

PHYTOMEDICINE PRESENTATION

TOPIC:

USTUKHUDDUS

Submitted by:

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➤ USTUKHUDDUS

➤ Synonyms

- Scientific name: Lavandula stoechas
- Common Name: Spanish Lavender, French Lavender, Arabian Lavender
- English: Common lavender, French lavender

➤ Scientific Classification

- Kingdom: Plantae
- Subkingdom: Tracheobionta
- Superdivision: Spermatophyta
- Division: Magnoliophyta
- Class: Magnoliopsida
- Subclass: Asteridae
- Order: Lamiales
- Family: Lamiaceae / Labiatae
- Genus: Lavandula L
- Species: Lavandula stoechas

➤ Cultivation

It is associated with hot, dry, sunny conditions in alkaline soils. However, it tolerates a range of situations, though it may be short-lived.

Selected forms are grown as ornamental plants

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➤ Constituents of Lavandula stoechas

Lavandula stoechas contains organic, inorganic substances,

essential oil (0.77-1.2%)

. Linalyl acetate (15.26%)

, linalool (10.68%)

, 1-8 cineole (10.25%)

, terpinene (11.2%)

camphor (11.25%)

➤ Medicinal Uses of Ustukhuddus

1. It is used in Unani for treating brain disorders.
2. It is a brain Tonic, and improves the intelligence.
3. It removes confusion of mind.
4. It enhance memory.
5. It manages depression, and anxiety.
6. It strengthens mind, and cures mental fatigue.
7. It is used in combination with other herbs for depression, headaches, migraine.
8. It is given to cure cough, and chronic catarrh.
9. It is effective in sinusitis.

Developmental work

Anti-inflammatory activity

The anti-inflammatory activity evaluated by Carrageenan-Induced Rat Paw Edema method. The ethanolic extracts of *Lavandula stoechas* (1000 and 2000 mg/kg, body weight “b.w”) inhibited the inflammation induced by carrageenan in rats in a dose dependent manner. At dose of 2000 mg/kg, b.w. *Lavandula stoechas* produced a significant inhibition of inflammation at 74 % compared to 69 % for Diclofenac at 1 %. This study suggests that *Lavandula stoechas* may act as a chemopreventive agent

Aftab Siddiqui et al., 2016 JIPBS, Vol 3 (1), 96-102

Healing Properties

Lavandula stoechas extract (10%) has more effective healing properties on full thickness open skin wounds compared to zinc oxide topical ointment. The greatest degree of wound contraction was considered in Lavandula stoechas extract (10%) treated rats while this change was slighter in the control group. On microscopic examination, the overall healing process of Lavandula stoechas extract (10%) treated rats were significantly better than the other experimental groups

Aftab Siddiqui et al., 2016 JIPBS, Vol 3 (1), 96-102

Treatment of Migraine

Migraine is a type of headache characterized by episodic throbbing or pulsating pain usually occurring in one side of the head. it is the third most prevalent disorder worldwide. The condition is difficult to treat by medication only. Unani system of medicine has a theory of imala (diversion of morbid matters) and tanqia-e-mawad (evacuation of morbid matters) by using different modes of ilaj bit tadbeer (regimenal therapy) and pharmacotherapy. A therapy including regimenal therapy and pharmacotherapy has been used in this case for 23 days. Nutool (irrigation therapy) and Dalak (massage therapy) by Rogan-e-

Kaddu (medicated oil) were given as regimenal mode and Itrifal Ustukhuddus, Itrifal Kishnizi and Jawarish Shahi were given orally as pharmacotherapy. Signs and symptoms were assessed by Visual Analogue Scale and result was assessed as per grading system, such as complete relief, relief, partial relief and no relief.

Azam R, Jabeen A, Jilani S, Jahangiri U. Shaqqa (Migraine): A historic perspective in Unani system of medicine. International Journal of Institutional Pharmacy and Life Sciences. 2017; 7(6):123-129

Antidepressant and anxiolytic activity

Anxiety and depression are common in Alzheimer's disease (AD). Despite some evidence, it is difficult to confirm *Lavandula officinalis* Chaix ex Vill (Lamiaceae) as an anxiolytic and antidepressant drug. Lavender extracts improved scopolamine-induced memory impairment and also reduced anxiety and depression-like behaviour in a dose-dependent manner.

Rahmati B, Khalili M, Roghani M, Ahghari P. 2012. Anticonvulsant effect of hydro-alcoholic extract of *Lavandula officinalis* on seizures in pentylenetetrazol-induced kindling model in male rat. *Danesh Med* 19:1–9.

