheeri vriksha*.(A group of trees which consists of latex.) it's bark doesn't consists of latex but its fruits have latex & also included in *Panch -valkala mishrak gana*. *Pareesha* is a synonym of *Paraspipal*. Some authors considers *F.arnottiana* & *F.rumphii* as *Pareesha* because their leaves resembles like as *pippal*(*Ficus religiosa*).

Part Used^[3,15]

Stem bark

Posology^[3,11,15]

DECOCTION- 50-100ml, POWDER-3-6gm

Latest Research on *Thespesia Populnea*^[21,22]

- Antidiabetic and antihyperlipidemic effect of *Thespesia populnea* fruit pulp.
- Anti-psoriatic activity.
- Antibacterial activity
- Antimicrobial property of *Thespesia populnea*

Therapeutic Uses^[2,3,7,20]

- Applied externally to Scabies, Psoriasis & other skin diseases.
- Its unripe fruit with *Misri* or *Guda* in tablet form through oral route to cure *Aam*, *Sangrahini*, *Arsha*.
- Seed oil is used in various skin diseases.
- Its extract is used in *Pitta* diseases.
- Its 2 to 3 seed with *Shakkar* used to cure *Sangrahini*, *bavasira*(piles), *Sujaka*, *Burning micturition*.
- Its fruit, leaves, root used to cure skin diseases when applied externally.
- Its yellow liquid which comes out from fruit used to cure skin diseases when applied externally, before using it, the affected area should be washed with its bark decoction properly.
- Its bark decoction used to cure Abdominal pain.
- After heating leaves & convert into paste then applies externally to the swelling of joints, gall bladder, it helps to relieve them.

- Its decoction used to purify the blood when taken in a dose of 7 to 10 *Tola*.

Therapeutic Indications^[2,3,15]

Kushta, Yonidosha, Prameha, Vrana, Bleeding disorders, Hridroga, Kanthruja.

DISCUSSION

It is attributed with *Kaphakara, Shukrala, Grahi, Mutrasangrahnaya Karmas*. A drug of *Panchvalkala/Panchcheeri Vriksha*. It is indicated in *Kapha-Pitta vikara, Kushta*(skin diseases), *Yonidosha*(vaginal disorders), *Prameha*(Diabetes), *Vrana* & other Bleeding disorders. It is considered useful in toxicity & *Medoroga* due to its *Lekhana* property. *Acharya Bhavprakash* says it shows *Punsavana* activity when Woman regularly take *Paraspippal* mixed with *Jeeraka* & *Sharpunkha* to have male child. Most of the classical authors says that it have *Vrishya* property. Its Fruits resembles like Testis of an ass due to this character it is known as *Gardhbhanda*. Its fruit also consists of latex used to cure skin diseases when applied externally. Its leaves in the form of hot poultice beneficial in painful joints. Acts as a tonic, astringent & given internally as an alternative.

CONCLUSION

Paraspippal a drug of *Panchcheeri/Panchavalkala mishraka gana* does *Grahi, Mutrasangrahnaya* actions due to *Kashaya rasa*(astringent property) used in skin diseases when applied externally & indicated in *Prahmeha* disorder(a group of 20 diseases, *Madhumeha*(Diabetes) is one of them) according to the ancient *ayurvedic acharya*. Regarding it we can use it in diabetes in which frequent urination & skin diseases occurs. More research has to be needed.

Plant rich in chemical constituent & posses many medicinal properties.

It also helpful in skin diseases because it consists *Madhura rasa* which has *Twachya* property as per *Acharya charaka* means that it is useful in skin disorders also consists *Kashaya rasa* which diminishes the *Rakta* & *Pitta dosha* which play a major role in skin diseases. More research has to be needed.

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