

PUNARNAVA

Boerhavia diffusa Linn

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Plant



General

- Kingdom: Plantae
- Division: Magnoliophyta
- Class: Magnoliopsida
- Order: Caryophyllales
- Family: Nyctaginaceae
- Genus: Boerhavia

- Punarnava (Hogweed) literally means 'bring back to life' or 'renewer'.
- It is a creeper that grows wild in India and Brazil throughout year but dries during the summer.
- It bears small fleshy leaves, small reddish pink flowers and fruits in winter.
- It is bitter in taste and has cooling effect.
- It has very high medicinal value.

Therapeutic Uses

- Used as diuretic
- Expectorant
- Stomachic
- Helps in liver disorders
- Given in the loss of digestive power
- Enlargement of spleen
- Used for relieving abdominal pains

Traditional Uses

- Diuretics
- Anti-inflammatory and carminative properties.
- For anti-inflammatory effect, punarnava should use with sunthi.
- Punarnava is also a good Rasayana so useful in Aamavata.
- Punarnava Root is anticonvulsant, analgesic, expectorant, CNS depressant, laxative, diuretic, abortifacient.
- Punarnava has been reported to increase serum protein level and reduce urinary protein excretion in clinical trials in patients suffering with nephrotic syndrome.

- Punarnava is used for local application in the form of poultice or fermentation in edema.
- Punarnava leaf juice is used in the eyes for topical application.
- Punarnava act as diuretic in dysuria.
- Punarnava roots rubbed in honey are locally applied for cataract, chronic conjunctivitis, blepharitis.
- Punarnava useful in reducing swelling and foul smelling in skin disorders.
- Punarnava is useful in heart disease, anemia, and edema.
- Punarnava leaves vegetable is consumed to reduce edema.

Ayurvedic Properties

- Ganas – Groups
- Vayahstahapana
- Kasahaara
- Swedopaga
- Anvasanopaga

Ayurvedic Properties

- Rasa – Madhur, Tikta, Kashaya
- Guna – Laghu
- Vipaka – Katu
- Veerya – Anushna (not Ushna or Sheeta)
- Karma – Tridosahara

Benefits

- External use – lekhana – anti-inflammatory
- Internal use
- Digestive system – Deepan, Anulomana, beneficial in agnimandya, jalodara, constipation
- Circulatory system – Cardio tonic, increases blood, accelerates heart rate and acts as a hypertensive
- Respiratory system – cough, bronchitis
- Reproductive system – seeds are aphrodisiac, menorrhagia
- Urinary system – Diuretic
- Skin – Diaphoretic, beneficial in skin disorders

Scientific Studies

- Diuretic Activity
- Hepato protective activity
- Inhibition of bone resorption
- Anti Stress activity
- Radio protective activity
- Anti cancer activity
- Anti fibrinolytic activity

Conclusion

- Punarnava herb is most widely used in treatment of renal and urinary problems
- Punarnava is excellent anti-inflammatory and diuretic
- It is used as a heart tonic and kidney tonic
- It is found throughout the India especially in rainy season
- Punarnava is excellent anti-inflammatory and diuretic.
- It tastes bitter and pungent. The whole plant has medical benefits especially roots.
- In Ayurveda, Punarnava herb is most widely used in treatment of renal problems and urinary tract infections.

- Punarnava is used in jaundice, general fever and obesity.
- It is also used as anti-inflammatory and diuretic agent.
- It is used as a heart tonic and kidney tonic.
- The juice of Punarnava root is useful for the people having night blindness.
- Externally Punarnava is used to reduce the pain and swelling.

- It helps to remove mucous from bronchial tubes hence it is effective against asthma.
- The roots of the plants are useful to kill intestinal worms.
- One of the best natural herbal cure for respiratory diseases.
- Recent studies have shown its effectiveness in fever like malaria, jaundice and constipation complaints.
- Due to its high diuretic properties it is very beneficial in the swelling recovery.