



A Review Article On Medicinal Properties Of Rasna (*Pluchea Lanceolata* C.B Clarke)

Dr. Jyoti Sharma¹, Dr. Arun Jharwal², Dr.Chandan Singh³,

Dr. Rajendra Prasad Purvia⁴, Dr.Manoj Kumar Adlakha⁵

^{1,2}PG Scholar, Department of Dravyaguna Vijnana, Dr.Sarvapalli Radhakrishnan Ayurveda College,
Jodhpur, Rajasthan.

³Professor and Head of department of Dravyaguna Vijnana, Dr.Sarvapalli Radhakrishnan Ayurveda College,
Jodhpur, Rajasthan.

^{4,5} Associate Professor, Department of Dravyaguna Vijnana, Dr.Sarvapalli Radhakrishnan Ayurveda College,
Jodhpur, Rajasthan.

Abstract- India is well known for its rich diversity of medicinal plants that is found in all geographical regions of the country. The medicinal plants have played a significant role in ancient traditional systems of medicine. Rasna is one of the most important medicinal plants having many therapeutic uses. Rasna is an effective anti-rheumatic and anti-arthritic drug, which has wide application as a single drug in our indigenous system of medicine.

Keywords-Rasna, Therapeutic uses, Neurological disorders, Ayurveda.

Introduction-

Rasna belongs to Asteraceae is an erect, stiff herb or undershrub which usually grows gregariously in dry barren wastelands, in and along cultivated fields forming thickets. Distributed in Punjab, Upper Gangetic Plain, Rajasthan, Maharashtra, Gujarat and Bengal. Also found in Afghanistan, Baluchistan, Sindh (Pakistan) and N.Africa.

It is an erect, stiff herb or undershrub upto 1.2 m high; branches terete, softly ashy-pubescent. Leaves simple, alternate, 2-6 x 0.4 1.0 cm, oblong or oblanceolate, sessile, coriaceous, obtuse, apiculate, finely silky. Flower heads in compound corymbs, pink or with purple tinge. Achenes minute, oblong, pappus connate at base. The flowering and fruiting season is March to December.

It is classically known as Yuktarasa, Surasa, Sugandha, Shreeyasi. In Hindi, it is known as Rayasan. It's all parts are used in various medicinal purpose as it is bitter, thermogenic, alexiteric, antipyretic, laxative and used for allaying the pain caused by the sting of scorpions. Rasna is used as the appropriate choice in rheumatic complaints. Due to this superior efficacy of Rasna, Charaka includes it in the "vayasthapana varga".

Externally, it is used in nervous system disease in Rheumatism. Its leaves are aperient. This plant is used as laxative, analgesic, antipyretic, nervine tonic. Also used for inflammation and bronchitis, cough, psoriasis and piles. The decoction of plant is used to prevent the swelling of joints in arthritis, inflammation, rheumatism, bronchitis, cough, psoriasis, piles and neurological disorders. Rasna, *Pluchea lanceolata* is a natural cure for

all problems of nervous system especially of the nerves. Rasna helps in the conditions like neuritis, sciatica and chronic inflammation of the nervous system. Because last part of the intestine is well controlled by the Vata so problems like constipation and flatulence which are associated with the last part of the intestine are well treated by rasna. Rasna works as a Rasayana and a drug of choice to delay process of aging. *Pluchea lanceolata* is used as digestive disturbances like flatulence, abdominal colic and indigestion. It is very useful in respiratory problems like asthma, bronchitis, pleuritis and chest pain. Being Vedana Sthapana and Vat pacifier, rasna is useful in rheumatoid arthritis and Vata disorders. *Pluchea lanceolata* is useful in health problems related to female genital system like amenorrhoea, dysmenorrhoea, ring worm and eczema. In skin diseases, a paste of rasna roots prepared in cow's urine is applied. Its decoction is also used to wash the affected area. *Pluchea lanceolata* is anti-toxic and has the property of reducing "Kaf and Vat". For the treatment of rheumatism, it is given as Rasnaguggulam or Rasnapanchak orally and as Mahanarayan oil or Mahamesa oil externally. Anti-inflammatory activity in the crude extract of *Pluchea lanceolata* has been reported earlier. In Ayurveda, the management of malaria considered as visham jwar, *Pluchea lanceolata* is a one of the ingredient of poly-herbal formulations has been used to treat jwar (fever) including. "visham jwar". 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. *Pluchea lanceolata* is one of the ingredients of more than 80 poly-herbal formation.

VERNACULAR NAMES-ⁱⁱ

In Hindi- Rayasan, Rayasana, Rasna, Rashana. Beng.- Rasna. Guj.- Rasana, Rashana. Kan.- Rasna, Dumme-rasna. Mar.- Rasna, Rayasana, Rashana. Punj- Rashae, Sarnei, Reshami, Marmandai, Rasana, Reshambuti. Tel.. Sanna Rashtramu. Assam- Rasnapat. Raj.- Chota kaud. Urdu- Rasna, Rauasan.

SUBSTITUTES AND ADULTERANTS- *Innula racemosa* Hall., *Vanda roxburghii* R.Br., *Saccolabium papillosum* Lindl., *Polygonum glabrum* Willd. and *Tylophora asthmatica* aroused as Rasna.

Chemical compositions- Quercetin, quercitrin, isorhamnetin, pleuchioside, pleuchiol. 23-methyldotriacontan-3-one, 22-methylhentriacontane-3,19-dione (leaves); cycloart-23-ene-3B-25-diol, moretenol, moretenol acetate, neolupenol (stem, leaves & flowers); seco-ursane-type triterpene, two sesquiterpenic esters. alkyl 8-lactone, cyclohexyl substituted alkanic acid, sesterterpenic ester (aerial part); monoterpene esters, plucheachromenone and plucheasterdide characterised as 4-isopropylcyclohex-1-en-7-(2'-oxy-2-methyl butyl)-oate, 2,2-dimethyl-7-acetyl-8-hydroxychromenone and ergost-5,22-diene-3B-ol-20,28-olide respectively (root); sterol glycosides, taraxasterol, B-and γ-sitosterols, flavone glycoside, neolupenol, pentacyclic triterpene, choline chloride, pluchine (plant).

PHARMACOLOGICAL ACTIVITIES- Anti-inflammatory, anti-oedema, spasmolytic, anti-implantation, analgesic.

Ayurvedic Properties- tikta rasa, guru guna, Usna veerya and having katu vipaka with Kapha- vata shamak doshghanta and vayasthapana properties.it Vatakaphashamaka and also have properties to control on Vatavyadhi, Gridhrasi, Amadosha, Gulma, Udarashoola, Vibandha, Vatarakta, Raktavikara, Kasa, Shwasa, Rajyakshma, Shotha, Shoola, Vishavikara, Sidhma, Amavata, Vatika charmadala, Arsha. Amapachana ,Shoolaprashamana, Rechana, Raktashodhaka, Kasahara, Shwasahara, Jwaraghna, Vishaghna, Vrishya, Rasayana, Shitopanayana.

Leaf decoction of 25-50 gm is generally used to intake. Its useful parts are Rhizome,Leaves and whole plant.

FORMULATIONS AND PREPARATIONS

Rasna ghrita, Rasnadya ghrita, Brihatchhagaladya ghrita, Rasna taila, Narayana taila, Bala taila. Mahanarayana taila, Sadabindu taila, Chandanabala lakshadi taila, Prasarini taila, Kutajaprasarini taila, Rasnapanchaka kwatha, Rasnasaptaka kwatha, Rasnadi kwatha, Ashwagandharishta, Balarishta,

Dashamularishta, Chandanasava, Trayodashanga guggulu, Rasnadi guggulu, Yogaraja guggulu, Maharasnadi pachana, Rasnadi gudika, Rasnadi lepa, Rasnadi churna, Rasnasaptaka kashaya.

Conclusion-ⁱⁱⁱ

Due to this superior efficacy of Rasna, Charaka includes it in the “vayasthapana varga”. Rasna is used as the appropriate choice in rheumatic complaints. This plant is used as laxative, analgesic, antipyretic, nervine tonic. Also used for inflammation and bronchitis, cough, psoriasis and piles. The decoction of plant is used to prevent the swelling of joints in arthritis, inflammation, rheumatism, bronchitis, cough, psoriasis, piles and neurological disorders. Therefore we can say that *Pluchea lanceolata* is a natural cure for all problems of nervous system especially of the nerves.

ⁱ Database on Medicinal Plants Used in Ayurveda, by PC Sharma, MB Yelne and TJ Dennis, Central Council for Research in Ayurveda & Siddha, Reprint Janakpuri, New Delhi, Part I, volume 8, 2005; 3): 375.

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