https://doi.org/10.46344/JBINO.2022.v11i06.10

# TO STUDY THE EFFECT OF JATIPHALA ALONG WITH LAVANGA IN TREATMENT OF ARUCHI, MUKHADAURGANDHY

**Dr.Chandrakant Babasaheb Gosavi**

M.S,Reader ,Dept of Shalakyatantra B.S.D.T Ayurved Mahavidyalaya ,Wagholi,Pune

## ABSTRACT

Clinical research is a branch of healthcare science that determines the safety and effectiveness of medications, devices, diagnostic products and treatment regimens intended for human use. These may be used for prevention, treatment, diagnosis or for relieving symptoms of a disease. The present study is planned to see the efficacy of seed of Jatiphal (Myristica fragrans Houtt.) Javitri (Aril) lepa in the patients of Vyanga (Hyper pigmentation). The details of work flow are presented in this chapter In the present experiment we are discussing regarding the jatiphala along with lavanga in treatment of aruchi, mukhadaurgandhy

## INTRODUCTION

The Greco Arabian system of medicine originated from Greece It is best to refer to it as Greco-Arabic medicine as it is the outcome of unique Greek medicine produced during the Arab development. This system is constructed on the Hippocratic theory (Boqrat 460-377 BC) of humours viz. blood, phlegm, yellow bile, and black bile, and the four qualities of states of the human body like hot, cold, moist and dry. The Arabian physician put the Greek ideas as seven principles (Umoor-e-Tabbiya), including organs (Aaza), spirit (Arwah), faculties (Qowa) element (Arkan), temperament (Mizaj), humor (Akhlat), and functions (Afaal). In this system, these principles are believed to be accountable for the composition of the body and its health, as well as for diseased conditions. Herbal and natural products have been used for varying purposes for centuries. In recent decades, plants yielding essential oils and other extracts as sources of natural products have gained attention and scientific interest. Myristica fragrans Houtt. belongs to the family Myristicaceae and commonly known as Jaiphal and Javitri in India. It is the source of two spices, nutmeg, and mace. Nutmeg is the seed kernel inside the fruit and mace is the net-like covering (aril) over the kernel of fleshy red in color. It is an evergreen aromatic tree of a dioecious or monoecious type typically growing to 5 to 13 meters high, rarely 20 meters. These agents have been used since a pretty long time and there is enough evidence showing their use by the ancient Greek and Arab physicians e.g. Hippocrates (460 B.C), Dioscorides (70 A.D), Rhazes ((926 A.D, Muhammad ibn Zakariya al-Razi), Avicenna ( Abu Ali al Husyan ibn Addillah ibn al Hasan Ibn Ali bin sina ), Al-Zahrawi (Abu al-Qasim Khalaf ibn al-Abbas alZahrawi ), and Ibn Nafis((1038 A.D) Ala-al-Din abu al-Hasan Ali ibn Abi-Hazm al-Qarshi al-Dimashqi,) etc. Nutmeg and mace are plant products. Nutmeg is the shelled, dried seed of the plant Myristica fragrans, and mace is the dried net-like covering of the shell of the seed. Myristica fragrans is native to the Banda Islands of Indonesia. The tree is now grown in several other tropical regions, such as Malaysia and the Caribbean. Grenada is also one of the world's greatest nutmeg exporters.

Nutmeg is taken by mouth for diarrhea, nausea, stomach spasms and pain, and intestinal gas. It is also taken by mouth for treating cancer, kidney disease, and trouble sleeping (insomnia); increasing menstrual flow; causing a miscarriage; as a hallucinogen; and as a general tonic.

Nutmeg is applied to the skin to kill pain, especially pain caused by mouth sores, and toothache.In foods, nutmeg is used as a spice and flavoring.

In manufacturing, nutmeg oil is used as a fragrance in soaps and cosmetics. Nutmeg oil is distilled from worm-eaten nutmeg

seeds. The worms remove much of the starch and fat, leaving the portions of the seed that are rich in oil.

Jatiphala The preparation of Jatiphala curna was done for the comfort of the Patient. As the fresh preparation of Jatiphala curna advised to each patient may sometimes cause irregular medication as the patient avoid preparing and applying it. So and easy method was adopted to maintain the Sastreeya preparations and the comfort of the patient. The Jatiphala seed ( Myristica fragrans Houtt.) was taken and was rubbed on a plain stone used for extracting sandal wood paste, by adding few drops of water, the procedure was continue till the seed got exhausted. Then the obtained paste was made into small pellets dried in the shade. These pellets were ground to fine powder by using Khalvam. The powder was sieved get the fine powder and collect powder was kept in air-tight Polythene bags. Javitri The preparation of Javitri curna was done for the comfort of the Patient. As the fresh preparation of Javitri curna advised to each patient may sometimes cause irregular medication as the patient avoid preparing and applying it. So and easy method was adopted to maintain the Sastreeya preparations and the comfort of the patient. Any new Research to be born needs constant perseverance, imagination, observation and the experiences to give rise to new dimension for the expansion of the knowledge. In India there was tradition to transmit knowledge for one generation to other generation by oral, which later took the form of the documentation in the form of Vedas, Brahmanas, Puranas, Upanisads etc. These knowledges either in oral or documented form when reaches the research scholars in this respective fields, becomes science for further analysis, which leads to development of fundamental knowledge or principles of that particular science. The oldest documented knowledge found in India is Vedas. It becomes utmost responsibility of a scholar to go through the documented knowledge available from Vedic period so as to understand the subject which may help in expansion of the knowledge of the concepts. Hence, in the beginning literary survey on the disease Vyanga was done from Vedic period. It is important to note that the term „Vaivarnya," a skin disorder, was mentioned in Rigveda. The term Kustha appeared in Rigveda in the form of medicinal plants rather than the skin disorders. For the first time the word 'Kustha' was found in Atharvaveda. In Atharvaveda there is a mantra used for improving the varna. There are also many drugs mentioned in Atharvaveda for „Vaivarnya'. There is a description of varnya in Bramhanakala, Puranas like Suryapuranam, Siva puranam and Garuda purana. In Agnipurana, treatment of kustha is available. The word „Vyanga" was for the first time found in Garuda purana. Garuda Purana mentioned treatment for Varnya. Varaha Mihira, Manusmriti and Mahabharata has the references of

Varnya, Kustha and Tvak dosha respectively. It was during the Samhita period, the detail known of vyanga has been added. Acharya Charaka as well as Acharya Sushruta both have ascribed that Vyanga is a „Raktaja roga „(C.Su.28/12) Acharya Charaka has stated a common Samprapti for Tilakalaka, Piplu, Vyanga and Nilika in Trishothiya Adhyaya (S.S.Ci.25/18). Maharshi Charaka has not devoted separate chapter on Kshudra roga. Maharshi Sushruta has mentioned Nidana, Samprapti and Lakshana of Vyanga as well as differential diagnosis in one shloka. (S.S.Ni.23/45-46). It was Maharshi Sushruta, who was first person to give a elaborative and separate description of the disease Vyanga in the chapter of „Kshudra Roga' in Nidana sthana chapter 13 (Kshudra Rogadhikara). Acharya Madhavakar, Sharangadhara, Yogaratnakar, Bhavamishra, Chakradatta and Vangsen have followed Maharshi Sushruta by adding Vyanga in Kshudra Roga. Acharya Vagbhata was the first person to clarify the disease Vyanga on the basis of doshaja predominance as Vataja, Pittaja, Kaphaja and Raktaja. The signs and symptoms of all the kinds of Vyanga has been discussed in Disease review. Principle of treatment of Vyanga roga and different types of Vyanga are also presented in same chapter. Vyanga is a painless – patch which is thin and blackish in colour found on the face of the Human being. The signs and symptoms mentioned for Vyanga in Charaka Samhita, Sushruta Samhita and Astanga hridayam comparatively analyzed from the signs and symptoms of hyperpigmentation (Melanosis) of Modern medicine from available literature on skin diseases. It was observed that Nidana, signs and symptoms were described in medical text as found in Ayurvedic text. Nidana of Vyanga as described in Ayurvedic text as compare to the aetiology of the hyperpigmentation. Nutmeg contains chemicals that might affect the central nervous system. Nutmeg might also kill bacteria and fungi.Anti-inflammatory Several authors reported anti-inflammatory activity of nutmeg as well as its oil. Similar to nonsteroidal anti-inflammatory drugs, pharmacological activities also exhibited by nutmeg oil. But antiinflammatory activity is shown only by petroleum ether extracts. The total extract of nutmeg activated an enzyme that is AMP-activated protein kinase enzyme (potential therapeutic target) for curing the metabolic syndrome including type-2 diabetes and obesitys. Seven compounds like tetrahydrofuroguaiacin B, 2, 5-bis-aryl-3, 4-dimethyltetrahydrofuranlignans,
fragransin C1, saucernetindiol, nectandrin B, verrucosin, galbacin and nectandrin A were isolated from this extract as an active constituents. Some of the isolated compounds produced strong AMPK stimulation in differentiated C2C12 cells, at 5μM concentration. Nutmeg and its active components not only used to treat type-2 diabetes and obesity but also for the development of agents other metabolic disorders. Triglyceride Trimyristin of nutmeg

oil shows anti-inflammatory properties and is used as local message to reduce muscular pain and rheumatic pain of joints (Pamphona-Roger, 1999).It reduces joint swelling and treats rheumatic fever (Duke and Edward, 1985; Ernest, 2002). F. Antidiabetic activity Macelignan present in the seeds enhanced the insulin sensitivity and improved lipid metabolic disorders by activating peroxisome proliferator receptor and attenuating endoplasmic reticulum stress, suggesting that it is an ant diabetic agent for the treatment of type 2 diabetes (Han et al., 2008). G. Dental Care Eugenol of nutmeg relieves from toothache (Duke et al., 2002; Kokwaro 2009), prevents bad breath (Barceloux, 2009). This wonder spice prevents dental plaque by inhibiting the growth of bacteria in the mouth. Take a pinch of nutmeg powder and scrub over teeth. Rinse your mouth with water and brush your teeth. In this way, plaque built-up is inhibited, thereby whitening your teeth. H. Memory enhancing activity Parle et al. (2004) have investigated the effect of Jaiphal seeds on learning capabilities and memory level in mice. Administration of the n- hexane extract of M. fragrans at the lowest dose of 5 mg/kg body weight for 3 successive days significantly improved the learning and memory level of young and aged mice. The extract said to have reversed scopolamine and diazepam-induced impairment in learning and memory of young mice. The observed memory enhancing effect of M. fragrans may be attributed to a variety of properties (individually or in combination) such as antioxidant, anti- inflammatory, or procholinergic activity. I. Digestive and carminative properties. The decoction of the nutmeg is used for the treatment of flatulence, nausea and vomiting (Kurian, 2010).External application of the oil relieves the stomach pain. Freshly prepared decoction with honey has been used to relief of nausea, gastritis and indigestion ailment (Doman et al., 2000). Nutmeg is said have good carminative properties (Seenivasan et.al, 2006)

REFERENCES

1) Anwar, A.K., Haneef, Z., Concept of Body Fat in Greco Arabian (Unani) medicine and its application in lifestyle disorders, 2019; 02: 1–3.

2) Anonymous. The Wealth of India. Raw materials. New Delhi: Publications and Information Directorate, CSIR 1995; 6(L-M):474-9.

3) Balick MJ, Paul AC. 2000. Plantsthat heal people: culture of science of ethno botany. Scientific American Library, New York.

4) Barceloux DG. 2009. Nutmeg Myristica fragrans Houtt. Research Journal of Spices 55 6: 373-379.

5) Callosobruchus chinensis (Coleoptera: Bruchidae). Oleo Sci 2008; 57:171-9.

6) Chaubey MK. Fumigant toxicity of essential oils from some common spices against pulse beetle,

7) Chemistry, antioxidant and antimicrobial potential of nutmeg (Myristica fragrans Houtt) Ashish Deep Gupta, Vipin Kumar Bansal, Vikash Babu , Nishi Maithil Journal of Genetic Engineering and Biotechnology (2013) 11, 25–31.

8) De M, Krishna De A, Banerjee AB. Antimicrobial screening of some Indian spices. Phytother

9) Demetriades, AK, Wallman PD, McGuiness A, Gavalas MC. Low Cost, High Risk: Accidental Nutmeg Intoxication. Emergency Medicine Journal 2005;22: 223–225.

10) Piaru, S.P., Mahmud, R., Abdul Majid, A.M.S., Ismail, S., Man, C.N., Chemical composition, antioxidant and cytotoxicity activities of the essential oils of Myristica fragrans and Morinda citrifolia. J. Sci. Food Agric, 2012; 92: 593–597. https://doi.org/10.1002/jsfa.4613.

11) Jaiswal, Preetee, Kumar, Pradeep, Singh, V.K., Singh, D.K., Jaiswal, P, Kumar, P, Vk, S., Dk, S., Effects, B., Biomed, R. ARBS Annual Review of Biomedical Sciences Biological Effects of Myristica fragrans. ARBS Annu. Rev. Biomed. Sci., 2009; 21– 29. https://doi.org/10.5016/1806-8774.2009v11p21.

12) Thangaselvabai, T., Sudha, K.R. Nutmeg (Myristica Fragrans Houtt) – the Twin Spice – a Review. Agric. Rev., 2011; 32: 284–2.

13) Tajuddin, A., Ahmad, S., Latif, A., Qasmi, I.A. Aphrodisiac activity of 50% ethanolic extracts of Myristica fragrans Houtt. (nutmeg) and Syzygium aromaticum (L) Merr. & Perry. (clove) in male mice: A comparative study. BMC Complement. Altern. Med, 2003; 3: 1–5. https://doi.org/10.1186 /1472-6882-3-6.

14) Shafiei, Z., Shuhairi, N.N., Md Fazly Shah Yap, N., Harry Sibungkil, C.A., Latip, J. Antibacterial activity of Myristica fragrans against oral pathogens. Evidence-based Complement. Altern. Med. 2012. https://doi.org/10.1155/2012/825362, 2012.

15) Abbas, F.A., Al-massarany, S.M., Khan, S., Al- howiriny, T.A., Mossa, J.S., Abourashed, E.A. Phytochemical and biological studies on Saudi Commiphora opobalsamum L. Nat. Prod. Res. https://doi.org/10.1080/14786410600942025 , 2007.

16) Simpson B, Orgorzaly M. Economic Botany, Plants In Our World. NewYork: McGraw Hill Book Company, 1986.