



Ethnopharmacological Note

A polyherbal formulation for treatment of anemia, coughs, pain, and loss of appetite

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Received November 5, 2018; accepted March 13, 2018; published online April 15, 2018.

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Traditional medicinal systems, instead of the “one drug – one therapy” approach of allopathic medicine, usually takes a holistic approach, which may encompass polyherbal formulations along with diet and various forms of exercise regimens. The use of polyherbal formulations may be to give a synergistic effect or to negate any particular adverse effect of the primary plant with the use of secondary plant(s). It is to be noted in this regard, that traditional medicines are generally plant-based. Since any given plant can contain hundreds of pharmacologically active components, the beneficial therapeutic effects of the particular component(s) may be accompanied by negative or adverse effects of other components (s). We report here a novel polyherbal formulation for the treatment of anemia, coughs, pain, and loss of appetite. In this formulation leaves of *Paederia foetida* L. (Rubiaceae, English – skunk vine, Bengali – Gandho vadury), roots of *Sida cordifolia* L. (Malvaceae, English – flannel weed, Bengali – madhu berela), and bark of *Saraca asoca* (Roxb.) W.J. de Wilde (Fabaceae, English – asoka tree, Bengali – ashok) are dried and powdered together and next mixed with dried and powdered rhizomes of *Curcuma longa* L. (Zingiberaceae, English – turmeric, Bengali – holud). Tablets prepared from the mixture are taken daily till cure. The informant was Md. Jamshed Ali, male, age 55 years, and practicing for 32 years, and who resided in Bijoyrampur village, Manirampur Upajila, Jessore district, Bangladesh. All ingredients of the polyherbal formulation were identified by Professor Dr. Shahikujjaman, a trained botanist at a college at Jessore. *Paederia foetida* (Fig 1) is an important Ayurvedic herb known by its Sanskrit name Gandha Prasarini or something that spreads bad smell. It has been reported that in Naogaon district, Bangladesh, the plant is used in a polyherbal formulation to treat fever (Sardar et al., 2017). The Soren clan of the Santal tribe in Rajshahi district uses the plant to treat piles, constriction of nerves leading to distortions in hands or feet, stoppage of urination, and paralysis (Rahmatullah et al., 2012). In Sreemangal Upajila of Maulvibazar district, Bangladesh, the leaves are used to treat diarrhea (Rana et al., 2014). The Kuruma tribes of Wayanadu district, Kerala, India, use leaf paste of *Sida cordifolia* to treat wounds (Thomas et al., 2014). In Noakhali district, Bangladesh, various parts of *Saraca asoca* are used to treat dysentery, irregular menstruation, piles, and diabetes (Rahman et al., 2017). Rhizomes of *Curcuma longa* are generally used in Bangladesh to treat pains and sprains (Shahnaj et al., 2015). *Paederia foetida* has shown its efficacy in gastrointestinal complaints and coughs (Khushbu et al., 2010). Taken together, the formulation needs more studies not only for its novelty but for validating the different pharmacological effects claimed for it.

Key words: *Curcuma longa*, *Paederia foetida*, *Saraca asoca*, *Sida cordifolia*

Declaration of conflict of interest

No conflict of interest associated with this work.

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Figure 1. *Paederia foetida*



Figure 2. *Sida cordifolia*

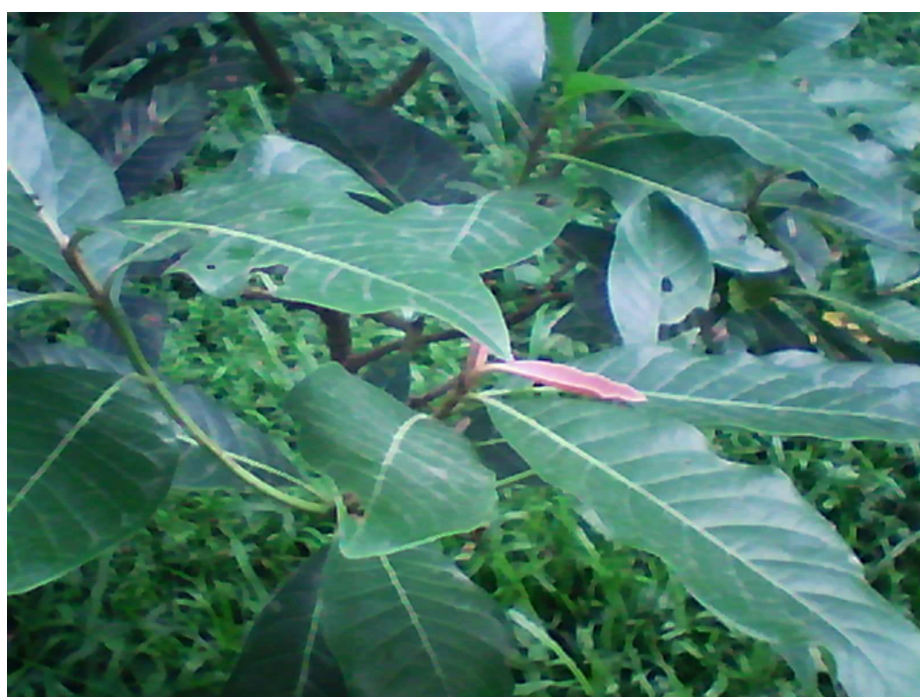


Figure 3. *Saraca asoca*



Fig 4. *Curcuma longa*