

## *Rauwolfia serpentine*

**Common Name** – Snakeroot (Sarpagandha)



### **ABSTRACT**

Sarpagandha is one of the most important medicinal plant in Ayurvedic medicine. Over 30 alkaloids<sup>[1]</sup> have been isolated. A synthetic derivative Reserpine, was marked for many years as an effective medicine for blood pressure (Hyper tension) the roots of this plant are used in Ayurvedic medicines for the treatment of Hypertension, Insomnia, and Insanity, acute stomach ache and painful delivery. It is used in snake-bite, insect stings, and mental disorders. Having multiple influences on environment, biodiversity, rural economy, health and culture. Apart from traditional use in health care and culture, it has been increasingly used in pharmaceutical industries in the country as therefore this plant received international attention worldwide. Due the use treatment of Insanity this is also known as Pagle ki booti<sup>[1]</sup>. Sarpagandha contains, Essential, Trace metals. Minerals, Alkaloids, Steroids and organic compounds, enzymes, proteins. For the present study Sarpagandha tablet was scanned and detection of the heavy metals like Cd (Cadmium), Cr (chromium), Cu(Copper), Fe(Iron), Mn (manganese) etc. is carried out, these metals are evaluated quantitatively by using AAS (Atomic Absorption Spectrometry), which should be incorporated in routine quality control parameters.

**KEYWORDS:** Sarpagandha, pagali ki booti, AAS, Alkaloids, herbal tablets, elemental analysis, validation, Herbal quality controlled.

Ayurveda, Siddha, Unani and tribal medicines are the major ancient systems of medicines. Ayurveda is based on three essential elements called Tridosha like Vata, Pitta and Kapha. These include seven basic entities (dhatu), which are plasma (rasa), blood (rakta), muscles (māmsa), fat (meda), bone (asthi), marrow (majja), and semen (shukra). [3,4] These are subject to wear and tear so that mala (excretory material) is formed from them. When tridosha, saptadhatu and mala are in balance with each other, it is called a healthy condition, while imbalance results in diseases. Plant-based treatments in Ayurveda derived from roots, leaves, flowers, fruits, bark, stems, and seeds. The origins of Ayurveda have been traced back to around 5,000 BC, found in Atharvaveda. Nature has provided a complete store house of remedies to cure all ailments of mankind. In the past almost all the medicines used were from the plants. Herbals are traditionally considered harmless and increasingly being consumed by people without prescription. Quality evaluation of herbal preparation is a fundamental requirement of industry and other organizations dealing with Ayurvedic and herbal products, which is neglected till this date. The traditional approach towards standardization and validation is insufficient for current herbal products and hence there is need for more advanced techniques for standardization and validation, using sensitive instrumental analysis. The World Health Organization (WHO) in 1999 and 2011 has given a detailed guideline for the standardization of herbal products (WHO 2011). [7] Ayurveda, an ancient science of life the well-known treatises in Ayurveda are Chakra Samhita and Sushruta Samhita. Sarpagandha mitigates kapha and vata. It induces sleep (nidraprada) slows heart (hardvasadine), suppresses libido (kaamaavasadine), is beneficial in colic pain (chait), fever (jvara) and parasitic infestation (krimi). Sushruta Uttara, 60:47. Sarpagandha is a species of flowering plant in the family Apocynaceae. It is native to the Indian subcontinent and East Asia. Root, bark is the richer in alkaloid. The alkaloids content varies depending on the local,

season, and plant age at the time of harvesting of roots. Different names of Sarpagandha Common English names: Devil-pepper, Snake-root, Sanskrit: Sarpagandhaa (Ayurveda). Scientific Name: Rauwolfia serpentina (L.) Benth. Ex Kurz. Common Name: Serpentine, Serpentine root, Rauwolfia.