



AMERICAN JOURNAL OF PHARMTECH RESEARCH

Journal home page: <http://www.ajptr.com/>

An Approach of Ruta Graveolens for Cognitive Dysfunction

Sivakumar.B^{1*}, T. TamizhMani¹

1. Department of Pharmacognosy, Bharathi College of Pharmacy, K. M. Doddi, Mandya, Karnataka, India

ABSTRACT

Ruta graveolens is a delicate plant until it is called as herb of grace. It is easily wither if it is happen to be touched with impure hands. In India it is considered as one of the sacred plants .It has special fragrance .The leaves are bitter in taste .In Tamil it is called as Aruvatham patchai, and it is called as sada pillai as per siddha system of medicine , in Malayalam it is called as aruthu means no(Number), In Sanskrit it is called as santhapa,[KR Raman]. This plant nowadays have been used commonly as an ornamental plants in houses and institutes and other public areas, the medicinal knowledge behind this plant are still lacking with the people whose planting this plant, the answer is just they say for gardening. Even though lot of study was already made on this plant which is mentioned in an different literature and books .The aim of this study is to bring out some of the important traditional uses and also to promote this plant for the cognitive dysfunction which is recommended by personal experience.

Keywords: Ruta Graveolens, Traditional uses, Cognitive dysfunction.

*Corresponding Author Email: sivapharm003@yahoo.co.in

Received 14 March 2017, Accepted 4 May 2017

Please cite this article as: Siva B *et al.*, An Approach of Ruta Graveolens for Cognitive Dysfunction. American Journal of PharmTech Research 2017.

INTRODUCTION

Ruta graveolens. L (Family Rutaceae) is a medicinal plant, used since time immemorial. Traditionally Rue is considered to be emmenagogue, ecbolic, anthelmintic and antispasmodic. It has been approved by Food and Drug Administration (FDA) as a flavouring agent. Anti-fungal (Oliva et al.,2003)¹ antibacterial (Ojala et al., 2000)² and hypotensive (Chiuand Fung, 1997)³ activities of *Ruta graveolens* have been scientifically proven but at higher concentrations it has been reported to exhibit toxicity (Agraa and Balwi, 2002)⁴.Use of *Ruta graveolens* against intracranial cysticercosis has been reported (Banerji and Banerji, 2001)⁵. In south India this plant has been used as an ornamental plants preferably in gardening and there is a saying is there, there will not be any type of snake will come near to the garden when there is a presence of ruta, and also there is a traditionally followed method particularly to the new born babies when the leaves of ruta is tie around the infant wrist and neck the baby will get calm mind and will get comfort to any type of condition and it leads to the good sleep and also stimulate the digestive system. Hence it will produce the calmness of mind. Still there is a lacking knowledge about this plant from the people, with the help of the reported medicinal uses in Ayurveda and unani textbooks and other supporting knowledge and personal experience this plant can also suggested for the cognitive dysfunction.

Reported medicinal uses in Ayurveda and Unani textbooks

This drug was initially used to prevent epilepsy. When a an epileptic person falls during convulsions, those who are around him may suddenly utter “No” as an attempt to prevent him from falling. Since this drug can prevent epilepsy, it was named as Arutha. In Sanskrit, it is called Santhapa. In English: Garden Rue, Rue bitter wort (W. Boericke)Snakes (especially cobra) can be kept away from our garden by cultivating a few *Ruta* plants. If there are some *Ruta* plants in the home garden, those who stay in that house will never suffer from epilepsy. The leaves are useful for indigestion. Juice of *Ruta* is useful for schizophrenia. Juice of *Ruta* is useful in paediatric epilepsy, respiratory troubles, and fever. In paediatric asthma, the leaves are burned and the smoke is inhaled. Some ancient Unani text books also cites the importance of inhalation of *Ruta* and its application on the body in pediatric epilepsy. It is also used as a stimulant and emmenagogue. In eye disorders, the garland made up of the leaves of *Ruta* is tied around the neck. There are some parasitic worms on the leaves of *Ruta*. They survive by consuming the tender leaves. Once these worms mature, they bend their body and attain a whole *Ruta* plant is crushed and then heated with coconut oil and cow's ghee. When it becomes dry, it is kept in airtight glass jar. This powder can

be used internally and externally for pediatric epilepsy, dyspnoea, cough, fever, diarrhea, colicetc.[KR Raman]⁷

An excerpt from “A Capsule of Materia Medica” says that *Ruta Graveolens* can be used for Peevish; Fear of diseases and terrible things; Restlessness; Mental, emotional and physical stiffness; Dullness; Slowness; Weary of life; Despair; Guilty feeling; Forgetfulness. [Muhammed Rafeeque]⁶

Recently I have some personal experience about this plant to my neighbours which they used to forget often some important things and later come to recognize ,Immediately in my mind *Centella asiatica* was arrived,because everyone know that it is a herb which increase the memory power, But I didn't suggest, Instead of that i suggest to drink the decoction of *Ruta graveolens* ,After a few weeks the person feel better without any forgetfulness when compared to the previous condition .By keeping this in mind I can suggest that this plant can be used for cognitive disorders ,where we can easily get this plant in our surroundings without any cost.

CONCLUSION

Ruta graveolens is a crude drug used as phyto-medicine to treat traditionally a wide range of health complications. This plant can be explored further as per its diversity of traditional uses and on the basis of wide range of chemical compounds reported to be present in various parts of the plant. In the present investigation, the uses of *Ruta* which is mentioned in Ayurveda and Unani system of medicine and ,some of the important traditional uses are come to known by some published books of individual, and there was no single study has been made on this plant for cognitive disorder. With the help of supporting documents and personal experience which is mentioned above, we should try this plant as an remedy for cognitive dysfunction in future, and also the undocumented knowledge of this plant species has to be recorded and should be explored widely so that it could serve the Humanity.

ACKNOWLEDGEMENT:

My sincere thanks to Dr.T.Tamizhmani, Principal, Bharathi college Of Pharmacy, KM Doddi for his valuable support and encouraged me to carry out this work.

REFERENCE

1. Oliva, A; Meepagala, KM; Wedge,DE; (2003). Natural fungicides from *Ruta graveolens* L. leaves including a new quinolone alkaloid. *J Agric Food Chem*, **51**, 890-96.

2. Ojala,T;Remes,S;Haansuu,P;Vurela,H;Hiltunen,R;Haahtela,K;Vuorela,P;(2000).
Antimicrobial activity of some coumarin containing herbal plants growing in Finland. *J Ethnopharmacol*, **73**, 299-305.
3. Chiu, KW; Fung ,AY; (1997). The cardiovascular effects of green beans (*Phaseolus aureus*), common rue (*Ruta graveolens*) and Kelp (*Laminaria japonica*) in rats. *Gen Pharmacol*, **29**, 859-62.
4. El Agraa,,SE; El Balwi, SM; Adam,SE; (2002). Preliminary observations on experimental *Ruta gravoelens* toxicosis in Nubian goats. *Trop Animal Health Proc*, **34**, 271-81
5. Banerji,P ;Banerji, P; (2001). Intracranial cysticercosis: an effective treatment with alternative medicines. *In Vivo*, **15**, 181-4.
6. Muhammed Rafeeqe; A capsule of Materia Medica.(Publishing shortly by FamilyHomoeopathy.com)
7. Namboodhiri, KR; Athbhutha Aushatha Chedikal, H & C publications.
8. <http://panchakni.blogspot.in/2013/11/aruvatham-patchai.html>

AJPTR is

- Peer-reviewed
- bimonthly
- Rapid publication

Submit your manuscript at: editor@ajptr.com

