

A Report on Ayurvedic Spice *Convolvulus Pluricaulis* Choisy

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Abstract

In local Indian and Chinese medicine, the plant is used to treat a variety of ailments. In ayurvedic medicine, it is used to treat chronic cough, insomnia, epilepsy, hallucinations, anxiety, and other conditions. There will be more opportunities for future research and development on the herb *pluricaulis* as a result of the comprehensive review of the plant profile, pharmacognosy, phytochemistry, and toxicological data. Electronic searches (using PubMed, SciFinder, Google Scholar, and Web of Science) and library searches for articles published in peer-reviewed journals were used to gather information. Additionally, some local books on ethnopharmacology provided information. The majority of the pharmacological that has been used for a long time in ayurvedic, traditional Chinese, and other indigenous medical systems to treat liver disease, epileptic disease, microbial disease, cytotoxic and viral diseases, and central nervous system (CNS) disease. CNS depression, anxiolytic, tranquilizing, antidepressant, antistress, neurodegenerative, anti-amnesic, antioxidant, hypolipidemic, immunomodulatory, analgesic, antifungal, antibacterial, antidiabetic, anti-ulcer, anticatatonc, and cardiovascular activity are among the many pharmacological effects of the crude extract and isolated metabolites.

Keywords: Ayurvedic • Hypolipidemic • Immunomodulatory

Introduction

After that, a chemical investigation of this plant was initiated, and its active chemicals—carbohydrates, proteins, alkaloids, fatty acids, steroids, coumarins, flavanoids, and glycosides—were identified as the substances responsible for its biological effects. This plant has been the subject of a number of pharmacognostic studies, all of which have revealed that it is a herb with hairy stems and leaves and anisocytic and paracytic stomata. *C. pluricaulis*, a herb, has emerged as an excellent source of traditional medicine for treating liver disease, epilepsy, microbial disease, cytotoxic and viral diseases, CNS disease, and other conditions. The application of this species in traditional medicine has been confirmed by pharmacological findings. It is known that the herb has therapeutic properties in all parts. There would be more opportunities to discover novel bioactive principles from *C. pluricaulis* if research materials were expanded. The field of herbal medicine has grown at an exponential rate in recent years, and these drugs are gaining popularity in both developed and developing nations due to their natural origin and lack of side effects. Humanity has relied on the variety of plant resources for food, clothing, shelter, and medicine to treat a wide range of ailments ever since early humans recognized their reliance on nature for health. Shankhpushpi of the Ayurvedic pharmacopeia of India comprises of the entire plant of *Convolvulus pluricaulis* Choisy and *Convolvulus microphyllus* Spreng [1,2].

Discussion

Indian Gathering of Clinical Exploration has given quality norms for *C. pluricaulis* drug in its publication. Despite the fact that these plants demonstrated their scientific potential as a central nervous system depressant, tranquilizer, antistress, neurodegenerative, anti-amnesic, antioxidant, hypolipidemic, immunomodulatory, analgesic, antifungal, antibacterial, antidiabetic,

anti-ulcer, anticatatonc, and cardiovascular activity. As active chemicals with biological effects, these are said to contain a variety of alkaloids, flavanoids, and coumarins. The plant has been shown to reduce a variety of stressors, including psychological, chemical, and traumatic stress. The whole plant's ethanolic and methanolic extracts reduced spontaneous motor activity, potentiated pentobarbitone hypnosis and morphine analgesia, suppressed the fighting response, eliminated the conditioned avoidance response, and stopped mice from having convulsive seizures and tremorine-induced tremors. The whole plant's juice stops women from having too many periods. The fine glue made by crushing the plant is useful to fix sore. When given to cholesterol-fed gerbils, the ethanolic extract of the whole plant significantly reduced serum cholesterol, LDL cholesterol, triglycerides, and phospholipids after 90 days. The root extract of this plant controlled hyperthyroidism in female mice. Similar to sucralfate, the juice of the fresh whole *C. pluricaulis* plant had an anti-ulcerogenic effect. Amphibian and mammalian myocardium were negatively inotropically affected by ethanolic extract of the entire plant. Additionally, it had spasmolytic effects on smooth muscles. The traditional uses of *C. pluricaulis* have been the subject of numerous previous studies. This plant is accounted for to be a conspicuous memory further developing medication, a psychostimulant and sedate, and diminish mental strain. The use of the drug as a brain tonic in hypotensive syndromes is mentioned in a pertinent Ayurvedic reference. The herb's pharmacological studies have demonstrated varying degrees of its hypotensive and sedative effects. *C. pluricaulis* has been shown in clinical studies to be beneficial to patients with anxiety neurosis. The herb produces a significant reduction in the level of anxiety and neuroticism that arise from various levels of stress, as well as a feeling of calm and peace, sound sleep, and relief from stress, mental fatigue, and anxiety. The herb appears to alter brain neurochemistry in order to exert its effects. The herb is astringent and bitter, and it helps kapha-vata-pitta doshas achieve equilibrium and vitiation [3-5].

Conclusion

The starter phytochemical screening did on ethanolic concentrates of *C. pluricaulis* (leaves) uncovered the presence of phytoconstituents, for example, alkaloids, glycosides, flavonoids, sugars, proteins, sterols, gum and adhesives compounds. The alkaloids, flavanoids, glycosides, and steroids in *C. pluricaulis* have been found to have a variety of pharmacological properties and to be structurally novel compounds. This suggests that these compounds may be the primary contributors to the traditional therapeutic effects of *C. pluricaulis*. *C. pluricaulis* also contains proteins, gum, and mucilages, among other substances. Ayurvedic formulations are created by combining multiple

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plant extracts or powders with two or three Medhya plants, including *C. pluricaulis*, in a variety of medicines that are currently available in India. Clinical trials have been conducted on some preparations. Some examples are phytochemistry, pharmacognosy, pharmacology, and plant profile of the herb *C. pluricauli* are discussed in this review. Glycosides, flavonoids, alkaloids, carbs, steroids, proteins, gums and adhesive mixtures are normally present in this species. This herb is a valuable source of medicinally important molecules, as demonstrated by pharmacological studies on pure metabolites and crude extracts that documented its traditional uses.

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Conflict of interest

No potential conflict of interest was reported by the authors.

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