



## Bichu-Buti in Traditional System of Medicine:-A Review

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**ABSTRACT:-** Natural herbs with medicinal value achieve importance in clinical research due to their known property and less side effect than allopathy medicine. bichu buti is a medicinal herb that grows in a wide range in the hills. The leaves, root, and stem part of this plant is used as a medicine in ayurvedic literature. It contains vitamin C and it is a powerful aid to the immune system. Bichu buti is a rich source of anti-oxidant. It can be utilized in various types of disease by formulating it in a suitable dosage form. Bichu buti is traditionally used in the control of cardiovascular disorders especially in hypertension. It is a potent medicinal herb and many parts of this plant are utilized in the treatment of various disorders, allergies, goiter, alopecia. My present study in this review encompasses the active component obtained from the plant and their therapeutic effect in disease targeting.

**KEY WORDS:** Natural herbs, Ayurveda, dosage form, hypertension,

**Common name:-** stinging nettle, Himalayan nettle, nettle

**Sanskrit name:-** Duhsparsa, duralabha, vrschikali

**Regional name:-** sishnu, paharah bichuti, kandali, shishoon,

**Parts used:-** leaves, stem, root

**Energetics:-** in ayurveda it is known to balance vata and pitta "Dosha"

**Medicinal properties of bichu buti :**

Rasa (Taste):- tikta (bitter), kasaya

Guna (Qualities):- laghu(lightness), Ruksha (non-unctuousness quality)

Vipak:- katu (undergoes sweet taste conversion after digestion)

Veerya:- ushna (hot potency)

**Chemical composition:**

Bichu buti contains Acetylcholine, Aspartic acid, Serine, Histamine, serotonin (5 HT), Tryptophan, Malic acid, Tyrosine phytoconstituents. It is also rich in vitamin C. It also contains protein, fats, fiber, phosphorus etc...

**Pharmacological activity (Guna-karmavijnana):**

The action of drug interpreted on basis of their properties.

**Anti-oxidant activity:-** antioxidant property in bichu buti occurs by methanolic extract of leaves. Leaves were able to protect the cells from injuries caused by reactive oxygen species. It removes the free radical from the body.

**Cardiovascular activity:-** bichu buti is used in cardiovascular disorders. The hydroethanolic extract of it protects myocardial cells by decreasing the elevated levels of malondialdehyde. It also significantly reduces the increased activity of aspartate aminotransferase, lactate dehydrogenase and alkaline phosphate. It can reduce the level of high density lipoprotein and low density lipoprotein and triglycerides..

**Hepatoprotective activity:-** Ethanolic extract of leaves reduces the elevated level of bilirubin and serum protein

**Nephroprotective activity :-** the extract of it is able to exert nephroprotective effect in induced nephrotoxicity. This action was evident by decrease in blood urea nitrogen (BUN) protein and creatinine level.

### I. INTRODUCTION:

Bichu buti is also known as Himalayan stinging nettle, kandali, shishoon. The scientific name of bichu buti is *Urtica dioica* and it belongs to the family of *Urticaceae*. The leaves and stem of these plants have many stinging hairs whose tips come off when touched, transforming the hair into a needle that can inject several chemicals causing a painful sting and burning sensation. Bichu-butii consists of proteins, calcium, phosphorus, iron, magnesium, beta-carotene along with vitamins A, C, D and B complex. It contains a high amount of iodine which is essential for the thyroid. The hair in the plant is responsible for burning sensation and itching.

### Geographical distribution:

Bichu buti is mainly found in moist and shady places at a height of 1800 to 2700 meters from sea level. It is found in Bhutan, Nepal, China, and India. In India, it grows in Kashmir, West Bengal, Tamil Nadu and Sikkim, Uttarakhand (Garhwal/Kumaon).

### Some basic facts about bichu buti :

**Botanical name:-** *Urtica dioica* L

**Family:-** *Urticaceae*



**Wound healing properties:-** the extract of bichu buti formulated ointment ,cream prepared by Indian pharmacopoeia method.in ayurveda

**Other medicinal uses of bichu buti :**

- 1.it is used in cardiovascular disorder especially use in hypertension.
- 2.The roots are used in treating diarrhoea dysentery and inflammation and ulcerations affecting the digestive tract.
3. the leaves are helpful in treating high blood pressure ,cystitis and anemia.
4. bichu buti tea is used in arthritis osteoarthritis to reduce the swelling and pain .
5. it is used in bleeding in any area of body.
6. tonic are manufactured for the treatment of physical weakness.
7. It is also used in treating burns and scald injuries.
8. The leaves help in anemia and improve breast-milk production.
9. The root is now used to treat enlarged prostate abscess,addictions and herpes.
10. reduced menopausal symptoms and relieve in periods pain.
- 11.used in treatment of Alzheimer disease.
12. It is used in raktamokshan (blood purification)

**II. COUNCLUSION:**

Traditional system of medicine are playing important role in providing health care.indian system of medicine also known as global system of medicine.only traditional extraction and process is known to the local community. it utilize in various types of disease after study of their properties.a lot of work needs to be development of medicine.Research can be done towards how the improved the quality of bichu buti.

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