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Review on therapeutic potential of *Cynodon dactylon* (Linn) Pers

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Herb *Cynodon dactylon* (Linn) Pers commonly known as *Arugu*, belongs to Graminae family. It is the most sacred plant of Hindu religious next to *Tulasi* (*Oscimum sanctum*). It is a perennial creeping grass, rooting at every node, forming matted tufts. A number of chemical constituents and various therapeutic uses of *C. dactylon* have been reported by different researchers. The herb contains crude proteins, carbohydrates, and mineral constituents, oxides of magnesium, phosphorous, calcium, sodium and potassium. The whole plant affords β -sitosterol and β -carotoene. Other compounds like vitamin C, cartone, palmitic acid, triterpinoids, alkaloids, ergonovine and ergonovinine and other miscellaneous compounds have been isolated from this herb. Various phytochemical and biological evaluations have been reported in the literature for the effectiveness of the *C. Dactylon*. Therefore it has been used in Traditional Medicine to utilize its medicinal properties including anti-inflammatory, wound healing, anti bacterial, antidiabetic, anti tumor, anti ulcer, anti oxidant or chemo preventive, anti-venom, Antipyretic and analgesic, diuretic and immunomodulatory activities. The presented review summarizes the information concerning the botany, phyto chemistry, pharmacology, biological activity and medicinal properties of *C. dactylon* herb. For the last few decades or so, extensive research works have been done to prove its biological activities and the pharmacology of its extracts. The aim of this review is to create database for further investigations of the discovered phytochemical and pharmacological properties of this plant to utilize the medicaments this will help in confirmation of its traditional use along with its value added utility, eventually leading to higher revenues from the plant.

Biography

Balamanohary Uthayanan completed Bachelor of Siddha Medicine & Surgery (BSMS) University of Jaffna. He successfully completed Staff Induction Training Programme which consisted of Educational Technology University System, Ethics & Professionalism and Research Methodology conducted by The Medical Education Unit, Faculty of Medicine, University of Peradeniya from 2012 to 2013. He successfully completed the certificate course on yoga at Sooriya Yoga, Yoga Therapy and Studies Centre. His research interests includes: Basic philosophy, social and preventive care of Siddha medicine, quality assessments of Siddha drugs and plants and clinical study.

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