

THERAPEUTIC USES OF ULATKAMBAL ON GYNAECOLOGICAL DISORDERS AND INFERTILITY

Pooja Rao^{1*}, Chandan Singh², Rajendra Prasad Purvia³, Manoj Adlakha⁴ and
Narendra Singh Rajpurohit⁵

¹Research Scholar, Department of Dravya Guna Vigyan, Dr. Sarvepalli Radhakrishnan
Rajasthan Ayurveda University, Jodhpur, Rajasthan.

²Professor and Head of Department of Dravyaguna Vigyan, Dr. Sarvepalli Radhakrishnanana
Rajasthan Ayurveda University, Jodhpur, Rajasthan.

³Associate Professor of Dravyaguna Vigyan, Dr. Sarvepalli Radhakrishnanana Rajsthan
Ayurveda University, Jodhpur Rajasthan.

⁴Associate Professor of Department of Dravyaguna Vigyan, Dr. Sarvepalli Radhakrishnanana
Rajasthan Ayurveda University, Jodhpur Rajasthan.

⁵Assistant Professor of Department of Dravyaguna Vigyan, Dr. Sarvepalli Radhakrishnanana
Rajasthan Ayurveda University, Jodhpur Rajasthan.

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*Corresponding Author

Dr. Pooja Rao

Research Scholar,
Department of Dravya Guna
Vigyan, Dr. Sarvepalli
Radhakrishnan Rajasthan
Ayurveda University,
Jodhpur, Rajasthan.

ABSTRACT

Abroma augusta Linn. (Family -Sterkulaceae) commonly known as Ulatkambal in Hindi and Devil's cotton in English, found in tropical Asia, South and Eastern Africa and Australia. In India it is found through India from Punjab and Uttar Pradesh, Eastwards to Arunachal Pradesh, Assam, Meghalaya, Tripura and in Southern India. First of all properties of Ulatkambal was discovered by Dr. Roxburgh in 1801 for Dysmenorrhea. "In American Medical Science" Dr. Tharntan appreciates its root bark juice for Gynecological disorders. It is mainly used for Dysmenorrhea, Amenorrhea, Sterility and other Menstrual disorders. The present study aimed on Therapeutic and Phytochemical properties of Ulatkambal. Its root bark is highly useful as uterine tonic and is used to treat Amenorrhea, with abortifacient and antifertility activities, where leaves are used for diabetes, rheumatic arthritis, gonorrhea and sinusitis.

INTRODUCTION

Medicinal plants are vital sources of easily accessible remedy used in countryside healthcare system. Traditional system of medicine is an effective and often overlooked and resource with many applications, especially in preventing and managing lifestyle disorders and chronic diseases and meeting the health requirements of aging populations. The ever-increasing burden of both communicable and non-communicable diseases and insufficient clinical benefits of chemical drugs are fostering the need for economical healthcare services. Thereby, many countries are adopting, developing and expanding coverage of Traditional medicine healthcare services with engrossment and compulsion. In India many girls and women are suffering from various Gynecological problems like Amenorrhea, Dysmenorrhea, fertility problems and many other menstrual disorders which disturb their life because of many symptoms like pain, heavy bleeding, irregularity of periods etc. It is reported that the plant Ulatkambal has a broad range of therapeutic potential. Fresh juice from root bark is useful in Congestive and Neuralgic forms of Dysmenorrhea, Amenorrhea, Uterine trouble, Bronchitis, bronchopneumonia, Carbuncles and poisonous boils. Leaves used in Diabetes, Rheumatoid pain and Sinusitis.

Distribution

Indigenous or cultivated through the hotter parts of India, Java, Philippines, China. In India it is found in Panjab, Uttarpradesh, Arunachal Pradesh, Tripura, Meghalaya, Assam.

Morphology

Abroma augusta is a shrub or a small tree, attaining a height of 2-3 m, with horizontal and velvety branches. Leaves are about 10-30 cm long and 6-18 cm broad, ovate or lanceolate, more or less cordate, finely acuminate, membranous, entire and three to five lobed with 1-12 cm long petiole. The dorsal surface of the leaves is glabrous and ventral surface is pubescent. Flowers are purple in colour, about 5 cm in diameter, occurring on few flowered cymes. Flowering and fruiting occur in months of December and January. Seeds are the best propagation material. Mature seeds, which are black in colour at maturity, can be collected during December to January.



Flower

Leaves



Fruit and seeds

Dry seeds

Figure No. 1



Figure No. 2

Climate and Soil for ulatkambal

- Hot and humid climate is suitable for the growth of the crop.
- The plant grows well in a variety of soils, like sandy loam to loam type.
- It grows in open areas in nature.

Taxonomical classification

Kingdom – Plantae

Sub-Kingdom – Viridiplantae

Infra-Kingdom – Streptophyta

Superdivision – Embryophyta

Division – Tracheophyta

Sub - Division – Spermatophytina

Class – Magnoliopsida

Order – Malvales

Family – Malvaceae

Genus – *Abroma*

Species – *Abroma augusta*

Phytochemistry

Primarily the plant consists of Alkaloids. The root bark of the plant has the following constituents mixed oils, resins, alkaloids and in minute quantities water soluble base. The root

contain Abromine, Friedelin, Abromasterol, Cholin, Betaine, Stigmasterol, a basic compound and a fixed oil. Maslinic acid and alpha-amyrin have been isolate from root bark.

Discription in ayurveda literature

A scanty description in Ayurveda Samhita about Ulatkambal.

पिवरी योषिणी सा स्याद् योनिव्यापद् विनाशिनी रजोदोषप्रशमनी ॥

(आ.वि)

Pharmacological action

- Emmenagogue
- Abortifacient
- Anti-inflammatory
- Anti-fungal
- Anti-Oxidant
- Anti-Diabetic

Properties and Actions according ayurveda

Karma - Artavajanana

Garbhashayauttejaka

Garbhashayabalyaprada

Roga - Rajo-rodha

Kashat-artava

Aniyamit ritustrava, Alpstrava

Therapeutic uses

1. **Amenorrhea** – The root bark of *Abroma augusta* regulates the menstrual periods. The possible action is on hormones, Which also stimulates ovulation. It is beneficial in both primary and secondary amenorrhea. It stimulates ovaries and influence hormones by which it can help starting periods.

For this purpose, root bark powder of *Abroma augusta* 1-3 gms and black paper 125-500 mg are given with water until the periods start. After that, this remedy is started 7 days before expected date of menstrual period up to 4 days after periods to regulate the monthly periods for at least 4 months.

2. **Regulation of menstrual problem** – The root of *Abroma augusta* is taken and boiled in water for preparing decoction. For making decoction, 5 gms root is boiled in 400 ml water. This is cooked till water reduces to 100 ml. This is filtered and taken twice a day.
3. **Excessive bleeding during menstruation** – For this purpose, extract 5 ml juice of Ulatkambal leaves and drink 2-3 times in a day. This will also cure pelvic region pain.
4. **Leucorrhoea** - The root of *Abroma augusta* is fed to the female patients suffering from Dysmenorrhea and Leucorrhea. The roots are collected, washed and pressed to make a paste and mixed with honey or sugar and water before used as a drink 2-3 gms of fresh root is fed to the patients daily for 1 month.
5. **Unexplained reason of infertility** – The plant is very useful in improving chances of conceiving in women. For this purpose, all five parts means panchang of plant are collected. These are shade dried and then powdered. This powder is taken in amount of 5 gms with black paper 1 gm. It is boiled in water and decoction is prepared. Regular use of this decoction helps to improve chance of conceiving.

Other therapeutic uses of ulatkambal

Helps in reducing high sugar level

The root bark of Ulatkambal is an excellent medicine for treating high blood sugar level. The root extract of this Ayurveda herb is loaded with anti-diabetic properties that are useful in treating diabetes-induced Nephropathy.

Useful for reducing arthritis pain

Ulatkambal has Anti-inflammatory properties that can provide relief from joint inflammation and swelling in rheumatoid Arthritis. It can also be used for reducing inflammation in other parts of the body.

Promotes haemoglobin in the blood

The Anti-Oxidant properties of this plant help promote hemoglobin in the blood. This helps in the treatment of Anaemia, fatigue and breathing problems induced by low hemoglobin levels in the body.

CONCLUSION

Abroma augusta has been used in folk Indian system of medicine, for treating various conditions like diabetes mellitus, amenorrhea, antifertility and dermatitis. *Abroma augusta* is an important plant for treatment of many Gynecological disorders. It is also famous in Unani and Homeopath medicine. Biochemical profiling of different parts of the plant demonstrated the presence of some important phytochemicals like alkaloids, abormin, sterol, friedelin, abromasterol, taroxerylacetate and Beta-Sitosterol. But not many people know about the amazing health benefits of Ulatkambal. So it is time we appreciate this plant and use it to its full potential. It is widely used in many diseases but in Pregnancy and Breastfeeding mother, it is UNSAFE. It may increase the chances of spotting and bleeding in pregnancy.

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