



REVIEW ON RICINUS COMMUNIS

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ABSTRACT

Medicinal plants have been a main source of therapeutic agents from ancient time to cure diseases. *Ricinus communis* (Linn.) is one of the most accepted and beneficial medicinal plants in indigenous system of medicine for the treatment of various critical diseases. This comprehensive review provides various aspects of its ethnomedical, phytochemical, pharmacognostical, pharmacological and clinical significance to different diseases. This review highlights various medicinal properties of *Ricinus communis* through different studies such as purgative, drastic purgative, antihelminthic, anti-leprotic, antispasmodic, appetizer, diuretic, bladder purifier, antidote, swedopaga and antipyretic effect.

KEYWORDS : *Ricinus communis*, Eranda, Castor Oil

INTRODUCTION

Ayurveda deals with drugs of plant, animal, metal and mineral origin, where maximum drugs are of plant origin.[1] Information pertaining these drugs are available in the classical texts of Ayurveda named as Vedas (6000 BC), Samhitas (1500 BC – 600 AD), Nighantu and Samgraha granthas (800AD – 1900AD).[2] Eranda, one of the classical drugs of herbal origin, botanically identified as *Ricinus communis* Linn, has been used by the Ayurvedic physicians, for the management of different disease conditions.

The Sanskrit word “Eranda” means having the property of dispelling diseases. The generic name “Castor” is derived from the North American beaver (*Castor canadensis*) and the brightest double star in Gemini constellation Castor was apparently coined by English traders who confused it with the oil of vitex agnus-castus, which the Spanish and Portuguese in Jamaica called agno-casts Rinus the Latin word for ticks, especially the sheep ticks of Mediterranean because the mottled body of the sheep ticks resembles the castor bean seed (Laxmikanta Ladda and Kamthame 2014

Historically the plant, especially its seeds and oil are used in different aspects of life. Its oil has long been used as an inexpensive fuel for lightening oil lamp. It is popularly known as the palm of Christ because of its intense medicinal use. The seed oil has been used as a powerful laxative for centuries, and it is evident long back in classical Ayurveda texts. Sushrut described Eranda taila as the best

Aims & Objective

1. To study the scientific study of *Ricinus communis* Linn in various disease.
2. To study the gunakarmtamak adhyan of *Ricinus communis* Linn

Material & Method

Various available samhitas (classical texts), nighantus (lexicons), samgraha granthas (compendia) and some other texts related to prayoga were referred; the synonyms, properties, actions and various formulations with their adhikara (prime indication) were compiled, critically analyzed and arranged in a systematic manner.

Drug name	Erand
Kingdom	Plantae
Order	Malpighiales
Botanical name	<i>Ricinus communis</i> Linn
Family	Euphorbiaceae

Synonyms	
English name	Castor, African coffee tree,
Type of erand (A/c to rajnighantu)	1 Shweta erand 2 Rakta erand
Part usese	Root, leaves, fruits Seeds
Doses	Seed oil 3-5 drops Powder – 1-3 gram

• Rasa Panchak

Rasa	Madhur, katu, Kashay	Taste	Sweet pungent, astringent
Guna	Snigdha, sookshma, Tikshna	Phisical property	Unctuous, Sharp
Veerya	Ushna	Potency	Hot
Vipak	Madhur	Metabolic property	Sweet

Karma- virechan (purgative) purgative (drastic purgative), kushthghna (antileprotic), deepan (appetizer), mutral (diuretic), swedopaga, jwarghana (antipyretic) properties.

Purification Seeds

Seeds of *Ricinus* are highly toxic and for the purification, seeds are fomented in coconut water for three hours. Then these seeds are washed and dried for the preparation of medicines.

**Phenology**

- Flowering time : more or less throughout the year
- Fruiting time : more or less throughout the year

Therapeutic Uses**External Use**

- **Aamvata (rheumatoid arthritis):** Fomentation of the affected joint with Eranda kwath gives relief in pain and inflammation (B.P.Ci. 26/28).
- **Vranaachadana (covering of wound):** Vrana caused by Aggravated vata should be covered with the leaves of Eranda, Bhurja, Putik, Ashwabala, and Kashmari (S.S.Ci. 1/113).
- **Arsha (hemorrhoid):** Fomentation of the affected part with decoction of Vasa, Erand, Bilva patra is beneficial in arsha (C.S.Ci. 14/44).
- **Vatarakta (gout):** In case of pain due to gout, local Application of Erand beeja, kalka pounded with milk is Recommended (C.S.Ci. 29/140).
- **Karnashula (earache):** Lukewarm Erandadi taila should be instilled in earache (B.S.karnaroga/38).

Internal Use

- **Vibandana (constipation):** Oral intake of Eranda oil mixed with double quantity of Triphala kwath or milk gives instant relief in constipation (Sh.S. 3/4/20).
- **Aamvata (rheumatoid arthritis):** Paste of Sunthi mixed with root decoction of Eranda should be cooked in a closed container. The juice extracted is used in aamvata with honey (Sh.S. 2/1/40-41). Regular intake of Haritaki mixed with Eranda taila gives relief in arthritic pain.
- **Udar shool (abdominal pain):** Intake of Eranda taila mixed with Yashtimadhu kwath alleviates paittika shool and gulma (CD. 26/32). Decoction of Eranda, Methika, and gud pacifies all types of abdominal pain (SB . 4/507).
- **Gulma (abdominal lump):** Castor oil mixed with Madhya or dugdha is prescribed in vatika gulma (C.S.Ci. 5/92).
- **Shotha (edema):** Consumption Of Eranda taila with gomutra or godugdh subsides edema (Ka.S. 342).

Formulations

Eranda saptaka kwath, Eranda paka, Gandharva hasta taila, Vatari guggulu, Aamvatari rasa, Saindhavadi taila, Vishvadi kwath, Shoogajendera taila, Mashabaladi kwath churna.

Toxicity/Adverse

Effects Long-term use of Eranda taila can cause colic abdominal pain, dehydration, electrolytic imbalance, reduction in nutrient absorption because of its purgative action (Sharma et al 2005).

Accidental or suicidal intoxications by ingestion of Eranda seeds may result in abdominal pain, vomiting, Diarrhea with or without blood, muscular pain, cramps in the limbs, circulatory collapse, dyspnea, and dehydration (Worbs et al 2011).

Fatal Dose: 6 to 20 seeds.

CONCLUSION

The medicinal properties were Examined in the present review confirm that the therapeutic importance of the medicinal plant Ricinus communis is much higher. The R. communis is significant medical have a potential impact on health and immunity. Based on the above literature, it may conclude that the disease prevention and recurring characteristic Of the Ricinus communis made this plant highly noticeable which provides many alternatives solutions in medical arcas. It extends the solutions in the biological environment by covering several fields such as agriculture, pharmacy, economic, social by offering a solution to several health issues which are possible to be treated through which plant. In regards to this, the pharmacological activities shown by the Ricinus communis have supported the traditional use of this herb as a medicinal plant and creating the source for sustainable synthetic drugs. The efficient capabilities of the plant are leading a good future in the medical world and have built opportunities for further investigation to find the new

compounds of Ricinus communis that would be effective against life-threatening diseases. Nonetheless, the seeds of this plant are highly dangerous for both animals and humans due to their toxic properties. It may result in fever, central nervous system depression, and other health issues among living beings. The seeds are the only toxic property of Ricinus communis, otherwise, the overall plant and its other elements are advantageous in many ways.

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