



Suddab (*Ruta graveolens* Linn.) the Blessed Medicinal plant of Unani System of medicine: Literature Review.

Md. Shams Reza¹, Md. Razi Ahmad², Md Najibur Rahman³, Md Tanwir Alam^{4*}.

1.BUMS, Unani Practitioner, Sheohar, Bihar

2.Lecturer Dept. of Niswa wa Qabalah, Govt. Tibbi College & Hospital, Patna, Bihar.

3.Lecturer Dept. of Moalajat, Govt. Tibbi College & Hospital, Patna, Bihar.

4.Lecturer Dept. of PSM, Govt. Tibbi College & Hospital, Patna, Bihar.

ABSTRACT

Plant of *Suddab* is commonly cultivated in Indian gardens. The whole plant of *Suddab* has medicinal value hence used in various diseases and included as an ingredient in a number of formulations. However, its two parts i.e. leaves and seeds are more commonly used. The plant as whole has described to possess *Mudir* (diuretic), *Kasir riyah* (carminative), *Muhallil* and *Dafe Alam* (analgesic) properties and useful in a number of diverse pathological conditions. In some parts of India, the juice is given to children as a remedy for worms. The use of *Suddab* since ancient times in different alternative system of medicine like Unani, Ayurveda in single as well as many compound formulations for the treatment of Obesity (*Saman-e-Mufrat*), Dyslipidemia (*Fart-e-Tadassum-Fid-Dum*), Atherosclerosis (*Salabat-E-Nabz*), Anti-helminthic (*Deedan-e-medad wa amma*) *Muhallil* and *Dafe Alam* (Anti-inflammatory & analgesic) etc. Several studies have been carried out for the therapeutic evaluation of its efficacy and safety. So, I want to compile and summarized all the literature at one space.

Keywords: *Suddab; Saman-e-Mufrat; Salabt-e-Nabz; Deedan-e-medad wa amma; Muhallil; Dafe Alam.*

*Corresponding Author Email: tanveernium3133@gmail.com

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INTRODUCTION

Suddab (*Ruta graveolens* Linn.) is an herb with an ancient history. The genus name 'Ruta' comes from the Greek word 'reuo', to set free, showing its reputation as a freer from disease. Leaves are abortifacient, anthelmintic, antiepileptic, anti-inflammatory, carminative, emetic, emmenagogue, expectorant, haemostatic, nervine, rubefacient and mildly stomachic. The herb is also considered antispasmodic, diuretic, resolvent and strongly stimulant. It is used as a stimulant to the nervous system and uterus. Useful in skin disorders, cramps in the bowel and hysteria. It is chiefly used to encourage the onset of menstruation and as a remedy for menstrual disorders such as PMS. It stimulates the muscles of the uterus and promotes menstrual blood flow. It also strengthens the stomach, aids digestion and is useful in sluggish liver. The herb is also used to ease colic and reduce flatulence. The herb was prescribed in cases of vertigo and epilepsy in the 17th century^{1, 2, 3, 4}.

Many of Rue's positive benefits can be traced to its high concentration of the bioflavonoid, Rutin. Among other benefits, Rutin is known to strengthen blood vessels, thus reducing the likelihood of varicose veins, and improving overall cardiovascular function.

MATERIALS AND METHOD

Review material collected from the different ancient Unani books, PG Dissertation, online authentic research Journals & different websites and summarized with the help of computer.

Description in Unani Literature

Two varieties of *Suddab* have been described in Unani literature (a) *Bustani* (b) *Jangli*. The stem of *Bustani* is short and different branches arise from it. Flowers grow in its branches; leaves are short and light golden in colour. Fruits present at its branches in the form of cluster. Usually four seeds are found in fruits. The leaves of *Jangli Suddab* are shorter as compared to *Bustani Suddab* but size of flower is same^{5, 6}.

Botanical Description

There are three varieties of *Suddab*; garden, forest and mountain. A perennial herbaceous or half shrub by plant, reaching 2 or 2.5 feet in height. Stems cylindrical, slender, branched in the upper part, quite smooth, pale glaucous green, somewhat shrubby at the base, and covered with a grey bark. Leaves alternate, without stipules, compound, the lower ones tripinnate, the upper one's sub bi-pinnate or pinnate, the highest simple, leaflets linear oval or oblong, the terminal ones obovate, all dotted with small pellucid glands, rather thick bluish green. Inflorescence a terminal corymbose irregularly trichotomous cyme. Flowers on long stalks, erect nearly an inch across. Calyx of 4 or 5 sepal, slightly connected, narrow, acute semi persistent. Petals alternating with the sepal's which

they greatly exceed, distant widely spreading, greenish yellow, wide and hooded at the top, suddenly contracted into a narrow claw below, the margin more or less wavy and sometime toothed 4,6,7.

Synonyms: 4, 6, 8, 9.

Botanical Name	:	<i>Ruta graveolens</i> Linn.
Family	:	<i>Rutaceae</i>
English	:	The Garden Rue, Common Rue.
Arabic	:	<i>Suddab</i>
Hindi	:	<i>Pismarum, Saddab</i>
Sanskrit	:	<i>Sadapaha</i>
Persian	:	<i>Sadab</i>
Malayalam	:	<i>Aruta Somarayen.</i>
Bengali	:	<i>Title</i>
Marathi	:	<i>Satap</i>

Habitat and Distribution

Plants of *Suddab* are found in all parts of India both cultivated and wild 8,9,10.



Pharmacognosy:

Stamens twice as many as the petals, 8 or 10 inserted below the hypogynous disk, half opposite the petal, in the concave limbs of which they are at first contained; filaments slender glabrous at the length straight and exceeding the petals. Pistil surrounded at the base and supported by a thick fleshy green sticky disk, marked opposite each stamen with a deep nectariferous pore; ovary large 4 or 5 lobed, the lobes (carpels) separate above strongly dotted with sunk glands 4 celled ovules numerous on axile placentas; styles coming off from the inner side of the carpels, combined into a single body tapering to the apical stigmas. Fruit dry hard roundish 4 or 5 lobed at top, grayish brown rough each carpel descending from above ventrally and also for some way down the dorsal

suture. Seeds ovoid, rounded on the back flattish in front angular blackish rough; embryo slightly curved from base to apex surrounded by scanty fleshy endosperm. The central terminal flowers of the corymbs are usually 5 merous the other generally 4 merous^{4,6,11,12}.

Chemical constituents:

Furanocoumarins, 7-hydroxycoumarin, 4-methyl and 8-methyl derivatives, rutaretin.

Mizaj (Temperament): Hot and Dry 2nd degree^{9,10}.

Hot and Dry 3rd degree^{2,9,13}.

Hot and Dry 4th degree. (Wild Variety)^{8,9,14}.

Parts used: *Suddab* leaves.

Functions and Uses

Anticonvulsive (*Dafe-tashannuj*), Antiseptic (*Dafe-taffun*), Appetizer (*Mushtahi*), Astringent (*Mujaffif*), Antispasmodic (*Dafe-tamaddud*), Contraceptive (*Mane Haml*), Diuretic (*Mudir -e-Baul*), Emmenagogue (*Mudir-e- Haiz*), Nervine Tonic (*Muqawwi-e-Aasab*), Febrifuge (*Dafe-Humma*), Anthelmintic (*Qatil-e-deedan*), Deobstruent (*Radae*), Alexipharmic (*Tiryaaq-e-Samoom*), Resolvent (*Muhallil*), Remover (*Qate*), Sediative (*Munawwim*), Demulscent (*Mulattif*), Desiscent (*Mujaffif*)^{2,3,6,8,9,15}.

Therapeutic Uses

It is used in GIT disorders such as indigestion, flatulence etc owing its *Muhallil*, *Musakkin*, and *Kasir riyah* properties. This drug is used in the management of *Samane Mufrat*, *Farte-Tadassumfid-dam*, *Salat-e-Nabz*, *Wajaul Mafasil* (Arthritis), *Niqras* (Gout), and *Irqunnisa* (Sciatica). It is also used in *Istesqa* (Ascitis) and *Tahabbuj* (Oedema) The herb and oil act as stimulant, their influence being chiefly directed to uterine and nervous systems. Rue has also been regarded as anthelmintic and in excessive doses it is an acro-narcotic poison. Rue was formerly much employed, but it is rarely prescribed at present day, although rue tea is still a popular remedy. It may be given in Hysteria, Amenorrhoea, Epilepsy, Flatulent colic, Infantile convulsions etc, and appears to have fallen too much into disuse. The oil is the best form of administration; it may also be used externally as a rubefacient.^{4,6,7,8,9,10,11,12,13,14,16,17,18, 19,20,21,22,23,24}

Dosage: 3gm to 5gm¹¹.

Muzir (Adverse effects): *Muzefe Basar* and *Musdde*³.

Side Effects:

Continuous exposure causes Inflammation all over the body. Over dosage may cause Migraine, Nausea and Vomiting. It is also caused defective eye sight, Sexual debility, Vertigo, Headache, Flushing of face and harmful effect on cardiovascular system. Its inhalation can be cause Dizziness

and Blurring of mind and it's also burned the Humor including seminal fluid. Dry and wet Itching^{4,12,18}.

Corrective: *Sikanjabeen* and *Aneesun* ³.

Alternative: *Satar Farsi*

Important formulations:

Safoof Sailaan-ur-Raham, Safoof-e-Salab, Majoon Halteet, Jawarish Kamooni, Safoof-e-Mohazzil

Scientific reports: It has been reported that *Suddab* has anti-inflammatory activity¹⁸, anti-lipid, anti-atherosclerotic, *Moqawwi-e-hazam*.

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