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THERAPEUTIC USES OF DOORVA

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Abstract: Doorva is a perennial herb. Its various therapeutic uses are explained in ayurvedic literatures. It contains kashaya and madhura rasa due to which it got various applications in dreaded disease like intrinsic haemorrhage, bleeding piles, wounds, amenorrhoea etc. It contains apigenin, luteolin, C-glycosides, orientin, vitexin and several other chemicals. It has antioxidant activity, enzyme activity and chemoprotective activity but no antibacterial and antifungal activity. Dried powder has good nutritive value and rich source of protein and carbohydrate, also beneficial in treating anaemia.

Keywords: Doorva, Intrinsic haemorrhage, anaemia.

Introduction: Doorva (*Cyanodon dactylon* Pers.) is a hardy perennial glabrous grass which grows throughout India, ascending upto 2,438m in Himalayas, belongs to the family Poaceae. Its stem slender, prostrate, widely creeping, forming matted tufts, with slender erect or ascending flowering branches 7.5-30cm high. Leaves 2-10cm by 1.25-3mm, narrowly linear or

Botanical Name : *Cyanodon dactylon* Pers.
Family : Poaceae
English Name : Conch grass

Properties

Guna : Laghu
Rasa : Kashaya, Madhura
Veerya : Sheeta
Vipaka : Madhura

Therapeutic Uses

In Intrinsic Haemorrhage

1. One should take durva, tender leaves of vata and white girikarnika mixed with honey. Moreover, Kharjura fruit and other similar fruits should be taken mixed with honey [2].
2. To check haemorrhage, juice of grape, sugarcane, durva, yavasa root, onion and dadima flowers and milk should be used as snuff [3].

In Bleeding Piles: An ointment of ghee cooked with durva and the same washed hundred or thousand times as well as cool air of palm- fan checks haemorrhage immediately [4].

Wounds: Oil cooked with durva juice or kampillaka and paste of darvi bark is an excellent

remedy for wound healing by the name of Durva Taila and Kampillaka taila [5].

lanceolate, inely acute or pungent, more or less glaucous, soft, smooth, usually conspicuously distichous. The plant is acrid, sweet, cooling useful in biliousness, thirst, vomiting, burning sensation. The expressed juice is astringent and is used as an application to fresh cuts and wounds. It is also diuretic and is used in cases of dropsy and anasarca [1].

remedy for wound healing by the name of Durva Taila and Kampillaka taila [5].

Skin Diseases

1. Oil should be cooked with four times juice of durva. By local application it alleviates scabies and eczema.
2. Paste of Durva and Haridra removes scabies, eczema, worms, ring worm and urticaria [6].

Amenorrhoea: On taking paste of durva woman gets menstruation [7]. It is also used in biliousness, vomiting, burning sensation, hallucinations, fever, leucorrhoea, chronic diarrhoea.

Chemical Constituents: Two flavones aglycones, apigenin and luteolin and their C-glycosides, orientin, vitexin, iso-orientin and iso-

vitexin were isolated from ethanolic extract of aerial parts^[8]. Copper, iron, manganese and zinc contents were reported^[9].

Pharmacological Properties

Antioxidant property: Inhibition of lipid peroxidation in different tissue homogenates of organs like brain, heart, kidney, liver, lungs and spleen was observed by organic and aqueous extract residue of plant given 100µg intraperitoneally to male mice^[10].

Enzyme activity: The tender and mature leaves exhibited considerable activities of catalase, superoxide dismutase and peroxidase antioxidant enzymes^[11].

Chemoprotective: The fresh juice and aqueous extract of the plant showed chemopreventive activity against cyclophosphamide- induced toxicity in mice^[12].

Wound Healing: The aqueous extract of leaves enhanced the healing of wound in rabbits by influencing three parameters viz. wound contraction, epithelialization and granulation^[13].

Antibacterial Effect: The alcoholic and aqueous extract of the whole plant did not show any activity against *Staphylococcus aureus* and *Escherichia coli*^[14].

Antifungal Effect: The plant extract inhibited the mycelia growth of *Rhizopus arrhizus*^[15].

Antiviral Effect: The aqueous extract of stem and leaves showed antiviral activity against vaccinia and fowl pox viruses in vitro^[16].

Nutrition Value: The effect of supplementation of the juice (100ml) and dried powder (50g) of the plant in 250 anaemic pregnant women (20-30yrs) in Pondicherry area was studied. The juice/ powder increased the haemoglobin level. No side effect were observed^[17]. 400gm of dried powder of doorva contains 6.04% protein, 36.16% carbohydrate. Its ash contains calcium 0.77%, phosphorus 0.59%, magnesium 0.34%, sodium 0.23% and potassium 2.08%.

Conclusion: From above discussion we came to conclude that doorva is a very useful herb with its multidimensional applications most importantly in bleeding disorders. It has many pharmacological properties with various therapeutic uses. It is also a rich source of nutritive value both in dried, fresh juice form and ash form.

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