

Preparation of Tea Bag Containing *Saraca Indica* Bark Extract for The Treatment of Uterine Disorders In Female

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Abstract: Natural products, especially those derived from plants, have been used to help mankind sustain its health since the dawn of medicine. The importance of the active ingredients of plants in agriculture and medicine has stimulated significant scientific interest in the biological activities of these substances. In a pharmaceutical landscape, plants with a long history of use in ethno medicine are a rich source of active phytoconstituents that provide medicinal or health benefits against various ailments and diseases.

Keywords: pharmaceutical landscape, disorder, ethno medecine, ailments., bark extract,

I. Introduction

One such plant with extensive traditional use is *Saraca indica*. Asoka or ashoka is a Sanskrit words which means “without sorrow” or which that gives no grief.



Ashoka is one of the most legendary and sacred trees of India. Ashoka tree, universally known by its binomial Latin name *Saraca asoca* (Roxb.), De.wild or *Saraca indica* belonging family Caesalpinaceae.

II. Phytochemistry

The Phytochemical study show in the bark of plant presence of (-) epicatechin, procyanidin p2,11'-deoxyprocyanidin B, (+) catechin, (24, £)- 24- methyl-cholesta-5-en-3p-ol (22 E, 21£)- 24ethycholesta-5,22 dien-33-ol,(24 £)-24- ethylcholesta-5-en-3-p-ol,leucopelargonidin-3-ODglucoside,leucopelargonidin and leucocyanidin.

Five lignan glycosides, lyoniside, nudiposide, 5-methoxy-9-βxylopyranosyl(-)-isolariciresinol, icaraside E3, and schizandriside, and three flavonoids, (-)epicatechin, epiafzelechin-(4β→8)-epicatechin and procyanidin B2,

together with β -sitosterol glucoside, were isolated from dried bark.

Biological Activity

- Antibacterial activity
- Anticancer Activity
- Antimenorrhagic Activity
- Antioxytotic Activity

III. Biological Activity

Vedana sthapana- Useful in management of all painful conditions.

Varnya- Ashoka improves complexion of the body.

Grahi- Ashoka improves digestion and assimilation.

Trishanashnam- Ashoka alleviates excessive thirst.

Daha shamanam- Ashoka alleviates burning sensation.

Krimighna- Ashoka kills all infectious agents.

Shothajit- Ashoka is useful in management of all edematous conditions.

Vish asrajit- Ashoka is useful in toxicities and all blood disease.

Apachijit- It useful in management of inflammation of lymph nodes.

Asrigdara nashanam- In management of excessive bleeding during menstruation

IV. Formulations and dose

Ashokarishta : 15 - 30 ml b.i.d. / t.i.d.

Ashokkwath : 15 - 30 ml b.i.d.

Seed powder : 1 - 3 gm b.i.d.

Flower powder : 1 - 3 gm b.i.d.

Ashokghrita : 5 gm b.i.d.

- Bark contains a fair amount of tannin and catechin-(Hooper). Abbot (1887) stated that this contained haematoxylin.
- The alcoholic extract, which was mostly soluble in hot water, showed the presence of a fair amount of tannin and probably an organic substance containing iron. Bark is strongly astringent and uterine sedative.
- It acts directly on the muscular fibers of the uterus. It has a stimulating effect on endometrium and the ovarian tissue.

- Bark is much useful in uterine affections especially menorrhagia due to uterine fibroids and other causes.

V. Conclusion

The decoction made from Ashoka Powder may be used in emotional outbursts.

The Powder of Ashoka may help in abdominal discomfort and also in deworming.

It may be applied as a paste on cut wounds.

Boil the Ashoka Powder with cow's milk add sugar in it. Take this milk for 3 months.

It supports gynaecological health.

Boil the powder in water and prepare a decoction.

Take this decoction early morning empty stomach.

You can also boil the powder while mixing water and cow's milk. Boil this till the water evaporates. After that add sugar to taste and take once in a day regularly.

Mix equal quantity of Ashoka Powder and Mishri well, take ½ teaspoon in morning ½ teaspoons in evening female health

Grind mustard with the decoction of the Ashoka Powder and dry it in shade. Apply it on your face to turn your facial shiny and glinting with glow.

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