



## Herbal Garden (Muligai Vanam)



### Sundakkai

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<b>Botanical Name</b>	:	<i>Solanum torvum</i> Swartz
<b>Tamil Name</b>	:	Sundakkai
<b>Sanskrit Name</b>	:	Brihati
<b>English Name</b>	:	Turkey berry

#### Distribution and Habitat

*Solanum torvum* Sw. is one of the important medicinal plants belonging to the family Solanaceae. It is a common plant found throughout the Indian subcontinent and West Indies, Bermuda, Indonesia, Malaysia, China, Philippines and tropical America. This species is commonly seen along the road, edges of cultivated fields, open fields and wastelands.



It is an erect or spreading prickly shrub, 1 to 3 m tall. The root system consists of a deep and strong, woody taproot with numerous woody laterals. The leaves occur singly along the stems and are broadly ovate and 5-20 cm long, usually with seven broad, blunt lobes. The inflorescence is a dense, compact, branched head consisting of 50-100 flowers at the ends of branches. Each flower has five slender finely hairy sepals 2 to 3 mm long, five white to cream star-shaped petals each about 1 cm long, five elongate yellow stamens and a central stigma. The fruits are globular berries 1-1.5 cm across, at first green and scurfy but ripening to dull yellow and containing few to many flat, woody, often reddish seeds, 1.5 to 2 mm long.

#### Parts used

Leaf, fruit, and root.

#### Phyto-chemical constituents

Alkaloids, flavonoids, polyphenolics, saponins, glycosides, Vitamin B groups, Vitamin C, iron salts, terpenoids, palmitic acid, linoleic acid, stearic acid, and steroids.

## Uses

Its leaves are eaten as a leafy vegetable and the fruits eaten raw or cooked. The fruits and leaves are incorporated into soups and sauces. Dried turkey berries fried in oil or ghee, is an intrinsic part of meals in south India.

## Medicinal uses

The juice of the *S. torvum* is used to treat fever, cough, asthma, chest ailments, sore throat, rheumatism, dropsy, stomach ache and gonorrhoea. The leaves are effective anti-microbial and diuretic. The leaves are dried and ground to powder, which is used as a medicine for diabetic patients. The leaves are applied topically to treat cuts, wounds and skin diseases. Leaf juice is taken orally to reduce body heat. Syrup prepared from the leaves and flowers is used as a treatment for cold. An infusion of the leaves and fruits is used as a treatment for bush yaws and sores. Its digestive ingredients help calm empty stomach and reduce acidity. The berry is used in the treatment of malaria, stomach aches and problems with the spleen. The fresh fruits are made into a paste and given orally to reduce fever by the Nilgiri Irulas. The Nilgiri Paniyas consume freshly collected fruits to relieve chest congestion and cough (Rajana and Sethuraman, 1993). A decoction of the fruit and leaves are given to children as a treatment for coughs. The young berries are used to improve the eyesight. A paste of the mature fruit is applied as a poultice to the forehead to treat headaches. The fruit juice is applied locally to ease the irritation of ant bites. A decoction of the root is used to treat venereal disease. To treat malaria, the roots are boiled, added with lime juice and consumed. The pounded root is inserted into the cavity of a decayed tooth to relieve toothache (Agrawal et al. 2010; Yousaf et al. 2013).



## Conclusion

*S. torvum* is an important medicinal plant in tropical and sub-tropical countries. It is widely used like food and in folk medicine around the world. It is studied in detail for their various pharmacological activities like antihypertensive, antioxidant, cardiovascular, anti-platelet aggregation, anti-microbial, antiviral activity, etc.

## Photo link:

<http://herbsfromdistantlands.blogspot.com/2016/08/https://www.knowyourindianfoodwithzohara.com/2021/04/indian-vegetable-turkey.html>

