



RESEARCH ARTICLE

THERAPEUTIC USES, AND PHARMACOLOGICAL ACTIVITY OF LODHRA IN AYURVEDIC MEDICINE

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ABSTRACT

Lodhra (*Symplocos racemosa*) has a very important role in managing Yonivyapad, Mahastrotas and Twaka Vikaras. This research paper is based on information of Lodhra with its botany, Rasa Panchak, Rogagnata, Dosha involved, Mahabhuta involved, its medicinal properties, varieties and commonly used formulations. Also this research involves pharmacodynamics and information about Lodhra Asava with its substitute for the drugs present in the formulation. Also information about chemical constituents present in *Symplocos racemosa* Roxb. Is mentioned. Also part of Lodhra which to be used and along with which Anupana to be used and presence of alpha amylase inhibition in Lodhra is also mentioned in paper.

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INTRODUCTION

Lodhra is one which is commonly used in Yonivyapad, Mahastrotas vikar and Twak vikar. According to Charak Lodhra is present as an ingredients in formulations, in which lodhra acts as Shonitasthapana, Purishasangrahaniya. Also it is present in Sandhaneeya Mahakashaya. Lodhra is a main ingredient in Rogas such as Raktapitta, Kushta, Vrana, Kasa, Amatisara and Netraroga. Also it is as ingredient mentioned in treatment of Sannipatasvayathu and Ekangasopha. Sveta Lodra is used in treatment of Netra Vikara. Lodhra is the one which has the property to stop bleeding. Basonym of Lodhra means रोध्र- रुणद्धि | रुधिर आवरण | that is it has properties to stop bleeding. That's why it is mentioned in Shonitasthapana. It has synonyms such as Tilaka, Karmuka, Tirita. The bark of Lodhra has a very good value in western countries as it acts as a replacement for cinchona bark. Lodhra has been mentioned by Charaka under Sandhaniya Mahakshaya, Pureesha Sangrahaniya mahakshaya, Shonit Sthapana Mahakshaya. Sushruta has mentioned it under Lodhradi gana, Nyagrodhadi gana. Also it has reference in Ashtanga Hrudaya Uttarsthana 16 and 32, in Chikitsa Sthana 2 and 9 and Sutrasthana 15, mentioned as Akshi Bhesaja, Nayana Aushad and Rodhra.

In the Nighantus, it is considered as Grahi, accord to Madanapala and Kaiyadeva says that it is Virechaka due to the bark from the Grahi of the Pushpa. Also it is classified as, Sothahara and Vishaghna according to Dhanwantari and according to Bhavaprakasha Nighantus it says it does help in managing Shotha, Atisara, and Mutravaha Srotas disorders. Currently research are going on based on its action on obesity and Diabetes by understanding the action of enzymes. Knowing the substitute for the drug is very important as since it is abundant in Himalayas and now the natural sources are getting decreased.

AIM AND SCOPE OF REVIEW

The aim of the review is to provide:

- Information about Lodhra with its rasa Panchak.
- To know about its substitutes.
- Information about Lodhra Asava.
- Importance of the Alkaloids found in Lodhra.

MATERIAL AND METHODS

This review contains information about Ayurvedic and modern information about Lodhra. Information has been taken from

Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya. Also reference has been taken from Niganthu. Information of Lodhrasava has been taken from Bhaishajya Ratnavali, Yogaratnakara.

DISCUSSION

Morphology

Savara Lodhra: Lodhra is a small evergreen tree with stems up to 20 feet in height and 15 cm in diameter.

- **Bark:** The bark of the Savara Lodhra is dark gray, 7-13 mm thick, shortly fibrous, pale yellow, and finely mottled with pale orange, and brown.
- **Leaves:** Leaves of Savara Lodhra are 9 to 18 cm long and 3 to 5 cm wide, alternate, The leaf shape is elliptic to slightly elongated (oblong or lance-like).

The tip of the leaf can be sharp, slightly pointed, or blunt. The leaf edges are usually finely toothed (serrulate) or slightly wavy and rarely smooth. The base of the leaf is narrow and wedge-shaped. The leaf texture is thick and leathery. When young, the underside may have fine hairs, but later it becomes mostly smooth, sometimes with a few hairs along the midrib. The leaf surface is shiny on both sides, with a dark green color on the upper side. When the leaf dries, the side veins are not clearly visible, and there are about 5-9 pairs of veins. The petiole is about 1-2 cm long.

Inflorescence The flowers are arranged in clusters that grow from the axil. These clusters are covered with fine hairs.

Flowers: The flowers are small, about 1-1.5 cm in diameter. They are white in color and later turn yellow.

The petals are arranged in two layers. There are many stamens present. The ovary is inferior and has 3 chambers.

Fruit

The fruit is a drupe
It is 1-1.3 cm long and oblong in shape.
The surface is smooth
It is purplish-black in color.
The fruit has a persistent calyx.

Seed: The seeds are oblong in shape. The cotyledons are much smaller.

PATTIKA LODHRA

Habit-It is a large shrub or a small tree.

Bark-The bark is light gray in color. It is corky (rough and thick). It has long vertical cracks. The wood is white, hard, and closely packed. But the wood may bend or crack when dried.

Leaves: Leaves are about 2-4 inches long and 1-1.5 inches wide. Shape is broad, oval or elliptic. The tip is pointed. The margins are sharply toothed, especially near the tip. Leaves are thin. The underside may be hairy or become smooth later.

Flowers: Flowers are white and fragrant. They are arranged in clusters (cymose corymbs) forming dense groups at the end or in leaf axils. Bracts fall off early. Calyx is top-shaped with hairy margins. Corolla is divided into 5 parts almost till the base. Many stamens are present, arranged in 5 bundles. Ovary is inferior and 2-celled.

Fruit: Fruit is about 2-3 inches long. Shape is slightly tilted oval. It has remains of calyx on top. Usually contains one seed. The embryo is curved.

Flowering time: Savara Lodhra flowers around November-February. Pattika Lodhra flowers around May-June and Fruits in July-October.

SYNONYMS

तिल्व – तिलति स्निह्यति अङ्गम अनेनेति तिल्वः । As lodhra gives smoothness to the body therefore Tilva.

कर्मक- क्रमति गच्छति कषायातां इति । Lodhra has kashaya rasa (Astringent Taste) like that of Kramuka (Areca catechu).

तिरीटः – तिर्यति रोगान इति तिरीटः । Lodhra cures many diseases.

पट्टिकाख्य- पट्टो अस्यास्तीति पट्टी पट्टिका च । Bark is beautiful and has high medicinal values.

मार्जन – माधरयनेन मरीजो शुद्धो । Lodhra helps in shudhi (cleanliness)

RASA PANCHAK: Rasa – Kashaya, Guna - Laghu, Ruksha, Virya– Sheeta, Vipaka – Katu, Karma - Pitta- Kapha Shamaka, Due to having Sheeta Virya and Kashaya Rasa it is Pitta Hara. Because of having Kashaya Rasa and Katu Vipaka it is Kapha Hara

Karma of Lodhra: Aartava Sangrahniya, Garbhashya Shotha, Strava Hara, Stambhana, Sangrahi, Rakta Stambhana, Rakta Shodhaka, Shotha Hara, Kustha Ghana, Vrana Ropana, Sankochaka, Kapha Ghana, Chaksushya, Visha Ghana, Kandughana, Garbhashya Shotha, Garbhashya Strava, pradara, Yonivyapad, Yoni Kshata, Prasuti Vikara, Rakta Vikara, Rakta Pitta, Shotha, Kasa, Atisara, Rakta Atisara, Pravahika, Kustha, Kandu, Charma Vikara, Vrana Kshata, Netra Abhishyanda, Netra Vikara, Karna Srava, Danta Vikara, Garbha srava, Garbha Pata, Chalita Garbha

Pharmacological Actions: Haemostatic, coagulant, Astringent, Anti – inflammatory.

Part used-Stem bark, flower. Dosage– Stem bark Churna- 1-3 grams in divided dose per day. Kashayam-50-100 ml per day in divided dosage.

Churna: 1 to 5 g.

Varieties-According to Bhavprakash. Nighantu– Lodra, Pattika Lodra

According to Dhanvantari Nighantu– Lodhra, Kramuka

How Lodhra is used in various conditions

लोध्रो शीतः कषायश्च हन्ति तृष्णामरोचकम् ।

जीर्णपणो बृहत्पर्णः पट्टी लक्षाप्रसादनः ॥

लोध्रयुग्मं कषायं स्यात् शीतं वातकफास्रजित् । चक्षुष्यं
विषहत् तत्र विशिष्टो वल्कलोदकः ॥ (ध.नि)

लोध्रो ग्राही लघुः शीतश्चक्षुष्यः कफपित्तनुत् । कषायो
रक्तपित्तासृग्ज्वरातीसारशोथहत् ॥ तिल्वकोऽपि तदाकारो
विशेषतः । रक्तत्वचो विरेकी च बृहल्लोद्धोति कथ्यते ॥
भावप्रकाश

विरेचने प्रयोक्तव्यः पूतिकः तिल्वकस्तथा ॥ (च.सू. १.अ)

INTERNAL USAGE(Abhyantara prayoga)
1)Raktapitta
2)Pravahika: Lodhra (Churna)+ Dadhi , therefore there will be Kapha-Rakta shaman and will show Grahi action.
3)Shwetapradara: Lodhra Kalka+ Nyagrodhra Kwatha.
4)Chalita Garbha – Lodhra Churna, Madhu and Pippali Churna along with Ksheera given in 7 th – 8 th month of pregnancy decrease risk of abortion.
5)Jwara – The Kashaya of Lodhra, Utpala, Guduchi, Kamala and Sariva/ Parpata alone with Shita does shaman of Pittaja Jwara.

BAHYA PRAYOGA
1)Bleeding Disorders: Application of Lepa of Lodhra Churna.
2) Yauvanapidika: Lepa of Lodhra and Sphatika. Lepa of Lodhra, Dhanyaka and Vacha.
3) Mukhapaka: Churna of Dhataki and Lodhra with Ghruta . Application Lodhra, Nyagrodha bud, Khadira, Triphala and Ghruta. Application of fine powder of Lodhra Twak
4)Dantaroga such as Dantavesta and Saushira
5)Netraroga , in Varthmaroga ,Sushkakshipaka,Abhisyanda
6) Yonivyapad: Churna of Tumbi Patra and Lodhra Twak applied in Lepa in yoni.
7)Twak Vikara: applied as Lepa with Lodhra, Dhataki, Indrayava, Karanja and Jati
8)Lodhra Kwatha : used as Mukha Prakshalana for removing Nilika, Mukhasosha, Pidaka, Vyanga and Raktapitta

CERTAIN FORMULATION IN WHICH LODHRA IS PRESENT:

Lodhrasava , Aramedadi Tailam, Dashamula Arishta, Abhayarishta , Kanakarishtha Dhanwantara Ghrutam, Jeevanthyadi Ghrutam, Gandha Tailam, Dooshivishari Agadam Naladadi Lepam, Kushtadi Lepa, Research on Lodhra.

Research is done on lodhra where in it acts as analgesic effect , it has a hepatoprotective action

Abhava Pratinidhi Dravya for Lodhra.

Bakula (Mimusops elengi) could be used instead of Lodhra , many researchers have done research on it .

Pharmacological Actions of Lodhra

- Haemostatic .
- Anti obesity.
- Anti diabetic.
- Anti inflammatory.
- Anti microbial.

- Uterine tonic.
- Digestive and hepato protective.

Chemical components

Alkaloids. This gives anti microbial properties to Lodhra
Tannins. Therefore lodhra has Kashaya rasa due to more amount of tannins and therefore has the properties of sthambana

Flavonoids: Because of flavonoids there is antioxidant properties, therefore helps in neutralisation and helps in wound healing

Triterpenoids: This gives hepato protective and anti inflammatory action.

Phenolic glycosides: Due to this the inflammation reduces and it provides anti androgenic effect. Mahabhuta : Prithvi and Vayu due to Kashaya Rasa and Ruksha Guna. Therefore there is action of Purishsangrahana and Stambhana Karma . Agni Mahabhuta: due to Katu Vipaka.

LODRASAVA:

रोध्र मूर्वा शटी वेल्ल भाङ्गीनतनखप्लवान् ॥१४॥ कलिङ्गकुष्ठ क्रमुख
प्रियङ्गवतिविषाऽग्निकान् । वे विशाले चतुर्जितं भूनिम्बं कटुरोहिणीम्
॥१५॥ यवानीं पौष्करं पाठां ग्रन्थि चव्यं फलत्रयम् ॥१६॥
कर्षाशमम्बुकलशे पादशेषे सुते हिमे ॥ २६॥ द्वौ प्रस्थौ माक्षिकात् क्षित्वा
रक्षेत्पक्षमुपेक्षया । रोध्रासवोऽयं मेहार्शः श्वित्रकुष्ठारुचिकृमीन् ॥२७॥
पाण्डुत्वं ग्रहणीदोषं स्थूलतां च नियच्छति । - अष्टाङ्ग हृदय चिकित्सा
स्थान १२/२४-२७

1.	Lodhra	<i>Symplocos racemosa</i>	Stem bark
2.	Murva	<i>Marsdenia tenacissima</i>	Root
3.	Shati	<i>Hedychium spicatum</i>	Rhizome
4.	Vidanga	<i>Embelia ribes</i>	Fruit
5.	Bharngi	<i>Clerodendron serratum</i>	Root
6.	Tagara	<i>Valeriana wallichii</i>	Rhizome
7.	Nakha	<i>Capparis sepiaria</i>	Fruit
8.	Kramuka	<i>Areca catechu</i>	
9.	Priyangu	<i>Callicarpa macrophylla</i>	Flower
10.	Musta	<i>Cyperus rotundus</i>	Root
11.	Kutaj	<i>Holarrhena antidysenterica</i>	Seeds
12.	Chitraka	<i>Plumbago zeylanica</i>	
13.	Triphala	<i>Terminalia chebula</i> , <i>Terminalia bellirica</i> , <i>Phyllanthus emblica</i>	Each fruit
14.	Indravaruni	<i>Citrullus colocynthis</i>	Fruit
15.	Chavya	<i>Piper chaba</i>	Root
16.	Nagakeshara	<i>Mesua ferrea</i>	Stamen
17.	Kushta	<i>Saussurea lappa</i>	Root
18.	Ativisha	<i>Aconitum heterophyllum</i>	Root
19.	Ela (Cardamom)	<i>Elettaria cardamomum</i>	
20.	Patra	<i>Cinnamomum tamala</i>	Leaf
21.	Twak	<i>Cinnamomum zeylanica</i>	
22.	Bhunimba	<i>Andrographis paniculata</i>	
23.	Patha	<i>Cyclea peltata</i>	Root
24.	Katuki	<i>Picrorhiza kurroa</i>	Root
25.	Pushkaramoola	<i>Inula racemosa</i>	Root
26.	Ajwain	<i>Trachyspermum ammi</i>	Fruit
27.	Pippali	<i>Piper longum</i>	Root
28.	Water for decoction		Each fruit
29.	Madhu(Honey)		

Used in : Yonivyapad , Arthavyapad, Pandu, Abhyantara Krumi, Twak Vikara, Mahastrotta Vikara.

Dosage: 15 -25 ml with warm water / Dadima Rasa/ Madhu.

CONCLUSION

The research concludes with Lodhra being a very effective drug in various Vikaras. High quantity of tannins are found which is also the reason for its various actions. Also lodhra has wound healing property, anti-inflammatory actions, anti-microbial and hepatoprotective action, also has effects in metabolic conditions. The bark is the most useful part because of tannins, flavonoids, and glycosides. So 2 types of lodhra could be studied and understand its effects on other congenital or inherited blood disorders. Also having alpha amylase inhibition helps in management of hyperglycaemia, obesity, and enzyme control and there is starch digestion and reduced rate of carbohydrate digestion and glucose absorption.

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