

Paeonia Officinalis: A Comprehensive Review on its Medicinal Values

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Abstract: Plant having medicinal values play a very crucial role in our atmosphere as well as our lives. One of the plant is *Paeonia officinalis* which is an ocean of medicinal and herbal characteristics. In previous studies it is proven that this plant is a panacea for many diseases. *Paeonia officinalis* *Paeonia officinalis*, commonly known as the European peony or common peony, is a herbaceous flowering plant with a history of medicinal and ornamental use. The review aims (a) rejuvenate the comprehensive familiarity and evidence about the plant *Paeonia officinalis*, chemical configuration, destructive consequence, (b) Macroscopic and microscopic assessment of *Paeonia officinalis* and (c) to recapitulate the therapeutic uses of *Paeonia officinalis*.

Keywords: *Paeonia officinalis*, Latex, Macroscopic and microscopic evaluation

I. INTRODUCTION

A thousands of years the traditional knowledge of herbal drugs has been transferred from the old generation to the new generation. The new generation across the world are study plants as a future source of drugs because herbal plant medicines have a strong traditional or conceptual base. Plants as medicinal substances is used since the human civilization and mankind comes in existence and start to rely on them for healthcare (Chinmayi Upadhyaya et al. 2017; Hasan MF et al. 2016). In current scenario approx. 75% population across the world still use herbal or plant base medicine to combat their disease. Medicine that is extract from plants has been taken as remedies in all around the world as traditional healthcare from a long spam of time (Newman et al., 2000; Vadlapudi and Naidu KC. 2010). According to study it is estimated that almost 90% of medicine are produce directly from nature (Bigoniya, P. and A.C. Rana, 2007). It has potential to care of numerous diseases with a very less adverse effects. Not only human being but also the entire animal kingdom or living organism fulfil their needs from plants, particularly because of the nearness of various bioactive compounds (Shashilata et al, 2022). World Health Organization predicted that about 75 % of the total population of world have a strong believes in herbal medicines for their initial health care.

Paeonia officinalis L determined herb with tuberous plummy roots and a firm, erect, branched, glabrous stem. The leaves are ternate or biternate and have ovate lanceolate segments, dark greenish colour. It has terminal, showy, wine red or white flowers, which have eight petals and five petal-like sepals. The fruit is more look like a capsule with bright black seeds. On drying they lose their smell, and a part of their taste. The flowers have rather more smell than any of the other parts of the plant, and a rough sweetish taste (Rayburn, 2007).

The roots of this plant are particularly valued for their medicinal properties and contain various bioactive compounds, including paeoniflorin and paeonol.

PLANT PROFILE:

Family	:	Paeoniaceae
Botanical name	:	<i>Paeonia officinalis</i> L
Synonyms	:	<i>Paeonia femine</i> L., <i>Paeonia fulgida</i> Sabine, <i>Paeonia folio n</i> <i>igricante</i> , <i>Paeonia foemina</i> Gars, <i>Paeonia foliis Lobatis ex ovato</i> ,

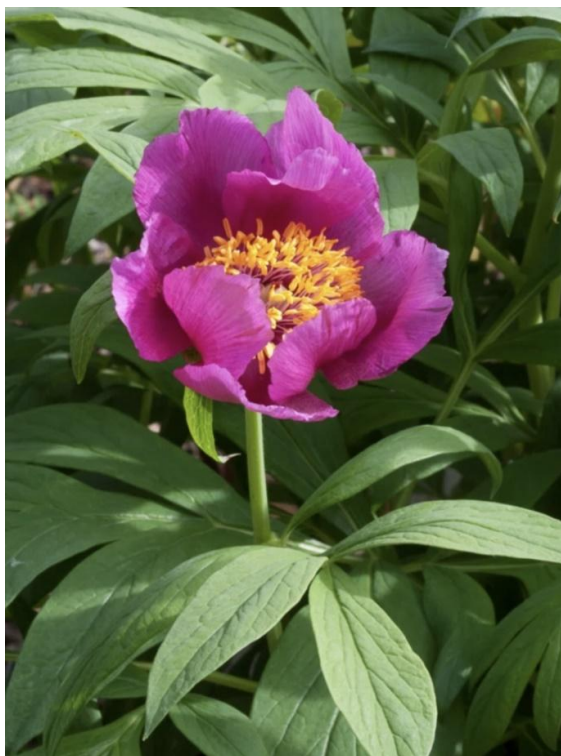


BOTANICAL CLASSIFICATION OF PAEONIA OFFICINALIS L:

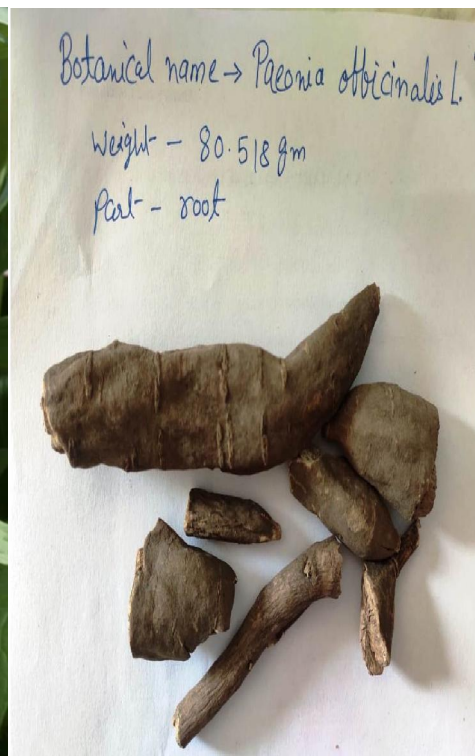
Kingdom	:	Plantae
Subkingdom	:	Tracheobionta
Superdivision	:	Spermatophyta
Division	:	Magnoliophyta
Class	:	Magnoliopsida
Subclass	:	Dilleniidae
Order	:	Dilleniales
Genus	:	Paeonia L

NAME IN DIFFERENT LANGUAGE:

Hindi	:	Ud-salap, Ood-salap
Punjabi	:	Mamekh, Chandra
Kashmiri	:	Malokh, Mamokh
Sanskrit	:	Svetamula
Unani	:	Udsaleev, Udsalib
English	:	Peony



Paeonia officinalis L flower



Paeonia officinalis L dried roots

DISTRIBUTION:

Paeonia officinalis is native to south-eastern Europe but it has been extensively familiarised away as a garden plant. It is an intermittent and threatened species, expressively arises in semi-open and open terrains and is the plant *Paeonia officinalis* is intuitive to south-eastern Europe but it has been generally presented elsewhere as a garden plant. It is a rare and protected species, mostly occurs in open and semi-open habitats and is often threatened by forest and shrub



land spread. There are many varieties, the most popular being the double forms with dark-red blooms (Singh and Panda, 2005).

MORPHOLOGY OF PAEONIA OFFICINALIS:

The common peony, *Paeonia officinalis*, typically grows to a height of 70-90 cm and a similar width. It's a herbaceous perennial with leaves divided into leaflets, and large, bowl-shaped flowers, often deep pink or red. The plant usually reaches a height of 70 to 90. It also spreads out to a similar width, around 60 to 70 centimetres. The flowers of this plant are extraordinarily large, that is 10 to 13 centimetres in diameter. The leaves are divided into numerous leaflets, with some diversities having up to nine leaflets.

MACROSCOPIC EVALUATION OF PAEONIA OFFICINALIS:

Macroscopic evaluation took place on fresh and dried *Paeonia officinalis* roots and stems through the various method. Evaluation of colour, taste, odour, condition, texture, size and shape parameters of roots were also considered by this test.

MICROSCOPIC EVALUATION:

The study of various constant like vascular bundle, stomatal number, stomatal index, stomata types, calcium oxalates were performed according to the procedure mentioned in the ayurvedic pharmacopoeia of India. The dried powder of root mixed with NaOH and equestrian in glycerin after discolouration. The study of calcium oxalate crystal, starch grain, trichomes, stomata epidermal cell and xylem parenchyma perform by the use of various staining reagent such as safranin, fast green iodine and toluidine blue. The photographs of different magnification were taken by Lieca photographic microscope.

PART USED:

Pulverized and dried roots part of plant *Paeonia officinalis* are used as a drug sysytem of both Indian and Chinese. The roots are sanctified precisely in cold water with a encounter and allowed to remain in the water for a short period of time. also they're spread out on servers in the sun, or on the bottom, or on shelves in a kitchen, or other warm room for ten days or further. When kindly shrunk, roots may be finished off more snappily in lesser heat over a cookstove or gas fire, or in an open roaster, when the fire has just gone out.

TRADITIONAL USES:

In prehistoric times the peony was held in approbation as a herbal plant. Paian, the croaker of the Greek gods, gave the plants its name; with peony roots he healed Hades, god of the demiworld, who had been wounded by Heracles. This herbal *Paeonia officinalis* was noticeable hundreds of times in herbals of the Middle periods (Halda and Waddick, 2005).

In the intermediate phases peonies were recurrently decorated with their ripe seed-capsules, since it was not the flower but seeds which were medically noteworthy. The croakers of those times recommended peonies for curing, among other effects, bladder monuments, hostility, stomach pang, diarrhoea, labour pains, agonies, epilepsy, and lunacy. Generally the roots and seeds of the shops were used. (Fisher, 2011).

In ayurvedic drug, *Paeonia officinalis* is a part of medicinal medications used in the complaint states like hostility, dropsy, hepatitis, hepatomegaly, metritis, splenomegaly, and liver dysfunction, and spleen dysfunction, lack of appetite, cirrhosis, sluggish liver (Dehlvi 2011).

In Chinese drug, *Paeonia officinalis* is a component of medicinal medications used in the treatment of liver conditions.

In homeopathy, thid miracle plant is used in the management of hemorrhoids, as diuretic, order gravestone complaint, memory enhancer, migraine, anticonvulsive, pain relief, cystitis, fever, bronchospasms, asthmatic bronchitis, bitterness gravestone complaint, sexually transmitted complaint, vasoconstrictive, opiate, anti-rheumatic, anti-gout, bitterness diskinesis, antispastic, liver problems, excrescences, sore throat, conjunctivitis, varicose modes, depression, constipation, palsy, facial palsy, meningitis, epilepsy, (Krunzel 1992, Manolova 2003).



The root has been used from prehistoric time to treat epilepsy and other spasmodic nervous disease and conditions. The root of plant *paeonia officinalis* has been greatly used to promote and care for menstruation.

Homoeopathic Applications:

Paeonia officinalis is a well-known homeopathic remedy, often used in the treatment of conditions like piles, fissures, and ulcers, particularly in the anal and rectal regions.

It is available in various dilutions (e.g., 3 CH, 6 CH, 30 CH, 200 CH) and as a mother tincture.

Some Important Considerations about the plant:

- **Safety:** While generally considered safe, *Paeonia officinalis* can cause stomach upset in some individuals.
- **Long-term Use:** There isn't enough reliable information to determine the safety of long-term use.
- **Allergic Reactions:** Some individuals may experience skin rashes when using it topically.

II. CONCLUSION

Paeonia officinalis has a long history of medicinal use and is recognized for its potential benefits in various conditions, particularly those related to the rectum, anus, and skin. While more research is needed to fully understand its effects, it remains a valuable remedy in both traditional and homeopathic medicine.

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