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Therapeutic uses of Patola (Trichosanthes dioica) Scientific and Experiential view

Dr Kaveri Patil
II year PG Scholar
Department of PG studies in Kayachikitsa
Muniyal Institute of Ayurveda Medical Sciences Manipal
Email : kaverivpatil27@gmail.com

Dr Prathiksha
II year PG Scholar
Department of PG Studies in Kayachikitsa
Muniyal Institute of Ayurveda Medical Sciences Manipal

Dr Prof Shripathi Acharya
Director Academic and Development
Muniyal Institute of Ayurveda Medical Sciences Manipal India

Abstract

From time immemorial, herbs are used as medicine in India and the Indian subcontinent. If properly used, they are effective and less toxic when compared to modern conventional medicine. Patola (Trichosanthes dioica) is one such drug which is used mainly in the management of GIT disorders and diseases of the skin. Panchatikta Kashaya and Patoladi Kashaya are frequently used in clinical practice. Patola has charactoristics like Laghu Rooksha guna, Tikta rasa, Katu Vipaka and Ushna Virya. It is Dipana, Pachana, Rochana, Pitta saraka, Anulomana, Rechana, Trishna Nigrahana, Kushthaghna and Jwaraghna in action. It is used in most of the Annavaha Sroto Vikaras, fevers and some skin disorders.

The present paper highlights the therapeutic effects of Patola (Trichosanthus dioca) from an experiential and scientific view.

Key words: Patola, Amlapitta, GIT disorders.

Aim and Objectives - To study the therapeutic uses of Patola (Trichosanthes dioica) from an experiential and scientific view.

Methods - Relevant subject materials are collected from various research papers from international, peer-reviewed, indexed and high impact journals, various research monographs, Sangraha Granthas, Samhita Granthas, contemporary modern literature and from personal clinical experiences.

Introduction

From time immemorial, herbs have been used as medicine effectively. Bitter plants are usually used as Pittahara, Ruchivardhaka, Krimighna, Dipana, Pachana and Raktashodhaka also. Patola (Trichosanthes dioica) is a drug which has Tikta rasa, Laghu Rooksha guna, Katu Vipaka and Ushna Virya. It has Kapha Vata shamaka and Pitta samshodhana actions. Patoladi Kashaya, Panchatikta Kashaya, Maha tiktaka Kashaya and Patola Katurohinyadi Kashayas are a few formulations of Patola available in the market. They are usually given in Amlapitta, Parinama Shoola, Jwara and various forms of skin diaeases.

Patola - (Trichosanthes dioica)

Guna - Laghu, Rooksha.

Rasa - Tikta

Vipaka - Katu

Virya - Ushna

Doshaghnata - Kapha Vata Shamaka, Pitta Samshodhana.

Karma - Dipana, Ama pachana. Pitta saraka, Anulomana, Krimighna, Rechana, Rakta Shodhaka, Shothahara, Vrina shodhana, Ropana, Kushthaghna, Keshya, Artava janana, Stanya shodhana, Mootra janana, Sweda janana, Jwaraghna, Katu Poushtika.1,2,3.

Rogaghnata - Tridoshaja rogas, Agnimandya, Amadosha, Yakrid vikara, Adhmana, Arshas, Shoola, Gulma, Vibandha, Vata roga, Krimi, Raktaja roga, Shotha, Charma roga, Khalitya, Kastartava, Stanya roga, Mootra krichchra, 4,5.Kushtha, Jwara, Jwarottara dourbalya, Pandu roga.

Chemical constituents

A bitter principle - Gentiopectin, Amorphos sugar.

Clinical indications 6,7.

1. Chronic gastritis
2. GERD
3. Hyper acidity syndrome
4. Worm infestation
5. Amlapitta
6. Udara shoola
7. Sour erructation
8. Viral fever
9. Cellulitis
10. Alcoholic liver disease
11. Viral hepatitis
12. Alcoholic hepatitis
13. Furunculosis
14. Chronic non-healing ulcer
15. Psoriasis
16. Eczyma
17. Contact dermatitis
18. Venous ulcer
19. Scabies
20. Padadari
21. Tinea corporis
22. Tinea cruris
23. Tinea unguanum
24. Tinea capitis
25. Paronychia

Pharmacological actions

Antioxydant, Anti-diabetic, Hepatoprotective

Antiinflammatory, Antipyretic, Gastro protective, Laxative, Immunomodulator, Cytotoxic and Wound healing.

Amayika Prayoga

Chronic gastritis - Patoladi Kashaya is given with Kamadugha rasa and Avipattikara choorna.

GERD - Patoladi Kwatha is given with Pravala Panchamrita rasa and Madiphala Rasayana.

Hyperacidity syndrome - Patoladi Kashaya is given with Bhunimbadi Kashaya and Mukta Panchamrita rasa.

Worm infestation - Pancha tikta Kashaya is given with Krimi mudgara Kashaya.

Amla Pitta - Patoladi Kashaya is given with Avipattikara choorna and Pravala rasa.

Udara daha - Patoladi Kashaya is given by Pravala Bhasma.

Sour eructation - Patoladi Kashaya is given with Kamadugha rasa.

Viral fever - Pancha tikta Kashaya is given with Mrityunjaya rasa.

Cellulitis - Tiktaka Kashaya is given with Kamadugha with Mouktika and Sweta Sariva choorna.

Alcoholic liver disease - Patola Katurohinyadi Kashaya is given with Pravala panchamrita rasa and Arogyavardhini vati.

Viral hepatitis - Patola katurohinyadi Kashaya is given with Arogyavardhini vati.

Alcoholic hepatitis - Patola katurohinyadi Kashaya is given with Pravala panchamrita rasa.

Folliculitis - Tiktaka Kashaya is given with Gandhaka Rasayana tablets and Sarivadyasava.

Chronic non healing ulcer - Maha tiktaka Kashaya is given with Pravala panchamrita rasa, Triphala guggulu and Manjishthadi Kashaya.

Psoriasis - Maha tiktaka Kashaya is given with Stri Kutaja taila external application and Maha manjishthadi Kashaya.

Eczyma - Arogyavardhini vati is given with Tiktaka Kashaya and Maha marichyadi taila external application.

Contact dermatitis - do -

Venous ulcer - Maha manjishthadi Kashaya is given with Tiktaka Kashaya, Shilajatwadi loha and Gabdhaka Rasayana tablets.

Scabies - Gandhakadya malahara external application is done alongwith Gandhaka rasayana tablets and Tiktaka Kashaya.

Padadari - Gandha karpoora Malahara external application is done with Sarivadyasava and Tiktaka Kashaya.

Tinea corporis - Chakramarda taila external application with Tiktaka Kashaya and Arogyavardhini vati tablets.

Tinea capitis - Chakramarda taila external application is done with Tiktaka Kashaya and Arogyavardhini vati.

Tinea unguanum - do -

Tinea cruris - do -

Paronychia - Gandhakadya malahara application is done with Tiktaka Kashaya and Sarivadyadava.

Furunculosis - Tiktaka Kashaya, Sarivadyasava, Tiktaka Kashaya, Gandhaka rasayana tablets and Rasamanikya are given.

Discussion - Patola (Trichosanthus dioca) is a drug having Tikta rasa, Laghu Rooksha Guna, Katu Vipaka and Ushna Virya. Its Panchanga and Phala are used in preparing medicines. They are Dipana, Amapachana, Jwaraghna, Krimighna, Pittahara, Rakta shodhaka,. It also has antidiabetic, antioxident, hepatoprotective, immunomodulator, cyrotoxic and wound

healing actions. It is mainly given in GIT disorders, liver disorders, fevers and some skin diseases effectively. It is effective in chronic gastritis, GERD, peptic ulcer, viral hepatitis, alcoholic liver disease, contact dermatitis, Paronychia, Cellulitis, herpes zoster, Furunculosis and viral fever. It is also used in diabetis, chronic non-healing ulcers, alcoholic hepatitis, chronic bronchitis and some febrile conditions. In chronic non-healing ulcers, it shows antiinflammatory, immunomodulator and wound healing actions. In GERD, and chronic gastritis, it acts as Pittahara, ulcer protective and soothing on gastric mucosa. In skin diseases, it acts as Rakta Shodhaka, Ropana, Vrina Shodhana , an immunity booster and wound healing. If properly used, it does not have any serious adverse drug reaction.

Conclusion

1. Patola (Trichosanthes dioica) is effective in various GIT disorders, Liver disorders and some dermatological conditions.
2. There are the least adverse drug reactions after using Patola in patients.

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