

NATURAL PAINKILLER (AYURVEDIC MEDICINE)

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- 1) Turmeric, The Golden Spices
- 2) Black Pepper
- 3) Ginger
- 4) Moringa Leave
- 5) Honey



Natural Painkiller

- do you know natural painkiller
- Most of you to get relief form this type of pain, they take medicine. Helath in itself is harmful.
- According to experts, take medicine as per need.
- taking painkiller during mild pain can have adverse effect on kidneys, heartetc.
- You can also use household items like painkiller.
- There are no side effects of using these things and they do not help in reducing pain.
- (use this natural painkiller to get rid of pain).
- Pain is a distributing sensation that is mostly caused by an intense stimulus.

- Acute pain can hardly last for second, but some type of pain are very intense, and if not treated on time, can lead to chronic persistent suffering.
- All of us experience pain, it may be a toothache, back pain, body ache or any other kind and our very first instinct is to reach out for a pill in case, if the medicine is not available for you right away, try some remedies from your kitchen, till you get proper medication.
- Herbs and spices work amazingly well as a natural pain killer and can heal inflammation.
- Mother nature has bestowed upon us with a spectrum of foods that work as medicine and act as a natural painkiller without any side effect.
- Let explore the best natural pain killers and how they function in easing the pain.



TURMERIC

Aim:- turmeric, the golden spices

- **Objective**
- it has anti inflammatory properties.
- Which help reduce inflammation and relieve muscle pain.
- It has anti oxidant, anti fungal, anti bacterial property which make our food nutritious if you have blisters in your mouth, make a paste by mixing one spoon of coconut oil, one spoon of turmeric and one spoon of water.
- Turmeric, a staple in the kitchen, is considered multi purpose.
- Turmeric is used to treat any kind of infection from serious disease like cancer. turmeric has anti inflammatory, antioxidant, antitumor, antiseptic, antiviral cardioprotective, hepatoprotective, nephroprotective properties. the compound curcumin works as a good antibiotic. use of turmeric is beneficial for muscle pain and muscle swelling.

**Uses**

- Hey fever, sneezing, itching runny nose reduce pain and improve function in people with knee osteoarthritis.
- reduce pain.
- antioxidant, depression,
- diabetes, heart disease

Benefits

- | | |
|-------------------------------|--------------------------|
| . it eases joint pain | . Help in osteoarthritis |
| . Protects heart disease | . Treats depression |
| . Treat or prevents diabetics | . Improves skin health |

Side Effect

- Causes stomach upset
- damages liver
- Affects pregnancy
- harms blood corpuscles
- leads to bleeding
- Affect stool elimination
- diabetics on medications
- increases nausea

CONCLUSION

- The beneficial effect of turmeric ar traditionally achieved through dietary consnusmption,

even at low levels, over long period of time. asprecise understanding of effective dose, safety and mechanisum of action is required for the rationaluse of turmeric in the treatment of human disease. further clinical studied are warranted if turmeric is too be employed in meeting human need and improving human welfare.

Purpose

In india, it was traditionally used for disorders of the skin, upper respiratory tract, joints and digestive system.

BLACK PAPER

- **Aim:-** black pepper (piper nigrum).
- **Objective:-** black papper is also know as “king of spices” originated of india the western ghats spread over the states of kerala, karnatka and tamil naydu is the centre of origin of black papper.
- Black pepper is the most important and most widely used spices in the world, cultivated in over 26 contries.
- producing about 315-320 000 tons of paper (black and white).
- Finally, the functional property of black pepper and its aplication in medicine and in food are described.

USE

- | | |
|-------------------|-------------------------|
| • As preservative | . help fight depression |
| • Medical use | . help weight loss |
| • Helathy skin | . prevent cancer |
| • Treat asthma | . Toothache |

• benefits

- . Good of digestion
- . Treat skin poblems
- . Good for your hair
- . Treat depression
- . Treat asthma

side effect

- . Gastrointestinal issues
- . Hindrance enzyme function
- . Issuse during pregnancy
- . Redness of the skin
- . Fertility issues

CONCLUSION

- Main components of black pepper are volatile oil oleoresin extract. moisture and piperine

- Volatile oil is produced form steam distillation
- It has high piperine amount
- among the varieties studied sreelankan pepper is of best quality given high yield of oleoresin and volatile oil purpose. reduce inflammation and is considered an antibacterial, antioxidant and anti –inflammatory

Ginger

- **Aim:-** the aim of present study is develop ginger peel based edible coating
- **Objective**
 - Describe the recommended dosing for consuming ginger.
 - summarize the reported health benefits of ginger root.
 - review the mechanisum of action of ginger root.
 - explain some potential contraindication to using ginger root.
 - Zingiber officinate commonly also know asginger. Is a spice consumed worldwide for culinary and medicinal purpose. the plant has a number of chemical respose for its medicinal property.
 - Such as antiarthritis, anti-inflammatory, antidibetics, antibacterial antifungal, anticancer anticancer etc.



USE

- | | |
|------------------------|-------------------------------------|
| • Reduces pain | . As a food flavouring and medicine |
| • Weight loss aid | . Ginger contain chemical might |
| • healthier skin | . reduce nausea and swelling. |
| • Improves immunity | |
| • May help with cancer | |

side effect

- . When taken by mouth
- . When applied to the skin
- . Pregnancy
- . breast –feeding

benefits

- . Reduce inflammation
- . Blood sugar regulates
- . Lower blood pressure
- . Reduce menstrual pains

CONCLUSION

- In conclusion the proved benefits of ginger are many and significant, and the lack of knowledge about the biological mechanism that underlie these effect should not deter one from making an informed and wise useful spice.
- ginger has been used for medicinal use for thousand of year in wide variety of treatment.

PURPOSE

- Eating ginger can cut down on fermentation, constipation and other causes of bloating and intestinal gas.
- wear and tear on cells.
- Ginger contains antioxidants.

Moringa Leave

- **Aim :-** moringa oleifera
- **Objective**
- To optimize coagulation dose slow, and rapid mixing parameter.
- to improve the extraction method coagulation active component.
- to study household alternative coagulation of water treatment.
- reduces inflammation by suppressing inflammatory enzyme and proteins in the body.



USE

- Regulates blood sugar
- lower cholesterol
- Contain essential amino acids
- Antibacterial and antifungal
- Help protect the liver
- Good for your brain
- Help prevent cancer
- Good our bone
- antibacterial property
- Help prevent kidney problems

Benefits

- . Regulates blood pressure
- . Anti inflammatory
- . Control blood pressure
- . May promote brain health

Side Effect

- . Diarrhea and gastric issues
- . Hemochromatosis
- . Adverse medication
- . Blood sugar variation

CONCLUSION

- Moringa oleifera has enormous potential as a nutraceutical and functional food.
 - it could help to alleviate the problems caused by food insecurity and non - potable water.
- More research is necessary.

PURPOSE

. Moringa oleifera plays an important role in protecting the liver from damage, oxidation and toxicity due high concentration of polyphenols in its leaves and flower.

Honey

- **Aim:-** honey is not only as a nutritional products but also in helath dicribe in traditional medicine.
- **objective :-** expand brand awareness through social media
- improves in –store sales by utilizing lacal ads
- Promoting direct online sales
- They also benefits of product
- increase business to business sales to include more local stores
- the honey is highest value of food produced by honey bees along with other useful beehive product like beeswax.



Use

- Burn – applying honey preparation directly burn seems improve healing.
- Cough –taking small amount honey by mouth at bedtime side effect.
- when taken by mouth- honey toxic contain heart problem, low blood pressure, chest pain.
- Applied into the eye.
- applied into the nose.

Precaution

- Don't apply into the eye
- children
- diabetics _ increase blood sugar level
- Pollen allergies

• Benefit

- Anticancer
- Boost energy
- Promote healthy and glowing skin
- Relieve morning sickness
- Good remedy for diabetic

METHODS

- Recipe
- 3 tbsp turmeric powder
- 3 tbsp ginger powder
- 3 tbsp moringa leaf powder
- ½ tsp ground black pepper

- 2½ -3 tblsp raw honey
- Yield :- 140 tablet
- dosage :- 2 tablet daily with meal (or with some kind of fat –fish nuts milk)

MATERIAL



1. Drying



2. Crushing





3. Mixing



Formulation Drying



CONCLUSION

- They also the natural painkiller also the very useful and costly tablet also the prepare home remedy.
- Also they are antibacterial, anti inflammatory, wet loss anti aoxidant.

- Joint pain relief tablet
- Daily 2 tablet with meal

Purpose

They also the harble healthy natural tablet world best medicine.

4 Test

EVALUATION PARAMETER

1. Color and appearance
2. Weight variation test
3. Hardness and friability test
4. Disintegration test for tablets
5. Thickness
6. Stability studies
7. Shaped

1.Colour and appearance
The compressed tablets are examined for their colour And appearance.

2.Weight variation test
20 pillas are randomly chosen and weighed to establish the average weight.

3. Hardness and friability test
Hardness and friability are tested for the tablets using calibrated hardness tester and Roche friabilator test.

4.Disintegration test for tablets
A rust proof wire gauge disc is placed at the lower end of a glass of plastic tube 80-100mm long with an internal diameter of about 28mm and an external diameter of 30-31mm. Six pills are inserted in the tube., and the tube was raised and lowered so that the entire up and down movement was repeated 28-32 times/min..

5. Thickness
The thickness of tablet are evaluated By Vernier callipers.

6. Stability studies
The stability study of the formulated tablets was carried out at 40°C and 75% relative humidity using a stability chamber for 2 months

Natural Painkiller Prodrug

