

Role of *Jatiphal* (*Myristica fragrans* Houtt.) in the treatment of various diseases

Sambhaji Tike

Guide & H.O.D., Dravyaguna Vigyana,

Dr.G.D.Pol Foundation's Y.M.T.Ayurvedic Medical College & Hospital,

P.G.Institute, Kharghar, Navi Mumbai.

* Corresponding author: drsambhajitike@gmail.com

Abstract:

Jatiphal (*Myristica fragrans* Houtt.) is used as a condiment. Its essential oil is used in the manufacturing of soaps, spices. The synonyms of *Myristica fragrans* are *jaatikosha*, *malatifala*, *majjasaar*, *jaatisaar*, *sumanafal*, *madashound*, *kusumfala*. This tree is found in Malaya, Java, Singapore, Lanka and West Indies. It is a versatile herbal drug which shows important function on the digestive, central nervous, respiratory and reproductive system of the human body. This article focusses on the

ayurvedic evaluation of *jaatiphal* on the basis of its guna (properties) and uses.

Keywords:

Jatiphal (*Myristica fragrans*), essential oils.

Introduction:

Rasa is the taste which is experienced for the first time when the dravya is tasted. Whereas *veerya* is the main reason which helps to carry out the important function of the herbal drug. The fruit of *Jatiphal* (*Myristica fragrans*) has *tikta*, *katu rasa* and *laghu*, *tikshna guna* (properties), *katu vipaak* and *ushna*

veerya This dravya is *kafa-vaatshamak*. It shows many important functions like *varnya* (improves skin tone) and *ruchikar* (improves digestion) properties. Thus, there is a need to focus on such an important herbal drug and to bring it into clinical practice.

Aim:

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Objectives:

- 1) To study *Jatiphal* (*Myristica fragrans*) according to the ayurvedic concepts of *dravyas*.
- 2) To evaluate the literature available about *Jatiphal* (*Myristica fragrans*).

Material & Methods:

Jatiphal (*Myristica fragrans*) was studied from all the available sources like ayurvedic texts, internet, research articles etc.

Observation:

Jatiphal is a mysterious herbal drug because of its various uses. Its essential oils play a great role in performing many actions. The essential oil contains myristicin, myristic acid, eugenol^[1]. This plant shows important actions on various systems of the human body. They are as follows,

Central nervous system

It is *vaatshaamak* (alleviates *vaat dosha*). It is anti convulsive, relieves insomnia and acts as a pain killer in any type of pain. The paste of *jatiphal* when applied on forehead works best to relieve head-ache. In insomnia the paste of *jatiphal* is applied on forehead and on feet of the patients. The oil of *jaatiphal* or its powder can be used to relieve tooth-ache. Its excessive use can result into giddiness, deafness^[2].

Digestive System

The essential oils of nutmeg helps to enhance the taste of food. *Katu vipaak* and *ushna veerya* helps to increase digestive fire. It is *deepan* (promotes hunger), *paachan*, (digests), liver tonic, deworming agent. The *hima kalpana* of *jatiphal* is used for promoting hunger. Thus, by improving digestion it ultimately give result to well-formed stools. Hence, this herbal drug is a powerful medicine in amoebiasis, diarrhoea and dysentery^[3].

Circulatory system

It purifies the blood thus shows *varnya* (improves skin tone) effect. The paste of *jaatiphal* is applied on the depigmented regions of face. It helps to eradicate depigmented patches formed due to pimples. The powdered form of *jaatiphal* is used to cure cracked heels when applied directly on the cracked heels.

Respiratory system:

It cures ailments of this system like corryza, cough, asthma etc. This acts as an expectorant^[4].

Reproductive system:

Vrushya and *artavajananan* are the important functions of *jatiphal*. According to ayurvedic texts, *jaatiphal* acts as a *shukrastambhak* (which forms accumulation of *shukra*).

Results:

Thus, *jaatiphal* (*Myristica fragrans*) shows versatile function in improving many functions of human body.

Discussion

This article shows the importance of *jaatiphal* (*Myristica fragrans*) on various systems of the body. Its role in skin related problems and in the digestive system are most commonly found. The *katu, tikta* taste of *jatiphal* plays an important role in carrying out these

functions. Thus, Jatiphal can be easily brought into practice.

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