

SOME LESS KNOWN CENTRAL NERVOUS SYSTEM DEPRESSANTS**T. Tamizhmani, Pulok K. Mukherjee, S. Manimaran, T. Subburaj and B. Suresh**

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ABSTRACT : *The present communication reports some medicinal plants which are used as Central Nervous System sedative agent in the traditional system of medicine.*

INTRODUCTION

Drugs that alter the mind and behavior have attracted the attention of man since the beginning of recorded history without the benefits of science and medicine. Mankind has sought emotional comfort or novelty through the use of drugs for a venerable period of time. Approximately 20% of all prescription written in the US are for medication intended to alter mental process and behavior. More over, a large number of drugs prescribed for other purposes also modify thought, mood and emotion.

An effective sedative agent should reduce anxiety and extent a calming effect with little or no effect on motor or mental function. The degree of control nervous system depression caused by a sedative should be the minimum consistent with therapeutic efficacy.

A normal person spends approximately one third of his life in sleep. Adequate sleep is a necessity of life. A significant number of individuals complain of lack of sleep and use of hypnotics and sedatives.

The present communication reports some medicinal plants which are used as CNS sedative agent in the traditional system of medicine.

MATERIALS AND METHODS

The present study is based on intensive survey of Siddha and Ayurveda systems. Survey was made with some less known central nervous system depressants used in Siddha and Ayurveda system and mentioned in ancient literatures and transcripts. Abbreviations used in the enumeration as Tamil = Tam, Telugu = Tel, Malayalam = Mal, Sanskrit = Sans, Chemical Constituent = Chem consti.

ENUMERATION**1. Aconitum ferox**

Family : Ranunculaceae

Local name:

Tam : Nabi

Tel : Vatsnanabhi

Mal : Vatsnanabhi

Sans : Vatsnanabhi

Chem consti : Alkaloid, napelline, aconitine

Part used : Dried tuberous root

2. Abutilon indicum

Family : Malvaceae

Local name:

Tam : Thuththi

Tel : Tuttura benda

Mal : Tuththi
Sans : Kanka-Tika
Chem consti : Mucilage, Tannin,
Asparagin
Part used : Root, bark, leaves, seeds
and fruits

3. *Argemone mexicana*

Family : Papaveracea

Local name:

Tam : Kudiyattup-pundu
Tel : Brahma-damdi-chettu
Mal : Brahma – dandi
Sans : Brahma damdi

Chem consti : Alkaloid, berberine,
protopine

Part used : Milky juice of the fresh
plant, seeds

1. *Bacopa monnieri*

Family : Scrophularaceae

Local name :

Tam : Nir brahmi
Tel : Sambranichettu
Mal : Brahmi
Sans : Brahmi

Chem consti : Saponins bacoside A and B,
Sapogenins-bacogenins

Part used : Entire Plant

2. *Capparis zeylanica*

Family : Capparidaceae

Local name :

Tam : Atandam
Tel : Arutonda
Mal : Atanda

Chem consti : Alkaloids, Phytosterol and
 β -Carotene

Part used : Root bark and Leaves

3. *Cannabis sativa*

Family : Urticaceae

Local name :

Tam : Ganjah
Tel : Ganjayi
Mal : Kanjavu

Sans : Siddhapatri
Chem consti : Volatile oil, alkaloid
Part used : Dried flowering (or) fruiting
tops of the pistillate plant.

4. *Citrus medica*

Family : Rutaceae

Local name :

Tam : Kandara Naraththai
Tel : Lungamu
Mal : Ganapthi - Naranga
Sans : Bijapuram

Chem consti : Limonene, citrolm
citronelle.

Part used : Rind, juice and oil

5. *Clerodendron serratum*

Family : Verbenaceae

Local name :

Tam : Kanduparangi
Tel : Gantu Bharange
Mal : Cherutekku
Sans : Bharngi

Chem consti : Alkaloid

Part used : Leaves and roots

6. *Dilichos lab lab*

Family : Papilionaceae

Local name :

Tam : Avarai
Tel : Chikkudu
Mal : Avara
Sans : Nishpava

Chem consti : Albuminoids,
carbohydrates.

Part used : Seeds.

7. *Hyoscyamus niger*

Family : Solanaceae

Local name :

Tam : Kurosani omam
Tel : Kurasani oamamu
Mal : Kurasani
Sans : Parasikayavani

Chem consti : Hyoscyamine, hyoscine,
scopolamine, Hyosciprin

Part used : Dried and the fresh leaves, flowering tops and flower with the branches.

8. *Ixora coccinea*

Family : Rubiaceae

Local name :

Tam : Vetchi
Tel : Thechhi
Mal : Kapala
Sans : Bindhuk
Hind : Rajana

Chem consti : Aromatic, acrid oil, Tannin, fatty acid.

Part used : Roots and flower.

9. *Lawsonia alba*

Family : Lythraceae

Local name :

Tam : Azhavanam
Tel : Goranta
Mal : Marutoni
Sans : Kuranitaka

Chem consti : Hanno-Tannic acid

Part used : Leaves, bark, flower and seeds.

10. *Nicotiana tabacum*

Family : Solanaceae

Local name :

Tam : Pugaiyilai
Tel : Pogaku
Mal : Pukayila
Sans : Tamrakuta

Chem consti : Alkaloid, Nicotine, Nicotamine

Part used : Dried leaves.

11. *Nelumbium speciosum*

Family : Nymphaeaceae

Local name :

Tam : Thamarai
Tel : Tamara
Mal : Aravindams
Sans : Pankajam

Chem consti : Resin, alkaloid, Tannin

Part used : Entire plant

12. *Papaver somniferum*

Family : Papaveraceae

Local name :

Tam : Abini
Tel : Nella mandu
Mal : Ummam
Sans : Ahipehnam

Chem consti : Opium

Part used : The dried latex

13. *Rumex veticarius*

Family : Polygonaceae

Local name :

Tam : Chukkanghkirai
Tel : Pullaparaballi
Mal : Pulivamchi
Sans : Amla-vetasam

Chem consti : Albuminoids, carbohydrates

Part used : Leaves and tender stems.

14. *Tectona grandis*

Family : Verbenaceae

Local name :

Tam : Thekku
Tel : Tekkoo
Mal : Thekku
Sans : Sala

Chem consti : Resin, fatty oil

Part used : Wood.

15. *Valeriana wallichii*

Family : Valerianaceae

Local name :

Tam : Jatamashi
Tel : Jatamamshi
Mal : Jatamamshi
Sans : Jatamansi

Chem consti : Valepotriates and valeranone

Part used : Rhizomes and Root.

16. *Vitex negundo*

Family : Verbenaceae

Local name :

Tam : Nocchi
Tel : Tela-Vavili
Mal : Nocci
Sans : Nirgundi
Chem consti : Alkaloids tannic acid and
carotene
Part used : Roots and leaves

17. Withania somnifera

Family : Solanaceae

Local name :

Tam : Amukkurak-kizhangu
Tel : Pennesu-gadda
Mal : Amukkuram
Sans : Aswagantha
Chem consti : Alkaloid, Somiferin, resin
Part used : Roots and leaves.

DISCUSSION

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The herbal drugs from the traditional system of medicine have over the years contributed very useful drugs. It is not yet accepted by modern system of medicine since they lack, the so-called 'scientific validity for their therapeutic value'. Hence it was aimed to being the treasure of these traditional system of medicine to the modern system of medicine by providing the scientific validity.

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