

HIDDEN JEWELS OF ERANDA (RICCINUS COMMUNIS) WITH A VERSE VRISHYAVATAHARANAM: A LITERARY REVIEW

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ABSTRACT

Ayurveda, the ancient system of medicine originating from India, encloses a comprehensive understanding of plants and their medicinal properties. Ricinus communis, commonly known as *Erand*, has been traditionally used in Ayurveda for its diverse therapeutic benefits. This abstract aims to explore the properties of *Eranda* in the context of *Vrishyavathara*, which refers to substances with aphrodisiac properties and *Vatashamaka*. Ricinus communis is a versatile plant known for its rich composition of bioactive compounds such as ricinoleic acid, triglycerides, flavonoids and proteins. These constituents contribute to its anti-inflammatory, analgesic, antioxidant, and immunomodulatory properties. Ayurvedic texts describe *Vrishyavathara* herbs as substances that enhance sexual vigor, improve reproductive health and promote fertility and *Vatahar* properties. According to Ayurveda, Ricinus communis possesses properties due to its ability to nourish and strengthen the reproductive tissues (*Shukra dhatu*) and stimulate the production of healthy semen (*Shukra*) and *Vatahar* property. The herb is commonly used both internally and externally, either in the form of oil, decoction or as an ingredient in herbal preparations. In conclusion, Ricinus communis exhibits several properties that align with the concept of *Vrishyavathar* in Ayurveda.

Key words: Eranda, Vrishyavathara, anti-inflammatory, immunomodulatory.

INTRODUCTION

The Sanskrit word "*Eranda*" means having the property of elimination of diseases. The generic name "Castor" has been derived from North America. Castor was apparently coined by English traders who confused it with the oil of vitex agnus-castus. Historically the plant, especially its seeds and oil, are used in different aspects of life. It is popularly known as the palm of Christ because of its ability to treat cuts, wounds, and other diseases. The seed oil has been used as a powerful softening agent for gelatin and as a vehicle for parenteral laxatives for centuries. Sushruta described *Eranda taila* as the best among all the laxative oils. [1] Charaka mentioned *Eranda mool* as the best aphrodisiac drug and *Vatahara*. [2] Now these days, so many persons suffer from the problems of sexual health like sexual dysfunctions, including infertility, Premature ejaculation, and Erectile dysfunction. According to Ayurveda, every individual has three active energies inside their body. *Vata dosha* is one of these three energies. It is a motivating factor for the other two doshas- *Pitta and Kapha*. However, when *vata* levels aggravate in the body, it may lead to various health concerns – constipation, weakness, emaciation, etc., depending on the severity of the aggravation.

Properties of Erand oil [3]

Rasapanchaka

Rasa - Madhura

Guna - Guru, Shukshma, Tikshna, Snigdha

Virya- Ushna

Vipaka- Madhura

Bhavaprakash has described two types of *Eranda*: *Shukla Eranda* and *Rakta Eranda*.

Raj Nighantu has described three types of *Eranda*: *Shukla Eranda*, *Rakta Eranda* and *Sthula Eranda*.

Charaka and *Vagbhatta* used *Eranda patra* for *Swedana karma* and described the meat cooked in *Eranda taila* as *Samskara Viruddh dravya*. [4] It is an important constituent of *Madhyam Panchmool* [5] and an ingredient of *Brahmarasayana*. [6] *Vagbhatt* used it for the first time for the treatment of night

blindness, whereas *Sushruta* described it as *Adhobhagadoshahara*. [7] *Raj Nighantu* has described another variety of *Eranda*, namely, *Sthula Eranda* and considered it superior in *Rasa*, *Virya*, and *Vipaka*. [8]

Chemical Constituents:[9]

The *Eranda* roots contain indole-3-acetic acid, germanicol, triterpene, gallotannins, and inorganic minerals like sodium, potassium, nitrate, chloride, iron, manganese, carbonates, etc. Its leaves have alkaloid (ricinine, N-dimethyl ricinine), monoterpenoids (1,8-cineole, camphor, α -pinene), sesquiterpenoid (B-caryophyllene), phenolic compounds (gallic acid, quercetin, gentistic acid, rutin, epicatechin, ellagic acid), disaccharide glycoside, flavonoids (kaempferol-3-O-beta-rutinoside, kaempferol-3-O-beta-D-xylopyranoside), and tannins etc. The seeds and fruits contain 45% of fixed oil, which has glycosides of Ricinoleic, isoricinoleic, stearic, dihydroxystearic acids, lipases, and an alkaloid ricinine (pericarp), etc.

Toxic properties:

The seeds also contain three toxic proteins, ricin A, B, and C and one ricinus agglutinin. Castor oil contains palmitic, stearic, arachidic, hexadecenoic, oleic, linoleic, linolenic, ricinoleic, and dihydroxy stearic acids. [10] Long-term use of castor oil can cause colic as well as dehydration with electrolyte imbalance and also a reduction in absorption of nutrients because of strong purgative action. It can cause uterine contraction if taken during pregnancy. [11]

Accidental or suicidal intoxications by ingestion of *Eranda* seeds may result in abdominal pain, vomiting, diarrhoea with or without blood, muscular pain, cramps in the limbs, circulatory collapse, dyspnea, and dehydration. [12] Albumin and ricin are the toxic components of castor seeds and are highly poisonous to human beings and animals. Ricin causes extensive inflammation of the eyes. Ricinine shows toxicity against codling moth larvae.

Doses: Root paste: 10 to 20 gms.

Decoction: 40 to 80 ml.

Seed oil: 5 to 15 ml.

Seeds: 2 to 6 seeds

Fatal dose: 6 to 20 seeds.

Application of Nanotechnology: ^[13]

The impact of nanotechnology on society is enormous. Castor oil is a suitable green source of capping agent for nanoparticle synthesis. Castor oil has been known as a medicinal oil and is primarily used as a purgative or laxative to ease constipation. The role of Castor oil in treating dry eye is that it serves as a hydrophilic lipid that spreads over the human tear aqueous layer to correct the deficiency. Undecylenic acid (a chemical derived from Castor oil) is also reported to be an antifungal and antiviral.

Pharmacological actions

Vagbhata used it for the first time for the treatment of night blindness, whereas Sushruta described it as *Adhobhagadoshahara*. ^[14] Raj Nighantu has described another variety of *Eranda*, namely, *Sthula Eranda* and considered it superior in *Rasa*, *Virya*, and *Vipaka*. ^[15] The plant is reported to possess antioxidant, anti-implantation, anti-inflammatory, and antidiabetic, analgesic, antitumor, larvicidal, antinociceptive, anti-microbial, antifungal, antidiabetic, and free radical scavenging, antifertility, cytotoxic, antihistaminic, immunomodulatory hepatoprotective, wound healing, lipolytic, antiulcer, and bone regeneration activities, etc.

DISCUSSION

Doshakarma: Kapha vata shamaka, Dhatukarma: Balya, Vrishya, Ayurveda texts *Eranda yugma* is described as having *Virechan* (purgative), *Bhedana* (drastic purgative), *Krimighna* (anthelmintic) *Kusthghna* (antileprotic). *Shothaghna* (antispasmodic), *Vrishya* (aphrodisiac), *Deepan* (appetizer), *Mutral* (diuretic), *Shrotashodhan* (channel clearing), *Bastishodhana* (bladder purifier), *Vishaghna* (antidote), *Swedopaga* and *Jwaraghna* (antipyretic) properties. *Eranda patra* is *Vataghna*, *Krimishna*, and *Pittaraktaprakopaka*. *Eranda pushpa*, *Mutradoshahara*, and *Raktpittaprakopaka*. *Erandaphala* has *Deepan*, *Krimighna*, *Shoolghna*, and *Phalamajja*

(fruit pulp) has *Bhedana* (laxative) properties. *Eranda taila* has *Sukshama*, *Tvachya*, *Virechak*, *Shrotoshodhana*, *Vyasthapana*, *Medhya*, *Balya*, *Kantivardhaka*, *Arogyaprada* and *Shothahara* properties. When increased Doshas in the *sharir* of the vatarakta patient, then *Erandoil* is used with milk daily as a purgative.

CONCLUSION

Proper Use of *Eranda (Riccinus communis)* is very important because, with the concern of its toxicity, it is fatal. Its fatal dose is 06 to 20 seeds. If *Eranda* is taken during pregnancy, it can cause uterine contraction. There is scientific evidence that *Eranda seed* has chemical constituents Ricin and Albumin also. It is highly poisonous it is causing extensive inflammation of the eyes. Long-term use of *Eranda oil* can cause colic as well as dehydration with electrolytic imbalances. Careful and scientific use of different preparation of *Eranda* significantly provides relief in *Amavata*, *Katishoola*, *Gridhrasi*, *Udarshoola*, *vibandha*, *Kasa roga*, *Yonivyapada*, *Medoroga*, *Vatarakta*, etc. It also proves the charaka Samhita sutra "Erandmoola Vrishyavataharanam" *Eranda seed* is more toxic than *Erandmool*. So, there is an immediate need for awareness regarding the scientific use of different preparation of *Eranda*.

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