Comparative pharmacognosy of Pashanbhed

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ABSTRACT

Background: Pashanbhed is a commercially available diuretic and lithotropic drug, used to treat renal problems. It is a controversial name as it is assigned to various plants such as Bergenia ligulata, Kalanchoe pinnata, Coleus aromaticus and Rotula aquatica. Objective: To perform the comparative preliminary phytochemical screening, diuretic activity, and thin layer chromatography (TLC) finger printing profile of three plants (B. ligulata, C. aromaticus, and K. pinnata), most commonly used as Pashanbhed. Materials and Methods: Diuretic potential of methanolic extract (ME) of three plants were evaluated at two dose levels (500 and 1,000 mg/kg p.o.), using normal Wistar rats (Lipschitz method). Furosemide (20 mg/kg p.o.) was used as a standard drug. The effect on urine output and electrolyte changes were measured for 24 h and compared. All MEs were screened preliminarily for their constituents and their TLC finger printing profiles were prepared. One-way analysis of variance (ANOVA) followed by Bonferroni’s multiple comparison test. P < 0.05 was considered statistically significant. Results: The MEs of all three plants have shown diuresis in normal rats. However, in intercomparison of the ME C. aromaticus (1,000 mg/kg p.o.) produced more significant diuresis (P < 0.05) and electrolyte excretion compared to other test groups, the effect was at par with furosemide. The ME of these plants showed presence of alkaloids, glycosides, steroids, terpenoids, saponins, flavonoids, etc. Conclusion: The ME of C. aromaticus (1,000 mg/kg p.o.) has showed highest diuretic action (4.2) among the tested extracts. This suggests the use of C. aromaticus leaves as “Pashanbhed” the most effective diuretic drug.

Key words: Bergenia ligulata, coleus aromaticus, diuretic, kalanchoe pinnata, pashanbhed

INTRODUCTION

Diuretics are the drugs capable of increasing the rate of urine flow and sodium excretion and are used to adjust the volume and composition of body fluids in a variety of clinical situations including hypertension, heart failure, renal failure, nephritic syndrome, and cirrhosis. These drugs act on the kidney and are able to increase the volume of urine excretion. Pashanbhed (meaning ‘stone breaker’) is a well-known Ayurvedic drug, used mainly as diuretic and lithotropic. It is a controversial drug, as plants like Bergenia ligulata Wall., Aerva lanata Juss., Coleus aromaticus Benth., Kalanchoe pinnata Linn., Homonoia riparia Lour., Rotula aquatica Lour., etc., are being used under the name Pashanbhed. Most common species of marketed formulations used as Pashanbhed are B. ligulata (rhizomes), C. aromaticus (leaves), and K. pinnata (leaves). These species are found in most of the proprietary drugs for example, Calcure tablets, Nieren syrup and capsule, Urotone tablet (B. ligulata), Nefrol capsules and syrup, Kid clear capsule (C. aromaticus), and Parnabija svarasa (K. pinnata). Therefore, in the present study, these three plants were selected for the comparison of diuretic activity. Traditionally, B. ligulata (Family: Saxifragaceae) rhizomes are used for constipation, kidney stones, and urinary problems and has been tested for antiurolithic and diuretic property; the leaves of C. aromaticus (Family: Lamiaceae) are used as expectorant, liver tonic, lithotropic, and diuretic and has been investigated for diuresis. Moreover, the leaves of K. pinnata (Family: Crassulaceae) are used in the traditional system of medicine for diabetes, diuresis, kidney stones, and respiratory tract infection and also evaluated for antiurolithic property.

The description about Pashanbhed as a diuretic drug is vague hence; three plants species (B. ligulata, C. aromaticus, and
K. pinnata have been used as source of this drug. Hence, present study has been designed to compare diuretic potential of these three plant materials to identify the most suitable plant source as Pashanbhed. Preliminary phytochemical screening and thin layer chromatography (TLC) finger printing profiling was done as a part of qualitative evaluation of these three plant extracts.

MATERIALS AND METHODS

Collection and identification of plant material
B. ligulata (rhizomes) and K. pinnata (leaves) were procured from VHCA, Herbas, Karnal and authenticated by Dr. HB Singh, Director, Department of Raw Material Herbarium and Museum, National Institute of Sciences Communication and Information Resources (NISCAIR), New Delhi (Ref. No. NISCAIR/RHMD/Consult/-2012-2013/110). C. aromaticus (leaves) were procured from Tirupati, Andhra Pradesh and authenticated by Dr. K Madhava Chetty, Asst Professor, Department of Botany, Sri Venkateswara University, Tirupati, Andhra Pradesh, India (voucher specimen no. 965).

Preparation of methanolic extracts
The leaves of C. aromaticus and K. pinnata and rhizomes of B. ligulata were cleaned, air-dried, and coarsely powdered. MEs (95%) of each plant (200 g) were prepared by soxhletion. The solvent was recovered under vacuum using rotary evaporator.

Preliminary phytochemical screening
All three ME of selected plants were subjected to preliminary phytochemical screening to check the presence of various phytoconstituents following standard procedures.[9]

TLC finger printing profile
TLC finger printing profiling of ME of all three plants have been prepared using high-performance thin layer chromatography (HPTLC) instrument (Camag, Switzerland) equipped with a sample applicator Linomat-5, TLC Scanner-3, Wincats 4.02, integration software. TLC precoated silica gel 60 F\textsubscript{254} aluminium plates (20 × 10) of 0.2 mm thickness, were used as a stationary phase. The mobile phase system comprised of toluene: ethyl acetate: acetone: formic acid (2:4:4:0.2 v/v/v/v), was used. The linear ascending development was carried out in a twin trough glass chamber. The optimized chamber saturation time for the mobile phase was 20 min at room temperature (25 ± 2°C) at a relative humidity of 50 ± 5%. The slit dimension of 6 × 0.45 mm and the scanning speed of 20 mm/s were employed. Chromatograms were examined under short ultraviolet (UV) radiation 254 nm), long UV (366 nm), and visible light after spraying with anisaldehyde-sulfuric acid reagent.[10,11]

Evaluation of diuretic activity
The method of Lipschitz et al.,[12,13] was employed for assessment of diuretic activity. In this method, male rats (220-250 g), deprived of food and water for 18 h prior to the experiment were divided into eight groups of six rats each. The first group of animals, serving as control, received normal saline (25 ml/kg, p.o.); the second group received furosemide (20 mg/kg, p.o.) in saline; the third, fourth, and fifth groups received the ME of B. ligulata, C. aromaticus and K. pinnata respectively, at the dose 500 mg/kg, p.o.; whereas the sixth, seventh, and eighth received the ME at the dose 1,000 mg/kg, p.o in normal saline. The animals were individually placed in metabolic cages and kept under investigation for 24 hrs. All the urine produced in 24 h period was collected in a test tube through plastic pipe attached to a specially designed metabolic cage. During this period no food or water was made available to the animals. The volume and electrolyte concentration of urine were estimated for the assessment of diuretic activity. The sodium and potassium contents of urine were determined by flame photometry.[14,15] The chloride ion concentration was estimated by titration method.[16] The diuretic action of tested drug was calculated by using the following formula:[17]

\[
\text{Diuretic action} = \frac{\text{Urinary excretion of test drug treated animals}}{\text{Urinary excretion of control animals}}
\]

Diuretic activity

\[
\text{Diuretic activity} = \frac{\text{Diuretic action of test drug}}{\text{Diuretic action of furosemide}}
\]

Statistical analysis
Results are expressed as mean ± standard error of the mean (SEM). The difference between experimental groups was compared by one-way analysis of variance (ANOVA)
followed by Bonferroni’s multiple comparison test. The results were considered statistically significant when $P < 0.05$.

**RESULTS**

The yield of ME of *B. ligulata*, *C. aromaticus*, and *K. pinnata* was 13.66, 16.07, 22.00%w/w, respectively. Preliminary phytochemical screening of ME of all three plants showed the presence of carbohydrates, tannins, phenolic compounds, and flavonoids. In addition, ME of *B. ligulata* showed the presence of glycosides and saponins; *C. aromaticus* showed the presence of alkaloids, terpenoids, and saponins; and *K. pinnata* revealed the presence of steroids and glycosides.

**TLC finger printing profile**

The TLC fingerprinting profile of *B. ligulata*, *K. pinnata*, and *C. aromaticus* had shown seven, five, and three spots at short UV [Figure 1a]; four, four, and three spots at long UV [Figure 1b]; and four, five, and three spots in visible light [Figure 1c]; respectively; with different Rf values [Table 1].

**Evaluation of diuretic activity**

**Effect on urine volume**

The groups of animal treated with tested drugs have shown increase in urine volume at the dose levels of 500 and 1,000 mg/kg p.o. and diuretic action was more than 1. However, in inter-comparison, the *C. aromaticus* has shown more significant ($P < 0.05$) diuretic action [Table 2].

**Effect on electrolytes**

The urinary level of electrolytes (Na++ and K+) was significantly increased in all the animals treated with test drugs in comparison to control group. However, inter-group comparison has shown more significant increase in group of animals treated with *C. aromaticus* [Table 2].

**DISCUSSION**

Diuretics modulate the volume and composition of body fluids in variety of clinical conditions like hypertension, heart failure, nephritic syndrome, and cirrhosis. Herbal diuretics produce very little toxicity and the presence of rich potassium helps to prevent potassium depletion, thus giving the benefit of potassium sparing diuretic effect.[18] MEs of *B. ligulata*, *C. aromaticus*, and *K. pinnata* were tested for their diuretic activity. The results [Table 2], suggest that MEs of *B. ligulata*, *C. aromaticus*, and *K. pinnata* have dose-dependent diuretic action. The diuretic activity of MEs were found more ($P < 0.05$) for all the selected plant materials at the dose 1,000 mg/kg p.o. as compared to 500 mg/kg p.o. The inter-group comparison of different test group animals suggests that *C. aromaticus* is the most suitable source of *Pashanbhed*. However, the phytoconstituents responsible for

| Plant name | Rf at short UV (254 nm) | Rf at long UV (366 nm) | Rf at visible light |
|------------|------------------------|------------------------|---------------------|
| *B. ligulata* | 0.06, 0.09, 0.34, 0.48, 0.53, 0.86 | 0.03, 0.05, 0.09, 0.46 | 0.68, 0.87 |
| *K. pinnata* | 0.02, 0.07, 0.53, 0.71, 0.83 | 0.28, 0.50, 0.72, 0.79, 0.84 | 0.06, 0.54, 0.77 |
| *C. aromaticus* | 0.07, 0.55, 0.75 | 0.07, 0.55, 0.77 | 0.07, 0.56, 0.75 |

ME=Methanol extract, TLC=Thin layer chromatography, UV=Ultraviolet
The parameters such as phytochemical evaluation and the TLC finger printing profile will help in further qualitative evaluation of *C. aromaticus* in future. In conclusion, our present study is the first scientific study to justify the use of *C. aromaticus* (leaves) as *Pashanbhed* drug as it proved as best diuretic agent having similar actions to loop diuretics, like furosemide and useful for the identification of *Pashanbhed*, and thus, further support the usage of it in traditional Ayurvedic system of medicine.

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Thus, diuretic activity of *C. aromaticus* may be through synergistic mechanisms since it is rich in alkaloids, phenolic compounds, flavonoids, terpenoids, and saponins. The precise site, molecule and cellular mechanisms of the extract remain to be elucidated. The present study supports the traditional use of *C. aromaticus* for its diuretic activity and preferred this drug as compared to other tested drugs. Therefore, it should be used as diuretic in the herbal formulation for diuresis. However, there is a further scope in detail phytochemical investigation and activity guided isolation of active constituents from the plant *C. aromaticus*. The authors are greatly thankful to ISF College of Pharmacy, Moga for providing valuable facilities and support to conduct the research.

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