

Durva Natural Energy Enhancer cum Blood Purifier

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ABSTRACT:

Herbal tea is simply an herb mixture consisting of leaves, seeds and/or roots of different herbs. According to common myth, they are not produced from common tea plants but from what is referred to as 'tisanes'. They are many different types of tisanes (herbal teas) that are utilized for medicinal purposes. They are some of them who are using it for its energy-boosting qualities to induce relaxation, to suppress stomach or digestive issues and even boost the immune system. Few of the popular herbal teas are Black tea, Green tea, Chamomile tea, Ginger tea, Ginseng tea, Peppermint tea, Cinnamon tea etc. There are various type of herbal teas that have different medicinal properties such as anti-inflammatory, anti-biotic etc. Main is to prepare tea powder bag using herbs like Durva, Harshingar, Mulethi & to determine efficacy of combination of naturally availing herbs among the other products sold in market and to deliver maximum health benefits and convenience

Keywords: Teabag, Durva, Mulethi, Harshingar

I. INTRODUCTION:

DOOB GRASS (Cynodondactylon) : Doob grass, a widely recognized grass species, originates from the Indian subcontinent. Its scientific name is Cynodondactylon, and it belongs to the Poaceae family, commonly referred to as the Grass family. This grass is known by various names, including 'Indian doob grass,' 'Durva,' 'Bermuda grass,' and 'Hariyali.' It naturally thrives across India, easily identifiable along roadsides, in open grasslands, farmlands, and backyards. Cynodondactylon, often called Bermuda grass, is also known as couch grass in Australia and New Zealand and is found globally. It is indigenous to Europe, Africa, Australia, and much of Asia, and has been introduced to the Americas.

Other names include Dhoob, dūrvā grass, ethana grass, dubo, dog grass, dog's tooth grass, Bahama grass, crab grass, devil's grass, couch grass, Indian doab, arugampul, grama, wiregrass, and scutch grass. The grass blades are grey-green and short, typically ranging from 2 to 15 cm (0.79 to 5.91 in) in length, with rough edges. The upright stems can reach heights of 1 to 30 cm (0.39 to 11.81 in) and are slightly flattened, often with a purple hue. The seed heads form in clusters of two to six spikes at the stem's top, each spike measuring 2 to 5 cm (0.79 to 1.97 in) long. . Doob grass is utilized to boost the body's immunity. Cynodondactylon contains a biochemical compound known as cynodondactylon protein fractions (cdpf), which aids in enhancing the body's immunity. It is an easily accessible and affordable immune booster and energizer. CDPF supports immune modulation by assisting the body in optimizing the immune system. The antiviral and antimicrobial properties of durva grass contribute to improving immune health and combating various diseases. Durva grass also serves as a natural blood purifier and helps maintain blood alkalinity. It is highly effective in reducing blood loss due to injury, nosebleeds, or excessive menstrual flow. It increases red blood cell production, which in turn raises hemoglobin levels in the body, thus preventing anemia.



Fig.Durva.

Health Benefits Of Durva:

1. Immune Function Enhancement :

Discover how the protein fractions in Durva grass help in immune modulator activity, enhancing the immune system and overall health.

2. Skin Problem Cure:

Find out about the cure for skin ailments through a paste of Durva grass blended with turmeric, demonstrating its efficacy in skin care.

3. Digestive Health:

Find out how Durva grass juice helps in curing acidity, stomach ulcers, colitis, and stomach infections, maintaining a healthy digestive system. To cure acidity, one must should take juice of Cynodondactylon (3-4 tsp) and water (1 glass) empty stomach in the morning.

4. Regulating Blood Sugar Levels:

Find out about the blend of durva grass juice and neem leaf juice to normalize blood sugar levels, providing a natural solution to managing diabetes.

5. Stress Relief:

Understand how drinking durva grass juice on a regular basis relieves stress and strengthen the nervous system, leading to general well-being.

6. Expitaxis:

Preventing Nose Bleeding
Discuss the efficiency of cynodondactylon in halting nose bleeding, offering a natural remedy for this widespread condition. To achieve this one has to apply 2 drops of doob Ghas juice on the bleeding nostril.

7. Purifying Blood :

Durva grass juice, encouraging blood purification and cleansing the body. juice of Durva taken every morning on an empty stomach is believed to detoxify the body.

8. Enhancing Heart Health:

Learn how consuming durva grass juice daily helps in weight loss and cholesterol level reduction, aiding cardiovascular wellness.

9. Conjunctivitis Cure:

Durva grass juice in treating conjunctivitis, with a natural treatment for eye health.

10. Women health:

Durva incorporate into your regimen. Good for women's well-being -A spoon of the durva

grass juice taken along with yoghurt is effective in treating urinary tract infection and vaginal discharge in women .Durva strengthen the uterus and is highly beneficial for curing abortion. It is a natural remedy for PCOS (Poly Cystic ovarian Syndrome) and boost production of proclatin. It is very effective during excessive blood loss during menstruation. Relieve oral problem It is used to treat bleeding gums.

DOSAGE OF DURVA:

Anti-inflammatory – (20mg/kg/b.wt0)

Diuretics –extract concentration (125-250-500mg/kg)

Leaf juice 10-15 ml

Powder 2-4 g

Decoction 50-100 m

Harshingar (Nyctanthesarbor-tristis)

Nyctanthesarbor-tristis Linn (also referred to as Night-flowering Jasmine) of family Oleaceae is famous for its wide traditional medicinal practice by rural, predominantly tribal population of India and for its application in Ayurveda, Sidha, and Unani systems of medicines. The whole plant different parts have been traditionally employed as an herbal remedy for sciatica, arthritis, malaria, splenomegaly and as blood purifier. The pleasant white flowers are bitter tasting a pind are utilized as stomachic, carminative astringent to bowel, anti-bilious, expectorant, hair tonic and in piles' treatment and numerous skin ailments. Recent pharmacological research revealed anti-spasmodic, antioxidant, anthelmintic, cytoprotective, anti-diabetic, anti-leishmanial, CNS anti depressant action of the flower extract.



Fig. Harshingar.

PART OF HARSHINGAR :

• Flowers

Flowers are utilized as stomachic, carminative, astringent to bowel, antibilious, expectorant, hair tonic and in the treatment of piles and different skin diseases and in the treatment of ophthalmic purposes. The orange corolla tubes of flowers possess a colouring material nychanthin, which is chemically identical with α -Crocetin of Saffron.

• Stems

Traditionally the powdered stem bark is administered in rheumatic joint ache, in treatment of malaria and as an expectorant too. Bark is used to treat snakebite and bronchitis. Pounded stem bark with Zingiberofficinale and Piper longum is boiled in water and the liquid formed is consumed for two days for malaria treatment. The formed paste upon mixing with Arjuna bark.

THERAPEUTIC APPLICATIONS:

Constipation in Children: The Harsingar flowers are conventionally used to get relief from constipation in children, balancing the bowel movements soothingly.

Bitter and Astringent Taste: The flowers have bitter and astringent tastes, for which they act as effective ophthalmic, stomachic, and carminative remedies, facilitating eye conditions and digestion disorders.

Relief in Arthritis and Rheumatism: Leaves powerful anti inflammatory properties render them effective in treating painful conditions such as rheumatism, fever, arthritis, and joint pain.

Ringworm Cure: New Harsingar leaves, fried in mustard oil, are applied externally to treat ringworm and other fungal skin infections.

Worms in the intestine: Juice of leaves mixed with a pinch of salt is a common cure for driving out intestinal worms.

Fungal Infections and Respiratory Problems: Some conditions such as bronchitis, dry cough, and fungal infection of the skin can be treated with coral jasmine. In traditional medicine, it is also considered to be an antidote to snake bites. Piles, Baldness, and Scurvy: Seeds of Harsingar are applied in traditional treatments for treating piles (hemorrhoids), inducing hair growth in baldness,

and for fighting scurvy because of their high nutrient content.

Gout Relief: A decoction prepared from the flowers of Harsingar is a popular remedy for relieving symptoms of gout, pain, and inflammation.

GLYCYRRHIZA GLABRA (Mulethi)

Root of Glycyrrhizaglabra

Linn generally referred to as

Mulethi/AslusSoos/liquorice

sweet wood is amongst the most universally accepted herb of ancient

medical era, both

as a medicine and as flavoring herb. It is native to Mediterranean as well as parts of

Asia. The liquorice belongs to genus Glycyrrhiza having approximately 14 species. The word Glycyrrhiza

is coined from

Greek word glykos (sweet) and rrhiza (root).

Glycyrrhizaglabra is of leguminous

family. Liquorice has

been used historically for over 4000 years.

The oldest mention of its use in medicine is in code Humnubari (2100 BC). It was also one of

the significant plants that were mentioned Assyria

n herbal (400 BC) talked about its use as

a medicine of ulcers and thirst quenching. The

drug has also been referred to by Theophrastus

and Dioscorides. It

is surprising to learn that to the present day

liquorice is still useful in medicine and pharmacy.

It is a tall perennial shrub, leaves compound

imparipinnate, alternate in 4-7 pairs of

oblong elliptical or lanceolate leaflet. Purple to

violet-coloured flowers occur in axillary

spikes. Up to 1.5 cm

long, glabrous erect pods, and 3-5 brown,

reniform seeds.



Fig. Glycyrrhiza Galabra (Mulethi).

Pharmacological activities

Antitussive activity & expectorant
The research on glycyrrhizin was found to be useful in

the therapy of sore throat, cough, bronchial catarrh. It was also employed as an antitussive and expectorant. Anti oxidant activity Glycyrrhiza exhibits high free- radical scavenging activity and also reported that glabridin possesses strong antioxidant towards low density lipoprotein oxidation Hepatoprotective activity The

hepatoprotective action of glycyrrhizin revealed that by preventing alteration in cell membrane permeability, suppressing phospholipase A2 (PLA2) and enhancing survival rate of hepatocytes Anti-diabetic Licorice has also been used traditionally as an artificial sweetener and may be useful in insulin resistance syndrome common in the contemporary society.

Anti ulcer activity Glycyrrhizinic acid exhibited antiulcer activity by elevating the prostaglandins levels that facilitate mucous secretion and proliferation of cells in the stomach Antimalarial Licochalcone A (a chalcone) occurring in liquorice has been found to have very good antimalarial activity. All species of Glycyrrhiza contain this compound in various quantities and can be extracted from them. In vivo experiments against *P. yoelii* in mice with oral doses of 1000 mg kg⁻¹ have proved to kill malarial parasite totally. Also no toxicity was found. Antioxidant In an experiment antioxidant activity of liquorice flavonoids was reported to be more than 100 times that of antioxidant activity of vitamin E. Scavenging of 20.6% free radicals is possible with a dose of 2.58 mg/ml liquorice flavonoids while 258 mg/ml of vitamin E scavenges only 11.2% free radicals. Flavonoids from liquorice have been reported to be the strongest known natural antioxidants currently.

Method of preparation :

1. DRYING:

The flavor of herbs comes from oils in the cell walls of plants. Leaves, flowers, stems, and seeds of herbs can all be dried. Heat, low humidity, and air movement are needed to dry herbs. Some methods include air-drying, seed harvesting, dehydrator drying, and microwave drying. Sun drying and oven drying have limitations.

2.GRINDING:

Grinding is a process of reducing the particle size of a substance. In the pharmaceutical industry, grinding is done to achieve specific particle sizes of active ingredients for different formulations. This process is necessary for a variety of reasons, including increase bioavailability, improve solubility, enhance stability, and improve flowability. There are several types of grinding equipment used in the pharmaceutical industry.

These include:

- Ball Mills:** These machines use rotating cylinders filled with steel balls that crush and grind the substance into fine powder.
- Hammer Mills:** These machines use rotating hammers to crush and grind the substance into small particles.
- Jet Mills:** These machines use compressed air to create a high-speed jet stream that grinds the substance into fine particles.

3.Mixing:

The process of combining two or more ingredients to create a uniform mixture.

4. SEIVING:

Sieving is a separation technique based on the difference in particle size. The sieve is responsible for retaining the larger particles



5.Decoction:

It is a process of extraction by boiling plant or herbal material (which can contain stems, roots, bark and rhizomes) to dissolve the chemicals in the material. It is the most widely used method of preparation across different herbal medical systems. Decoction involves first drying the plant material and then mashing, slicing, or cutting the material to enable maximum dissolution; and lastly, boiling in water to yield oils, volatile

organic compounds and other diverse chemical substances.

II. DISCUSSION:

Literature Review Savita s. Patil, PriyankaAhire, Shalaka v Patil& Dr Vilasrao J kadam As per there research Cynodondactylon (Durva) is more than just a common grass ,it is a significant medicinal plant with a rich history in traditional medicine. The diverse pharmacological activities, including its antidiabetic, Antiulcer,and anticonvulsant properties.This review encourage further research into the phytochemical constituent and medicinal application of c.dactylon, emphasizing it's significance in promoting health and wellbeing through natural remedies. Shivalinge Gowda KP, Satish S, Mahesh CM and Vijay Kumar As per there research the total urine volume of the rats administered aqueous extract of Cynodondactylon was evaluated; particularly the rats which received aqueous extract at the dose of 750mg/kg body weight excreted nearly four folds urine as compared to the control group. The excretion of sodium, potassium and chloride ions also increased. All the results were comparable with those for frusemide and observed significant activity in aqueous extract

III. CONCLUSION:

According to the review of literature, The herbs are synergistic in action, with a variety of healthadvantages such as enhanced circulation, sm oother skinand enhanced overall energy.

The convenient tea

bag format is easy to use, providing a natural alternative to synthetic energy enhancers and blood cleansers.

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