



Herbal Garden (Muligai Vanam)

Eswaramooli



Dr. A. Abirami
Programme Officer
C.P.R. Environmental Education Centre
Chennai

Botanical Name	:	<i>Aristolochia indica</i> L.
Tamil Name	:	Eswaramooli
Sanskrit Name	:	Arkamula/Rudrajata
English Name	:	Indian Birthwort

Distribution and Habitat

Aristolochia indica L. is a perennial climber with greenish white woody stems belonging to the family Aristolochiaceae. It is found mainly in the tropical, sub-tropical and Mediterranean regions of the world. The plant is native to Andaman Island, Assam, East Himalaya, Sri Lanka, Bangladesh, Nepal, and Vietnam. In India, the plant is distributed in the plains and low-hilly areas.



Leaf simple, glabrous, green, alternate, oblong, 2-5 inches long, 3-5 nerved present at the base. Root long, strongly bitter taste, camphor odour, cylindrical having a few irregular bent. Flower purple-white, 3.5-4.5 cm long, in axillary raceme, funnel shape. Fruit oblong – spherical capsule, 2-4 cm long, having 6 chambers containing numerous seeds. Seeds black, flat, 0.5-0.7 cm, triangular, winged all around.

Parts used: Root, rhizome, and leaves.

Phytochemical constituents

Alkaloids, steroids, tannins, triterpenoids, coumarins, phenolics, trans-pinocarveol, ishwarane, aristolochene, aristolochic acids, aristolindiquinone, cephradione, lignin, savinin,

methyloaristolate, ishwarol, ishwarone, carbohydrates, flavonoids, saponins, anthroquinones, anthracene, polyuronoids, essential oils and kampherol.

Medicinal uses

Aristolochia indica is well known as an important medicinal plant in the traditional Ayurvedic and Unani system of medicine and it is used in numerous diseases. The dried roots and rhizomes are used as a gastric stimulant and bitter tonic. The seeds are useful for treating inflammation and dry cough. The fresh juice of leaves and bark is used in the bowel complaints of children, diarrhoea and intermittent fevers. The root is used in skin diseases. It heals wounds and destroys the toxic effect of all poisons. Juice of the leaves is consumed for cholera and fever. Honey is mixed with the leaf juice and applied to leucoderma patches. It is used as an antidote for snake bites (Sudhakar, 2007). The leaf paste is applied over the wounds and swelling. The fresh juice of leaf is administered in a dose of 5-10 ml to induce vomiting in cases of poisoning from scorpion and snake bite. The fresh root crushed with turmeric is used in scorpion bite, insect bite, swelling and allergy. Root powder mixed with black pepper powder, salt and warm water is used to regulate menstruation. The plant possesses antiarthritic, anti-inflammatory, antiperiodic, antitumor, antimicrobial and antibilious properties (Mavundza et al. 2010).

Conclusion

Aristolochia indica has long been used in Indian subcontinent in the traditional system of medicine to treat cholera, fever, bowel troubles, ulcer, skin problem and snakebites. The plant has been reported for its phytochemical and pharmacological activities such as diuretic, anti-diabetic, anticancer, anthelmintic, antibacterial, analgesic, anti-inflammatory, and antioxidant activity.

Photo link: <https://www.planetayurveda.com/aristolochia-indica/>

