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A LITERARY REVIEW ON YUTHIKA - JASMINUM AURICULATUM VAHL

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ABSRACT

Yuthika - Jasminum auriculatum vahl is commonly known as Juhi. which is Oleaeace Family, Ambiguity in geographical distribution, environmental conditions, morphological similarities, familiar names, improper preharvesting and post-harvesting methods pose serious threat to quality of formulation may affect medicinal efficacy of Yuthika. In this review article we explore Samhita Based Yuthika uses and Importance for our healthy lifestyle. Herbal products are widely used as curing agent, and bioactive compounds are considered safe for consumption due to presence of phytochemicals. WHO estimated that about 80% of people worldwide depends on herbal medicines for some aspect of their primitive healthcare. Due to increased demand of herbal products utilization, it is necessary to practice quality control aspects of herb as many times substitute is used for preparation of drug. An overall study of the phytochemical constituents of plant extracts is mandatory to assure its authenticity for pharmacological and clinical research studies.

KEYWORDS: Yuthika, Jasminum auriculatum, Oleaceae.

INTRODUCTION

Herbal products are widely used as curing agent, and bioactive compounds are considered safe for consumption due to presence of phytochemicals. WHO estimated that about 80% of

people worldwide depends on herbal medicines for some aspect of their primitive healthcare. Due to increased demand of herbal products utilization, it is necessary to practice quality control aspects of herb as many times substitute is used for preparation of drug. Ayurveda described term Dravyaguna with respect to properties of substance which are responsible for some action. The Ayurveda branch of Dravyaguna works around information related to the nomenclature, nature, actions and properties, etc. of substances.[1] This science described reason behind specific therapeutic and pharmacological actions of Ayurveda drugs. Moreover biological attributes of Ahara and other substances like Visha (poison) can also be explained on the basis of concept of Dravyaguna.[2] The Panchabhutas constitution of Akasha, Vayu, Jala, Agni and Prithivi affects properties of substances, therefore different drugs used for different purpose due to their variation in Panchabhutic constitution. The Guna of drugs affects balances of Tridosha (Vata, Pitta, Kapha) and bring normalcy of health, in this regard Mahabhutas predominance of Ayurveda drugs play vital role towards their actions on biological system. The substances possess different properties therefore exerts variable actions, the pharmacological action of substances on biological system is very specific depending upon their inherent characteristics (properties), thus to understand mode of action of substances it is very important to know their properties or inherent nature.[3]

According to Ayurveda, The pharmacokinetics and pharmacodynamics activities of medications are governed by the Rasa, Guna, Virya, Vipaka, and Prabhava of drugs. Guna denoted a drug's inherent qualities, Rasa denoted its flavour, Vipaka denoted a drug's metabolite, Virya denoted drug potency, and Prabhava denoted a drug's specific potency. These are all properties of natural medications that are responsible for specific biological processes and so provide therapeutic benefits in a variety of health conditions.

In this article we explore the Pharmacodynamics activities of Yuthika with its detailed therapeutic use.

यूथिका गणिकाम्बष्ठा सा पीता हेमपुष्पिका ।
यूथीयुगं हिमं तिक्तं कटुपाकरसं लघु ।

मधुरं तुवरं हृद्यं पित्तघ्नं कफवातलम् ।

व्रणास्रमुखदन्ताक्षिशिरोरोगविषापहम् ॥२३॥

भा. प्र. पुष्प वर्ग 5/23

OLEACEAE FAMILY

History

Carl Linnaeus named eight of the genera of Oleaceae in 1753 in his Species Plantarum.[3] He did not designate what we now know as plant families, but placed his genera in artificial groups for purposes of identification. After the work of Linnaeus, names for groups that included the genera of Oleaceae were used, but none of them was a valid publication of the family name Oleaceae. For example, Antoine Laurent de Jussieu, in his Genera Plantarum in 1789, placed them in an order which he called "Jasmineae".[4] In 1809, in a flora of Portugal, Johann Centurius Hoffmannsegg and Johann H.F. Link described at the taxonomic rank of family a group which they called "Oleinae".[5,6] Their description is now regarded as the establishment of what we now know as Oleaceae.[7]

This family includes Yuthika (Jasminum auriculatum Vahl.)

Classification

Oleaceae is most closely related to the small Indo-Malesian family Carlemanniaceae. These two families form the second most basal clade in the order Lamiales, after Plocospermataceae.[8] The families Plocospermataceae, Carlemanniaceae, Oleaceae, and Tetrachondraceae form a polyphyletic group known as the "basal Lamiales", which is in contrast to the monophyletic "core Lamiales".[9]

Yuthika (Jasminum auriculatum.Vahl)[10]


A) Botanical Name- Jasminum Auriculatum Vahl

B) Family – Oleaceae

C) Classical name – Yuthika

D) Regional Name – Juhi, Jai, Yedthika, Umbustha, Gunica(Beng.); Advimolla (Tel.); Usimallijai (Tam.); Kadarmallige (Kann.); Jai, Banamallika (Oriya).

E) Description

A scandent, pubescent or villous shrub.

Leaves mostly simple, occasionally trifoliolate, the lower leaflets small or reduced to auricles or frequently wanting.

Flowers white, sweet scented, borne in pubescent, compound, many-flowered and lax cymes; corolla lobes 5- 8; elliptic.

Carpels solitary, globose, black. Flowering and fruiting time.

Flower appear during the rainy season, about the beginning of August. Plant is propogated in (by cutting planted) during November-January.

F) Distribution

Plant is cultivated, throughout India for its fragrant flowers as an ornamental plant in gardens. It is also cultivated on large scale, particularly in Uttar Pradesh, Bihar and Bengal.

It is observed farming that the flowers are small and light, as 26,000 flowers weighing per kg. and average yield of flowers varies from 37 to 75 kg. per acre.

G) Kinds and varieties

In classical texts of Indian medicine (particularly Nighantus), there are two kinds of Yuthika viz. Yuthika and Swarṇa Yuthika. (Jasminum species; Jasminum auriculatum Vahl. and J. heterophyllum).

H) Chemical composition

The otto from Yuthika (Jasminum auriculatum Vahl.) contains ester (as bengyl acetate) 35.7, alcohols (as linalool) 43.81, indole 2.82 and methyl anthranilate 6.1%.

Pharmacodynamics[11,12,13]

i) Guna: Laghu

Laghu Guna causes lightness and improves circulatory process since substances possess Laghu Guna can migrates through Stroats and relieves obstruction of minute channels.

ii) Rasa: Tikta, Kaṭu

Tikta Rasa helps to treat digestive disorders, reduces thirst, treat infections, control nausea and vomiting. Tikta Rasa helps in Kaphaja disorders.

Katu Rasa pacifies Vata, good for digestion and facilitates detoxification of toxins.

iii) Veerya: Sheeta

Sheeta Veerya referred potency of substances or intensity to act.

iv) Vipaka: Kaṭu

Katu vipaka i. e. conversion into pungent taste - substances having pungent, bitter and astringent tastes get transformed into pungent taste after getting digested. This increases vata and mitigates kapha.

Therapeutic Uses of Yuthika Therapeutic uses[14]

The drug Yuthika is cardiotonic (hrudya) and it useful in consumption, diarrhoea (atisara), Grahaṇi roga, Head-diseases (shiroroga), prameha, intrinsic haemorrhage (raktapitta), vaginal or vaginal tract disorders (yonivyapada) and poisons (visha). It is used in mukha (mouth), danta (dental) and akshi (eye) diseases. Yuhika is useful in ulcers (vrana); overthirst (trushna) and skin infections (twakdosha).

मूत्राघातमूत्रकृच्छ्रशर्कराश्मरीषु

यूथीमूलंग्रीष्मकालोद्

गृहीतम्छागीक्षीरेसम्यगुत्क्वाथ्यपीतम्।

मूत्राघातंमूत्रकृच्छ्रेसशूलंहन्यात्क्षिप्रंशर्कराऽश्मरीञ्च

-(सोढलनिघण्टु)

शिरोरोगे- नावनतैलेप्रधमनचूर्णच। Charaka Samhita, Chikitsa

रसायने - द्वितीयब्राह्मरसायने Charaka Samhita, Chikitsa, 1-1-58.

प्रमेहे -प्रियङ्ग्वादिगणे। Susruta Samhita, Chikitsa, 11-10.

योनिव्यापदि - गुडूच्यादितैले Charaka Samhita, Chikitsa, 30

The flowers are utilised for production of perfumed hair oils and attars. The yields and properties of concrete and otto, produced from the flowers are studied and values recorded, alongwith other relevant species of Jasminum. The otto has red dark red colour and an odour similar to that of fresh flowers, more pleasant and delightful than that of ottos from other Jasminum species.

Yuthika is an ingredient in formulating tvagadi taila and churṇa yoga (Charaka Samhita,

Chikitsa, 26-184); it is ad- ministered as snuff (nasya and pradhamana of oil and pow- der respectively) in shiroroga (head-diseases). The drug yuthika is used as rasayana: it enters into composition of Brahma-rasayana. Yuthika enters into the formulation of Kiratadya churṇa (Charaka Samhita, Chikitsa. 15-135), Gudūcyadi taila (Charaka Samhita, Chikitsa, 30-60) and othercombinations or recipes, used in various ailments. The flowers of yuthika are of ornamental value as well as perfumery importance. Aromatic flowers are used in various purposes.

Parts used: Flowers, leaves.[15]
Dose: Powder 3-5 gm.[16]

CONCLUSION

Dravyaguna is science of Ayurveda that works for properties of Dravya; here Dravya are drugs, Ahara and other substances, etc. which can exhibits some actions on biological system. Guna, Rasa, Vipak, Virya and Prabhav are inherent properties of Dravya which are considered responsible for some biological actions when these dravya administered inside the body. Drugs exert their actions due to their specific Guna, Rasa, Vipak, Virya and Prabhav. Guru, Laghu, Ushna, Shita, Ruksha, Snigdha, Tikshna, Kathina, Mridu, Vishada and Sukshma, etc. are Guna of Dravya, these Guna exerts diversified biological actions and gives therapeutic responses in many pathological conditions.

Yuthika rasa tikta, katu which helps in kaphaj disorder and good for digestion and facilitates detoxification of toxins.

Its laghu guna migrates through Stroats and relieves obstruction of minute channels. and act as pittagna. Sita Virya referred potency of substances or intensity to act.

Katu vipaka is substances having pungent, bitter and astringent tastes get transformed into pungent taste after getting digested. This increases vata and mitigates kapha.

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