

Parnabeej



Botanical Name- Bryophyllum pinnatum (Lam.) Kurz., Bryophyllum calycinum

Family- Crassulaceae (Parnabija kula)

Vernacular names-

English name - air plant, cathedral bells, life plant, miracle leaf, and Goethe plant, Bryophyllum

Hindi Name- Airavati, Pathacharuti

Unani Name-Jhakme hayat

Telugu Name- Ranapalaku

Bengali Name- Koppata

Gujarati Name- Ghaimari

Marathi name- Panfuti

Oriya name- Amarapoi

Telugu name- Ranapalaku

Urdu name- Jhakme hayat

Synonyms

patrabija, Raktakusuma, Chatushkonaka

Habitat -Parnabeeja is a small shrub growing up to a height of 1-4 feet and found abundantly in the warm and moist parts of central and eastern India. This plant is a native of Madagascar country.

Classical categorization -

This plant is not mentioned in any Samhitas of Ayurveda like Charaka, Sushruta, Astanga Sangraha/ Hridaya or in any popular Nighantus like Dhanwantari Nighantu, Bhava Prakasha.

Morphology -

Parnabeeja is a small plant growing to a height of 1-4 feet. The leaves are thick, fleshy, round to oval in shape. The flowers are 1-1.5 inch long, greenish purple in color. The seeds are small, round, slimy with small ridges. New growth is seen from the edges of the leaf. Flowers are seen in the month of October- November. The plant can be found all over India in the temperate climate.

Medicinal qualities:

Guna - Laghu-Rooksha

Rasa - Kashaya -Amla

Vipaka -Madhura

Veerya- Sheeta

Effect on Tridosha- Kapha-Pitta Hara

(Reduces the vitiated Kapha and Pitta dosha), Rakta Stambhana (helps in coagulation of blood), Vranaropana (helps in the wound healing)

Pharmacological action - Diuretic

Useful part: Leaf

Dosage- Fresh juice - 10-20 ml

Paste of leaf- Used externally

Chemical composition

The leaves of the plant *Bryophyllum pinnatum* yield glycosides of quercetin and kaempferol and fumaric acid. The extracts of the plant are anti- fungal in nature.