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Research Paper Management

Miracle combination of five herbs
Methi, Kalongi, saunf, jeera and Rai

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ABSTRACT

Panchforn is a combination of five herbs i.e. jeera, kalongi, Rai, sounf and Methi Methi is used in Epilepsy, paralysis, govt Dropsy ,chronic cough, liver spleenomegaly, decoction of seeds with honey is beneficial in piles, cosmetic etc. Kalongi is used in Dyspepsia, indigestion, Flatulence skin disease, swellings on limbs, menorshagia malarial fever as cites lung complaints cough, jaundice hydrophobia eye sores Jeera is beneficial in Diarrhea, indigestion, Flatulence fever, vomiting, urinogenital system disorder, gonorrhea, calculic, disuria, Anorescia .friuts are particularly very useful in the indigestion of child. Sounf can be used in Fever, urine in Flammarion thirst, dysentery diarrhea, choleras, colic, analgesic antacid also useful in flatulence cough asthma, kidney disease, as vehicle flavoring agent . whereas Rai is used for oil, cures, swelling and colic ,polyuria, oil added with garlic juice, applied externally in rheumatic arthritis ,oil is anti pasmogenic avd neuralgic, sour water of rai in anthelmintic. In this article the benefits and phytochemicals in punchforan are discussed.

KEYWORDS:

Introduction
1)Trigonella foenum graecum linn Methi Dana fabaceae (leguminous)

English Name-Fenu greek
Hindi- Methi
Parts used- seeds ,leaves
Description- an annual erect herb, about 40-45cm high compound leaves trifoliate flowers obovate small creamish white, bud 5-7 cm,10-20 seeded, seed cylindrical truncate oblique at both ends.

Taste- sharp bitter
Chemical constituents- alkaloids flavonoids, glycosides, proteins, Amino Acid, reducing sugars,Saponins, steroids triterpenes, tannin fixed oils, sodium, potassium, magnesium, iron, phosphate sulphat chloride, leaves contain vitamins-K, germinating seeds contain vitamin-C

Actions-seeds: oily, aromatic, Roborant diuretic emollient, aphrodisiac, utesine contractor, carminative, stomachic, anti flatulence, tonic, ant inflammatory, agalactia, leaves are cooling, refrigerant, laxative.

Used in Epilepsy, paralysis, govt Dropsy chronic cough, liver spleenomegaly, decoction of seeds with honey is beneficial in piles, cosmetic etc.

2. Nigella sativa linn- Ranunculacea
English Name- black cumin/ nigella seed
Hindi – Kalongi/ mangraila

Description- a small herb leaves long pinnatisect, dissected, segment linear flowers blue, seeds triangular and dark black but white from inside and aromatic.

Taste- spicy aromatic, bitter, sharp
Chemical constituents- seeds contains A volatile oil of yellow colour oil , resin altiumin, sugar, gum ,Tannin, glucoside, Mallanthin mallanthegenin

Actions- Aromatic ,carminative, stomachic digestive anthelmintic, digestive purgative, stimulant diuretic, emmanagogue, galactogogue , abortiifacient.

Used in – Dyspepsia, indigestion, Flatulance skin disease, swellings on limbs, menorshagia malarial fever as cites lung complaints cough, jaundice hydrophobia eye sores

3. Foeniculum vulgare mill Foenicuum capillaceum gilbert- umbilliferae
English name-fennel Fruit
Hindi name- saunf

Description – A large annual herb pinnately compound leaves flowers yellow in compound umbels, cremocarp of two carpel's or mericorp, each one is 5-ridged furrowed.

Taste-Aromatic sweet
Chemical constituents- Plant & fruit contains Ascorbic acid, Niacin, Riboflavia Alpha and beta- trocotrienol, trigonelline, anethol, auisaldehyde comphene, estragol, fenchone, Alpha fenelene Foeniculin, sabenene, and vanillin.

Actions- cooling aromatic, stomachic, pungent, carminative, digestive anti- inflammation stimulant ,diuretic, emmanogogue, purgative.

Used in –Fever, urine in Flammarion thirst, dysentery diarrhea, choleras, colic, analgesic antacid also useful in flatulence cough asthma, kidney disease, as vehicle flavoring agent

4. Cumminum cyminum linn
English Name—cumin seed
Hindi name Jeera
Parts used –fruits

Description An annual herb cultivated in fields. Branches are delicate and thin leaves are thin linear 2-3 at node. Flowers white minute in umbils fruits cremocarp.

Taste-Acrid.
Chemical constituents- fruits contain a volatile oil, a simple oil which contins cumic aldelyde this oil can be converted into thymol. Pentason is found in another pirment oil of this fruit also contains vitamin A,C, and D

Actions- stimulant ,astringent, analgesic, carminative, aromatic, digestive, appetizer ,Tonic

Used in –Diarrhea, indigestion, Flatulence fever, vomiting, urinogenital system disorder, gonorrhea, calculic, disuria, Anorescia .friuts are particularly very useful in the indigestion of child.

5. Brassica juncea Ezem & cass brassicaceae
English name- Indian mustard
Hindi name- bari rai
Parts used seeds

Description A small erect herb lined with reddish parple with simple leaves pimatifid lamina deeply incised flowers yellow racerned fueling to white oeng beaked seed black small globose

Taste- pungent
Chemical constituents- seeds contain essential oils, anthiamine compounds, flavonol glycosides. It also contain protein ,oil and fibres. It is more clear and does not give smell like Indian colza.

Actions- digestive, stomachic, stimulant ,emetic, diaphoretic

Used in – oil, cures, swelling and colic ,polyuria, oil added with garlic juice, applied externally in rheumatic arthritis ,oil is anti pasmogenic avd neuralgic, sour water of rai in anathematic.

Phytochemical compounds in five Indian herbs (Panchforan ie. Methi, Kalongi, saunf, jeera and Rai)

"Let your food be your medicine and your medicine be your food."

"Phyto" means 'plant' photochemical refer to the thousands of compounds naturally contained within plants and fruits . Most people focus mainly on the vitamin and mineral content of a food and plants. Ignoring this long list of other properties and elements that are just as vital to the health of body.

Plant amino acids are more energetic and easy for our body to break down and use,

Saponins

These compounds have several actions in our body. They are considered anti-inflammatory and have expectorant actions. They are also part of the synthesis of adrenal gland steroids

Tannins

Tannins act as astringents, having cleaning, shrinking and drawing effects upon tissue. are made up of simple and complex phenols, polyphenols and flavanoid compounds. These compounds are held together by carbohydrate structures and contain variations of gallic acid. Their main action is to bind and precipitate proteins.

phytochemical antioxidants

Clude beta-carotene, lycopene, Charogenic acid, gamma-terpinenes, quercetin, lutein, proanthosyanidins, rutin, heseridin, vitamin A and Vitamin E (Tocopherols) to name a few.

These agents protect cells from highly oxidative free radicals, Free radicals are highly reactive and destructive compounds which are by products or metabolism radiation therapy, tissue infractions chemicals and foreign proteins ingestion. Oxidative free radicals can damage cell membrane walls cellular mitochondria and cellular proteins. This affects energy transport and the DNA itself, leading to cellular mutations. Free radicals also destroy enzymes, the key to all chemistry changes, Many vitamins act as coenzymes and antioxidants attaching themselves to or absorbing free radicals, Proanthocyanidins are a popular form of antioxidant. They are found in fruits especially grapes and grape seeds. These antioxidants are now sold in stores worldwide under the name of phenomenal. Other antioxidants, are also available in supplemental form from food stores these include Vitamin A, Vitamin E, CoQ10 and beta-carotene. Obtaining our antioxidants to achieve vitality and each one plays a major role in the process.

Phytochemical astringents

Astringents pull and constrict tissue, pulling toxicity and constrict tissue, pulling toxicity and congestion (mucus) out. At the same time these foods stimulate the lymphatic and blood flow within the body, allowing the body to get rid of these toxins and mucus. Some astringents can release trapped, foreign proteins, bind them together and then carry them away to be eliminated. The lemon is one of the best examples of a highly astringent food. You can feel the membranes in your mount pucker or constrict when we eat them. This astringent action takes place throughout the body. Grapes have a similar action. Both are excellent tumor busters. In other words, foods high in astringents (namely fruits) begin detoxification the process of internal cleansing of the body.

Tannic acid and various mineral salts, including zinc oxide, are the most common astringent elements in foods.

Flavones

Also known as flavanoids, flavorials, flavones, flavones and xanthones. Many flavors such as flavanoids glycosides are vital to calcium and vitamin C utilization. Bioflavonoid is cofactors in strengthening tissue, especially cardio and vascular tissue. They include rutin, hesperidins and Vitamin F Fruits and vegetables have abundant flavors, many antioxidants such as anthouyanidins and anthocyanins are related to flavanoids.

Glycosides

Glycosides are bonded sugars, which can be broken down into one or more sugars (glycones) Even though glycosides are not considered a major classification of physiochemical as the alkaloids pheols, terpenoids, carbohydrates, lipids etc., they bind with these major groups to form therapeutic actions. Some are anti-spasmodic, others act as diver tics and still others affect circulation and heart action cardiac glycosides).

Phenols

Phenols are also known as polyphenols, Phenotic compounds and acids. They have an aromatic ring and have one or more hydroxyl groups. There are over eight thousand recognized phenols. They are generally broken down into flavanoids, phenyl pronoids, anthones, stilbenois and quinines. Their actions within plants and human tissues vary greatly. They serve as antioxidants, anti-viral compounds, anti-inflammatory compounds anti-carcinogens, anti spasmodic and divertics and have anti-microbial and tonic qualities.

Coumarins

Coumarin glycosides are very fragrant and have shown to have antifungal, anti-microbial, anti-tumor and hemorrhagic effects

Essential oils

All foods and plant life have their essential oils, also called volatile oils or essence. They play a vital role in the health of your nervous system

Bitter Principles

These are compounds that are bitter to the taste. They are stimulating to hepatic (liver), intestinal, as well as pancreatic tissue. They aid the secretion of digestive enzymes as well as bile and bicarbonate for alkalization. They include the terrenes, cotters and iridous. Recent research has discovered that many bitter principles have antibiotic, antifungal and ant tumor activities.

Alkaloids

Alkaloids are alkaline substances that react with acids to form salts. Some alkaloids include morphine and nicotine. Some alkaloids suppress tissue function while others stimulate it

ACIDS

Acids are compounds that are low in ph, and corrosive and inflammatory to our body. However, they serve a vital purpose in oxidation and ionization of other nutrients and minerals within the body. They have a stimulating effect upon cells and tissues. There are hundreds of acids. Many play a role in protein, carbohydrate and fat synthesis. Acids react with metals to form salts, which help to maintain body homeostasis, Acids liberate hydrogen ions causing metabolic changes and utilization issues, much the same way that ascorbic acid affects calcium and its utilization. Acids come in the form utilization.. Acids come in the form of basic elements like nitrogen, phosphorus and sulfur.

Other plant acids are found as alkaloids, ascorbic acid, and many other com. pounds. Some hormones, Steroids and digestive enzymes act as acids in our body

Salts

Salts are the inorganic compounds of our body. They play a vital role in the function of cells and are vital for life to exist. The primary salts include chlorides, carbonates, bicarbonates, phosphates and sulfates. Plants are full of various mineral salts such as calcium phosphate, sodium chloride and others. Their roles in the human body include, maintenance of proper water levels, osmotic pressure conditions for proper osmosis regulation of blood volume, keeping the acid/ alkaline (base) balances, the bases for essential components of constituents of various tissues like bones and teeth, proper coagulation of blood, essential to the performance of nerve and muscle tissue, acting as co-enzyme factors and activators , effecting cellular transport and cell wall permeability and essential to certain hormone functions.

Terpenoids (Isoprenoids)

Terpenoids form the largest group of plant constituents and are particularly found in volatile oils. They are natural products and compounds consisting of oxygen, carbon and hydrogen. Terpenoids are derived from isoprene units and are sub-divided according to the number of carbon atoms and their arrangements. Terpenoids are categorized into four basic groups.

1. Monoterpenoids/ Monoterpenoid Lactomes

2. Sesquiterpenoids/ sesquiterpenoids lactones
3. Diterpenoids
4. Triterpenoids (largest group)

The above classes and relates classes include camphor, carotenes (beta carotene) xanthophylls carotenoids, terpenes, diterpenoids, iridoids, retinoid, sesterterpenoids and steroids . If they contain nitrogen in their structure they become respective alkaloids. Terpenoids have a multitude of functions including functional oxidation, anti-inflammation, strengthening (tonic effects) hepatic stimulation and catabolic and anabolic processes. They contribute to the aroma, bitter principles, antimicrobial (anti-functional, antibacterial etc) anti leukemia carminative and adaptogenic properties of a plant. They also include properties to strengthen the heart and increase sex hormones Terpenoids are vital in the formation of many vitamins.

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