

VOLUME | ISSUE | YEAR
16 | 1 | 2022
eISSN: 2151-6081 . pISSN: 1819-3471



RESEARCH JOURNAL OF **Phytochemistry**

Editors

Dr. Showkat R. Mir,

Editor, Phyto-pharmaceutical Research Lab.

Department of Pharmacognosy & Phytochemistry

School of Pharmaceutical Sciences & Research

Jamia Hamdard, PO Hamdard Nagar New Delhi 110062

Dr. Saima Amin

Co-editors, School of Pharmaceutical Sciences & Research,

Jamia Hamdard, PO Hamdard Nagar New Delhi, India

Dr. Javed Ahamad

Co-editors, Faculty of Pharmacy, Tishk International University,

Erbil, Iraq



rjp.scione.com

Disclaimer:

All these abstracts were presented at the AICTE sponsored e-Conference on Phytopharmaceuticals held on August 6, 2020 by School of Pharmaceutical Education and Research, Jamia Hamdard, New Delhi.

Parsioshan (*Adiantum capillus-veneris* L.) and its Importance in the Management of Respiratory System Ailments

Mohammad Zakir, Aslam Siddiqui and Munawwar Husain Kazmi

National Research Institute of Unani Medicine for Skin Disorders (NRIUMSD) Hyderabad, under Central Council for Research in Unani Medicines (CCRUM), New Delhi, India.

ABSTRACT

Parsioshan consists of the whole herb of *Adiantum capillus-veneris* L. (family-Adiantaceae). It is known as maidenhair fern, black maidenhair fern, and hansraj, etc. The species grow globally in America, Africa, Europe, India, Sri Lanka, and Australia. In India, it is commonly found in Punjab, Bihar, Maharashtra and South India. It contains β -sitosterol, stigmasterol, campesterol, quinic acid, shikimic acid, kaempferol, astragalol, querciturone, rutin, and several other pharmacological active secondary metabolites. It has exhibited various actions like an expectorant, emmenagogue, emetic, febrifuge, and antibiotics, etc. on the basis of the various actions it has been used for respiratory ailments such as cough and asthma, as a febrifuge in fever, eye inflammation, dysmenorrhea, toothache, rheumatism, jaundice, hepatitis, and intestinal spasms. Experimental studies have proved its nephroprotective, antioxidant, anti-inflammatory and anti-nociceptive activities, hepatoprotective and antidiabetic activities, etc. As per traditional Unani medicine literature, it has many actions such as *Mulattif* (demulcent), *Mufattih* (deobstruent), *Mudirr-i-Hayd* (emmenagogue), *Mudirr-i-Bawl* (diuretic), *Muhallil* (Resolvent), *Kasir-i-Riyah* (carminative) and *Jali* (detergent). It is recommended in *Dhāt al-Sadr* (pleuritis), *Dhāt al-Ri'a* (pneumonia), *Su'āl* (cough), *Khanāzīr* (lymphadenopathy) and *Humma Balghamiyya* (fever due to involvement of phlegm). It stimulates hair growth when applied locally in cases of hair loss. Respiratory diseases are a mammoth challenge to life, health, and productive human activity. Prevention, control, and cure of these ailments must be a top priority to counter the problem effectively. The control and management of respiratory ailments in a safe and cost-effective way is the need of the hour. The Unani system of medicine provides safe, effective, and cost-effective drugs for the management of respiratory diseases. Parsioshan is an important drug for the management of some the most common respiratory diseases like cough, pneumonia, and pleuritis etc. In the scenario of COVID-19, its importance increases many folds due to its useful effects on respiratory ailments.



Aims & Scope

Research Journal of Phytochemistry is a leading international journal publishing peer reviewed scientific literature in four issues annually. Research Journal of Phytochemistry covers research on all aspects of plant chemistry, plant biochemistry, plant molecular biology and chemical ecology.

Author's Benefits



Rigorous Peer-Review

Friendly and constructive peer-review of your paper by specialized referees



High Publication Standards

Rapid production combined with expert copyediting, proofreading, and final presentation



Impact Metrics

Keep track of your research impact with article-level metrics



Authors Retain Copyright

We use the Creative Commons Attribution (CC BY) license that allows the author to retain copyright

Science International is a member of



Follow Us

 facebook.com/scienceinternational

 twitter.com/science_intl

 linkedin.com/company/scienceinternational

 youtube.com/scienceinternational



scienceinternational.com

rjp.scione.com

Science International, a digital researcher-led publishing platform of open access journals, operates with a highly cost-efficient model that makes quality publishing affordable for everyone.