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An Indian plant: 'Arugampul' in homoeopathy

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Abstract

The *Cynodon dactylon* grows throughout India and it is used in religious ceremonies of the country. It is elegant perennial plant that flowers throughout the whole year. It is popularly known as Doorba in India. The decoction of the plant is used as a diuretics and can be useful for dropsy and anasarca. Charadatta has mentioned it as being an excellent remedy for scabies and Amenorrhoea. Jugal Kishore carried out homoeopathic proving ^[1].

Keywords: *Cynodon dactylon*, Bermuda grass, diuretics, mother tincture, homoeopathy

Introduction

A genus of creeping grasses having short flat leaves and digitate spikes of one flowered spikelets. It dies in winter. It has been divided into four parts or varieties according to the Hindu science of medicine viz blue, white, rosary, and glandular. The rhizomes of this plant are reported to act as diuretic in humans and the grass juice act as an astringent ^[2].

Table 1: Synonyms ^[2]

Sanskrit	Durba, Sweta, Granthi, Bhargabi
Bengali	Durba
Hindi	Doob
Telegu	Harnali
Marathi	Durba
Punjabi	Talla – Doob
English	Harialee grass
Latin	<i>Cynodon dactylon</i>
Tamil	Arugampul

History and distribution

Cynodon dactylon is widely distributed all over the world. It is probably originated in sub-Saharan Africa and on the islands in the western parts of the Indian Ocean. It is a weed which is naturally distributed in every tropical and subtropical country. *Cynodon dactylon* is invasive in parts of Kenya, Tanzania and Uganda ^[3]. In India, it is widely distributed in Kerala, Assam, central and peninsular India ^[4].

Table 2: Scientific classification ^[5]

Kingdom	Plantae
Order	Poales
Family	Poaceae
Genus	<i>Cynodon</i>
Species	<i>C. dactylon</i>

Chemical constituents

It contains cyanidin [similar to asparagine] and hydrocyanic acid, which greatly increases after drying and exposure to frost. Cattle that eat too much of this grass can exhibit poisoning symptoms. It contains lot of free nitrogen. The ash contains high levels of potassium ^[6].



Fig 1: *Cynodon dactylon*

Phyto-constituents present in *Cynodon dactylon* [7]

- Propane-1,2,3-triol, Linoleoyl chloride
- Ethyl acetate, Ethyl hexopyranoside
- Ethyl linoleate, Phytol
- Tricosane, 1, 2-propanediol
- 3- benzyloxy-1, 2 diacetyl
- D-mannose, Hexadecanoic acid
- Linolenic acid, Hydroquinone
- Furfural, Levoglucosenone

Pharmacological action [7]

- Anti-pyretic action
- Analgesic action
- Anti-microbial action
- Anti-cancer action
- Vasodilatory action
- Anti-diuretic action
- Anti-diabetic action
- Nephrolithiasis action
- Antioxidant action
- Immunomodulatory action
- Anti-bacterial action
- Anti - inflammatory action

Traditional uses

- The expressed juice of plant act as astringent and is applied to bleeding cuts and wounds to stop bleeding.
- The paste made of the plant mixed with honey is used in epistaxis.
- Oral administration of the juice of the plant with honey 2-3 times a day for few days effectively treats menorrhagia.
- Local application in the form of paste of the plant extract upon the lower abdomen reduces severe bleeding in vagina.
- A decoction of *Cynodon dactylon* mixed with sugar is useful in the problem of urine retention.
- According to Ayurvedic system of medicine it acts as an appetizer, anthelmintic, antipyretic, alexiteric agent [8].

Cynodon dactylon-homoeopathic uses

Cynodon dactylon is clinically used for haemorrhage, dysentery, dropsy, leucorrhoea [2], acute amoebiasis, ulcerative colitis [9].

Generalities

General weakness more marked in the hands, with difficulty

in writing.

General lassitude; laziness; aversion to work.

The least exertion causes pain all over [10].

Mind

Irritable, quarrelsome, flies into rage.

Angry without cause.

Aversion to noise & does not want to be spoken to.

desires jolly and company [10].

HEAD

Headache after anger forehead hot and heavy. Pain on right side of the head. Headache after mental exertion [11].

Eyes

Eyelids stuck together in the morning. Conjunctiva is painfully sensitive. Swelling of upper right eyelid, worse in the morning. Pain in the eyes in morning after bath or washing the face [11].

Mouth

Increased salivation with insipid taste. Loss of sense of taste. Dryness of the palate, cannot take sour and spicy foods. > by taking cold. Loss of appetite, which returns on eating [11].

Abdomen

Flatulence and abdominal distention after 4 pm. abdominal cramp with urge to stool. Heaviness around umbilicus, < morning. Impression of ball below and around umbilicus. Pain in right hypochondrium, disappears after resting [11].

Urinary

Urethral pain after urination with incomplete emptying. Involuntary urination while sneezing. Frequent and copious urination [10].

Limbs

Feeling of great weakness in forearms and hands .< from typewriting. Sudden, shooting pain in the back of left forearm. Pain and restlessness in legs when lying down at night. sensation of heat in soles of feet, with desire to put the feet outside covers [11].

Sleep

Sleepiness after meals. Sleep heavy. Sleep disturbed by pains in the leg [11].

Temperature

Feverish, needs to cover himself. Sensation of heat in tips of toes [11].

Modalities [10]

<: afternoon, evening, physical and mental exertion .>: from heat, from eating.

Potency

From 6C to 3⁰C [10], Mother tincture [2].

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