



An Article Review On Medicinal Properties Of Eranda (*Ricinus Communis* Linn.)

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Abstract-

Medicinal plants are used as a source of drugs since prehistoric times. Nowadays, in developing countries, assurance of protection, quality, and usefulness of medicinal plants and herbal plants has now become a key issue.

Medicinal plants such as *Ricinus communis* are the “backbone” of traditional medicine as they are the rich resources of ingredients which will be utilised in the event and synthesis of medicine. A specific feature of *Ricinus communis* is its leaves yields a highly toxic substance “ricine” for which no specific anti-dote is available today. This was used as a poison by military/army of various countries during World War II.¹

Keywords- *Ricinus communis*, Ricine, Ayurveda Cassical uses, Castor oil.

Introduction- The *Ricinus communis* belongs to the family Euphorbiaceae commonly known as castor oil plant , eranda in hindi, Rehri in bengali, Amudamu in Telugu, Amanakku in Tamil, bherenda in bengali, Erandi in Marathi, Avanakku in Malyalam and Diveligo in Gujarati.

Ricinus communis grows wild in varied climatic conditions has high traditional and medicinal value for maintain the disease-free healthy life.Traditionally,the plant is used as laxative, purgative, fertilizer and fungicide etc.

Classical categorization-(Table no.1)

Charaka	Sushuruta	Vagbhatta
Bhedaniya; Angamardaprasamana; Svedopaga	Vidarigandhadi; Adhobhagara; Vatasamsamana	Vidarigandhadi

Botanical descriptionⁱⁱ- An evergreen, globous shrub, 2-4.5mt high. Leaves are palmately 7-many-lobed, lobes oblong to linear, acute or acuminate. Their flowers are in large terminal subpanicked racemes; in a dense globose head of branched filaments and anthers; yellowish. Its fruits are with capsules, globosely oblong and smooth and their seeds are smooth, oblong and mottled.

Figure:1 Castor plant and castor seeds-

**Chemical composition-**

Their seeds and leaves contain **Ricinine** (toxic alkaloid), 1-methyl-3-cyano-4-methoxy-2-pyridone. { A specific feature of *Ricinus communis* is its leaves yields a highly toxic substance “ricine” for which no specific antidote is available today. This was used as a poison by military/army of various countries during World War II.ⁱⁱⁱ } Its **Seed coat** have Lupeol, lipids, phosphatides etc. **Seed oil** contains arachidic, ricinoluc, palmitic, stearic etc. Hydrocyanic and uric acids, squalene and tocopherols etc.

Properties-

Ricinus communis is madhura, katu, kasaya in Rasa, have snigdha, tikshna, sukshma Guna; Usna Veerya and Madhura Vipaka and works as vatahara, Rechana, Vrisya (root).

Medicinal uses of *Eranda*-^{iv}**1) Fever-**

A) By taking milk cooked with Varanasi, Chaukhamba Prakashan, 2012; 22.14
h eranda root, one is free from fever associated with griping. Similar effect is produced by taking milk cooked with unripe bilva fruits.^v

B) By taking milk cooked with eranda root or tender bilva fruit - warm milk one recovers from constipated bowels, diarrhoea with blood and mucus attended with thirst, pain and tenesmus.^{vi}

C) The leaves of eranda should be placed on pasted ground and then wrapper on the body of the patient suffering from fever with burning sensation. Thus, fever and burning sensation are alleviated. When the burning sensation is pacified and cold is experienced, the leaves should be removed.^{vii}

2) Diarrhoea-

- A) Milk cooked with eranda root or tender fruits of bilva is efficacious.^{viii}
- B) The patient should be given only milk cooked with eranda. Moreover, gruels processed with vata-alleviating and appetizing drugs should be served.^{ix}
- C) Ghee and oil mixed together should be given followed by milched-warm milk or that cooked with eranda root or tender fruits of bilva.^x

3) Piles-

- A) Haemorrhoids should be sprinkled with the decoction of the leaves of Vasa, Arka, Eranda and bilva.^{xi}
- B) Castor oil with decoction of Triphala is a good evacuative remedy. It carries down faeces, bile, mucus and wind and thus destroys piles.^{xii}

4) Cough-

One should take alkali of eranda leaves mixed with trikatu, oil and jaggery. By the same method, that of Tulasi and eranda should be used.^{xiii}

5) Chest pain-Eranda root 80gm. should be boiled in water eight times and made into decoction. This decoction added with yavaksara alleviates pain in chest, heart and stomach.^{xiv}

6) Constipation-

- A) Castor oil mixed with double quantity of triphala decoction or milk acts as a quick purgative.^{xv}
- B) For constipation, Castor oil is best one. (In Udara roga)^{xvi}

7) Gulma -

- A) One suffering from Vatika gulma should take care castor oil mixed with clear wine or milk.^{xvii}
- B) Castor oil should be taken with wine, curd- water, milk and meat- soup.^{xviii}

8) Colic-

- A) Castor oil mixed with decoction of madhuka alleviates paittika sula and gulma.^{xix}
- B) One should take decoction of sunthi ,root of Bilva, and eranda and chitrika added with Hingu and rock salt. It allays colic instantaneously.^{xx}
- C) Decoction of eranda, methika, and jaggery pacifies all types of abdominal colic.^{xxi}

9) Obesity-

- A) In order to remove obesity, one should take alkali of eranda leaves mixed with hingu. The diet should be rice with scum.^{xxii}
- B) The root of eranda smeared with honey is kept overnight in water. By taking this extract the enlarged abdomen is reduced.^{xxiii}

10) Udararoga –

- A) When the patient regains strength and digestive power, he should be unacted and then purgated with milk added with Trivritt paste or cooked with eranda (root).^{xxiv}
- B) One should use daily for a month or two castor oil alone or mixed with cows' urine or milk abstaining, during the period, from intake of water.^{xxv}

- C) The patient should be given castor oil mixed with cow's urine or milk.^{xxvi}
- D) In case kapha is covered with vatta or piia with the same or vatta covered with pitta and kapha and the patient is strong he should take castor oil mixed with the respective drugs.^{xxvii}
- E) Castor oil mixed with decoction of dashmool or decoction of triphala added with cows' urine alleviates vatodara, oedema and pain.^{xxviii}

11. Oedema-

- A) If there is a difficulty in passing stool and flatus one should take castor oil mixed with milk or meat - soup before meal.^{xxix}
- B) If oedema caused by vata , the mixture of ghee, oil and fat or castor oil should be used for a month or fortnight.^{xxx}
- C) One should take castor oil mixed with milk or cows' urine. By this remnant dosa is removed and oedema subsides.^{xxxi}

12. Filaria –

One should take castor oil mixed with cows' urine or mixture of ghee, oil and fat with decoction of sunthi keeping on diet of rice and milk.^{xxxii}

13) Scrotal enlargement-

- A) Castor oil mixed with milk should be taken for month.^{xxxiii}
- B) By taking castor oil cooked with bala and mixed with milk one overcomes scrotal enlargement associated with tympanitis and colic.^{xxxiv}

14) Vatavyadhi –

- A) In disorder of vata patralavana is recommended which is prepared as follows fresh leaves of eranda, muskak, karanj, vasa ,putika, aragvadh, Chitrak,etc.are mixed with salt and pounded in a mortar, then kept in a jar smeared with ghee which is pasted with cow dung and then put in fire.^{xxxv}
- B) One should take castor oil mixed with cow's urine for a month. This alleviates sciatica and stiffness in thighs.^{xxxvi}
- C) The patient of sciatica, by taking gruel cooked with castor seeds, regains his normal movement.^{xxxvii}
- D) Castor seeds are purified, pounded and cooked in milk. This payasa (“preparation of milk”) is a good remedy for lumbago and sciatica.^{xxxviii}
- E) In all types of lumbago, one should take castor oil mixed with decoction of dashmoola or sunthi.^{xxxix}
- F) By intake of castor oil mixed with equal quantity of nirgundi juice one overcomes vata situated in waist and regains health.^{xl}
- G) In Vatakantaka,(sprained ankle) frequent bloodletting or intake of castor oil or cauterization with needles is prescribed.^{xli}
- H) In vata situated in faeces, castor oil is effacious.^{xlii}

15. Vatarakta-

- A) To relieve pain, the paste of lin seed or castor seed pounded with milk or satapushpa should be applied to the part in case of predominance of vata.^{xliii}
- B) In case of plenty of doshas, one should take castor oil with milk for purgation followed by the diet of milk and rice.^{xliv}

16. Amavata-

- 1) The patient suffering from amavata, sciatica, and scrotal enlargement should take regularly haritaki mixed with castor oil.^{xlv}
- 2) Lion-like castor oil is the only destroyer of elephant-like amavata moving in the forest – like body.^{xlvi}
- 3) The part affected should also be sprinkled with the decoction of eranda.^{xlvii}
- 4) Paste of sunthi mixed with decoction of eranda root should be cooked in closed heating. The juice thereof mixed with honey alleviates severe pain caused by amavata.^{xlviii}

17. Wound-

In wound caused by vata, it should be covered with the leaves of eranda, bhurja, putika, asvabala, and kasmari.^{xlix}

18. Eye diseases-

Conjunctivitis caused by vata-

- A) Eye should be sprinkled with lukewarm goat's milk cooked with leaf, root or bark of eranda or kantakari root.ⁱ
- B) Tender leaves and root of eranda are pounded and cooked in goat's milk. It alleviates pain caused by Vatika abhisyaanda instantaneously. Similarly acts the warm lump of parched grain flour.ⁱⁱ
- C) In Vatika abhisyaanda, unctuous and hot lump made of leaf, root, and bark of eranda is wholesome. It destroys vata and pacifies abhisyaanda.ⁱⁱⁱ

Timira (Defects of vision)-

In timira caused by vata, castor oil mixed with milk is efficacious.^{liii}

Night blindness-

The patient should eat tender leaves of jivanti, madhavi, eranda, sephali, and satavari. Moreover, Ghee processed with leaves of agastya should be taken.^{liv}

Eye disease caused by vatarakta-

Root, seed and root-fibres are pounded and mixed with cow's milk. This eye – drop alleviates severe vatarakta.^{lv}

19) Earache-

A) Juice of eranda leaves cooked in closed heating and equal quantity of fresh ginger juice mixed with madhuka are heated and added with oil and salt. This lukewarm liquid instilled into the ear removes earache instantaneously.^{lvi}

20) Mole-

Lime taken at the end of the petiole of eranda is rubbed on the mole. By this it bleeds and is dried up.^{lvii}

21) Vaginal pain-

- A) Tampon made of eranda seeds should be put in vagina. It relieves vaginal pain.^{lviii}
- B) Cotton swab impregnated with castor oil should be put into the vagina. It relieves pain immediately.^{lix}

22) Conception-

For having conception, one should take seeds of eranda and matulunga, pounded with ghee.^{lx}

Parts used- Root, leaf, seed and oil

Dose- Root powder – 3-5gm; Decoction of root-50-100ml; Seeds-1-5(in number) ;Oil 5-10ml

Preparations- Rasnairandadi kasaya; Simhanada gugglu; Vatari gugglu; Hingu triguna taila; Erandadi taila

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