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**Review of *Saraca asoca* for Uterine Tonic in traditional
Siddha medicine**

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Abstract

Medicinal plants are naturally gifted with invaluable bioactive compounds which form the backbone of traditional siddha medicine. *Saraca asoca* is reported to contain glycoside, flavonoids, tannins and saponins. In, India, *Saraca asoca* dried bark as well as flower is given as a tonic to ladies in uterine disorders. The stem bark is valuable remedy for uterine and menstrual trouble. It is a popular uterine tonic and sedative. This review papers deals with the single herb and prepared medicine in traditional as potent as uterine tonic.

Keywords: Medicinal plant, Phytochemical components, Uterine tonic.

Introduction

Siddha medicine means medicine that is perfect. In siddha system of medicine a physician should be spiritual and have an in- depth knowledge. In Siddha medicine the use of metals and minerals are more predominant in comparison to other Indian traditional medicine systems. The drugs used by siddhars could be classified into three groups Mooligai/ Thavaram , Thathu , Jeevam/ Sangamam. The way of treatment in siddha medicine is aimed at keeping the three humors in equilibrium and maintenance of seven 7 udalkattugal. When the normal equilibrium of three humors (vatha, pitha, kapha) is disturbed, disease is caused. According to the siddha medicine system diet and life style play a major role not only in health but also in curing diseases. The asoca bark is reported to have a stimulating effect on the endometrium and ovarian tissue and is used in treatment of menorrhagia

and uterine fibroid. It is used in menorrhagia from fourth day of menses till bleeding stop (Nadkarni,1954).

Habit:

Saraca asoca is medium sized evergreen tree. It grows well in tropical and subtropical climate.

Taxonomy:

Kingdom: Plantae
Division: Magnoliophyta
Class: Magnoliospida
Order: Fabales
Family: Leguminosae
Sub-Family: Caesalpinaceae
Genus: *Saraca*
Species: *Asoca*

Botanical name : *Saraca asoca*
Synonym : *Saraca indica*

Parts Used: Bark, Leaves, Flowers and Seeds.

Action of drug:

Bark is strongly astringent and uterine sedative. It acts directly on the muscular fibers of the uterus. It has a stimulating effect on the endometrium and the ovarian tissue. The ketosterol present in the bark of asoca already androgenic in nature. The activity of the drug appears to be due to presence of the steroidal component and the calcium salt. Aqueous extract of the bark contains two active principles, one stimulating and other relaxing the plain muscle of the ilium and guniea-pig. The drug is reported to stimulate the uterus, making the contractions more frequent and prolonged. The crystalline glycosidal substance is also reported to stimulate uterine contraction. The drug is reported to have a stimulating effect on the endometrium and ovarian tissue, and is useful in menorrhagia due to uterine fibroids, in leucorrhoea and in internal bleeding, haemorrhoids and haemorrhagic dysentery.

Therapeutic uses:

The *Saraca asoka* trees dried bark contains tannins, sterol, catechol and other organic calcium compounds. The powered bark of the tree also contains Aluminum, Strontium, Calcium, Iron, Magnesium, Phosphate, Potassium, Sodium and Silica. One of the uses of the *Saraca asoca* herb is in the treatment of menstrual disorders associated with excessive bleeding, pain, dysmenorrhea, abdominal pain and uterine spasms. The asoca herb benefits the endometrium and uterine muscles and this makes it effective as a uterine tonic for irregular menstrual cycles and miscarriage.

Phytochemical Analysis:

Bark: Catechole, Sterol, Tannins, Flavonoids, Glycosides, Leucopetargonidin and leucocyanidin, epicatechin, procyanidin p2, 11 deoxyprocyanidin B, Leucoperalgonidin and Leucocyanidin.

Flower: Saponins, Triterpenes, Tannins, Catechin, Sterols, Phenolic glycosides and Flavonoids. Four anthocyanin pigments are isolated from flowers; beta and alpha sitosterol are isolated from fixed oil of flowers.

Stem: Quercertin, Amyrine, Ceryl alcohol and Betasterol.

Seeds and Pod: Oleic, Linoleic, Palmitic and Stearic acids catechol, Epicatechol and Leucocyanidin.

Pharmacological activity:

The plant also exhibits several pharmacological properties such as anti-microbial activity, anticancer activity, anti-oxytotic activity, antidiabetic activity, CNS depressant activity, antiulcer activity, analgesic activity, anti haemorrhagic activity, Larvicidal activity, Uterine tonic activity, Analgesic activity.

Discussion

Antimenorrhagic Activity of *Saraca asoca* dried bark has been used for menorrhagia in india. In India *Saraca* dried bark as well as flower is given as a tonic to ladies in case of uterine disorders. *Saraca asoca* stem bark also used to treat all disorder associated with the menstrual cycle. *Saraca* dried bark, used as an astringent in menorrhagia to stop excessive uterine bleeding. The crystalline glycoside substance is also reported to stimulate uterine contraction. Anti-cancer activity presences of *Saraca asoca* flowers. The ethanolic extract of *Saraca asoca* was shown to inhibit the breast cancer. Recently, saracin isolated from the seed integument has been reported to induce apoptosis in human T-lymphocytes in *in vitro* assay. Anti-inflammatory activity of *Saraca asoca* extract has been shown to reduce the level of pro-inflammatory cytokines IL-1 and TNF- . Cardioprotective activity presence of *Saraca asoca* extract has been proved for its blood purification activity. Anti-arthritic activity of *Saraca asoca* plant extract has been shown to lower the liver and lysosomal enzymes, serum collagen and restoring the histological structure of joints reducing RA. Anti-ulcer activity of *Saraca asoca* flowers produced the anti-ulcer potential activity either by inhibition of basal gastric secretion or stimulation of mucus secretion or endogenous gastric mucosal prostaglandin synthesis or antioxidant activity of flavonoids present. Anti-diabetic and hypolipidemic activity of *Saraca asoca* flowers and leaves has been shown to inhibit -glucosidase and -amalyase enzymes linked to type- 2 diabetes and also present LDL oxidation. Anti-nephrolithiatic of *Saraca asoca* root has been reported to its potential to breakdown the oxalic acid crystals present in the kidney.

Conclusion

Saraca asoca has oxytotic action which strengthens the endometrium of uterus and also useful cure the disease related to uterus. It reacts on the ovarian tissue and its action resembles as estrogen and stimulate the normal functionality of uterus thus its arrest bleeding. *Saraca* dried bark, used as an astringent in menorrhagia to stop excessive uterine bleeding. The crystalline glycoside substance is also reported to stimulate uterine contraction.

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