

A CRITICAL REVIEW OF PATHA (*CISSAMPELOS PARIERA* LINN.)- A CLASSICAL DRUG

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ABSTRACT

Patha is one of the widely used medicinal plants since Vedic period. In classical texts, the plant is also cited as an edible leafy vegetable apart from its medicinal properties. Patha is indicated in the treatment of various disease conditions as a single drug and as an ingredient of many compound formulations. In the present review, literary review of Ayurvedic classical plant Patha has been described which encompasses botanical description, synonyms, therapeutic uses, pharmacological activity, properties, uses and recent research of *Cissampelos pareira* Linn which may help us to know the effectiveness of *Cissampelos pareira* Linn.

KEYWORDS: *Cissampelos pareira*, Menispermaceae, India

traditional medicine.

INTRODUCTION

In Ayurveda, drugs play an important role in Chikitsa. Uses of plants for treatment purpose is as old as origin of human being. Patha is one of the important drugs, which is in use since vedic periods. In Samhita kala Patha is also widely used for treating various disorders and also used as edible vegetable. In Charak samhita Patha dwaya is mentioned in Kasa-chikitsa but detail description about its variety is not furnished. Acharya Sushruta and Acharya Vagbhatta have not mentioned any types for Patha. In nighantu kala Laghupatha (small variety) and Rajpatha (big variety) is classified first Sodhala nighantu. Patha is included in

Jwarahara dashemani and in Stanysodhana dashemani in by Charak, while by Sushruta in Pippalyadi, Aragvadhadi, Mustadi, Patoladi ganas.

Botanical name: *Cissampelos pareira* Linn.

Family: Menispermaceae.



Image No.1 Patha (*Cissampelos pareira* Linn.)

SYNONYMS: Table No. 1.1 Interpretation of synonyms of Patha.

No.	Synonyms	Nirukti
1.	पाठा	<p>1. पठयते इति पाठा। पठ व्यक्तायां वाचि धातुः It strengthens the voice.</p> <p>2. पठयते स्तूयते वा गुणकारित्वात्। Many people appreciate it because of its qualities.</p>
2.	प्राचीना	<p>प्राची भवा। It grows in Eastern parts.</p>
3.	मालवी	<p>मालवदेशे बाहुल्येन जाता It grows in Malava Desha</p>
4.	कुचेलिका	<p>1. कौ भूमौ चेलति प्रसरति वा । It spreads on the ground or is a climber.</p> <p>2. कुत्सितं रोगं चेलयति निवारयतीति । It combats the diseases.</p>
5.	फञ्जिकासदृश	<p>It resembles फञ्जिका ((Rivaornate Chois).</p>
6.	वृत्तपर्णिका	<p>It has round leaves.</p>
7.	विद्यकर्णिका	<p>विद्दौ कर्णौ यथा विकर्णौ It has peltate leaves.</p>
8.	एकाष्टीला	<p>Fruit has single stony seed.</p>
9.	पापचेलिका	<p>पापवितः इति पापचः वायुः तम् ईरयति कम्पयति इति। It alleviates Vata dosha</p>
10.	स्थापनी	<p>बस्तिकर्मोपयोग्या। It is useful in Bastikarma.</p>
11.	वारुणी	<p>अब् धातु स्थापनात्।</p>

		It is useful in Bastikarma.
12.	रक्तघ्नी	Purifies blood.
13.	रुचिष्या	Improves relish.
14.	विषघ्नी	Antipoisonous.
15.	अम्बष्ठा	अम्बा माता इव तिष्ठति It provides protection to health like mother.
16.	श्रेयसी	अतिशयेन प्रशस्ता It is a much praised herb.

RASAPANCHAKA: Table No. 1.2 Rasa panchaka of Patha.

Nighantu	Rasa		Guna		Veerya	Doshagnata
C.S		Tikta		Laghu		Tridoshaghna
S.S		Tikta				-
A.S		Tikta		Laghu		Tridoshaghna
D.N		Tikta				Tridoshashamani
K.N	Katu		Tikshna	Laghu	Ushna	Tridoshaha
M.N	Katu		Tikshna	Laghu	Ushna	Vatasleshmahara
B.N	Katu		Tikshna	Laghu	Ushna	Vatasleshmahara
R.N		Tikta		Guru	Ushna	Vatapittapaha
M.D						Kaphapittapaha
Rv.N				Laghu		Kaphapittahar
Sm. P						Tridosahar
So.N	Katu,	Tikta				Kaphapittapaha
P. N		Tikta			Ushna	Kaphavatanuta

KARMA– Table: 1.3 Showing karma of Patha according to different authors

Karma of Patha have been compiled from various treatise and tabulated below.

No.	Karma	S.N	A.N	D.N	So.N	M.N	K.N	Bh.N	R.N	Rv.N	P.N
1.	Vishaghna	+	+	+	-	+	+	+	-	-	-
2.	Vrishya	-	-	+	-	-	-	-	-	-	-
3.	Kandughna	+	-	+	-	+	+	+	-	-	-
4.	Kushtaghna	-	+	+	-	+	+	+	-	-	+
5.	Shulaghna	-	-	+	+	+	+	+	+	-	+
6.	Krimighna	-	-	-	-	+	+	+	-	-	-
7.	Sandhaniya	-	-	-	-	-	-	-	+	-	-

ROGAGHNATA TABLE: Table No. 1.4 Rogagnata of Patha.

No.	Rogagnata	S.N	A.N	D.N	So.N	M.N	K.N	Bh.N	R.N	Rv.N	P.N
1	Atisara	-	-	+	-	+	+	+	+	+	+
2	Aruchi	-	+	-	-	-	-	-	-	-	-
3	Chhardi	+	-	+	-	+	+	+	-	-	+
4	Daha	-	-	-	-	+	+	+	+	-	-
5	Gulma	-	-	-	-	+	+	+	-	-	-
6	Hridruja	-	-	+	-	+	+	+	-	-	+
7	Jwara	+	-	+	-	+	+	+	+	-	+

8	Kamala	-	+	-	-	-	-	-	-	-	-
9	Shvasa	-	-	-	-	+	+	+	-	-	-
10	Prameha	+	-	-	-	-	-	-	-	-	-
11.	Vrana	+	-	-	-	+	+	+	-	-	-

Parts Used

Root, leaf

THERAPEUTICS USES

CLASSICAL – Bahya prayoga

1. Vrana

- In Kaphaja vrana paste of leaves of Patha, Moorva, Guduchi, Kakamachi, Haridra, and Shukanasa should be applied.^[1]
- In case of shudda vrana the oil prepared out of Vidanga, **Patha**, and Haridra kalka is applied externally.^[2]

2. For easy delivery

By applying the paste of Patha, Tulasi, Vasa, Apamarga and Kutaja separately on umbilicus, pelvis and vulva of the woman, deliver easily.^[3]

Abyantara prayoga

1. Jwara

Juice of Patha root taken in the morning for 3-4 days checks fever with rigor.

2. Atisara

- The dried vegetable of Lonika and Patha cooked with curd and Pomegranate and added with profuse fat should be given in food.^[4]
- Ankola root and Patha leaf with Buffalos buttermilk checks diarrhoea.^[5]
- Patha pounded with cows curd alleviates Diarrhoea immediately.^[6]
- Patha, Jambutwak, Shunti, Dhanyaka and Bala are used in Kaphaja Atisara.^[7]

3. Stanyadosha

Patha, Shunti, Kakajangha and Murva are given with hot water in Phenasangata.^[8]

Patha, Nagaramusta and Shunti are given in Picchiladugha.^[9]

4. Artavadosha

In grantibhuta artava Kwatha of Patha and Trikatu is the best remedy.^[10]

5. Arsha

Patha combined with any one of Duralabha, Yavani, Bilva, or Shunti cures piles.^[11]

6. Vibhanda

Patha churna, Shunti and jaggary mixed with juice of Amla Dadima which is efficacious in Vibanda.^[12]

7. Shotha

Liquid gruel cooked with Patha and Panchakola is useful in oedema, diarrhoea, heart disease, gulma, piles, slow digestion & prameha.^[13]

8. Prameha

For Lavanameha Decoction of Patha and Aguru is the specific remedy.^[14]

In Sarpimeha one should take the powder of Patha, Kutaja, Hingu, Katuka, Kushta with Guduchi and Chitraka.^[15]

9. Abhyantaravidradhi

Patha root mixed with honey and taken with Rice water anupana cures internal Abscess immediately.^[16]

10. Stanyasodhak

Patha comes first in the Galacto depurant group.^[17]

11. Ardhavabhedaka

Hemicrania is relieved by taking Patha leaf as the snuff.^[18]

12. Pleehodara

Intake of root of White Punarnava or Patha or Guduchi pounded with rice water cures splenomegaly.^[19]

PHARMACOLOGICAL ACTIVITIES: Table No. 1.5 Showing pharmacological activities of Cissampelos pareira.

Sr.no.	Activities	Research title
1.	Antinociceptive and anti-arthritic activity	Antinociceptive and antiarthritic activity Of Cissampelos pareira roots. ^[20]
2.	Anti-inflammatory activity	Evaluation of anti-inflammatory activity of Cissampelos pareira root in rats. ^[21] Anti-inflammatory activity of Methanolic extract of Root of Cissampelos pareira on Carragenin induced rat paw edema. ^[22]
3.	Anti-fertility activity	Antifertility activity of Hydro – alcoholic extract of Cissampelos pareira Linn. On male Albinorats. ^[23] Antifertility activity of the methanolic leaf extract of Cissampelos pareira in female albino rats. ^[24]
4.	Antioxidant activity	Antioxidant activity of Cissampelos pareira on benzo (a) pyrene-induced mucosal injury in mice. ^[25]

5.	Chemo-preventive effects	Evaluation of <i>Cissampelos pareira</i> against gastric cancer and enzymes associated with carcinogen metabolism. ^[26]
6.	Anti-hemorrhagic effects	Effects of an extract of <i>Cissampelos pareira</i> on the hemorrhagic and proteolytic activities from <i>Bothrops asper</i> venom. ^[27]
7.	Gastroprotective effects	Gastroprotective effects of ethanolic extract from <i>Cissampelos pareira</i> in experimental animals. ^[28]
8.	Cardioprotective effect	Effect of <i>Cissampelos pareira</i> root extract on isoproterenol-induced cardiac dysfunction. ^[29]
9.	Anti-diarrhoeal activity	Tumor inhibitors VI. Cissampareine, new cytotoxic alkaloid from <i>Cissampelos pareira</i> . Cytotoxicity of bisbenzylisoquinoline alkaloids. ^[30]
10.	Hepato-protective effect	Hepatoprotective effect of hydroalcoholic extract of <i>Cissampelos pareira</i> against rifampicin and isoniazid induced hepatotoxicity. ^[31] In vitro and in vivo hepatoprotective activity of <i>Cissampelos pareira</i> against carbon-tetrachloride induced hepatic damage. ^[32]
11.	Memory enhancing activity	Memory enhancing activity of <i>Cissampelos pariera</i> in mice. ^[33]
12.	Anti-hyperglycemic activity	Antihyperglycemic activity of methanolic extract of <i>Cissampelos pareira</i> Linn roots on blood glucose levels of Streptozotocin-Induced Diabetic rats. ^[34]
13.	Antioxidant and immunomodulatory activity	Antioxidant and immunomodulatory activity of the alkaloidal fraction of <i>Cissampelos pareira</i> Linn. ^[35]

Botanical classification of *Cissampelos pareira* Linn.^[36]

Kingdom - Plantae

Division - Tracheophyta

Subdivision - Spermatophytina

Infradivision - Angiospermae

Class - Magnoliopsida

Superorder - Ranunculanae

Series - Thalamiflorae

Order - Ranunculales

Family - Menispermaceae

Genus - *Cissampelos*

Species - *pareira*

Ayurvedic Properties: (The Ayurvedic Pharmacopeia of India)

Rasa: Tikta

Guna: Laghu, Tikshna

Veery: Ushna

Vipaka: Katu

Dosshaghnata: Tridosham aka

Karma: Vrana ropana, Vishaghna, Kushthaghna, Deepana

VERNACULAR NAMES^[37,38,39,40]

English - Velvetleaf

Hindi - Patha, Pathi, Padh, Purain pathi

Gujarati - Karendhiu, Laghupadovel

Konkani - Paadavela

Kannada - Kodupalli, Pariraaberu

Malayalam - Kattuvalli, Malathangi

Marathi - Pahadvela, Pahadmul

Punjabi - Batbel, Batindupath, Katori, Pilijari, Tikari, Parbik

Bihar - Bandarkanawa,

Kashmiri - Butterbail, Pariki

Oriya - Akarnamini, Okanabindhu

Tamil - Appatta, Panmushtie, Pomushtie, Vata-tirupie.

Telugu - Adavibankateega, Visaboddi, Patha

Tulu - Paadarande, Thipale

CONCLUSION

Cissampelos pareira Linn. is a potential herb belongs to the family Menispermaceae. Number of species is available throughout the world but only one species is available in India. It is concluded that *Cissampelos pareira* have potential medicinal activity and can be used in the treatment of various diseases. By going through literature review, various pharmacological activities of this plant has been familiarized. The review made from various perspectives clearly indicates that *patha* is an indispensable drug of Ayurvedic physician's armamentarium.

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