



Research Article

“ALL ABOUT ALLSPICE (*PIMENTA DIOICA* LINN.)-AN AYURVEDIC PERSPECTIVE.”

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ABSTRACT

“Anukta Dravyas” is a challenge for Ayurveda Faculty. However Research on these dravyas (Extra pharmacopoeial Drugs) will prove beneficial Remedy and enrich Ayurvedic Literature with New Dravyas. Allspice (*Pimentadioica* Linn.) plant, a native to Jamaica, cultivated and used in many parts of India is still Anukta for Ayurveda. This study was undertaken with point of view of Dravyagunasiddhanta. Rasapanchak of this dravya were estimated on the basis of Pratyaksha, Anumanpramanas mentioned in Charak Samhita. Ayurvedic term for this Dravya was defined, based on its local names and criterias of Dravyanaamakaran from Rajnighantu. Modern Research studies were reviewed and efforts were done to state the ‘Karmas’ of this dravya according to Ayurveda.

Keywords: Anuktadravyas, Allspice ,Rasapanchak, Dravyagunasiddhanta.

INTRODUCTION

It is aptly said by the Acharyas that there is no Dravya in this world which is not a Medicine or to put it other way all the Dravyas are Medicine, ‘Anukta Dravyas’ are those which are not mentioned in Classical text and Nighantus. This happened due to many Exotic species introduced in the Country following the invasions from different people. Owing to the depleting sources of herbs; need of hour is to pursue research on such dravyas. They can be wisely incorporated in Ayurveda to enrich its Literature and in context as remedy to the problems of Adulteration faced by Ayurveda faculty.

Allspice (*Pimenta dioica* Linn.), the indigenous species of Mexico, Jamaica; discovered in sixteenth century by Spanish is cultivated in many parts of India nowadays. It is used in Food industry, Medicine. Thus, the study was undertaken to evaluate this dravya on the basis of Ayurvedic principles of Dravyagunavigyan

Botanical Description: - Allspice, the plant of myrtaceae family, grows about 9-12 m tall. It has gray bark, Leaves opposite, oval-oblong to elliptical, entire, deep green, lustrous. Flowers are small, white to greenish-white, Berries are globular 4-7mm in diameter.

Cultivation



International Research Journal Of Integrated Medicine & Surgery

Allspice is propagated through seeds, which are collected from fruits of high yielding trees. The female and male plant ratio in a garden should be 8:1 to ensure good pollination. The fruits are picked 3-4 months of flowering, before they are fully ripe.

Phytochemical constituents: - It contains essential oils (2.5-4.5%) in both leaf and berry. The primary constituents of the berry volatiles are Eugenol (60-75%), eugenol methyl ether, cineole, phellandrene and caryophyllene. However, the leaf oil has a different flavour profile even though the principal component is Eugenol. The level of volatile oils can vary depending on their origin, weather, and harvest and processing conditions.

Traditional Uses:-Allspice plant is used for indigestion (dyspepsia), intestinal gas, abdominal pain, heavy menstrual periods, Vomiting, diarrhoea, fever, colds, high blood pressure, diabetes, and obesity. It is also used for emptying the bowels. The unripe berries and leaves of the plant are used to make medicine.

MATERIAL AND METHOD

Detailed study of the Allspice plant was done. Modern Research papers were reviewed. Dravya was tested on the basis of Pratyaksha, Anumaanpramana and Gunas estimated from Karmas. Nomenclature of dravya was done as per the criteria of Rajnighantu.

The fresh Stem Bark and Leaves of the plant were taken (Flowers & fruits were not available due to Season) and tested according to panchabhoutik parikshan (Shabda,Sparsha,Rupa,Rasa & Gandha). Observations are tabulated.



Allspice plant & Bark from APM'S Ayurved Mahavidyalaya, Sion ,Mumbai,Maharashtra.



Allspice dried Fruits & Flowers (Source-Internet)

Table1. Observation of Panchabhoutik Parikshan:-



Sr no.	Part of the plant	ShabdaParikshan	Sparsha Parikshan	Roopa Parikshan	Rasa Parikshan	GandhaParikshan
1	Leaf	Kar-kar shabda	Snigdha, Mrudu	Dhusarabh pita (Outer- dark brown Inner-pale brownish)	katu	Sugandhi
2	Stem Bark	Kat-kat shabda	Khara,Ruksha	Dark green	Katu	Sugandhi Marichvat,Twakp atravatgandha)

After finding the Rasa of stem bark and Leaf, Veerya of the Dravya was estimated.

Entity	Stem Bark	Leaf
Rasa	Katu	Katu
Veerya	Usna	Usna
Vipaka	Katu	Katu
Guna	Laghu,Snigdha	Laghu,Snigdha

Estimated Ayurvedic Karmas:-Deepan (Due to katu rasa), Pachaan (Due to Katu rasa & ushna veerya), Grahi (Due to Ushnaveerya), Rasayan, Arbudanashana karma.

Also the Section study of stem and Leaf was done. Transverse section of Leaf and stem show presence of Oil glands (Lyzigenous glands).

Nomenclature of Dravya:-

Based on Criteria of Rajnighantu, following Names are suggested for the dravya:-

Table2:-Nomenclature of Anukta Dravya according to Ayurveda:-

No.	Criteria	Suggested Names	No.	Criteria	Suggested names
1.	Rudhita	Sarvasugandhi (Retained from its Tamil Name)	5.	Veerya	Tikshnak,Ushna
2.	Prabhavtah	Arbhudnashan	6.	Deshokta	Videshaka(exotic species)
3.	Lanchaan	Sugandhpatra, Gandhapatra	7.	Itaravahya	Parivyayavha(parivyay=spice)
4.	Upama	Twakgandhi, Marichavatgandhi,			

DISSCUSSION :

Allspice (*P. dioica*) was encountered by Christopher Columbus on the island of Jamaica during his second voyage



to the New World, and named by Dr. Diego Álvarez Chanca.

Recent studies have shown two of the known compounds isolated from Allspice, Eugenol and Gallic acid have selective anti proliferative and anti-tumor properties on human cancer cells and their animal models^[1]. As a medicine, Allspice has much the same use, as Cloves and their oils are similar. It works well as a digestive and has an antiseptic and slightly anaesthetic action (Ridley 1983). It also has proven Antifungal, Antidiabetic activities.^[2] Analgesics and Antimicrobial agents are the lacunas where Modern medicine surpasses Ayurveda. Allspice plant has both these activities. It can be incorporated in Ayurvedic practice for the same. Also it is high time evaluating Ayurvedic herbs on modern parameter. There is a need to develop Ayurvedic parameters for dravya assessment.

Future scope of study:-

This work is a primary effort to evaluate herbs (Anukta dravyas) on Ayurvedic parameters. More Contribution is needed from Experienced & learned persons of Ayurveda.

CONCLUSION

Thus from the above it can be concluded that *vatavyadhis* can lead to crippling condition disturbing daily activities of the patients. The drugs acting on *Vatadosha* mentioned in *agrya* of *Bruhatryai* can help in relieve pain & overcome functional limitations so the patients suffering from any of the *vatavyadhi* can lead a normal life upto a great extend.

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Cite this article as:

¹Vd. Sayali Shintre, ²Vd. Ashok Ramteke ‘
All About Allspice (*Pimenta dioica* Linn.)-An Ayurvedic
Perspective.’
IRJIMS, Oct-Dec 2018: Volume:1 (Issue:1):28-31