

A REVIEW ON JUFA (*HYSSOPUS OFFICINALIS*) PLANT WITH SPECIAL
REFERENCE TO ROLE IN URDHWAJATRUGAT ROGADr. Sarita Ghanshyam Gharde*¹ and Dr. Meghnandini Khandare²¹Professor, Shalakya Tantra Dept., L.N. Ayurveda College and Hospital, Bhopal, India.²Professors, Dravyaguna Dept., L.N. Ayurveda College and Hospital, Bhopal, India.

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ABSTRACT

Jufa is a plant belongs from Lamiaceae family and considered as herbaceous plant. The plant is native to the Middle East and Southern Europe, etc. As per literature survey it is evident that plant offers therapeutic role in anxiety, colic, liver disorders, catarrh, bronchitis, asthma and diarrhea, etc. Plant contains volatile oil, pinenes, camphene, terpinene, tannin, flavonoids, oleanolic acid, resin and gum, etc. *Hyssopus officinalis* is a shrub used traditionally for many therapeutic purposes. This plant possesses Katu, Tikta, Guna, Laghu, Ruksha and Teekshna, etc. properties thus offers Kaphavata shamaka effect. Plant offers therapeutic relief in Jwara, Kushta, Apasmara, Sothai and Kasa, etc. The chemical constituents present in plant provide imparts specific qualities that can be used to relieve Urdhwajatrugat Roga. The anti-inflammatory, antiseptic and Sothahara effects of plant helps to treats various Urdhwajatrugat Roga. This article presents a review on Jufa (*Hyssopus officinalis*) plant with special reference to its role in Urdhwajatrugat Roga.

KEYWORDS: Jufa, Urdhwajatrugat Roga, *Hyssopus officinalis*, Plant.

INTRODUCTION

Jufa (Hyssopus officinalis) is a plant of enormous medicinal properties, distributed in West Asia and Europe. Himachal Pradesh and Jammu & Kashmir are the areas where plant found in India. The plant abundantly found in Pattan valley in India around altitude range of 2500-3000 m. *Hyssopus officinalis* is an aromatic, woody, shrubby perennial and semi-evergreen plant, grown in gardens or as an ornamental. It looks like narrow and toothed with shiny dark green leaves. Leaves used in cooking for flavoring purpose.

Jufa (Hyssopus officinalis) is a brightly coloured shrub, acquiring height from 30 to 60 cm. The stem look like woody at base, many straight branches grow from the stem. Leaves are lanceolate, 2 to 2.5 cm long with dark green colour.

Flowers appeared as purple to blue with fragrant that attracts butterflies. Plant has male and female organs thus considered as self-fertile plant that mainly pollinated by the bees. The culinary flavors are obtained from the flowers and leaves of plant, oil of plant mainly used for this purpose. Foliage can be used in soups and sauces as a flavoring agent.

Jufa abundantly found in Southern Europe, Middle East, West Asia and other regions surrounded by Caspian Sea. Jammu & Kashmir and Himachal Pradesh are major areas of India where *Jufa* plant found. It is used for medicinal purpose due to its antiseptic, expectorant and anti-inflammatory properties.

Botanical Descriptions

- ✓ **Botanical Name:** *Hyssopus officinalis* L.
- ✓ **Kingdom:** Plantae
- ✓ **Order:** Lamiales
- ✓ **Family:** Lamiaceae
- ✓ **Genus:** *Hyssopus*
- ✓ **Species:** *H. officinalis*

Synonyms

Loudon, Hyssop, Jufa, Zanjibil, Zufa khusk, Zufah-khushk, Isop and Hissopu, etc.

Phyto-constituents

- ✚ It contains camphene, α - β -pinenes, linalool, bornylacetate, terpinene, terpinene, pinocamphone, isopinocamphone, borneol, limonene, phellandrene and geraniol, etc.
- ✚ It also contains glycoside hyssopin, flavonoids, caffeic acids, tannins, resin and gum, etc.
- ✚ Plant contains Terpenoids; marrubiin, oleanolic acid and ursolic acid, etc.

Ayurvedic Properties

Jufa (*Hyssopus officinalis*) possess shows enormous medicinal properties by virtue of its Ayurveda properties which depicted in **Figure 1**. The taste of plant is pungent & bitter with light property which makes it easy for digestion. The dry and strong nature of plant imparts properties of quick action. The bio-transformed metabolite has bitter and hot properties therefore offer *Kaphavata shamaka* action.

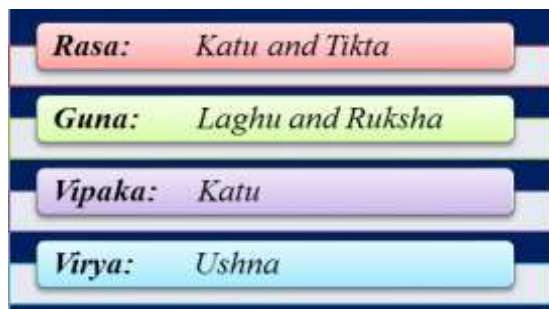


Figure 1: Ayurveda properties of *Jufa* (*Hyssopus officinalis*).

Katu and *Tikta Rasa*, *Laghu* and *Ruksha Guna*, *Katu Vipaka* and *Ushna Virya* offers *Kaphavata shamaka*, *Pachana*, *Depana* and *Vrushya* effects thus used in *Jwara*, *Kushta*, *Sotha*, *Kasa* and *Antrasula*, etc. for therapeutic purposes.

It is used to treat epilepsy, respiratory infections, illnesses related to cough and cold, sore throats, asthma, congested sinuses, intestinal gas, flatulence and diseases of digestive system. Plant helps to combat rheumatism, relieve muscular aches and fever. Eliminate toxins through skin thus relieves burns earache and skin inflammations, improves healing of skin problems.

Role in *Urdhwajatrugat Roga*

Traditionally plant has been recommended for many diseases associated with ear, nose and throat, etc. Plant offers beneficial effects in respiratory infections, illnesses related to cough and cold, treats sore throats, cure asthma and relieves congested sinuses, etc.

Matra of Churna: 3-6 gms.

The other health benefits of *Jufa* plant in *Urdhwajatrugat Roga* are as follows

- For the alleviation of headaches caused by rhinitis, a paste made from leaves is gently applied to the forehead.
- Externally a preparation is specifically employed to address bruising around the eyes and eyelids.
- In the treatment of chronic rhinitis and sinusitis, the application of *Jufa* oil through steam inhalation has shown efficacy.
- To soothe throat irritation, a mixture of leaf juice and honey is administered.
- For relief from throat discomfort, a leaf paste combined with *Guggul* is externally applied to the throat area.

- *Jufa* leaves are used to create an herbal tea for managing cough.
- *Jufa* leaves contribute to improved circulation and are beneficial in addressing various conditions, including coughing stemming from a sore throat.

Probable Mode of Action in *Urdhwajatrugat Roga*

- ❖ The *Kaphanihsaraka* effect offers therapeutic advantages in sinus, respiratory infection and rhinitis, etc.
- ❖ *Vatanulomana* and *Sothahara* effects relieve pain associated with ear pain and headache.
- ❖ *Kasaghna* and *Svasaghna*, etc. effects offers therapeutic responses in cough, cold and asthma, etc.
- ❖ The *Krmighna* effect prevents infection of respiratory system and also other infections of microbial contamination.
- ❖ The *Roganivarakarma* property of plant offers therapeutic potential in *Pratiyaya*, *Svas kaphajavarai* and *Kasa*, etc.
- ❖ *Katu Rasa* prevents discharge in *Urdhwajatrugat Roga*.
- ❖ *Laghu Guna* increase penetration of active constituent to the site of action.
- ❖ *Ruksha Guna* causes dryness which prevents liquid discharge or secretion of excessive fluid in *Urdhwajatrugat Roga*.
- ❖ *Teekshna Guna* and *Ushna Virya* offers anti-inflammatory responses and relieves prevent microbial lodging by virtue of their hot potency.
- ❖ The *Kapha shamaka* effect relieves disorders of respiratory system associated with vitiated *Kapha*; rhinitis, sinusitis and sore throat, etc.
- ❖ The *Vata shamaka* effect relieves edema, swelling, pain and inflammation associated with *Urdhwajatrugat Roga*.

CONCLUSION

Jufa (*Hyssopus officinalis*) is a plant of *Lamiaceae* family native to the Middle East and Southern Europe, etc. Plant offers therapeutic role in various pathological conditions including colic, liver disorders, anxiety, bronchitis, asthma and catarrh, etc. Chemically plant contains pinenes, terpinene, camphene, flavonoids, tannin, gum and resin, etc. This plant possesses *Katu*, *Tikta*, *Guna*, *Laghu*, *Ruksha* and *Teekshna*, etc. properties; these qualities give medicinal significance in *Urdhwajatrugat Roga*. The anti-inflammatory, anti-microbial and antiseptic, etc. properties of plant provide therapeutic benefits in many *Urdhwajatrugat Roga*. Paste of leaves relieves headaches caused by rhinitis, *Jufa* oil considered good for sinusitis, leaf juice and honey soothes throat irritation, leaf paste with *Guggul* used to relieve throat discomfort and decoction of *Jufa* leaves helps to manage coughing and sore throat, etc.

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