

Review on Punarnava- A Natural Remedy by Ayurveda

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Abstract: *Ayurveda is a sea of knowledge which is widespread not only on the surface but is indeed deep remarkably as well. It emphasises on the preventive aspect of the health and discusses the analysis and management of various physical and mental disorders. While viewing this traditional knowledge, one comes across a very important herb Punarnava (Boerhavia diffusa). It is a trailing herb which is found throughout India. This herb has registered its importance in various formulations as it has been significantly found to be effective in diseases like shotha (inflammation) and pandu (anaemia). The market analysis shows that many different formulations are available in which the punarnava mandur and Punarnava ashtaka kwatha are being prescribed at large. In this article, summarization of the various synonyms, morphological properties, pharmacological activities, uses, dose and formulations of the selected drug from classical texts up to modern era is attempted. The review indicates that this indigenous medicinal drug has wholesome references in various ancient and modern texts. This plant has proved itself to be beneficial in the past, is a drug of choice nowadays and seems to be effective in future. More research needs to be carried out in formulating new medicine which can contribute to animal life and mankind.*

Keywords: Punarnava, Boerhavia diffusa, Shotha, Pandu, Punarnava ashtaka kwatha

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