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# PUNARNAVA

*Boerhavia diffusa Linn*

# INTRODUCTION

- ❖ Approximately 25% of today's prescription drugs come from plant extracts.
- ❖ Only about 15% of the known plant species have been screened for medicinal purpose.
- ❖ Most medicinal plants come from the Tropics.
- ❖ Most medicinal plants have been identified by the indigenous people by trial and error.

Biological name : *Boerhavia diffusa*

Kingdom : Plantae  
Division : Magnoliophyta  
Class : Magnoliopsida  
Order : Caryophyllales  
Family : Nyctaginaceae  
Genus : Boerhavia

# Common names :

Languages /Regions /Countries	Names
1. Bengal	Punarnava.
2. Marathi	Ghetuli, Tambadivasu.
3. Gujarati	Vakhakhaparo.
4. Tamil	Mukarti Kirei.
5. Hindi, Sanskrit and Telugu	Punarnava, Raktakundan, Shothagni, Varshabhu.
6. Kanarese	Kommegida.
7. English	Hogweed.

Punarnava (Hogweed) literally means 'Bring back to life' or 'Renewer'.



## **Habitat :**

This Ayurvedic herb is found throughout India. Growing to 70 centimeters in height. It has a large root system and produces yellow and white flowers. It can be found in many tropical and warm-climate countries.



- It is a creeper that grows wild in India and Brazil throughout the year but dries during the summer.
- It bears small fleshy leaves, small reddish pink flowers and fruits in winter.
- It is bitter in taste and has cooling effect.
- It has very high medicinal value.


# Therapeutic Uses


- ❑ Used as diuretic.
- ❑ Expectorant.
- ❑ Stomachic.
- ❑ Helps in liver disorders.
- ❑ Given in the loss of digestive power.
- ❑ Enlargement of spleen.
- ❑ Used for relieving abdominal pains.


# Traditional Uses


- ❑ Diuretics.
- ❑ Anti-inflammatory and carminative properties.
- ❑ For anti-inflammatory effect, punarnava should use with sunthi.
- ❑ Punarnava is also a good Rasayana so useful in Amavata.





 Punarnava Root is anticonvulsant, analgesic, expectorant, CNS depressant, laxative, diuretic, abortifacient.

 Punarnava has been reported to increase serum protein level and reduce urinary protein excretion in clinical trials in patients suffering with nephrotic syndrome.

 Punarnava is used for local application in the form of poultice or fermentation in edema.

- ❏ Punarnava leaf juice is used in the eyes for tropical application.
- ❏ Punarnava act as diuretic in dysuria.
- ❏ Punarnava roots rubbed in honey are locally applied for cataract and chronic conjunctivities.
- ❏ Punarnava used in swelling and foul smelling in skin disorders.
- ❏ Punarnava is useful in heart disease, anemia and edema.

## **No side effects have been noted so far :**

According to Ayurveda, herbs are taken in combination with other herbs to neutralize the toxicity of one herb with the opposing effect of the other or to enhance the particular effect of one herb with the help of other.

# Scientific studies

- Diuretic activities.
- Hepato protective activities.
- Inhibit of bone resorption.
- Anti stress activity.
- Radio protective activity.
- Anti cancer activity.
- Anti fibrinolytic activity.

# Cultivation :

Punarnava likes open sunlight and monsoon rain. In coconut gardens it will grow as a weed. The seedlings of this can be uprooted and planted wherever necessary, initially it needs to be irrigated during dry seasons. The root stock of punarnava will persist for several years and sprout well during rainy seasons. Matured seeds of it also can be collected and sown in a nursery, then the seedlings can be transplanted wherever necessary.