



MEDICINAL USE OF BHRINGARAJA

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ABSTRACT

Bhringaraja (Eclipta prostrate or Eclipta Alba) is a famous herb known for its benefits and usage in hair growth and liver disorders.

It is also an effective medicine for skin diseases, cough, asthma, eye disorders and disease related to any part of the head.

INTRODUCTION

Bhringaraja is also called False Daisy in English. The accepted botanical name of Bhringaraja is Eclipta Prostrata. It is also known with the name of Eclipta Alba which is botanical synonym of Eclipta Prostata.

Bhringaraja is known to therapeutics since very early times. Paraskara grihyasutra, Kesava paddhati, Sounakiya Atharva, Kousika sutra etc have mentioned about this plant. It is claimed to be useful in leucoderma (Svitra) and grey hair (Palita). It is famous for its Kesaranjana (artificial colouring effect) property. Charaka specially mentioned it in the treatment of Raktapitta (bleeding disorders) while VAgbhata highlighted its Rasayana (anti-oxidant) property. In Rajanighantu (a Sanskrit lexicon on herbs) we come across another variant of Bhringaraja which is said to be blue in colour is also an eco-type of Bhringaraja. In Kerala, traditional vaidas use another variety which is yellow in colour is botanically identified with Wedelia calendulacea. Vd. Bapalal described another variety which is red in colour and it is botanically identified as Flaviera rependa.

Botanical Name: Eclipta Prostrata

Common Name: False Daisy

English Name: False Daisy

Family: Asteraceae

AYURVEDIC PROPERTIES

Rasa - Katu, Tika

Guna – Ruksha, Laghu

Virya – Ushna

Dosha Karma – Mainly reduces Kapha dohsa and pacifies Vata dosha

**SCIENTIFIC STUDIES:**

- **Anti-hepatitis B activity:** E.alba is reported to be effective in converting the HbsAg positive patients to negative.
- **Hepatoprotective activity:** Experimental studies prove that it protects the liver from the toxicity induced by alcohol, paracetamol & CCl4.
- **Anti-inflammatory activity:** Significant anti- inflammatory activity reported (Chandra et al., 1987).
- **Cultivation Technology:** It prefers moist shady locations and grows commonly along water channels. The plant is easily propagated through its seeds or cuttings. The seeds are sown in the month of April-May and 5-20 cm long seedlings are transplanted to the main plots at the distance of 30x30 cm. Moist conditions should be provided for its better growth.
- **Harvesting:** Mature plants are cut at the base with the help of sickle leaving 4-5 cm stumps for regeneration.

THERAPEUTIC CONSTITUENTS:

This herb contains wedelolactone and demethylwedololactone, which possess hepatoprotective properties. It shows a positive effect on liver cell regeneration and is reported to be effective in the treatment of inflammatory diseases. The herb is believed to prevent aging, and maintain and rejuvenate hair, teeth and bones along with improving memory, sight and hearing. When used in hair oil, it makes hair darker and promotes hair growth. Eclipta alba is a plant used in folk and traditional medicine for treating cirrhosis and infectious diseases.

THERAPEUTIC INDICATORS

It is therapeutically indicated in the following health conditions:

1. Hair fall
2. Hair thinning
3. Scalp itching
4. Loss of appetite
5. Abdominal pain

POWDER DOSAGE

- Swarasa – 5-10 mL

AYURVEDIC FORMULATION OF BHRINGARAJA

1. Bhringaraja churana
2. Bhringaraja ghrít
3. Bhringaraja oil
4. Bhringarajasav

MEDICINAL USES

Bhringaraja has following healing properties:

1. Keshya (Promotes hair growth)
2. Drishti vardhak
3. Anthelmintic
4. Carminative
5. Detoxifying

MEDICINAL PARTS

1. Whole part or Parechany

MAIN COMPONENTS

Bhringaraja is claimed for containing ecliptine and Nicotine. However, Nicotine was not found in a trial conducted for the detection of Nicotine in Eclipta Alba leaves.

- Ecliptin alkaloids
- Wedeloactiane element

