



International Research Journal of Plant Science (ISSN: 2141-5447)
Vol. 14(3) pp. 01-2, April, 2023
DOI: <http://dx.doi.org/10.14303/irjps.2023.24>
Available online @ <https://www.interestjournals.org/plant-science.html>
Copyright ©2023 International Research Journals

Perspective

Bhumi Amla: Protecting the Body, Healing the Soul - *Phyllanthus amarus* in Ayurveda

Deepika Sharma*

Department of Botany, D.D.U Gorakhpur University, Uttar Pradesh, India

E- mail: deepa@yahoo.com

INTRODUCTION

Phyllanthus amarus, commonly known as Stone Breaker or Chanca Piedra, is a small herbaceous plant that holds a prominent place in traditional medicine systems around the world. Revered for its remarkable medicinal properties, this unassuming plant has earned the nickname "Stone Breaker" due to its traditional use in breaking down kidney stones and gallstones. This article explores the fascinating world of *Phyllanthus amarus*, shedding light on its traditional uses, scientific applications, and the potential it holds in modern healthcare.

Traditional Uses and Folklore

For centuries, *Phyllanthus amarus* has been used in traditional medicine systems, including Ayurveda, Traditional Chinese Medicine (TCM), and traditional medicine practices of various indigenous cultures Foo & Wong (1992). In India, the herb is known as "Bhumi Amla" and is valued for its ability to promote liver health, support digestion, and alleviate urinary tract problems.

The name "Stone Breaker" stems from its traditional use in breaking down kidney stones and gallstones, leading to its reputation as an essential herbal remedy for urinary and gallbladder issues. In traditional systems, it is believed to possess diuretic, antimicrobial, and anti-inflammatory properties, which contribute to its effectiveness in these conditions Rajeshkumar et al., (2002).

Scientific Validation and Modern Applications

The traditional uses of *Phyllanthus amarus* have attracted the attention of the scientific community, leading to numerous studies exploring its medicinal properties. Research has

confirmed the presence of bioactive compounds in the plant, such as lignans, flavonoids, and alkaloids, which contribute to its therapeutic effects Andallu, (2007).

Studies have shown that *Phyllanthus amarus* exhibits hepatoprotective properties, supporting liver health and function. It is believed to aid in the regeneration of liver cells and protect the liver from damage caused by toxins and viral infections Thyagarajan et al., (1988).

Moreover, research has also explored the potential of *Phyllanthus amarus* in managing kidney stones and gallstones. Studies suggest that the herb may help prevent the formation of calcium oxalate crystals, a common type of kidney stone, and may assist in the dissolution of existing stones. Other potential applications of *Phyllanthus amarus* include its use as an antimicrobial agent, supporting the immune system, and reducing inflammation. However, further research is needed to fully understand its mechanisms of action and potential benefits in these areas.

Sustainable Harvesting and Conservation

As the demand for *Phyllanthus amarus* increases due to its traditional and scientific applications, there are growing concerns about overharvesting and habitat destruction. Sustainable harvesting practices and conservation efforts are essential to ensure the continued availability of this valuable medicinal plant. Cultivation of *Phyllanthus amarus* has also gained attention as a means of ensuring a sustainable supply. Controlled cultivation not only provides a renewable source of the herb but also reduces pressure on wild populations Verma et al., (2014).

CONCLUSION

Phyllanthus amarus, the Stone Breaker or Chanca Piedra,

Received: 03-Jun-2023, Manuscript No. IRJPS-23-108558; **Editor assigned:** 06-Jun-2022, PreQC No. IRJPS-23-108558(PQ); **Reviewed:** 21-Jun-2023, QCNo.IRJPS-23-108558; **Revised:** 23-Jun-2023, Manuscript No. IRJPS-23- 108558 (R); **Published:** 28-Jun-2023

Citation: Deepika Sharma (2023). Bhumi Amla: Protecting the Body, Healing the Soul - Phyllanthus amarus in Ayurveda. IRJPS. 14: 24.

is a remarkable herb that has been treasured in traditional medicine systems for its diverse medicinal properties. From its traditional use in breaking down kidney stones to its potential applications in liver support and immune health, this unassuming plant continues to captivate the attention of researchers and healthcare practitioners.

As scientific knowledge grows, it is crucial to strike a balance between preserving traditional wisdom and embracing modern research. Sustainable harvesting and cultivation practices will play a vital role in ensuring that *Phyllanthus amarus* continues to be a valuable and accessible resource for generations to come. With its marvelous properties and potential contributions to modern healthcare, *Phyllanthus amarus* stands as a testament to the wonders of nature's healing power.

REFERENCES

- Foo, L.Y., & Wong, H. (1992). *Phyllanthusiin D*, an unusual hydrolysable tannin from *Phyllanthus amarus*. *Phytochem.* 31; 711-713.
- Rajeshkumar, N.V., Joy, K.L., Kuttan, G., Ramsewak, R.S., Nair, M.G., et al., (2002). Antitumour and anticarcinogenic activity of *Phyllanthus amarus* extract. *J Ethnopharmacol.* 81; 17-22.
- Andallu, B. (2007). Hypoglycaemic, hypotensive and diuretic effects of mulberry (*Morus indica* L.) leaves. *Natural products II.* 311-318.
- Thyagarajan, S.P., Thirunalasundari, T., Subramanian, S., Venkateswaran, P.S., & Blumberg, B.S. (1988). Effect of *Phyllanthus amarus* on chronic carriers of hepatitis B virus. *The Lancet.* 332; 764-766.
- Verma, S., Sharma, H., & Garg, M. (2014). *Phyllanthus amarus*: A review. *J Pharmacogn Phytochem.* 3; 18-22.