

Review Article

Ice Apple & Homoeopathy of AYUSH

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Abstract: The childhood memory of the lead author tells the readers that in summers the tree gives 'Ice Apple' ('Tal Saj' in Odia language meaning the 'Tall Tree' & 'Fresh'). Further, as the rainy season approaches, the fruit ripens & when the pulp is mixed with jiggery & the resulted dough is deep fried to get ball shaped soft and tender structures that come as a nutritious delicacy that is full of fiber. Further, when the discarded seeds germinate in the open, another delicacy comes out inside the germinated seed when the hard nut is split open. The current article primarily focuses on the nutritional and medicinal uses of the tree and its fruit while touching upon other benefits as well. Among the medicinal uses, it focuses on the homoeopathic use of the tree in homoeopathic therapeutics. There is a huge opportunity to include the medicine 'Borassus Flabellifer' in homoeopathic therapeutics so that people can benefit from the clinically effective, cost effective & zero side effects of this medicine.

Keywords: Palmyra, Borassus Flabellifer, Antioxidants, Polyphenols, AYUSH.

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INTRODUCTION

The botanical name of the tree is 'Borassus Flabellifer'. This is a combination of two Greek words. Borassus means leathery fruit & Flabellifer means its leaves are fan shaped. The tree belongs to the family Arecaceae. The nation has palmyra research station in Kasargod in the state of Kerala & another at Killikulam in Toothukodi district of the state of Tamil Nadu [1].

The 'Palmyra' tree stands tall in South East Asia especially in countries like India, Bangladesh, Srilanka & it is the state tree of the state of Tamil Nadu. Globally it also stands tall in South & West Africa. The lead author hails from the state of Odisha & the tree stands tall in Odisha also [1].

The branches of the tree act as shades for huts and were especially used by seers of the 'Alekh Niranjana' sect & a primary disciple & propagator was the blind Odia poet Bhimabhoi of Rairakhol district of Odisha. The seers do not rest at homes. They rest in the open and they used to use these leaves as beds in the open sky. They also carry a palm leaf fan [2].

Literature Glance

One study in 2018 done by researchers at Kwame Nkrumah University of Ghana cite that the tree is rich in phenols & alkali ions with free radical scavenging properties [3]. Another study done by researchers of Jaffna University explored the nutritional, health & economic potential of the Palmyra fruit while finding it as an antioxidant & anti-diabetic. In the economic perspective, the branches of the tree are used

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to make mats, baskets, umbrellas, purses and other handicraft materials [4].

Further studies have found that various parts of Palmyra tree are rich in many nutrients & phytochemicals that are essential for daily activities. Roots are rich in proteins (8.54%) & fiber. Fruit pulp is high in Ascorbic Acid & calcium level. The Palmyra tuber powder is a good source of fiber, iron & phosphorus that are essential for Red Blood Corpuscles (RBC) synthesis, bone development & toxin elimination from the body [5].

Other studies mention that the Palmyra palm presents a multifaceted resource that contributes to food security & holds promise for future medical & pharmacological applications. Expanding its use through sustainable cultivation & further research into its medicinal properties could greatly benefit health, nutrition & economic development [6].

Regarding the nutritional benefits, another study mentions that the Palmyra fruit is considered as a rich source of sugar, fiber & micronutrients. The antioxidant property is attributed to the presence of phenols in the fruit [7].

Homoeopathic Angle

Only the company 'Remedia Homoeopathia' based in Austria manufacture this medicine as per the pharmacopeia of that nation. In homeopathy, *Borassus Flabellifer* (often abbreviated as Borassus F) is a specialized remedy traditionally prepared from the sugar palm. It is used to target physical debility, chronic fatigue, and reproductive issues, functioning primarily as a restorative tonic [8].

In the domain of general fatigue & debility, it is used to address deep exhaustion, low energy, and prostration, often acting as a tonic following exhausting fevers or general digestive weakness [8].

In the domain of male reproductive symptoms, it is indicated for sexual neurasthenia, profuse nightly seminal emissions or wet dreams, priapism and lascivious dreams [8].

In the domain of urinary complaints, it is addressed in cases featuring urinary burning, subsequent dribbling, polyuria or frequent urination and altered phosphate or uric acid levels [8].

In the domain of digestive and parasitic support, historically it is applied for lack of digestive or assimilative power and specific for worm infestations like hookworm [8].

Future Issues

As it is a popular tree across the globe, other countries including India should adopt this medicine in

the Homoeopathic Pharmacopeia of India. This will allow the homoeopathic manufacturers of India to manufacture the medicine on a large scale for the benefit of the masses.

There is another way out. Homoeopaths can prepare the medicine on their own using the pharmacopeia of their countries. The use of this medicine will catalyze the process of Human Clinical Trial of this medicine.

CONCLUSION

As the issues of metabolic diseases are in the surging mode across the globe, the issues of kidney diseases are also in the surge. It is here that the inclusion of the medicine 'Borassus Flabellifer' in the homoeopathic therapeutics will not only benefit the homoeopathic fraternity but also the public at large.

It is a step towards the achievement of fostering the AYUSH ministry & motivating the personnel associated with the ministry Where especially homoeopathy has the capability towards attaining popularity.

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