

# ROLE OF "JYOTISHMATI" IN THE TREATMENT OF CNS DISORDERS

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## Abstract

The nervous system plays a vital role in controlling, executing and coordinating internal and external activities of the body. Due to our hectic schedule and indisciplined lifestyle CNS disorders are increasing now a days stress, anxiety, depressions are the common problems associated with CNS and these problems are leading into serious health issues. There are variety of medicines available for the treatment of such diseases as we are very advanced in the medicine field and this field is improving day by day, but medicines used in the treatment of these disorders are mostly of synthetic (allopathic) origin so various side effects are associated with these medicines which includes addiction, sleep disorders etc. It's a high time that treatment of these disorders amalgamation of herbal approach should also be introduced at this point. Plants are used in the treatment of these disorders in India from ancient age (e.g Ayurvedic system, Naturopathy etc.). Brahmi, Sankhpushpi are known medicines in this field but Jyotishmati which is also used from ages is very less known, so here I am discussing its role in treatment of CNS disorders.

**Keywords:** Nervous system, CNS system, *Celastrus paniculatus* wild, memory enhancer, ayurveda.

## Introduction

Jyotishmati is also known as Malkangani, Kangani, Sphutabandhani, Svarnalota, Climbing-staff plant, Intellect tree, Black-oil tree. Its scientific name is *Celastrus paniculatus* wild. It is an Indian medicinal plant having great importance in Ayurvedic system of medicine. It has been used in treatment of various diseases for many centuries. It is considered as a boon for the students because of its known effect of memory sharpening.<sup>1</sup> It is an unarmed, woody climber which bears fruits. Apart from sharpening memory and treating brain related disorders<sup>2</sup>, the seed of the plant also reported to have nootropic<sup>3</sup>, antiatherosclerotic, hypolipidemic<sup>4</sup>, antioxidant<sup>5</sup>, anxiolytic<sup>6</sup>, antispermatogenic<sup>7</sup> and antistress activity<sup>8</sup>.

### Plant –

**Scientific Name:** *Celastrus paniculatus* Willd.

**English Name:** Black-oil tree, Intellect tree, Climbing-staff plant.

**Common Indian Name:**

Hindi: - Malkakni, Malkagni, Malkamni

Sanskrit: - Jyotishmati, Kanguni, Svarnalota, Sphutabandhani

Gujarati: - Malkangana, Velo

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Marathi: - Kangani, Malkangoni

Telugu: - Teegapalleru, Teega

Bengali: - Malkanjri

Malayalam: - Polulavam

Tamil :- Valuluvai

### Classification:

Kingdom:- *Plantae*

Class:- *Angiospermae*

Order:- *Celastrales*

Family:- *Celastraceae*

Genus:- *Celastrus*

Species:- *paniculatus*

### Appearance

The stem is covered with an uneven, reddish-brown colour bark having coarse white lenticels on outer surface and light colour bark inside. *Celastrus paniculatus* is having small unisexual flowers of yellow or green colour and the leaves are delicate, smooth wide and can be of oval or elliptical in shape. The capsules of the plant are of yellow colour about 0.5 to 0.7 Cm radius. The seeds change their colour from yellow to red as they aged and contain yellow – orange or brown colour oil. Each capsule contains

about 1-6 seeds. The oil of plant is known as *Celastrus* or Malkangani oil.<sup>9</sup>

### Jyotishmati and Ayurveda

According to ayurveda the name Jyotishmati means enlightenment of psycho motor function i.e Jyoti-Enlightenment, Mati- Brain functions. It is used in disease associated with vata-kapha. It improves medhya guna which means improving memory power. It is also used in fever because of its katu tikta properties, because of ushna-virya property it is used in various disorders related to it. From ancient time its rasa is used in addiction related disorders.

### In combination with other herbs

Jyotishmati is widely used in combination of apricot oil, in hair oils with brinraj oil for topical applications, it is also used with almonds, cardamom, jatamansi, mandukparni, sankhpushpi, yashtimadhu etc. as memory enhancer.

### Contribution in Research

- Oil of the seed is used to sharpen the memory and promote intelligence. This is why it is also known as brain tonic. Extract and the oil of the seed are known to be a powerful stimulant for neuromuscular system and are given in rheumatism, gout and paralysis.<sup>10</sup>
- Oil is rubefacient that means it can irritate skin and can cause redness of the skin; seeds are alterative, stimulant and have soothing effect on nerves; seeds and oil are found to stimulate intellect and for sharpening the memory. It is known as magzsudhi and used for promoting intelligence. It can be used as oil along with benzoin, cloves, nutmeg and mace added is a remedy for disease caused by the deficiency of vitamin B1 known as beri-beri. In paralysis and for relieving pain of rheumatic diseases the oil is used as ointment. Also the mixture one part of the oil in eight part of butter is used as the pomade for the head.<sup>11</sup>

## Conclusion

By studying the various uses and benefits of Jyotishmati, it is clear that it has significant effect on various disorders and in treating various illness not only nervous disorders but also skin problems, fever and cardiac disorders etc. It is the ancient herb but very less known in comparison with other herbs of the same categories. It is an endangered species and less

noticed but if effective measures are taken it will go to be a boon for the health issues.

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