



REVIEW OF BHERALI MAD (CARYOTA URENS L.): FOLKLORE MEDICINAL PLANT OF MAHARASHTRA

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<https://doi.org/10.46607/iamj1611112023>

(Published Online: November 2023)

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Article Received: 09/10/2023 - Peer Reviewed: 25/10/2023 - Accepted for Publication: 10/11/2023.



ABSTRACT

Bherali mad (*Caryota urens L.*) is the medicinal plant used by the folklores in most of regions of Maharashtra. It is also known as *Surmad*. Nuts of tree are popular by the name *Ardhisupari* means half betel nut. It is a long palm tree. Traditionally it has been used to make toddy and jaggery, so it is also called as toddy palm or jaggery palm. It is indigenous to India and Srilanka. It is found in moist forest of western and eastern coasts and cool, shady valley of Chota Nagpur, Orissa, West Bengal and Eastern India. It is now cultivated in Malaysia, Burma, Philippines and Indonesia. Frequently cultivated in gardens. Tribal areas in Maharashtra like *Konkan* and *Bheemashakar* used this plant for many purposes as making toddy, jaggery and also in disease conditions viz. burning sensation, arthritis, migrains, generalized weakness, thirst, fatigue, urinary disorders etc. Action of this if taken internally then nutritious, aphrodisiacs and laxative. Most likely it is used as an application of juice (toddy) on forehead in hemiparalysis. A glass of freshly drawn toddy is taken in hemiparalysis. Nut made into paste and applied on forehead in hemiparalysis. *Bherali mad* (*Caryota urens L.*) is *Anukta dravya* which has many medicinal properties, but it is an underutilized. Main aim of this paper is to explore medicinal properties and phytoconstitute of *Bherali mad* and drawn it to the mainstream so that we can use this medicine to the fullest extent and make it beneficial for people.

Keywords: *Caryota urens L.* Folklore medicine, Traditional medicinal properties, *Bherali mad*.

INTRODUCTION

Nowadays the world is returning to traditional medicines in the hope of finding safety and security. Traditional medicine has long been used to alleviate diseases. It's now time to go global with them. *Bherali mad* is one of the folk medicines used in tribes of *Konkan* and *Bheemashankar* region of Maharashtra. It is an *Anukta dravya* which has been used for years. It is native of India and Srilanka. Traditionally people use these for various diseases, generalized weakness, thirst, burning sensation, snake

. Famous use of Bherali mad is in the hemicrania. Nuts of tree made into paste and applied to forehead in hemicrania or freshly drawn toddy is applied to forehead in hemicrania¹. Nut is popular by the name *Ardhisupari* which is acrid, cooling in nature and allay thirst and fatigue². Bherali mad is potential medicinal plant as it is used in number of diseases like arthritis, migraine, generalized weakness, thirst snake bite, urinary disorders. Apart from medicinal properties it is also nutritious in nature. Confection is used in seminal weakness. Pith or farinaceous part of the trunk of old trees is considered equal to best sago. It is baked and boiled into thin gruel¹. Jaggery is made out of sap. Flour from trunk is a rich source of carbohydrate and minerals³.

Methodology:

1. Drug was selected by discussing with the folklores of Konkan and Bheemashankar region. Information was gathered about targeted drug.
2. Review was done by using text such as *Materia Medica* and *Glossary of Indian medicinal plants* to find out medicinal properties.
3. *Caryota urens L.* were searched and comprehensive review was done by using data bases, PubMed, Google scholar, Research gate

Material:

1. *Materia Medica* book by Dr. K. M. Nadkarni
2. *Glossary of Indian medicinal plant* book by R. N. Chopra

3. 3.google scholar, PubMed, Research gate, Wikipedia was searched regarding *Caryota urens L.*

RESULT AND OBSERVATION:

1. Common names⁴:

- Hindi-B khajur, Mari, Mari ka Jhad.
- Sanskrit-Sritalah, Vitanak, Madruma, Dirgha, Rajju.
- Marathi-Bherali mad, Surmad.
- Gujarati-Shivjata
- Kannada-Bagani
- Malayalam-Chuntappanna
- Tamil -Kondapanei.
- Telugu-Jeelugu
- English-Fishtail palm, Toddy palm, Jaggery palm

2. Distribution :

Caryota urens L. is indigenous to India and Srilanka. Cultivated in Malaysia, Burma, Philippines, Indonesia. In India it is found in moist forest regions of western and eastern coast and in cool, shady valleys of Chota Nagpur, Orissa, North Bengal and Assam².

3. Morphology:

Caryota urens L is a tall handsome palm of the family arecaceae and grows up to 30 meters of height. Leaves 5-6 m long, bipinnate, drooping; leaflets are fish tail shaped, flowers seen in peculiar pendular spadix, inflorescence is long, resembling women's hair. Flower is in group of three. Fruits are round and yellow in color, when mature red drupe about 1 cm wide and have single seed⁵ or sometimes two hemispherical shape seeds.

4. Part used: Juice, nuts, leaves, flowers, bark, roots, spirit.¹

5. Preparations : Toddy, wine, confection, sago from trunk¹, jaggery.

6. Ayurvedic properties: A article by Ayurwiki name *Caryota urens – Sritalah*⁶ has mentioned the ayurvedic properties.

Rasa- Madhura (sweet).

Guna- Guru (heavy).

Veerya- Sheeta (cold).

7. Phytochemical analysis of different parts of *Caryota urens L.* ⁷ :

Flower	Alkaloids, glycosides, carbohydrates, flavonoids, saponin, phenolics, lignin, serpentine, tannin, triterpenoid, phytosterol, fixed oil, fats and mucilage. Ash, organic carbon, nitrogen, potassium, phosphorus, calcium, magnesium, sulfur, zinc, copper, iron, manganese, boron, cobalt, sodium.
Fruit	Flavonoid, phenolic compound, carbohydrate, alkaloid, oxalic acid, malic acid and inorganic compounds.
Leaves	Alkaloid, terpenoid, saponin, steroid, triterpenoid, glycosides, cardiac glycosides, gum and mucilage, phenol, tannin, flavonoid, oxalic acid, phytosterol resin.

8. folklore medicinal uses ⁸ :

<u>Part used</u>	<u>Indication</u>
<u>Juice(Toddy)</u>	Application to forehead in hemicrania. A glass of freshly drawn toddy taken in hemicrania . ¹ Constipation, generalized weakness, aphrodisiac. ⁴
<u>Nut</u>	Paste made in water applied to forehead in hemicrania.
<u>Leaves</u>	Burning sensation.
<u>Bark</u>	Grind the bark and take a juice, pour in ear to relieve earache .
<u>Flower</u>	Promotes hair growth .
<u>Jaggery</u>	<i>Pandu</i> (anemia) <i>Kamala</i> (jaundice) <i>Raktapitta</i> (bleeding from various parts of body).
<u>Root bark</u>	For rheumatic swelling, snake bite poisoning.
<u>Treacle</u>	<i>Kamala</i> (jaundice).
<u>Cabbage</u>	For rheumatic swelling, snake bite, gastric ulcers.

9. Pharmacological properties ⁸:

Anti-inflammatory, antioxidant , anti- microbial , anti-parasitic , anti-diabetic , anti-cancer , analgesic, neuroprotective.

DISCUSSION

According to gathered data *C. urens* has used in various diseases like *Pandu* (anemia), *Daha* (burning sensation), *Raktapitta* (bleeding from various parts of body), *Kamala* (jaundice), migraine, gastric ulcers, thirst all these *Pittaj vikara* (diseases) ; because of properties of *C. urens* i.e *Madhura rasa* (sweet taste) , *Guru Guna* (heavy) and *Sheeta veerya* (cold potency) it alleviate *Pitta* and *Vata Dosha* , so it is also used in *Vataja vikara* such as *Avashtambha* (constipation) , generalized weakness , body pain , *Karnashul* (earache) , *Sandhivata* (arthritis). It gives strength to *Prakruta Kapha Dosha* ultimately increase body strength, so it's also used in seminal weakness. *C. urens* is the plant which has a wide range of medicinal properties viz. anti-microbial , anti-parasitic , anti-diabetic, anti-cancer, analgesic and neuroprotective.

CONCLUSION

Bherali mad is multipurpose plant having a number of medicinal and nutritive values. Despite medicinal values each part of plant has nutritive values. So, it can be concluded that *Bherali mad* is the *Anukta dravya* which is *Madhura*, *Guru* and *Sheeta* in properties. Used in *Niraaama Vata Pitta Doshaja* and *Dhatukshayajanya Vikara*. It is *Balya* and *Vrushya* in nature. Further clinical and experimental studies should be done on this *Anukta Dravya* to explore more medicinal properties.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Dhanashree Chavan & Bipin Dhalpe: Review of Bherali mad (Caryota urens L.): Folklore medicinal plant of Maharashtra. International Ayurvedic Medical Journal {online} 2023 {cited November 2023} Available from: http://www.iamj.in/posts/images/upload/2760_2763.pdf