

## Cimicifuga Racemosa

### Agarwal T\*

Assistant professor, Banasthali vidhyapeeth, India

\*Corresponding author: Dr. Teena Agrawal, Assistant professor, Banasthali Vidhyapeeth, Niwai, India, Tel: +91-9680724243; Email: tagrawal02@gmail.com

### Mini Review

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### Abstract

*Cimicifuga Racemosa* is one of the most important of all the indigenous remedies. Its range of action is quite extensive; it has been quite thoroughly proven; the clinical experience with it is already large; and it has great possibilities for future development.

**Keywords:** Herbal medicines of the classical world; Temperate Himalayas; Rich Woodlands; TM; ATM

### Introduction

Herbal medicines of the classical world, is still a matter of the great dilemma, the exact origin of the herbal medicine is still unknown, but it is supposed that the Mediterranean basin is the somewhat the exact origin the herbs for the treatment, the TM and the ATM are the main medicines which are used in the several utilization due to its efficacy and simple easy uses and the less toxic natures of the herbs in comparison to the synthetic drugs, here in this review article we are presenting some of the aspects of the herbal medicines of the *Cimicifuga Racemosa* BP of the ranunculaceae family. The genus is distributed in the temperate Himalayas, rich woodlands [1-20].

The plant parts of the *Cimifuga racemosa* is the rhizome which issued for gather several purposes. The main Principle is the cimicifugin, resin, fats, starch, gum, tannic acid, Gallic acid, volatile oil, the roots is alternatives, stomachic, aphrodisiac, diuretic, and antispasmodic, its action on the heart, and the circulation system is equal to the digitalis, some time the inspired muscular action resembles with the ergot, in small doses

it increase the action of the genial system and the other systems. In toxic doses it works as the irritant ants, dilate the pupil, headaches, nervous tremor, violent delirium, giddiness, nausea, depression of pulses [21-30].

The plant is given in the chronic muscular rheumatism, lumbago-torticollis, intercostal neuralgia, Pleurodenia, headache due to the fatigue. Cimifugin is given for the uterine contraction and the other purposes.

### Conclusion

This is the overall small genus, and we have presented the small facts, it is informative for the students of the Pharmacology and the peoples of the biosciences. The folk medicines are the main medicines which are used by the tribal peoples by the long time, they are based on the thousands years experiences of the tribal peoples over the generations, the experiences was passed from the one generation to the another by the means of the talk s and the other means of the knowledge transmission. Well the plant is full of the toxic elements, and so careful investigations are need for the proper analysis of the plants [31-48].

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