Ethnopharmacology and pharmacology of ayurvedic plant

Ativisha

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ABSTRACT

Living a healthy life and increasing immunity is a trend in the year 2020. A low immunity gives rise to several types of diseases including gastroenteritis. This short review discusses the pharmacological and ethnopharmacological scope of Ayurvedic plant Ativisha (Aconitum heterophyllum) from the family Ranunculaceae with special focus to Jwaratisara (diarrhea with fever) in children.

Key words: Ativisha, Aconitum heterophyllum, Diarrhea.

INTRODUCTION

People are more aware about personal hygiene and immunity in the year 2020. This is because a new novel Corona virus disease which has flu or influenza like symptoms became endemic and ultimately changes itself to pandemic status throughout the world at the beginning of the year of 2020. The epicenter of the disease is believed to be in Wuhan province of China.

Increasing body immunity not only protect us from respiratory diseases but also fights gastric problems such as gastroenteritis and so many recurrent infections like fever. India made remarkable development in reducing deaths among Indians younger than 5 years, with total deaths decreased from 2.5 million to 1.5 million from 2001 to 2012. But still the third most common cause of death in under-five children, responsible for 13% deaths and killing an estimated 300,000 children in this age group in India each year is diarrhea.

Diarrhea is caused by pathogens such as bacteria, protozoans and viruses like Vibrio cholerae, Shigella spp., rotavirus, norovirus etc.

Ayurveda is the 5000 years old ‘Jivan Darshan’ (Philosophy of life) which deals not only disease but also helps us how to maintain a healthy and long life. In spite of several well-known and popular immunoboosting plants like Aswagandha (Withania somnifera), Guduchi (Tinospora cordifolia), Amlaki (Emblica officinalis), Haridra (Curcuma longa) etc. there are several other known plants like Ativisha in Ayurveda which have potent antipyretic, anti-diarrheal activity specially for children. Ativisha is a Sanskrit term derived from ‘Atikranta visam’, that means though the plant belongs to the poisonous plant family, Ranunculaceae, but exceptionally it doesnot have poisonous effect at all. Apart from this, the constitute of Ativisha is very much suitable to the constitute of children, hence it is also called as ‘Sishu Bhesaj’ (perfect drug for children.

Ayurvedic plant Ativisha comes under the genus Aconitum that consists of two fifty species of plants. In the northern hemisphere Aconitum occurs in mountainous parts of the Northern Hemisphere. They mainly grows in the well-drain, moisture-retentive soils of mountain meadows. Most of the plants in this group exhibit poisonous activity and should be used with caution. Amongst the genus Aconitum, Aconitum heterophyllum popularly known as ‘Atees’ in local language, is widely distributed in the alpine region of Himalayas.

ETHNOPHARMACOLOGY

It is one of the best remedy for gastro enteric fevers and diarrhea which may be correlated with Jwaratisara in Ayurveda. related to infants and children. Diarrhea in children often accompanies fever along with inflammation. Ativisha is a plant of choice for its treatment with all the secondary symptoms. There are several paediatric medicines as mentioned in ayurvedic classical books that contain Ativisha. For instance, in Ayurvedic compilation book named, ‘Ayurved Sangraha’ it is mentioned under...


References:


9. Ahmad M, Ahmad W, Ahmad M, Zeeshan M, Obaidullah, Shaheen F. Noradrenaline-induced pāpaconitine were isolated from the roots of the Ativisha. Studies revealed that these phytochemicals exhibited significant antibacterial activity.

10. Certain Ayurvedic plants were investigated for treatment of chronic infections and immunological disorders. Ativisha among them along with Kurchi (Holarrhena sp.) appeared to stimulate phagocytic function while inhibiting the humoral component of the immune system.

11. A study demonstrated the anti-inflammatory activity of ethanolic root extract of Ativisha was calculated in cotton pellet-induced granuloma in rats. The extract reduced inflammation as evidenced by reduced weight of cotton pellet. The results were analogous to diclofenac sodium, a non-steroidal anti-inflammatory drug (NSAID).

Conclusion:
The Ativisha is a medicinal plant of India, which is commonly used in so many pediatric diseases specially Jwaratīsara (diarrhea with fever) and Kshin-Vyadikhammata (poor immunity). Several research and validation took place for evaluation of this highly therapeutic plant. Further research is needed for evaluating other potent aspects of Ativisha.

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