



Herbal Garden (Muligai Vanam)

Asthma Kodi



Dr. A. Abirami

Programme Officer

C.P.R. Environmental Education Centre
Chennai

Botanical Name	:	<i>Tylophora indica</i> (Burm.f.) Merrill.
Tamil Name	:	Asthma Kodi; Naccaruppan
Sanskrit Name	:	Antmool; Latakshiri
English Name	:	Indian Ipecac

Distribution and Habit

Tylophora indica (Burm. F.) Merr. resides in *Apocynaceae* of angiosperm family. The plant is a curative climber, found in the Eastern and Southern India extending to an elevation of 900 m. It is also found in the sub-himalayan tract from Uttarakhand to Meghalaya and in the central and peninsular India. Leaves, 6-11 cm long, 3.8-6 cm wide, are ovate-oblong to elliptic-oblong, with a narrow tip, heart-shaped at base, thick, velvety beneath when young, smooth above. Leaf stalks are up to 1.2 cm long. Flowers are small, 1-1.5 cm across, in 2 to 3-flowered fascicles in cymes in leaf axils. Flowers are greenish- yellow or greenish-purple, with oblong pointy petals. Fruit is a follicle, up to 7 x 1 cm, ovoid-lance shaped.



<https://en.wikipedia.org/wiki/Tylophora>

<http://flora-peninsula-indica.ces.iisc.ac.in/herbsheet.php?id=1340&cat=7>

Parts used

Leaves and roots.

Medicinal uses

Tylophora indica is rich in medicinal properties. The leaves are expectorant and used to treat respiratory infections, bronchitis and whooping cough. A clinical trial done on asthmatic patients has found that the fresh leaves chewed and swallowed daily with water in the early morning on an empty stomach for a week gives moderate or complete relief of asthma symptoms. *Yanadi* people in Andhra Pradesh chew leaves daily in the morning in severe bronchitis. Its root or leaf powder is used in diarrhoea, dysentery and intermittent malarial fever. The plant is used by the common people in certain regions of India for the treatment of various diseases including dysentery, hay fever, inflammation, rheumatism, arthritis, cancer and dermatitis. The roots can be used as a digestive stimulant; blood purifier and to boost the immune system (Anwar Shahzad et al. 2015). Different parts of the plant are accredited for the anti-diabetic, hepatoprotective, anti-angiogenic, anti-tumor, anti-oxidant, anti-convulsant, anti-rheumatic, and diuretic activities (Reddy et al. 2009).

Conclusion

T. indica is traditionally used as a folk remedy in the treatment of various disorders especially this herb is highly effective in the treatment of bronchial asthma with a productive asthmatic cough. It seems to be a good remedy in traditional medicine as anti-psoriasis. Indiscriminate collection of this plant from its natural habitat, low seed germination potential, difficulty in propagation through vegetative cuttings have resulted in the rapid depletion of the natural strands of this plant thus giving it an endangered status.

