



# A RESEARCH ARTICLE ON DECOCTION OF PEEPLE TREE LEAVES FOR REDUCING CHOLESTEROL

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## • **ABSTRACT :**

Peepal leaves are used as medicinal plants. They are used traditionally from ancient times in various herbal medicines such as Ayurveda, Siddha, and homeopathic. Peepal leaves contain flavonoids, alkaloids, and other chemical constituents which are used for various medicinal uses. The peepal plant leaves are used for heart attack treatment, menstrual cycle treatment, and reducing the level of cholesterol. Secondary metabolites present in plants have multiple roles to be treated as therapeutic. The present research emphasizes on traditional uses and clinical potential of peepal leaves. Peepal is a large evergreen tree found throughout the world as the wild plant or cultivated. It has great mythological, religious, medical importance and is considered as the oldest tree in Indian history.

## • **KEYWORDS :**

Peepal leaves, Kadha or Decoction, Reduce Cholesterol levels, Method and material, Pharmacological activity.

## • **INTRODUCTION :**

The peepal tree is also known as *Ficus religiosa*, belongs to family Moraceae. It is the variation of the fig tree known as Bodhi tree. In Latin word *Ficus* is referred from fig as the fruit of tree and the word *Religiosa* referred as religion. It is protected in both Buddhism and Hinduism. It is one of the most important and usable species which consist of the 750 species of the woody plants. This tree is indigenous to India and is also believed that it is derived in Eastern and Northern India. In modern years plant is based on secondary metabolites used as the constituents in many Ayurvedic and traditional formulations. The current study was found that to carry out the physicochemical screening and to check *in vitro* antibacterial activity against *E. coli*.

Traditionally, peepal is used to cure different types of disorder including epilepsy, asthma, diabetes, diarrhoea, gastric problem, infection, sexual disorders and inflammatory disorder. Heart blockage is the condition in which the veins of the heart get blocked with the unwanted fatty substances. Which are responsible for various heart diseases. Since from years, we have arisen a deliberate nature cure is far superior to any other cure.

Traditionally, the peepal leaf kadha of the peepal tree may be helpful for, asthma, cough, diarrhoea, ear pain, toothache, haematuria (blood in urine), migraine, scabies, eye trouble and gastric problems. Being strongly astringent in properties, Peepal leaf when heated exudes purgative properties and is recommended for those with severe digestive issues. Peepal leaves with honey may have potential use for mouth ulcers in

growing children.<sup>1</sup> However, more research is required to prove such claims. In medicinal field, this plant obtain great attention because it is responsible for treatment of various types of diseases. All parts of the peepal tree are consist of rich phytochemicals which are used in various medicine and food preparation. Ripe fruit of this tree are edible and rich source of protein and minerals. It brings astringent property.

Its barks, seeds, delicate leaves, organic products and smooth latex used as medication. The *F. Religiosa* contain great amount of total flavonoids and total phenolic content which are used as tonic and also powder of fruit is used as treat asthma.



fig no .1 peepal tree leaves

## • MATERIAL AND METHOD :

### 1. Plant material :

- ✓ The motive of this study of peepal tree leaves collected from the local area.

### 2. Formulation of kadha :

- 1) Take the fresh 15 fully grown green leaves of peepal.
- 2) Using scissors, cut the upper and lower portion of the leaves.
- 3) Clean the leaves with salt water and boil it in 3 glasses of water till it remains only 1 glass of water.
- 4) The flame of gas is taken slow or low and allows it to simmer or boil well.
- 5) After getting cool, using a clean cloth strain it and put it in a cool place.
- 6) After it the preparation of kadha or peepal leaves decoction is ready.
- 7) Take the remedy for at least 15 days.
- 8) The regular dosage of this kadha for 15 days decreases cholesterol levels, chances of heart attack, and reduces the pain of the menstrual cycle.



fig no .2 simmer of leaves

**Evaluation:**

Evaluation of kadha or decoction was following

**A) Physical evaluation:**

The formulation of kadha was further evaluated by using the following physical parameters like odour, colour, consistency, viscosity, etc.

- 1) Colour: the colour of the kadha was observed by visual examination. The result was shown in table
- 2) Odour: The odour of the kadha was found to be characteristic.
- 3) State: The state of kadha was found to be liquid, and it is visually examined
- 4) Phase separation: There is no phase separation occur.



fig no .3 decoction of leaves



fig no .4 decoction of people leaves

**• RESULT :**

The present research was the formulation and evaluation of peepal leaves kadha Or decoction The evaluation parameters were coming under results, like the physical evaluation of peepal leaves kadha Or decoction phase separation viscosity phase of the peepal leaves kadha Or decoction.

Peepal leaves kadha or decoction to help widen the blocked artery and improve blood flow. And remove cholesterol.

Most of these blocks can be safely removed by peepal leaves kadha or decoction.  
And also useful for menstrual cycle treatment.

• **DISCUSSION:**

The present work was the formulation and evaluation of peepal leaves kadha or decoction

The prepared formulation was good Viscosity of the peepal leaves kadha or decoction was good. Peepal leaves kadha Or decoction not show any type of phase separation during storage.

The peepal leaves kadha or decoction was liquid in nature and easily administration.

The formulation was Non-irritant.

It's helpful for heart blockage and menstrual cycle.

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