



Kitchen Remedies for Common Maladies

¹B.Sandhya, ¹T. Rambabu, ¹Ravi Kumar Gupta, ¹Pushpawathi Chaudary, ²R.Vidyanath

¹P.G. Scholars, ²Professor and HOD, Dept. of Ayurveda Samhita, Dr. B.R.K.R. Govt. Ayurvedic College, Hyderabad, India

Received on: 17/10/2012

Accepted on: 30/10/2012

ABSTRACT

It is well-known that every country has traditional cures for common diseases. Similarly in India also home recipes are advocated by Vaidyas and Hakims since antiquity because of easy to prepare and free of side-effects as well as the availability of basic ingredients easily in and around our surroundings. In this study a sincere effort is made by the authors to create awareness in the minds of present-day generation about the medicinal utility of various commonly available home remedies. On critical analysis, it is observed that nearly 20 herbs viz. Ajamoda, Ardraka, Sunthi, Hingu, Haridra, Jeeraka, Methi, Rajika, Dhanyaka, Lasuna, Palandu, Curry leaf etc. are the commonly available in every kitchen. It is also observed that these herbs are useful for the management of more than 20 different conditions such as indigestion, abdominal colic, common cold, cough, fever, diarrhoea, joint pains, hyper-acidity, urticarial rash etc. Along with the classical references latest research findings of the enlisted herbs are also documented in the present study.

Key Words: Kitchen Remedies, Herbs, Common Diseases, Traditional cures

INTRODUCTION

It is well-known that every country has traditional cures for common diseases. Similarly in India also home recipes are advocated by Vaidyas and Hakims since antiquity because of easy to prepare and free of side-effects as well as the availability of basic ingredients easily in and around our surroundings. In this study a sincere effort is made by the authors to create awareness in the minds of present-day generation about the medicinal utility of various commonly available home remedies.

Aims and Objectives

1. To list out and reveal the medicinal properties of the herbs which are commonly available in every kitchen.
2. To provide information related to the recent research findings of those herbs.
3. To make use of those herbs as a first aid for simple ailments.

MATERIAL AND METHODS

Famous compendiums of Ayurveda viz. Charaka Samhita, Susruta Samhita, Ashtanga Hridaya, Medieval works such as Vrindamadhava, Chakradutta, Vangasena, Sarangadhara Samhita, Nighantus as well as latest scientific print journals and e-journals have been consulted to achieve the aims and objectives of the present study.

OBSERVATIONS

On critical analysis, it is observed that nearly 20 herbs viz. Ajamoda, Ardraka, Sunthi, Hingu, Haridra, Jeeraka, Methi, Rajika, Dhanyaka, Lasuna, Palandu, Curry leaf etc. are the commonly available in every kitchen. It is also observed that these herbs are useful for the management of more than 20 different conditions such as indigestion, abdominal colic, common cold, cough, fever, diarrhoea, joint pains, hyper-acidity, urticarial rash etc. Along with the classical references latest research findings of the enlisted herbs are also documented in the present study.

1.AJAMODA (Celery seeds) *Apiumgraveolens* (*Umbelliferae*)



Indications: Soola, Adhmana, Hikka, Chardi, Vasti-ruk, Krimi.

Therapeutic Uses

External:

1. External application of Ajwain oil is beneficial in Swollen and Painful Joints.
2. Hot poultice of the seeds is useful as dry fomentation for hands and feet.

Internal:

1. Intake of Ajwain seed powder one TSF (Tea Spoon Full) + One TSF dried ginger + One pinch black salt relieves Flatulence, Abdominal colic, Indigestion and Diarrhoea.
2. Hyper Acidity can be relieved by the internal administration of one TSF Ajwain seed powder + Rock salt.
3. Chewing of Ajwain seeds results in aversion towards Alcoholic Addiction.
4. Intake of Ajwain seeds mixed with jaggary relieves Urticarial Rash.
5. Goat's ghee processed with Yavakshara and Ajamoda is useful in Hoarseness of voice.

Research Profile

1. Anticonvulsant activity¹.
2. Seeds showed tranquillising activity².
3. Celery seeds contain a compound, 3-n-butylphthalide, that has been demonstrated to lower blood pressure in rats³.

2. ARDRAKA (Ginger), *Zingiber officinale* (Zingiberaceae)



Indications: Appetiser and Anti-flatulent

Therapeutic Uses

External:

1. Paste of Ginger + Turmeric relieves Boils.
2. Ear drops of Ginger juice relieves Earache

Internal:

1. Chewing of a small piece of ginger with little salt before meals improves the Appetite and Taste.
2. Juice of ginger with honey relieves Cold, Cough and Pratisyaya – Sarangadhara Samhita Madhyama Khanda (Sa.Sa.M.K..1/13)

3. DHANYAKA (Coriander), *Coriandrum sativum* (Umbelliferae)



Indications: Jwara, Daha, Trishna, Chardi, Kasa, Swasa, Krimi.

Therapeutic Uses

Internal

1. Intake the decoction of Dhanyaka, Sunthi and Erandamoola relieves Amavata(Sa.Sa. M.K.2/63,64).
2. Decoction of Dhanyaka and sour and salt drugs relieves Jwara and Chardi-Susruta Samhita Uttara Tantra (Su.Sa.U.49/30).
3. Intake of cold infusion of Dhanyaka with sugar relieves Daha and Trishna (Sa.Sa. M.K.4/7,8).

Research Profile

Suresh C. Joshi et al, Reproductive Toxicology Unit, University of Rajasthan has reported that *C. Sativum* is a potent Hypolipidemic agent and provide protection against oxidative stress. In addition, *C. Sativum* also reduced cholesterol deposition in the aorta of high cholesterol diet animals⁴.

4. ELA (Cardamom), *Elettaria cardamomum* (Scitamineae)



Indications:Hridroga, Kasa, Swasa, Mutra Kricchra, Chardi, Sirahsula, Arsas.

Therapeutic Uses

1. Mutra Kricchra : Ela is given along with Dadhi Manda : Gadanigraha (G.N).
2. Timira: Ela powder is soaked in goat's urine for 3 days and applied as collyrium.– Charaka Samhita Chikitsa Sthana (C.S.Ci.26).

5. HARIDRA (Turmeric), *Curcuma longa* (Scitamineae)



Indications:Prameha, Kushta, Krimi, Kandu,Vrana, Pandu, Kamala.

Therapeutic Uses

External:

1. Vyanga: Haridra and RaktaChandana are made into paste with buffalo's milk and applied externally. Vrinda Madhava (V.M.)

Internal:

1. Slipada and Dadru Kustha: Haridra powder is taken with jaggary and Cow's urine.(V.M)

2. PisthaMeha: Haridra and DaruharidraKashaya.- Susruta Samhita Chikitsa Sthana (S.S.Ci.11)

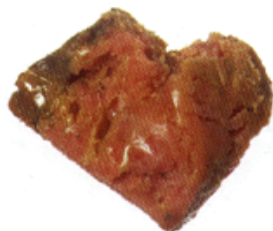
Research Profile

"Curcumin has been shown to exhibit antioxidant, anti-inflammatory, antiviral, antibacterial, antifungal, and anticancer activities and thus has a potential against various malignant diseases, diabetes, allergies, arthritis, Alzheimer's disease, and other chronic illnesses."

As of October 2011 there are more than 4300 articles cited by Pubmed on the subject of Curcuma longa products including 1604 on Cancer, 66 on Arthritis, 181 on Alzheimer's disease and 151 on Diabetes⁵.

1. Curcuma powder has been found to increase appreciably the mucin content of gastric juice in rabbits and thus may be useful in Gastric Disorders⁶.
2. Anti-bacterial activity⁷.
3. Hypocholesterolemic effect⁸
4. Anti-fertility activity⁹.
5. Anti-inflammatory effect¹⁰.
6. Anti-depressant effect¹¹.
7. Hypo lipidaemic activity¹².
8. KJ et al, Department of Oral Microbiology, Wonkwang University, South Korea reported that the ethyl acetate extract of C. longa demonstrated a higher Antibacterial activity than the methanol extract or water extract.
9. Jennie Wickenberg et al, Sweden reported in a study that the ingestion of 6 g C. longa increased postprandial serum insulin levels, but did not seem to affect plasma glucose levels or GI, in healthy subjects. The results indicate that C. longa may have an effect on insulin secretion.

6. HINGU (Asafoetida), *Ferula narthex* (Umbelliferae)



Indications:Krimi, Artavadosha, Murcha, Apasmara, Shula, Agnimandya.

Therapeutic Uses

External:

1. Hingu on warm state is used to fill the Dental Caries(V.M)

Internal:

1. Vishama Jwara: Cathurdhaka Jwara is treated by snuffing Hingu mixed with old ghee.(V.M)
2. Madatyaya: Hingu mixed with Sauvarchala Lavana and Maricha shall be given with Madya and Amlakanjika.- Charaka Samhita Sutra Sthana (C.S.Su 24/49)

Research Profile

The various pharmacological actions such as the Antioxidant, Antimicrobial, Antifungal, Anticancer, Anti-

diabetic and various other activities of Ferula have been studied.

1. Anti-cancer activity¹³
2. Luteolin exhibited Anti-polio virus activity¹⁴
3. Luteolin and its 7-glucoside showed Anti-inflammatory and Anti-ulcer activity¹⁵
4. Distinct Sedative effect¹⁶
5. Hassanabad et al. reported the Antispasmodic activity of the oleo gum resin
6. Houghton et al. reported the Antifungal activity
7. Nabavi et al reported the Antioxidant activity
8. Abu-zaiton et al. reported the Anti-diabetic activity
9. Mishra et al. reported the Antimicrobial activity
10. Dandagi et al. studied the Hepato-protective activity¹⁷

7. JATIPHALA (Nutmeg), *Myristica fragrans* (Myristicaceae)



Indications:Krimi, Kasa, Chardi, Swasa, Mukhavirasya, Sosha, Pinasa, Hridruja, Yavana Pidika.

Therapeutic Uses

External:

1. YavanaPidika– External application of Jatiphala, Chandana, Maricha. – Yogaratnakara (Y.R)
2. Vipadika - JatiphalaKalka is applied topically.- Vangasena Samhita (V.S)

Internal:

1. Atisara: Jatiphala and Sunthi kalka is given orally.(V.S.)
2. Visuchika: Cold infusion of Jatiphala shall be given orally.- Chakradutta (C.D.)

Research Profile

1. Mild Anti-bacterial activity¹⁸.
2. Anti-diarrhoeal effect¹⁹.

8. JIRAKA (Cumin seed), *Cuminum cyminum* (Umbelliferae)



Indications:Krimi, Jeernajwara, Kushta, Grahani, Atisara, Gulma.

Therapeutic Uses

1. Amlapitta: Ghee prepared with Jiraka and Dhanyaka (C.D).
2. Chardi : Souvarchala Lavana , Jiraka, Sarkara and Maricha are mixed with honey(V.M).
3. Vishama Jwara: Jiraka powder should be given with Jaggery.(A.S.Ci.2/93).

Research Profile

Anti-fertility effect in early pregnancy in female rats²⁰.

9. LAVANGA (Clove), *Syzygium aromaticum* (Myrtaceae)



Indications: Trishna, Chardi, Adhmana, Kasa, Swasa, Hikka, Kshaya.

Therapeutic Uses:

External:

1. Lavanga is pounded and applied with warm water in Pain conditions (Vai.Ma).

Internal:

1. Visuchika: Water boiled with clove is filtered and given (V.M).
2. Trishna : Fresh juice of Lavanga may be useful.(G.N).

Research Profile

1. Anti-viral activity against herpes simplex²¹.
2. Anti-inflammatory activity²².
3. They use as potent Anti-carcinogenic agents²³.
4. Analgesic and Anaesthetic property of clove oil. (NIN,Hyderabad).
5. Kwang-Geun Lee, Department of Environmental Toxicology, University of California reported the Antioxidant property of clove buds²⁴.

10. MARICHA (Black pepper), *Piper nigrum* (Piperaceae)



Indications: Pinasa, Kaasa, Pravaahika, Hridroga, Krimi, Swasa, Soola.

Therapeutic Uses

1. Kasa: Maricha with sugar candy, ghee, honey (S.S.Ut.52/18).
2. Paama: Powder of Maricha with fresh cow ghee (V.M).

3. Sthoulya: Ten grains of Maricha are kept in a betel leaf and consumed, followed by intake of cold water for 2 months (V.M).
4. Grahani: Maricha churna with butter milk. Ashtanga Hridaya (A.H).

Research Profile

1. Taenicidal activity²⁵.
2. Antifungal activity²⁶.
3. Insecticidal activity²⁷.
4. Anti-bacterial and Anti-tumour activity²⁸.
5. Prashant B et al reported the Anti-diarrheal effect of black pepper. Preliminary phytochemical analysis showed the presence of carbohydrates and alkaloids as major constituents which may be responsible for the anti-secretory and anti-motility effect of ABPE²⁹.
6. Antidepressant activity of Piper nigrum fruit extract and comparison with Imipramine in mice models³⁰.
7. Jun Soo Bang et al Korea has reported that Piperine has Anti-inflammatory and Anti-arthritis effects³¹.

11. METHIKA (Fenugreek), *Trigonella foenum – greacum* (Leguminosae)



Indications: Jwara, Prameha, Krimi, Soola.

Therapeutic Uses

External:

Vrana-sopha: Leaf of Methika boiled in water after adding little ghee and applied as poultice over the abscess – Dravyaguna (D.G.)

Internal:

1. Vatavyadhi: Chaturbija churna is very effective.

Research Profile

1. Sharma et al NIN and ICMR Hyderabad reported the Hypoglycemic effect of Fenugreek seeds.³²
2. M. Prasanna et al, Dept. of Pharmacology, G.M.C. Hyderabad have reported the Hypolipidemic effect of Fenugreek seeds.³³
3. Breast Enlargement: Fenugreek triggers breast growth by stimulating estrogen and there by the production of prolactin. Both of these hormones are crucial to the development of the breasts.

12. MISREYA (Fennel), *Foeniculum vulgare*(Umbelliferae)



Indications: Yonisula, Agnimandya, Hridroga, Vibandha, Krimi, Kasa, etc.

Therapeutic Uses

External: Application of the paste of Misreya relieves Headache. (D.G.)

Internal: Decoction of Misreya given as enema relieves Adhmana (D.G.)

Research Profile

Oral administration of seed extract for 15 days to male rats decreased total protein concentration in testes and vas deferens but increased in seminal vesicles and prostate gland. In female rats, it is observed that moderate doses increased weight of oviduct, endometrium, myometrium, cervix and vagina³⁴.

13. NIMBUKA (Lemon), Citrus medica (Rutaceae)



Indications: Agnimandya, Gulma, Soola, Amlapitta, Visuchi, Vataroga.

Therapeutic Uses

1. Karnasoola : The oil prepared by using lime juice is useful.(Vai.Ma)
2. Amlapitta : Fresh juice of Jambiramay be given in the evening.

14. Palandu (Onion), Allium cepa(Lilliaceae)



Indications: Vrishya, Rasayana

Therapeutic Uses

1. Hikka and Swasa : Bulb of onion should be mixed with breast milk and applied as nasal drops.(C.S.Ci.17)
2. Visuchika: Juice of Palandu in the dose of 80 ml.-Siddha Bhaishjya Manimala (S.B.M)

Research Profile

1. Anti-tumour effect³⁵.
2. Bronchodilatory activity³⁶.

15. RAJIKA (Mustard), Brassica juncea(Brassicaceae)



Indications: Kustha, Kandu, Krimi

Therapeutic Uses

Mustard powder mixed with rock salt and taken with cow's urine relieves-Splenomegaly (G.N.).

16. RASONA (Garlic), Allium sativum(Liliaceae)



Indications: Vatavyadhi, Soola, Ajeerna, Vibandha, Gulma, Swasa, Kasa, Rajayakshma.

Therapeutic Uses

1. Intake of Garlic paste mixed with gingili oil relieves Vataroga and Vishama Jwara. (Sa.Sa. M.K. 5/7).
2. Juice of garlic taken in the early morning with milk and meat soup alleviates Yoniroga (S.S.Ut.38).

Research Profile

1. Anti-inflammatory activity³⁷.
2. Hypo glycaemic effect³⁸.
3. Anti-microbial activity³⁹.
4. Platelet aggregation⁴⁰.
5. Anti-diabetic activity⁴¹.

17. SUNTHI (Dry ginger), Zingiber officinale (Zingiberaceae)



Indications: Soola, Amavata, Adhmana, Atisara, Slipada, Swasa, Hridroga, Sopha, Vibandha.

Therapeutic Uses

1. Sunthi is given with milk relieves Pratisyaya(S.S.Ut.24).
2. Sunthi and Kuluttha are useful in Kaphaja Arshas (S.S.Ci 6).
3. Murcha: Swarasa is used as Nasya(B.P).
4. Amatisara :Sunthi Putapakachurna + Sugar(Sa. Sa. M.K..1/38,39).
5. Vataja Soola: Sunthi Quath + Eranda + Hingu and SouvarchalaLavana(Sa. Sa. M.K..2/97).
6. Parinamasoola and Amavata: Sunthi Kalka+ Tila+Guda+ Ksheera(Sa. Sa. M. K.5/18).

Research Profile

1. Anti-inflammatory activity⁴².
2. Potent G.I stimulant⁴³.
3. Antibacterial activity⁴⁴.
4. Bio availability enhancer property⁴⁵.
5. Anti-inflammatory activity and hypo glycemc effect⁴⁶.
6. Anti-microbial activity⁴⁷.
7. Chetan Mishra et al, Herbal Research Section, Indian Institute of Toxicology Research has reported the Antioxidant and Antimicrobial activities in *Zingiber officinale*⁴⁸.
8. Antioxidant activity⁴⁹ of the volatile oils of *Zingiber officinale* has been reported by Ragaa Hosny et al.
9. Ozougwu and Eyo of Physiology and Biomedical Research Unit, University of Nigeria have reported the Hypoglycemic activity of *Zingiber*⁵⁰.

18. TILA (Sesame), *Sesamum indicum*(Pedaliaceae)

Indications: Vataroga, Grahani, Agnimandya, Yoniroga.

Therapeutic Uses

External: Application of the paste of *Sesamum* seeds mixed with ghee relieves Bhagandara (Fistula-in-ano) (S.S.Ci.8).

Internal:

1. Udara: Tila is mixed with rock salt and administer internally.(V.M)
2. Bahumutra: Tila is the best medicine(S.B.M).
3. Raktarshas: Tila Kalka and Navaneeta (Sa. Sa. M. K. 5/27).

Research Profile

Antioxidant activity⁵¹.

19. TWAK (Cinnamon), *Cinnamomum zeylanicum* (Lauraceae)



Indications: Kandu, Amajirna, Aruchi, Hridroga, Basthiroga, Krimi, Pinasa, Sukraroga.

Therapeutic Uses

1. Kasa: Powder of Twak, Ela, Pippali, Tavakshiri and sugar are mixed together and taken with honey.(A.H)
2. Sirahsoola : Nasya with Twak Kalka, Patra, and Sarkara along with rice water (C.S.Ci.26/178)
3. Pravahika: Twak powder given in 1 gr dose.(D.G.)

Research Profile

1. Anti-tumour activity⁵².
2. Anti-allergic activity⁵³.

20. SURABHI NIMBA (Curry leaf), *Murraya koenigii* (Rutaceae)



Indications: Diabetes, Arthritis, Heart diseases, Liver disorders

Therapeutic Uses

1. The leaves of *M. koenigii* are considered a stomachic, spasmolytic and helps promotes appetite and digestion.
2. The green leaves are taken raw to treat diarrhoea and dysentery.
3. It is also useful in the treatment of intestinal worms, abdominal colic and haemorrhoids.
4. The leaves treat digestive disorders like morning sickness, nausea and vomiting where the leaves are mixed with lime juice and honey.
5. Infusion of roasted leaves can stop vomiting. When grounded finely and mixed with butter milk, it helps to relieve stomach upset.

Research Profile

1. Arulselvan P et al reported that *M. koenigii* possesses statistically significant Hypoglycaemic effect⁵⁴.
2. Vasudevan Mani et al reported that *M. koenigii* leaves will be helpful in the management of Alzheimer's disease⁵⁵
3. Mandal S et al reported the Anti-diarrhoeal activity of *Murraya koenigii* seeds⁵⁶.

CONCLUSION

As the entire world is looking towards the alternative medical systems for their health management, this is the right time to find out the gems of simple recipes by churning the ocean of Ayurvedic wisdom and make them available to the suffering mankind with easily available herbs in and

around the surroundings. Keeping this in view, the present study has been taken up and the study reveals that almost all the kitchen drugs are possessing medicinal properties and can be used safely as a first aid in many a number of common ailments. The recent research findings also support the observations and the teachings of the ancient seers.

REFERENCES

- 1) Nishteswar K. Text Book of Dravyaguna: Chowkhambha Surbharati Prakashan, Varanasi,2010.
- 2) Nishteswar K. Text Book of Dravyaguna: Chowkhambha Surbharati Prakashan, Varanasi,2010.
- 3) <http://www.hypertensioninstitute.com>.
- 4) Suresh C. et al. Antioxidant and Lipid Lowering Effects of Coriandrum Sativum in Cholesterol Fed Rabbits: International Journal of Pharmacy and Pharmaceutical Sciences Vol-4, Supl-3, 2012 p. 231-234.
- 5) Aggarwal BB et al. Curcumin-The Indian solid gold: Department of Experimental Therapeutics, University of Texas, Adv Exp Med Biol. 2007; 595:1-75.
- 6) Aggarwal BB et al. Curcumin-The Indian solid gold: Department of Experimental Therapeutics, University of Texas, Adv Exp Med Biol. 2007; 595:1-75.
- 7) Aggarwal BB et al. Curcumin-The Indian solid gold: Department of Experimental Therapeutics, University of Texas, Adv Exp Med Biol. 2007; 595:1-75.
- 8) Aggarwal BB et al. Curcumin-The Indian solid gold: Department of Experimental Therapeutics, University of Texas, Adv Exp Med Biol. 2007; 595:1-75.
- 9) Aggarwal BB et al. Curcumin-The Indian solid gold: Department of Experimental Therapeutics, University of Texas, Adv Exp Med Biol. 2007; 595:1-75.
- 10) Aggarwal BB et al. Curcumin-The Indian solid gold: Department of Experimental Therapeutics, University of Texas, Adv Exp Med Biol. 2007; 595:1-75.
- 11) Aggarwal BB et al. Curcumin-The Indian solid gold: Department of Experimental Therapeutics, University of Texas, Adv Exp Med Biol. 2007; 595:1-75.
- 12) Aggarwal BB et al. Curcumin-The Indian solid gold: Department of Experimental Therapeutics, University of Texas, Adv Exp Med Biol. 2007; 595:1-75.
- 13) Shastry J.L.N. Dravyaguna: Chowkhambha Orientalia, Varanasi, 2006.
- 14) Shastry J.L.N. Dravyaguna: Chowkhambha Orientalia, Varanasi, 2006.
- 15) Nishteswar K. Text Book of Dravyaguna: Chowkhambha Surbharati Prakashan, Varanasi, 2010.
- 16) Nishteswar K. Text Book of Dravyaguna: Chowkhambha Surbharati Prakashan, Varanasi, 2010
- 17) Kareparamban J.A. et al, *RJPBCS* (Research Journal of Pharmaceutical Biological and Chemical Sciences), 2012, 3(2), 775
- 18) Sharma P.V., Dravyaguna Vignana, Chowkhambha Series, Varanasi, 2002.
- 19) Shastry J.L.N. Dravyaguna: Chowkhambha Orientalia, Varanasi, 2006.
- 20) Muthu K. and Krishnamoorthy P., Antifertility Activity of Methanolic Extract of *Cuminum Cuminum* Seed on Male Albino Rats: *International Journal of Genetic Engineering and Biotechnology*, 2011,2(2), 205-214.
- 21) Takechi M, Tanaka Y. Purification and characterization of antiviral substance from the bud of *Syzygium aromaticum*. *Planta Med.*, 1981, 42: 69-74.
- 22) Muruganadan, S.et al. Anti-inflammatory activity of *Syzygium cumini* bark. *Fitoterapia* , 2001,72, 369-375.
- 23) Banerjee S, Das S. Anti-carcinogenic effects of an aqueous infusion of cloves on skin carcinogenesis. *Asian Pacific J Cancer Prev* 2005, 6: 304-308.

- 24) S. G. Deans et al. Antimicrobial and antioxidant properties of *Syzygium aromaticum* (L.) Merr. and Perry: Impact upon bacteria, fungi and fatty acid levels in ageing mice, *Flavour and Fragrance Journal*, 1995,10(5), 323-328.
- 25) Warriar, P.K. , The importance of black pepper in Ayurveda, *Indian Spices*, 1981,18 (2-4), 3-5.
- 26) Warriar, P.K. (1981), The importance of black pepper in Ayurveda, *Indian Spices*, Vol. 18 (2-4), PP. 3-5.
- 27) Park IK. Insecticidal activity of isobutylamides derived from *Piper nigrum* against adult of two mosquito species, *Culex pipiens pallens* and *Aedes aegypti*: *Nat Prod Res.* 2012, 26(22):2129-31.
- 28) Jagbeer Chahal. Introduction, Phytochemistry, Traditional uses and Biological Activity of Genus *Piper*- A review: *International Journal of Current Pharmaceutical Review and Research*, 2011,2(2),130-144.
- 29) Prashant B et al. Evaluation of anti-diarrhoeal effect of Black pepper (*Piper nigrum* L.): *Asian Journal of Plant Science and Research*, 2012, 2 (1):48-53
- 30) Aroonsri Priprem. Antidepressant and cognitive activities of intranasal piperine-encapsulated liposomes: *Advances in Bioscience and Biotechnology*, 2011, 2, 108-116
- 31) <http://arthritis-research.com/content/11/2/R49>.
- 32) Sharma RD et al. Effect of fenugreek seeds on blood glucose and serum lipids in type I diabetes: *Eur J Clin Nutr.* 1990; 44(4):301-6.
- 33) Prasanna M. Hypolipidemic Effect of Fenugreek- A Clinical Study: *Indian Journal of Pharmacology* 2000; 32: 34-36.
- 34) Malini T et al. Effect of *Foeniculum vulgare* Mill. seed extract on the genital organs of male and female rats: *Ind. J Physiol Pharmacol.* 1985; 29(1):21-6.
- 35) Nishteswar K. Text Book of Dravyaguna: Chowkhambha Surbharati Prakashan, Varanasi, 2010.
- 36) Shastry J.L.N. Dravyaguna: Chowkhambha Orientalia, Varanasi 2006.
- 37) Shastry J.L.N. Dravyaguna: Chowkhambha Orientalia, Varanasi 2006.
- 38) Martha Thomson et al, Anti-diabetic and hypolipidaemic properties of garlic (*Allium sativum*) in Streptozotocin-induced diabetic rats: *Int J Diabetes and Metabolism*, 2007, 15: 108-115.
- 39) Ankri S, Mirelman D. , Antimicrobial properties of allicin from garlic: *Microbes Infect.* 1999, 1(2):125-9.
- 40) Arun Bordia., Effect of garlic on human platelet aggregation in vitro: *Atherosclerosis*: 1978, 30(4), 355-360.
- 41) Eidi A, Eidi M, Esmaeili E. Antidiabetic effect of garlic (*Allium sativum* L.) in normal and streptozotocin-induced diabetic rats: *Phytomedicine*, 2006, 13(9-10):624-9.
- 42) Raji Y, Anti-inflammatory and Analgesic Properties of the Rhizome Extract of *Zingiber officinale*: *Afr. J. Biomed. Res.* 2002,5, 121 – 124.
- 43) Randy Kidd, D.V.M. Herbs for the Gastrointestinal System: *Mother Earth Living*, November/December, 2000 .
- 44) Chiejina et al. Antimicrobial Properties and Phytochemical Analysis of Methanolic Extracts of *Aframomum Melegueta* and *Zingiber Officinale* on Fungal Diseases of Tomato Fruit: *Journal of Natural Sciences Research*, 2012, 2(6), 10.
- 45) Kritika Kesarwani and Rajiv Gupta. Bioavailability enhancers of herbal origin-An overview: *Asian Pacific Journal of Tropical Biomedicine*, 2012, 1-14.
- 46) Mascolo N, Jain R, Jain SC, Capasso F. Ethnopharmacologic investigation of ginger (*Zingiber officinale*). *J Ethnopharmacol.* 1989; 27(1-2):129-140
- 47) Roopal V Patel et al. Antimicrobial activity of ginger and honey on isolates of extracted carious teeth during orthodontic treatment: *Asian Pacific Journal of Tropical Biomedicine* ,2011, S58-S61 .

- 48) Sapna Sharma et al. Antioxidant and Antimicrobial Potential in *Zingiber officinale* Rosc. collected from different ecological zones of India: *Herbal Research*, Oct 2010.
- 49) *Ragaa Hosny et al.* Antioxidant activity of the volatile oils of *Zingiber officinale* (ginger): *Spatula*, 2011; 1(1): 1-8.
- 50) Ozougwu and Eyo. Evaluation of the Activity of *Zingiber Officinale* (Ginger) Aqueous Extracts on Alloxan-Induced Diabetic Rats: *Pharmacology online*, 2011, 1: 258-269.
- 51) K.P. Suja et al. Antioxidant activity of sesame cake extract: *Food Chemistry*, 2005, 91(2), 213–219.
- 52) Ho-Keun Kwon et al. Cinnamon extract suppresses tumor progression by modulating angiogenesis and the effector function of CD8 + T cells: *Cancer Letters*, 2009, 278 , 174–182.
- 53) H. Nagai, T. Shimazawa, N. Matsuura, A. Koda, Immunopharmacological studies of the aqueous extract of *Cinnamomum cassia* (CCAq). I. Anti-allergic action *Jpn. J. Pharmacol.*, 1982, 32, 813-822.
- 54) Arulselvan P et al. Anti-diabetic effect of *Murraya koenigii* leaves on streptozotocin induced diabetic rats: *Pharmazie*. 2006, 61(10):874-7.
- 55) Vasudevan Mani et al. Effects of the Total Alkaloidal Extract of *Murraya koenigii* Leaf on Oxidative Stress and Cholinergic Transmission in Aged Mice: *Phytotherapy Research* , 2012.
- 56) Mandal S et al. Anti-diarrhoeal activity of *Murraya koenigii* seeds: *Fitoterapia.*, 2010, 81(1):72-4.

***Corresponding Author:**

Dr. R.Vidyanath,
Professor and HOD, Dept. of Ayurveda Samhita,
Dr. B.R.K.R. Govt. Ayurvedic College,
Hyderabad – 520038 , India
Email: vnratakaram@gmail.com