

A Critical Review on Paras-Pipal (Thespesia Populnea Linn) “An Ayurvedic Herb”

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Review Article

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Abstract

Herbs play a major role in Ayurvedic system. An ayurvedic herb is a plant source which is used in the preparation of ayurvedic medicines. It acts as a perfect mechanism in bringing a balanced harmony between the mind & spirit. The ayurvedic science which works based on the herb promises wonders to mankind when taken in a wise & prudent manner. Paraspipal is one of them. Paraspipal (Thespesia populnea) also known as Parisha a drug of Panchvalkala (Mishrak Gana) is a plant that occurs in India specially in seacoastal regions. It is commonly planted as an avenue tree & at other places largely cultivated for ornament & shade. It is attributed with Kaphkara, Shukrala, Grahi & Mutrasangrahnaya Karmas. Present review article analyze the classical references & medicinal uses on the basis of various available texts.

Keywords: Ayurveda; Grahi; Mutrasangrahnaya; Paraspipal; Panchvalkala

Introduction

Paraspipal or Parisha enumerated with Panchvalkala by Acharya Bhavmishra & also known as Indian Tulip tree, Pacific rosewood or Portia tree. It is a species of flowering plant in the Mallow family, Malvaceae. It is a small tree or arborescent shrub that has a pan tropical distribution, found on coasts around the world. In India it extends from the shores of west Bengal to Peninsular India & the Andamans. Also grown as a road side tree in tropical regions. It applies externally to various skin diseases eg. psoriasis & also acts as atonic, astringent also used in diseases like urinary tract infections, diabetes,

arthritis, asthma, Guinea worm infections. It possesses profound therapeutically potency attributed with Kaphkara, Shukrala, Grahi & Mutrasangrahnaya Karmas [1,3,5].

Chief Characters

A small to medium sized tree with roundish or ovate, cordate, acuminate, entire glabrous leaves 7-12cm with long petioled [2].

Fruit: Conical to spindle shaped & fruiting occurs particularly in Dec-april.

Flowers: Yellow with red spots & flowering occurs throughout the year.

Etymology

- Parisha-‘Paari Brahmaganama’
- Isha-Ishayte gamyate asmin zigiushbhi iti.
- People for enlightenment wish to prefer this tree.
- Thespasia-Thespesios(Greek)-wonderful.
- Populnea-Populus(Latin)-pertaining to populars [3,6].

Gardhbhaand	‘Gardhbhasya andamiv falam asya iti gardhbhaand’
	Its fruit resembles like testis of an ass, due to this characteristic it is known as Gardhbhaand.
	‘Gardhbh gandh vishesham, amti prapnoti, am gatyadishyu’
	It have specific smell.
Kandraala	Is tree mostly found in caves or caves like places known as Kandraala.
Kapitana	Kam pitayati kapitana
	Kapi stanoti vaa
	Kapina kape vaa varnasya shobha tanute iti
	Kapitana expands beauty as like as colour of monkey
Suparshvaka	Trees spread in an arranged manner.
Cheerpadapa	Fruit consists of latex.
Falisha	Trees have Fruits.
Kamandal	Fruit resembles like kamandal(Thing used to kept water or any other liquid)
Suprititishtha	Trees are famous.
Kapichoot	Monkeys like its fruits as mango.
Falashrenivara	Its fruits are best among the Panchcheeri Vriksha.
Kapervaas	Mostly monkeys like to live on these trees so it is called as Kapervaas

Table 1: Showing the Synonyms according to the various classical texts [6,7].

Language	Names
English	Annadine, Bendy tree, Bhendi tree, Indian Tulip tree, Portia tree.
Hindi	Bhendhi, Gajadanda, Paraspipal, Parasipu
Malayalam	Poovarasu, Chelantipatta, pooparutti
Bengali	Gajashundi, Palaspipal, Poresh
Gujarati	Paras Piplo
Kannada	Arasi, Bangali, Huvarasi
Marathi	Aastha, Aas, Parashbendi, Parosapimpal,
	Parshvapimpal, Pimparani, Pimpari.
Tamil	Puvarsu
Telgu	Gangaravi
Sanskrit	Paarish, Gardhbhanda, Kandralla, Kapitana, Suparshvaka

Table 2: Showing the Vernacular Names according to the various classical texts [8].

Samhitas/Nighantu	Gana/Varg
Charaka Samhita	Mutrasangrahnaya, Kashayaskandha
Sushruta Samhita	Nyagrodhadi Gana
Bhaav Prakash Nighantu	Vatadi Varg
Kaudev \Nighantu	Aushadhi Varg
Shaaligram Nighantu	Vatadi Varg
Ashtanga Nighantu	Nyagrodhadi Gana

Table 3: Showing the Gana/Varg according to the various classical texts [9-14].

RASA					
Rasa	P.v.sharma	B.N.	K.N.	N.R.	P.N.
Madhura	-	+(Root & Majja)	+(Root & Majja)	+(Fala, Majja)	-
Amla	-	+(Fala)	+(Fala)	+(Fala)	-
Lavana	-	-	-	-	-
Katu	-	-	-	-	-
Tikta	-	-	-	-	-
Kashaya	+	+(Majja)	+(Majja)	+(Root)	+

GUNA						
Guna	P.v. sharma	B.N.	K.N.	N.R.	P.N.	M.N.
Laghoo	+	-	-	-	-	-
Ruksha	+	-	-	-	+	-
Snigdha	-	+	+	+	-	+
Sheet	-	-	-	-	+	-

Table 4: Showing the Rasa Panchaka according to the various classical texts [11,12,15-17].

Doshkarma	S.S.	M.N.	S.N.	N.R	B.N.	K.N.	P.V. sharma
Kaphakaraka	-	+	+	+	+	+	-
Vatpittashamana	-	-	-	+	-	-	-
Kaphapittashamana	-	-	-	-	-	-	+
Raktpittashamaka	+	-	-	-	-	-	-

Table 5: Showing the Doshkarma according to the various classical texts [10-12,15,16,18,19].
Veerya-Sheet(P.V),Vipaka-Katu(P.V)

Karma	M.N.	S.N.	N.R.	B.N.	K.N.	P.v.sharma	S.S	C.S.
Vrishya	+	+	+	+	+	-	-	-
Krimiprada(krimikaraka)	+	+	+	+	+	-	-	-
Hridya	-	-	+	-	-	+	-	-
Dahashamaka	-	-	+	-	-	-	+	-
Kantha	-	-	+	-	-	-	-	-
Kushthghana	-	-	-	-	-	+	-	-
Yonidoshhara	-	-	-	-	-	+	-	-
Vranaropana	-	-	-	-	-	+	-	-
Punsavana	-	-	-	-	-	+	-	-
Mutrasangrahiya	-	-	-	-	-	+	-	+
Vranropana	-	-	-	-	-	-	+	-
Graahi	-	-	-	-	-	+	+	-
Bhagna-Asthisandhana	-	-	-	-	-	-	+	-
Medohara	-	-	-	-	-	+	+	-
Vishaghana	-	-	-	-	-	+	-	-
Yonidoshhara	-	-	-	-	-	-	+	-

Table 6: Showing the Karmas (pharmacological actions) according to the various classical texts [9-12,15,16,18,19].

Chemical Composition

The Plant yields kaempferol & its glycosides, herbacetin & its glycosides, populenol, populnin, populnetin, quercetin, rutin, gossipetin, gossypol, B-sitosterol & its glycoside, lupeol, lupenone, alkanes, myricylalcohol, thespesone, thespone, calycopterin, sesquiterpenoidal, quinones, aminoacids & carbohydrates. Fatty acid composition of the seed oil is also reported [5].

Folklore Uses

- In Middle Province its Root considers as Balya.
- People of konkan region uses its flowers in PAMA disease & using its leaves(after heated)in inflammation or other inflammatory body places.
- People also use its stem bark decoction for washing of PAMA affected areas.
- In Maurities its bark uses as a purifier also in diseases like diarrhoea, bleeding piles etc.
- In Medagascara its bark decoction used in chronic diarrhea and various skin diseases.

- Rumphians people uses its inner wood in a disease named as Pleurodynia in which severe pain occurs in ribs & also person feels difficulty to take breath.
- In Koman its leaves are used as ointment to cure eczema of childrens.
- In Philippians its bark decoction used in bleeding diarrhoea.
- In Dahiti its fruits are used to cure headache [7,20].

Controversy

Pareesha (*Thespesia populnea*) is included in Panch-cheeri vriksha. (A group of trees which consists of latex.) its bark doesn't consists of latex but its fruits have latex & also included in Panch -valkala mishrak gana. Pareesha is a synonym of Paraspipal. Some authors considers *F.arnottiana* & *F.rumphii* as Pareesha because their leaves resembles like as pippal (*Ficus religiosa*) [11].

Part Used

Stem bark [3,15].

Posology

Decoction- 50-100ml, POWDER-3-6gm [3,11,15].

Latest Research on Thespesia Populnea

- Antidiabetic and Antihyperlipidemic effect of Thespesia populnea fruit pulp.
- Anti-psoriatic activity.
- Antibacterial activity.
- Antimicrobial property of Thespesia populnea [21,22].

Therapeutic Uses

- Applied externally to Scabies, Psoriasis & other skin diseases.
- Its unripe fruit with Misri or Guda in tablet form through oral route to cure Aam, Sangrahini, Arsha.
- Seed oil is used in various skin diseases.
- Its extract is used in Pitta diseases.
- Its 2 to 3 seed with Shakkar used to cure Sangrahini, bavasira (piles), Sujaka, Burning micturition.
- Its fruit, leaves, root used to cure skin diseases when applied externally.
- Its yellow liquid which comes out from fruit used to cure skin diseases when applied externally, before using it, the affected area should be washed with its bark decoction properly.
- Its bark decoction used to cure abdominal pain.
- After heating leaves & convert into paste then applies externally to the swelling of joints, gall bladder, it helps to relieve them.
- Its decoction used to purify the blood when taken in a dose of 7-10 Tola [2,3,7,20].

Therapeutic Indications

Kushta, Yonidosha, Prameha, Vrana, Bleeding disorders, Hridroga, Kanthruja [2,3,15].

Discussion

It is attributed with Kaphakara, Shukrala, Grahi, and Mutrasangrahniya Karmas. A drug of Panchvalkala/ Panchcheeri Vriksha. It is indicated in Kapha-Pitta vikara, Kushta (skin diseases), Yonidosha (vaginal disorders), Prameha (Diabetes), Vrana & other Bleeding disorders. It is considered useful in toxicity & Medoroga due to its Lekhana property. Acharya Bhavprakash says it shows Punsavana activity when Woman regularly takes Paraspippal mixed with Jeeraka & Sharpunkha to have male child. Most of the classical authors says that it have Vrishya property. Its Fruits resembles like Testis of an ass due to this character it is known as Gardhbhanda. Its fruit

also consists of latex used to cure skin diseases when applied externally. Its leaves in the form of hot poultice beneficial in painful joints act as a tonic, astringent & given internally as an alternative.

Conclusion

Paraspippal a drug of Panchcheeri/ Panchavalkala mishraka gana does Grahi, Mutrasangrahniya actions due to Kashaya rasa (astringent property) used in skin diseases when applied externally & indicated in Prahmeha disorder (a group of 20 diseases, Madhumeha (Diabetes) is one of them) according to the ancient ayurvedic acharya. Regarding it we can use it in diabetes in which frequent urination & skin diseases occurs. More research has to be needed.

Plant rich in chemical constituent & posses many medicinal properties. It also helpful in skin diseases because it consists Madhura rasa which has Twachya property as per Acharya charaka means that it is useful in skin disorders also consists Kashaya rasa which diminishes the Rakta & Pitta dosha which play a major role in skin diseases. More research has to be needed.

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