

**AN OVERVIEW ON DIURETIC HERBS**

**Anil Kumar\*, Amar Pal Singh and Ajeet Pal Singh**

St. Soldier Institute of Pharmacy, Lidhran Campus, Behind NIT (R.E.C), Jalandhar-Amritsar by pass NH-1 Jalandhar-144011, Punjab, India.

\*Corresponding Author: Anil Kumar

St. Soldier Institute of Pharmacy, Lidhran Campus, Behind NIT (R.E.C), Jalandhar-Amritsar by pass NH-1 Jalandhar-144011, Punjab, India.

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**ABSTRACT**

As Diuretics arrangements have been used, the medicinal herb has so source. Diuretics increase the rate of urine flow rate and are thus used in a variety of syndromes such as hypertension, tension, cardiovascular issues, diabetes mellitus, and infections caused by liver degeneration. When compared to allopathic medications, these plants are moderately protected and free of poisonous effects, making them a better option for treating infections. This work may show an accomplishment in the selection of medicinal plant for conveying their work on diuretics.

**KEYWORDS:** Ayurveda, Diuretic, medicinal plants, Herb, Extract, Pharmacological activities.

**INTRODUCTION**

Herbal drugs have been used for a long time in every civilization around the world. Researchers and scientific professionals have shown an increased interest in the area when they see it as a legitimate medical field. Predecessors discovered a variety of medicinal herbs, which were used as diuretics in traditional folk medicine.<sup>[1]</sup> Natural medicines have recently gained importance and popularity as a result of their safety, efficacy, and affordability.<sup>[2]</sup> According to the Ayurvedic text, approximately 120 plants have diuretic properties. The main problem for herbs is that they have a single operation as well as a few similar exercises. Diuretic enhancers that stimulate water discharge can be beneficial in a variety of conditions, including the majority of those characterized by edema, for example, nephritis, premenstrual pressure, hypertension, migraine, hyperkalemia, renal dysfunction, and epilepsy.<sup>[3]</sup>

**Mechanism of Action of Diuretics**

Both proximal tangled tubule reabsorb about 50-66 percent of liquid in the proximal tangled tubule. Since it is extremely porous to water and impermeable to solutes, the Loop of Henle's slight diving appendage allows for osmotic water reflection. The reduced water retention from the Loop of Henle's diving appendage contributes significantly to the overall improved condition of diuresis. The Loop of Henle's slight climbing appendage is impermeable to water but extremely porous to chloride and sodium, so diuretics have little effect on it.<sup>[4]</sup>

**Herb Used As a Diuretic**

For a long time, India's herbal medicine has been used to treat diuretics. Some plants have diuretic properties that are briefly discussed in table 1.

**Table 1: some herbal plants exerting diuretic property.**

Plant name	family	Part used	activities
<i>Alangium salvifolium</i> <sup>[5]</sup>	Alangiaceae	Root, leaves, bark, fruits	Inflammation, hemorrhage
<i>Acacia suma</i>	Mimosaceae	Wood	Shvetakhadira
<i>Artemesia thuscula</i>	Asteraceae	Aerial parts	Antidiarrheal, uricosuric, spasmolytic
<i>Aerva lanata</i> <sup>[6]</sup>	Amaranthaceae	Entire plant	Demulcent, Anthelmintic, Antidiarrhoeal
<i>Balanites roxburghi</i> <sup>[7]</sup>	Balanitaceae	leaves	Hepatoprotective, Antinociceptive, Antioxidant
<i>Boerhavia diffusa</i> <sup>[8]</sup>	Nyctaginacea	roots	Diuretic effect
<i>Benincasa hispida</i>	Cucurbitaceae	Roots, leaves, fruits	Kuushmaanda
<i>Elettaria cardamomum</i>	Scintaminace	Fruit extracts	Carminative, Stomachic, Diuretic
<i>Carum carvi</i>	Apiaceae	Aqueous extract	Diuretic, Emmenagogue, Spasmolytic
<i>Rosamarinus officinalis</i> <sup>[9]</sup>	Labiatae	Aqueous extracts	Diuretic activity
<i>Chamaemelum nobile</i> <sup>[10]</sup>	Asteraceae	Aqueous extract	Diuretic activity
<i>Capparis spinosa</i>	Cappariadaceae	Bark, flower	Diuretic activity

<i>Cocculus hirsutus</i> <sup>[11]</sup>	Menispermaceae	Aerial parts and roots	Diuretic activity
<i>Coriandrum sativum</i> <sup>[12]</sup>	Umbelliferae	aqueous extract of seeds	Diuretic, Antinflammatory, Antiseptic
<i>Commelina diffusa</i> <sup>[13]</sup>	Commelinaceae	Extracts of the stem, leaves	Diuretic
<i>Cynodon dactylon</i>	Graminae	Juice	Diuretic, Antiemetic
<i>Erica multiflora</i>	Ericaceae	Aqueous extract	Diuretic
<i>Erythrina indica</i> <sup>[14]</sup>	Fabaceae	Extracts of leaves	Diuretic, Laxative
<i>Hemidesmus indicus</i> <sup>[15]</sup>	Apocynaceae	Root	Blood purifier, Diaphoretic, Diuretic
<i>Hygrophila auriculata</i> <sup>[16]</sup>	Acanthaceae	Alcoholic extracts	Diuretic activity
<i>Ipomoea aquatic</i>	Convolvulaceae	Leaves, stem	Emetic, purgative
<i>Lagerstroemia reginae</i> <sup>[17]</sup>	Lythraceae	Leaves and fruits	Diuretic activity
<i>Lepidium sativum</i> <sup>[18]</sup>	Cruciferae	Seeds	Diuretic, Tonic
<i>Nyctanthes arbotristis</i> <sup>[19]</sup>	Oleaceae	Aqueous flower extract	Diuretic
<i>Phyla nodiflora</i> <sup>[20]</sup>	Verbenaceae	Extracts of aerial parts	Diuretic, Diaphoretic,
<i>Pongamia pinnata</i>	Fabaceae	Methanolic extracts	Diarrhoea, Leprosy, Diuretic
<i>Randia echinocarpa</i>	Rubiaceae	Aqueous extract of dried fruit	Diuretic activity
<i>Rumex abyssinicus</i>	Polygonaceae	Leaves and shoots	Diuretic activity
<i>Rungia pectinata</i>	Acanthaceae	Branched herb	Diuretic activity
<i>Spergularia purpurea</i> <sup>[21]</sup>	Caryophyllaceae	Whole plant	Diuretics, hypertension
<i>Spilanthes acmella</i>	Compositae	Fresh flowers	Diuretic activity
<i>Tropaeolum majus</i> <sup>[22]</sup>	Tropaeolaceae	Leaves	Diuretic activity
<i>Terminalia arjuna</i>	Combretaceae	Bark, leaves	Diuretic activity
<i>Withania aristata</i> <sup>[23]</sup>	Solonaceae	Leaves	Insomnia, Urinary pathologies
<i>Samanea saman</i> <sup>[24]</sup>	Fabaceae	Root	Diuretic activity
<i>Morinda Citrifolia</i> <sup>[25]</sup>	Rubiaceae	Fruits	Diuretic activity
<i>Euphorbia thymifolia</i> <sup>[26]</sup>	Euphorbiaceae	Crude extract	Diuretic activity
<i>Achyranthes Bidentata</i> <sup>[27]</sup>	Amaranthaceae	Seeds, roots	Antimicrobial, Diuretic Activity
<i>Zea mays</i>	Gramineae	Leaves, Fruit	Antiviral
<i>Tylophora indica</i> <sup>[28]</sup>	Asclepiadaceae	Extract of the leaves	Diuretic, emetic, expectorant
<i>Foeniculum vulgare</i> L. <sup>[29]</sup>	Apiaceae	Root	Diuretic activity

## CONCLUSION

The aim of this study was to provide an overview of current knowledge about the use of herbs as diuretics. It should be noted that there are various medicinal plants that use diuretic movement in specific areas. In contrast to allopathic prescriptions, herbal prescriptions are free of side effects and harmfulness.

## Disclosure Statement

There are no conflicts of interest.

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