

Nimba

Dr.Rashmi Sharma

Assit.Professor
Dept.of Prasuti Tantra & Stree Roga
Dr.S.R.Rajasthan Ayurveda University
Jodhpur, Rajasthan, India

Abstract: *Ayurveda is a branch of natural science. Thousand of herbal drugs are used in Ayurveda for the treatment of various diseases. Nimba is one of the most important and a widely used herbal drug in Ayurveda. Nimba stimulates the immune system, easily available herb with, Antibacterial, Antifungal, Antehelminthic, Diuretic, Hypotensive, Analgesic, contraceptive for male etc. properties. Almost all the parts of this plant, that is, flowers, leaves, bark, fruit, seed and root are used for medicinal purposes. Chemical constitute of Nimba are Azadirachtin, Azadirachnol, Melianone, Nimocin, Nimboctinetc. Decocotion prepared from leaves of Nimba is very useful for local treatment of female disorders.*

Keywords: *Ayurveda, Herbal drug, Nimba, Female disorders.*

1. INTRODUCTION

Nimba is a large, evergreen tree, 12-18m high with almost a straight trunk belonging to the family Meliaceae. It is distributed thought out India, in deciduous forest. In Hindi the plant is commonly known as Nimb or Nim. Nimba is widely used in Ayurvedic, Unanai & Homopathic system of medicine. Leaves are imparipinnate, alternate 20-38cm long & glabrous. Leaflets are 8-19, opposite sub opposite or alternate, acuminate & bluntly serrate. Flowers white or pale yellow in colour, are scented & are born in numerous axillary panicles & pedicles. The fruits are one seeded drupes, oblong & greenish yellow when ripe.

Scientific Name:

Azadirachta indica A.Juss

Synonyms:

Melia azadirachta Linn.

Classical Names:

Arishta, Pichumarda, Paribhadra, Tiktaka, Hinguniryasa, Arishtaphala, Neta, Shukpriya, Jeshtamalak.

Habitat:

Throughout India, in deciduous forests also widely cultivated.

Geographical Distribution:

It is distributed in most parts of India; it does not grow & survive in heavy rainfall area (more than 75 inches of rains)

Parts used:

Bark, leaves, flowers, seed, oil

Species:

Melia azedarach Linn

- The plants are moderate sized tree upto 14in height with short erect trunk & broad crown. Its classical name is Mahanimba.



Figure

2. CHEMICAL CONSTITUTES

About 100 chemical constituents have been isolated from *Azadirachta indica* plant. They belong to different classes such as triterpenoids, limonoids, butenolides, few nontriterpenoid constituents. Azadirachtin, Azadirachnol, Melianone, Nimocin, Nimboctin, Behenic, Nimbandiol, Nimbinene, Nimocinone, Carbohydrates, Amino acids, Tannin, Beta Sitosterol, Gedunin, Nimocinol, Nimolinolic acid, Nimbolins A & B, Cycloeucalenol, Kulactone, Lupeol, Sitosterol, Catechol, Vanilic acid, Kulinone, Sugiol.

3. AYURVEDIC PHARMACOLOGY

3.1. Ayurvedic Properties (Pharmacodynamics)

Rasa: Tikta, Kashaya

Guna: Laghu

Virya: Sheeta

Vipaka: Katu

4. PHARMACOLOGICAL ACTIVITIES

Anticancer, Antiviral, Antibacterial, Antifungal, Antehelminthic, Hypoglycaemic, Antitubercular, Antimicrobial, Diuretic, Hypotensive, Antigastric, Analgesic, Antipyretic, Sedative, CNS (central nervous system) depressant, contraceptive for male, antineoplastic, spasmogenic.

5. ACTIONS & USES

- The oil obtained from seeds is considered as antiseptic & is used in eczema & leprosy.
- Neem oil possesses anti-infertility, Antifungal & antimicrobial properties & is useful in chronic skin diseases & ulcers.
- Warm oil is used to relieve in ear, dental & gum troubles.
- Leaves are also used as one of the constituents of compound for diabetic patients.
- Its branches are used as toothbrush to strengthen the teeth
- A hot infusion of its leaves is used as anodyne for formatting bruises, sprains & swollen glands.
- The gum obtained from the plant is considered as proteolytic, stimulant & tonic.

6. DOSES

Bark powder: 2-4gms

Oil: 5 to 10 drops

Leaf Juice: 10-20ml

7. THERAPEUTIC EVALUATION

7.1. Skin Disease

- Nimbidin is found to be effective in various skin diseases such as herpes labialis infections, scabies, furunculosis, ulcers due to burns. Dried leaves are extracted with 70% alcohol, the extract dried & dissolved in propylene glycol (4:6), is used in different skin diseases of fungal infections.
- Lotion of Neem applied externally twice a day for 3 consecutive days was found highly effective on scabies.
- It cured ringworm infection in 4-8 days applied in the form of lotion.

7.2. Worm Infestations

- 100gm of the extract was obtained from 10kg of Neem leaves; 3gm of the extract was administered to patients orally as single dose in empty stomach, exhibited remarkable antihelmintic property especially for round worms.

7.3. Dental Problem

- Nimbidin gargles & denitrifies are effective in treatment of bleeding gums pyorrhea.

7.4. Vaginal Discharge

- A decoction of leaves of Neem in a dose of 500ml was used for douching in 40 cases of vaginal discharge for consecutive 7 days. Marked improvement was observed in symptoms like discharge, itching, burning.

8. CONCLUSION

- Ayurveda is the ancient Indian system of natural and holistic medicine. Ayurveda means “the science of life”. Nimba is one of the most important herbal drug in Ayurveda. In various disorders Nimba is widely used as a Bahya & Abhyantara Aushadhi (external & internal medicine) without having any adverse effect.

REFERENCES

Book:

- [1] N.Prajapati, S.Purohit, A.Sharma, T.Kumar, 2003
- [2] A Handbook of medicinal Plants
- [3] Dr.M.P.Singh, H.Panda, 2005, Medicinal herbs with their formulations
- [4] E.Blatter, J.F.Caius, K.S.Maheskar, 1993, Indian Medicinal Plants
- [5] Prof.S.K.Bhattacharjee, 2008, Handbook of medicinal Plants

Website:

www.pubmed.com
www.herbaldrug.com
www.ayurvedicherbal.com

AUTHOR'S BIOGRAPHY



Dr. Rashmi Sharma, Presently working as Assit. Professor in the dept of Prasuti Tantra & Stree Roga, Dr. S.R. Rajasthan Ayurved University. Total teaching experience is about 8 years. In various national & international seminars/ workshops Authors has presented research papers. Around 10 articles/ case study has published in various international journals & one book on Prasuti Tantra & Stree Roga is published. Author is in the editorial board of international Ayurvedic medical Journal (IAMJ) & Guest speaker on All India Radio (Vividha Bharati), Jodhpur division.