

MEDICINAL USES OF PALANDU (ALLIUM CEPA LINN): A REVIEW ARTICLEDr. Nitin Jain*¹ Dr. Omprakash Sharma² and Dr. Pratibha Chaudhary³¹PG Scholar Deptt of Dravyaguna.²Professor Deptt of Dravyaguna.³Ass. Professor Deptt of Dravyaguna, Sriganaganar College of Ayurvedic Science & Hospital, Tantia University, Sriganaganar – 335001, India.

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ABSTRACT

Allium cepa is highly valued for its therapeutic properties. It has been used as a food remedy from ancient time. Studies have shown that quercetin protects against cataracts, cardiovascular disease, and cancer. In addition, onions contain a variety of other naturally occurring chemicals known as organosulfur compounds that have been linked to lowering blood pressure and cholesterol levels. Although rarely used specifically as a medicinal herb, the onion has a wide range of beneficial actions on the body and when eaten (especially raw) on a regular basis will promote the general health of the body. The bulb is anthelmintic, anti-inflammatory, antiseptic, antispasmodic, carminative, diuretic, expectorant, febrifuge, hypoglycaemic, hypotensive, lithontripic, stomachic and tonic. When used regularly in the diet it offsets tendencies towards angina, arteriosclerosis and heart attack. This is used particularly in the treatment of people whose symptoms include running eyes and nose. The onion's ability to relieve congestions especially in the lungs and bronchial tract, is hard to believe until you have actually witnessed the results. The drawing of infection, congestion and colds out of the ear is also remarkable. The onion will relieve stomach upset and other gastrointestinal disorders and it will also strengthen the appetite. Pharmacologically known as Allium cepa, onion is found in every household. The purple skinned onion tastes great.

KEYWORDS: Allium cepa, sexual debility, appetizer.**INTRODUCTION**

Palandu is usually thought of as a vegetable, It is also has a long history of medicinal use. Mainly the fleshy bulb that grows below the ground is used medicinally as well as for food but other parts of the plant also has a place in the traditional medicines. There are many varieties. Most onion bulbs are white, yellow, or red. The green stems and leaves are hollow and can reach 3 ft (1 m) in height. The plants bear small flowers that are usually white or purple. The fleshy bulb that grows below the ground is used medicinally as well as for food. Onion is believed to have a positive effect on the circulatory system. It has been used as a diuretic to reduce swelling. It is also thought to help reduce arteriosclerosis by lowering blood cholesterol levels and preventing the formation of blood clots. Onion has been used to treat diabetes and is reputed to lower blood sugar levels. Externally; fresh onion juice is used to prevent bacterial and fungal infections. It can be applied to wounds and stings on the skin, used to remove warts, used to stimulate hair growth, and even used to reduce unwanted skin blemishes. Onion contains thiosulphinate, a compound that is effective in killing many common bacteria, including *Salmonella typhi*, *Pseudomonas*

aeruginosa, and *Escherichia coli*. This finding supports the folk use of onion to treat wounds and skin infections and possibly its use for an upset stomach. The main properties of onion include antimicrobial activity, cardiovascular support, hypoglycemic action, antioxidant/anticancer effect, and asthma protection. More research is needed in the area of asthma treatment, although certain compounds are said to inhibit bronchoconstriction. The bulb contains certain sulfur compounds that are known to be antimicrobial. The onion also may be of benefit in cardiovascular disease, as it possesses hypolipidemic effects and has antiplatelet actions, retarding thrombosis. But certain lipid-reducing and blood pressure-lowering effects in humans have not yet been clinically proven. Some studies have been performed concerning diabetes treatment by onion with promising results in animal experimentation. Although more research is needed on the use of onion as a treatment for diabetes in humans, many articles describe onion's benefits in improving glucose levels. The onion also is a proven antioxidant and may be helpful in treating certain cancers. More clinical research is needed to understand the many medicinal benefits of onion.

Botanical Source

The common onion is a biennial garden plant, having a scape, which appears the second year, 2 to 4 feet high, being naked, smooth, straight, stout, swollen at the base, and fistulous, bearing at the top a round umbel of greenish-white flowers. The leaves are round and fistulous, of a shining green color, acute, and shorter than the stem. The part employed is the bulb.

Description

The onion is a tunicated bulb, compressed or round, or oblong in figure, invested with a shining, thin, dry membrane, of a reddish or white color. It is less pungent to the taste than garlic, with some degree of sweetness, and a peculiar, well-known odor. Onion bulbs are of various shapes and sizes, usually globular, the layers being juicy.

Scientific Classification

Kingdom: Plantae

Division: Magnoliophyta

Class: Liliopsida

Order: Asparagales

Family: Alliaceae

Genus: *Allium*

Species: *Allium. cepa*

Edible Parts: Flowers, Leaves, Root, Seed.

Action and Medical Uses

Onion possesses properties allied to those of garlic, but in a milder degree, and the absorption of its oil and influence upon the system is somewhat similar to that of the oil of garlic. Onions do not agree with all persons, especially dyspeptics, in whom they favor the production of flatus, which, however, is a common symptom among all those who eat largely of them; boiling, in a great measure, deprives them of this property. Sugar and onion-juice form a syrup, much used in domestic practice, for *cough* and other affections of the air-tubes among children. A roasted onion employed as a cataplasm to suppurating tumors, or to the ear in *otitis*, has proved beneficial. A saturated tincture of onions made with good Holland gin, has been found serviceable in *gravel* and dropsical affections. A cataplasm of onions pounded with vinegar, applied for a number of days, and changed 3 times a day, has been found to cure corns and bunions.

Green Onion As Alternative Medicine

It is mainly used as a traditional medicine for common cold.

It stimulates the respiratory tract and helps in expelling sputum (phlegm).

It contains essential oils that stimulates the sweat glands and promote sweating. It normalizes blood pressure.

It increases appetite.

It helps prevent diarrhea.

It is rich in sulfur, an essential element that kills or inhibits fungus infections.

It inhibits cancer cell growth especially colon cancer. Green onion's anti-colon cancer properties are well known among traditional healers around the world.

It contains vitamin A and C. The white part of it has calcium, too. It is a good appetizer.

Topical Application of Green Onion For Sore Throat

Cut the green onion's white part into pieces. Put it in a cloth bag and steam it for a hot compress. You can also mix the green onion with grated ginger and some salt. Wrap the hot bag in a towel or gauze and place it over the throat, chest, soles, palms, back, and armpits. It promotes perspiration and lowers the heat and pain. This method is known since the ancient times, and it is as good as commercially sold plasters.

For Swollen Feet

Boil the whole green onion for a few minutes. Grind it and mix with a little water just enough to make a paste, and then place it to the swollen part of your feet. This simple method is used since hundreds of years ago by our ancestors.

Side Effects of Onion

The toxicity of large doses of onion has been unresolved, but the stomach may be affected.

Frequent contact with onion seeds has been reported as an occupational allergen.

Dosage

Most human studies that have shown an effect from onions used at least 25 grams per day and often two to four times that amount. Though some studies have found cooked onions acceptable, several studies suggest that onion constituents are degraded by cooking and that fresh or raw onions are probably most active. If a tincture, syrup, or oil extract is used, 1 tablespoon three times per day may be necessary for several months before effects are noted.

Toxicology

Certain sulfur compounds (eg, propanethial-s-oxide) escape from the onion in vapor form and hydrolyze to sulfuric acid when it is cut, causing the familiar eye irritation and lacrimation. Corneal swelling from onion

exposure has been reported. Using a sharp knife also minimizes the crushing of onion tissue and liberation of volatiles, and cutting an onion under running water avoids lacrimation. Ingestion of onion seems relatively safe, as the *German Commission E* lists no

contraindications, side effects, or interactions from the plant. With large intake, the stomach may be affected, and frequent contact with onion rarely may cause allergic reaction. The onion seeds have been reported as an occupational allergen.

Food value of onion			
Values per 100 gms edible portion			
Moisture	86.6%	Calcium	47 mg
Protein	1.2%	Phosphorus	50 mg
Fat	0.1%	Iron	0.7 mg
Minerals	0.6%	Vitamin C	11 mg
Fibre	0.4%	Carbohydrates	11.1%

Medicinal Uses of Onion

Due to the anti-inflammatory agents in onions they help reduce the severity of symptoms associated with conditions such as the pain and swelling of the osteo- and rheumatoid arthritis, the allergic inflammatory response of asthma, and the respiratory congestion associated with common colds. The onions anti-inflammatory effects are not only due to their vitamin C and quercetin, but other active components called isothiocyanates have made onions a good ingredient for soups and stews during cold and flu season. WHO recommends the use of fresh onion extracts for treating coughs, colds, asthma, bronchitis and also relieving hoarseness. The World Health Organization also supports the use of onions for the treatment of appetite loss and preventing atherosclerosis. Similar to garlic, the regular consumption of onion lowers blood pressure and the serum levels of cholesterol and triglyceride, while increasing HDL levels. As a result, it prevents atherosclerosis and diabetic heart disease, and reduces the risk of heart attacks or strokes. Onions are considered as one of the small number of vegetables which reduce heart disease risk. This beneficial effect is attributed to its vitamin B6, which lowers homocysteine levels, an important risk factor for heart attacks and strokes. Onions are natural anti-clotting agents due to their sulfur content. In ancient Greece, large quantities of onion were consumed in order to lighten the balance of blood. The high amount of fructo-oligosaccharide in onions stimulates the growth of healthy bacteria and suppresses the potentially harmful bacteria in the colon such as *Bacillus subtilis*, *Salmonella*, and *E. coli*. Sulfides in onion extracts provide protection against tumor growth especially stomach and colon cancer.

Health Benefits of Onion

Several parts of the plant have a place in the traditional medicines. The seeds of onion increase semen and relieve dental worms and urinary diseases. The stalks of onion are a source of Vitamin A, thiamin and ascorbic acid are used in both tender and mature stages.

Respiratory Disease: Onion is said to possess expectorant properties. It liquefies phlegm and prevents its further formation. It has been used as a food remedy for centuries in cold, cough, bronchitis and influenza.

Equal amounts of onion juice and honey should be mixed and three to four teaspoon of this mixture should be taken daily in these conditions. It is one of the safest preventive medicine against common cold during winter.

Tooth Disorders: Latest researches of Russian doctors have further confirmed the bactericidal properties of onion. According to these findings, if a person consumes one raw onion every day by thorough mastication, he will be protected from a host of tooth disorders. The Russian Doctor, B.P. Tohkin, who has contributed to this research, has expressed the opinion that chewing raw onion for three minutes is sufficient to kill all the germs in the mouth. Toothache is often allayed by placing a small piece of onion on the bad tooth or gum.

Anemia: Onions are noted for their easily assimilate iron content. They are, therefore, beneficial in the treatment of anemia.

Heart Disease: Recent researches in the West have established onion as an effective preventive food item against heart attack. Dr. N.N. Gupta of the K.G. Medical College, Lucknow, in 1966, and a panel of doctors in England in 1968 have stated that onion has been found helpful and beneficial in diseases of the heart. According to them these benefits are due to the presence of essential oil, allylpropyl disulphide, catechol, protocatechnic acid, thiopropiono aldehyde, thiocyanate, calcium, iron, phosphorus and vitamins in onion. Dr. N. Radhakrishnan, Principal of the Trivandrum Medical College and Dr. K. Madhavan Kutty have established, after seven years of research, that to get rid of coronary heart or blood pressure disorders and one should take 100 gms. of onion per day. The onion are very valuable in heart diseases as they correct thrombosis and also reduce blood cholesterol.

Sexual Debility: Onion is one of the most important aphrodisiac foods. As an aphrodisiac, onion stands second only to garlic. It increases libido and strengthens the reproductive organs. The white variety of onion should be peeled off, crushed and fried in pure butter.

Some of the valued health benefits of onions are as follows

- ✓ Good Oral Health: Onions are often used to prevent tooth decay and oral infections. Chewing raw onions for 2 to 3 minutes could possibly kill all the germs present in the mouth area.
- ✓ Treatment for Heart Ailments: Onions aids in thinning of the blood, which in turn prevents the red blood cells from forming clumps. These blocks could lead to heart disorders or cardiovascular diseases.
- ✓ Glowing Skin: Onion juice mixed with honey or olive oil is said to be best treatment for acne condition.
- ✓ Treatment for Cough: Consuming equal mixture of onion juice and honey can relieve sore throat and cough symptoms.
- ✓ Used as Insect Repellent: You can apply onion juice to reduce the pain caused due to honey-bee bite. Fresh onion juice or paste can be used for external applications for insect bites and scorpion stings.
- ✓ Boost Sexual Drive: Onions are said to increase the urge for healthy sexual life. One table spoon of onion juice along with spoonful of ginger juice, taken trice a day can boost the libido and sex drive.
- ✓ Treatment of Anaemic Condition: Even anaemic conditions can be improved by eating onions along with jaggery and water.
- ✓ Relieves Stomach Ache: Onions have anti-inflammatory and anti-bacterial properties that give relief to upset stomach and related gastro syndromes.
- ✓ Treating Urinary Disorders: For those suffering from burning sensation during urination, onions can provide considerable relief. The patient should drink water boiled with 6 to 7 gm of onion.
- ✓ Prevention of Cancer: Onions are rich in active compounds that successfully inhibit the development of cancerous cells.

CONCLUSION

Onions secretes a lot of phytoncids killing pathogenic microbes, this is why it is widely used as remedy for catarrhal diseases: flu, angina, suppurative lung inflammation, catarrh and cough. Onion is used for the treatment of bronchial asthma. Onion prevents from prostatic hypertrophy. Even in ancient Egypt onion decoction was considered an aphrodisiac. Onion prevents atherosclerotic plaques. Onions reduce blood coagulation, prevents atherosclerosis and other cardiovascular diseases. One onion bulb can have the same effect as cardio aspirin. This vegetable improves kidney function and absorbs nitrogen from blood. Onion also has an ant carcinogenic effect. It stimulates digestion and regulated bowels function removing active microorganisms. As we see, onion is very beneficial to your health. Medical properties of onion exceed those in many drugs, which normally have side effects. Several parts of the plant have a place in traditional medicines. The seeds of onion relieve dental worms and urinary

diseases. The stalks of onion are a source of Vitamin A, thiamin and ascorbic acid. They are used in both tender and mature stages.

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