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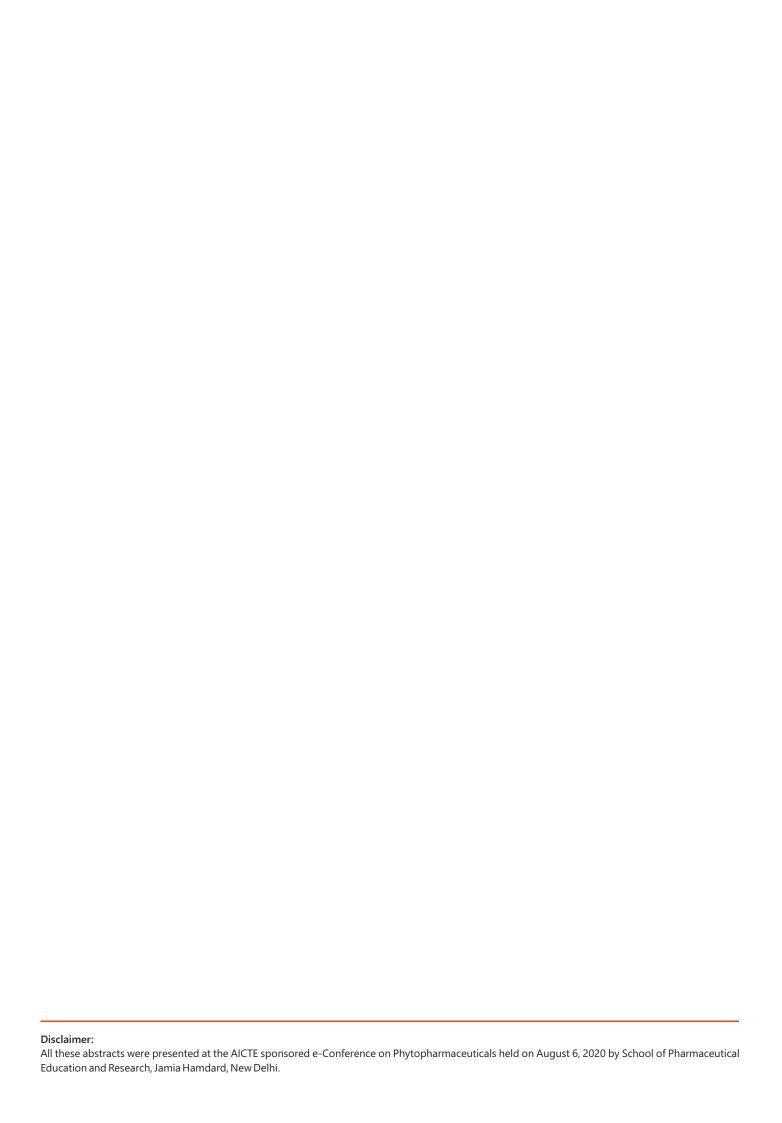
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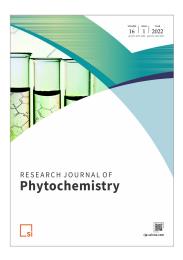


Parsioshan (*Adiantum capillus-veneris* L.) and its Importance in the Management of Respiratory System Ailments

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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, astragalin, 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, antiinflammatory 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

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