

REVIEW ON IGNATIA AMARA

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ABSTRACT

Ignatia amara a made from the strychnos Ignatia seeds, is used for anxiety related Symptoms it is used in traditional medicine, primarily used for emotional disturbances, depression, effects of grief, and mental shock. Herbal plant ignatia is thought to be beneficial for people who experience sudden mood changes or repression of their emotions. There is little scientific proof to support the effectiveness of Ignatia Amara in treating anxiety and depression, despite the pleasant experiences of some users. Before using any alternative treatment the majority of the world population suffers from mental and behavioural disorder.it is need of time to find an alternate of presently available medicines. Recently, herbal medicines have received much attention as alternative treatments for depression because of their fewer side effects and lower costs.

KEYWORD: Ignatia amara, Loganiaceous, Strychnos ignatia, Anxiety, Anti-depressant.

INTRODUCTION

The plant was first described by a Jesuit monk named Georg Kamal, who named the fruit in honour of the founder of his order. This bean (Seed within the fruit) contains the toxic compounds of strychnine and brucine. In the early effects of exposure, we find nervous system hypersensitivity (Particularly of vision and hearing) and excitability. Toxic effects from the ingestion of this raw material include restlessness, anxiety, dizziness, hyperreflexia, twitching, spasms, convulsions, difficult breathing, and death. Even at low doses, chronic exposure can be fatal.

Dr. John Martin Honigberger (1795 – 1869) became intrigued by medicine after curing himself of cholera with the use of Ipecachuana while in Vienna. Later, when he was practicing in Constantinople, he was intrigued by the local custom of Armenians tying a bean from the Ignatius plant to a pole in an effort to ward off the plague, which was active at that time. Honig Berger deployed the substance in successfully treated a number of cases with the medicine. Later, while working in Northern India, Dr. Honigberger contracted the plague himself and used Ignatia Amara to cure himself of the disease. of historical interest, Dr. Honigberger was the first to introduce drug and the teachings of Hahnemann to India.^[1]

Ignatia amara

Ignite Amara belongs to the Loganiaceae family. Here are some details about its morphology and organoleptic characteristics:

Botanical name: *Strychnos ignatia* Berg.

Synonym: St. Ignatius Bean

Family: Loganiaceae

Biological source: Ignatia Amara is derived from the seeds of the ignatia amara plant.

Class: Magnoliopsida

Genus: *Strychnos*

Species: *S. Ignatia*

Parts utilized: Bark, seeds.



Fig. 1: Ignatia amara.^[2]

Morphology

Plant: *Ignatia Amara* is a large woody shrub or small tree that can grow up to 15 meters tall. It has a straight trunk with smooth, grayish bark. A small tree, stem erect, branches opposite, glabrous.

Leaves: The leaves are opposite, glossy, and dark green, with a leathery texture. They are lanceolate to ovate in shape, with prominent veins. Petiolate, ovate, opposite, acute, 12.5-18cm long.

Flowers: The flowers are large, showy, and white, with a tubular shape. They are fragrant and appear in clusters at the ends of branches. Numerous, while, long, in small axillary panicles having the odour of jasmine.

Fruits: The fruits are oval-shaped capsules that contain numerous seeds. When ripe, the capsules split open to release the seeds. Pear-shaped, having seeds 20-24 in numbers, embedded in a bitter pulp. The seeds are about an inch (2.5 cm) long, oblong or ovate in shape, obscurely angular, with one side flat, another convex. It is almond-like, grey or clear – brown in colour, having a brownish, translucent hard shell.

Organoleptic characteristics

Taste: Ignatia amara has a bitter taste.

Odor: The plant has a slight, pleasant fragrance. These characteristics help in identifying Ignatia amara in its natural habitat and are also useful in the preparation of homeopathic remedies from this plant.

Chemical constituents

Ignatia Amara contains several chemical constituents, including

Indole alkaloids: Such as strychnine, brucine, and ignatine, which contribute to its pharmacological effects. GABA receptor agonists: Compounds that act on the gamma-amino butyric acid (GABA) receptors, potentially contributing to its calming and sedative effects.

Tetrahydroharman: A compound with potential psychoactive effects.

Volatile oils: This may contribute to its aromatic properties.

Flavonoids: Which are compounds with antioxidant properties. These constituents are believed to be responsible for the plant's medicinal properties.^[3]

Medicinal uses

Ignatia Amara, commonly known as St. Ignatius bean, is used in traditional medicine, Some of its traditional medicinal uses include.

Emotional support

Ignatia is often used for its calming and soothing effects on emotions. It is believed to help with emotional distress, grief, anxiety, and mood swings.

Respiratory issues: It may be used for respiratory conditions such as coughs, asthma, and bronchitis.

Digestive health: Ignatia is sometimes used to support digestive health and alleviate symptoms such as indigestion, bloating, and stomach cramps.

Headaches: It is also used for headaches, especially those related to emotional stress or grief.

Muscle spasms: Ignatia may be used to help relieve muscle spasms and cramps.

Sleep disorders: It is believed to help with sleep disorders such as insomnia, especially when related to emotional issues.

The Ignatia Amara highlights its potential therapeutic benefits for a range of physical and emotional ailments. It discusses the plant's origins, description, and active ingredients, emphasizing its historical medicinal use. Additionally, it delves into the symbolic transformation of Ignatia from a toxic substance to a healing elixir in a mystical context.

Therapeutic benefits for various health conditions

1. **Insomnia:** Effective in treating sleep disturbances linked to depression, grief, anxiety, caring, melancholy, and anxious thoughts.
2. **Headaches:** Particularly beneficial for individuals with highly sensitive and anxious temperaments, alleviating headaches stemming from mental strain, bereavement, or anxiety.
3. **Cough:** Relieves dry, spasmodic coughs accompanied by intense discomfort in the larynx and trachea.
4. **Globus hystericus:** Eases the sensation of a "lump" in the throat, facilitating swallowing.
5. **Stomach disorders:** Helpful in managing stomach ailments triggered by anxiety, sadness, and depression, especially irritable bowel syndrome associated with these mental states.^[4]

Used in medicine in ignatia bean

Ignatius bean is the seed of the St. Ignatius tree. The bean is used to make medicine. Despite serious safety concerns, some people use Ignatius bean to keep from fainting or as a bitter or tonic, but there is no good scientific evidence to support these uses.

Ignatius bean contains the poisons strychnine and brucine. These chemicals affect the transmission of nerve impulses to muscle. Ignatius bean contains the poisons strychnine and brucine. These chemicals affect the transmission of nerve impulses to muscle.^[5]



Fig. 2: Ignatia amara seed.^[6]

Advantages

Advantages of Ignatia Amara's Health These examples demonstrate how Ignatia amara can be used therapeutically to treat a range of illnesses: Treating insomnia brought on by depression, grief, anxieties, caring, melancholy, and anxious thoughts is greatly benefited by it. This cure works well for headaches in those with highly sensitive and anxious temperaments, particularly those that result from mental strain, bereavement, or anxiety. When a person has a dry, hacking, spasmodic cough coupled with extreme laryngeal and tracheal discomfort, Ignatia amara is recommended. It can relieve Globus hystericus, the feeling of a "lump" in the throat that prevents a person from swallowing. This treatment is very helpful in treating stomach disorders brought on by anxiety, sadness, and depression, particularly irritable bowel syndrome associated with these mental states.

Ignatia Amara is useful in treating colic that is made worse by eating sweets or coffee, which causes distension in the abdomen and makes breathing difficult. It is recommended for specific types of diarrhoea with particular symptoms, like diarrhoea brought on by bereavement or other emotional stressors. Additionally, piles can be treated with Ignatia Amara, especially if the rectum prolapses as a result of mild straining during passing stool.

The following guiding symptoms shed light on the traits of people who could profit from Ignatia amara

An extremely utopian outlook on life being extremely diligent and using great effort to achieve goals having a strong sense of moral obligation and a propensity for perfectionism feeling nervous, fearing not succeeding, and expecting something negative to occur illnesses that arise after a setback, disappointment, loss, or disappointment nervous system irritability, which causes one to become quickly agitated by anything stated. Any area of the body experiencing irregular contractions, spasms, or cramping. Experiencing low mood, guilt, and thoughts of failure. Feeling sorry for myself and wanting to be alone myself. All of these indications point to Ignatia Amara's suitability for people dealing with a variety of emotional and stress.^[7]

Ignatia amara used for Anxiety and Depression**Anxiety**

The most common psychiatric disorders are anxiety disorders. Treatment for anxiety disorders becomes increasingly complicated due to the significant comorbidity between anxiety disorders (Particularly panic or generalized anxiety disorders) and depressive illnesses. Because of these possible side effects, current recommendations do not recommend benzodiazepines as first-line therapies.

As first-line therapy, selective serotonin reuptake inhibitors and selective serotonin norepinephrine reuptake inhibitors are advised. Pharmacotherapy and psychotherapy has been linked to increased efficacy. Lastly, a bio-psycho-social model for anxiety disorders is proposed.^[8]

Depression

Depression, also referred to as depressive disorder, is a prevalent mental illness. It is characterized by a protracted period of depression, loss of pleasure, or lack of interest in activities. Depression differs from regular mood fluctuations or typical daily emotions, affecting various aspects of life, such as relationships with friends, family, and community involvement. It can also influence performance at work or in academic settings. Depression can affect anyone but is more prevalent in individuals who have encountered trauma, major life changes, or persistent stressors.

Women are statistically more susceptible to depression compared to men.” An estimated 3.8% of individuals worldwide are afflicted by depression, with rates notably higher among certain demographics such as those over 60 (5.7%) and adult women (6%). Depression impacts over 280 million people globally, with women being about 50% more susceptible than men. Moreover, approximately 10% of expectant or recent mothers grapple with depression. Tragically, an estimated 700,000 individuals succumb to suicide annually, making it the fourth leading cause of death among those aged 15 to 29.

In low- and middle-income countries, over 75% of individuals do not access therapy for mental illnesses, mainly due to various barriers such as underinvestment in mental health care, shortage of trained healthcare professionals, and societal stigma surrounding mental illnesses.”

Depression is diagnosed using guidelines from the DSM-IV, a book by the American Psychiatric Association. To be diagnosed, someone needs to have at least five out of nine symptoms, like feeling sad, losing interest in things, changes in weight or sleep, feeling restless or tired, negative thoughts about themselves, or even thoughts of suicide.

In many poor countries, most people don't get treatment for mental illnesses, even though there are good treatments available. This happens because there's not enough money put into mental health care, not enough trained doctors and nurses, and people feel ashamed to talk about mental illnesses.^[9,10,11,12,13]

Primarily associated with Physical and Emotional symptoms related to grief, emotional Shock and Nervousness

1. Key characteristics

Ignatia Amara is often indicated for individuals who experience intense emotional responses, particularly in response to grief or emotional shock. They may exhibit a tendency to suppress their emotions or have sudden mood swings. Ignatia individuals often have a sensitive and delicate nature.

2. Physical symptoms

Ignatia Amara is commonly used for conditions associated with ailments caused or aggravated by emotional distress, such as headaches, digestive issues and spasms. It is also employed for ailments related to insomnia, coughs and menstrual irregularities. Ignatia can be

beneficial for symptoms characterised by a sensation of a lump in the throat, frequent sighing, and sensitivity to odours and relief from distractions.

3. Emotional and Mental aspects

Ignatia amara individuals may exhibit a deep sensitivity, often experiencing grief, sadness or emotional turmoil in a profound way. They may have a tendency to suppress their emotions or display sudden outbursts of tears. Ignatia individuals may also experience mood swings, brooding and a desire for solitude.

4. Aggravations and Ameliorations

Symptoms associated with Ignatia Amara may worsen with emotional stress, grief or anticipation. They may feel better with gentle movement, distraction and consolation.

5. Modalities

Symptoms may exhibit a specific pattern, such as worsening after eating or with certain foods. There may be a desire for solitude, aversion to tobacco or strong odours and a sensitivity to noise or light.^[14]

Key rubrics

1. Intense emotional responses, particularly related to grief or emotional shock.
2. Headaches, digestive issues and spasms aggravated by emotional distress.
3. Sensation of a lump in the throat and frequent sighing.
4. Mood swings, brooding and a desire for solitude.
5. Aggravation with emotional stress, amelioration with distraction.^[5]

CONCLUSION

Ignatia Amara, a plant often used in alternative medicine for depression and anxiety, is that while some anecdotal evidence and small-scale studies suggest it may have some efficacy, more rigorous research is needed to definitively establish its effectiveness and safety for treating these conditions. Direct evidence from placebo-controlled studies of gelsemium and of ignatia Amara showed that used dilutions have anxiolytic-like properties without weakening locomotion and without adverse or sedative effects. While it's traditionally believed to have calming effects, rigorous studies specifically focusing on its efficacy in addressing sleep disorders are lacking. As with any alternative treatment, it's important to consult with a healthcare professional before use.

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