



An Ayurvedic review on Medicinal importance of *Devdaru* plant

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ABSTRACT:

Deodar is a well-known, tall and evergreen tree found in the Himalayan region and at other parts with a high altitude in India. It bears brown seeds within a cone shaped structure. Its durable and strong timber wood is used to make houses, doors, furniture, houseboats etc. The plant also contains essential oils, which can be used for various clinical purposes like rheumatoid arthritis, headaches etc. The oil also works as an anti-fungal.

Keyword: Devdaru, Himalayan cedar, *Cedrus deodara*

INTRODUCTION

Herbal medicines are considered as a rich source of medicines which can be used in drug development and synthesis. These herbal medicines play an important role in the development of human culture around the whole world. Herbal medicines have been proved better and even best against allopathic medicines. the present review presents *Cedrus deodara* have many qualities and features including anti-inflammatory, antitumor, anti-bacterial, antifungal and various other and possesses great influence on nervous system.

Devadar Plant Description:

Devadara plant grows up to be a large coniferous evergreen tree which bears

flowers, new leaves and fruits all year through and has a sweet fragrance surrounding it like a divine aura. leaves are long and needle-like (usually 2.5-5cms long) and shoot is long, single tough with a few dense clusters of short shoots emerging from it.

Cultivation:

Found at an altitude of 1200-3000 meters above sea level, Seeds are shed in the winter season and flowers bloom by September and October. Drained soil and high moisture are ideal for its growth. It needs ample space and sunlight to reach its grand growth potential. It's extremely adaptable for growth in varied pH of soils.

Taxonomical Classification:

Kingdom	<i>Plantae</i>
Class	<i>Pinopsida</i>
Order	<i>Pinales</i>
Family	<i>Pinaceae</i>
Latin name	<i>Cedrus Deodara (Roxb) Loud</i>

Vernacular Names

- English:Himalayan Ceder Deodar
- Hindi:Devdaru
- Marathi:Devadar

Synonyms:

Indra Daru, Bhadradaru, Srva Bhuruha, Amaradaru, Surahva, Bhadradri,

Ayurvedic Properties

Gana	<i>Charak-Stanyasodhana, Anuvasanopaga, Katuskandha</i>
	<i>Shushrut - Vatasamsamana</i>
Kula	Saral kula

देवदारु लघु स्निग्धं तिक्तोष्णं कटुपाकि च ।

बन्धाध्मानशोथमतन्द्राहिक्काज्वरास्त्रजित् ॥

प्रमेहपीनसश्लेष्मकासकण्डुसमीशनुत ॥

- भा.प्र २/२५

Guna	<i>Laghu, Snigdha</i>
Rasa	<i>Tikta, Katu, Kasaya</i>
Virya	<i>Ushna</i>
Vipak	<i>Katu</i>
Karma	<i>Kapha-Vata Hara, Dipana, Kasahara, dushta vrana shodhaka</i>
Part Used	Bark, Heartwood, Oil, Leaves, Resin

Major Chemical Constituents –

The principle constituents of the oil are *sesquiterpene* i.e., α - *himachalene* (12.5%) and β -*himachalene* (43%) associated with them are *sesquiterpene* alcohols (*himachalol*, *allohimachalol*, *himadarol*, *isocentdarol* and *centdarol*).

Essential Oil from Wood: -
Methylacetophenone, *Atlantonl*

Stem Bark: *Deodarin*, *Toxifolin*,
Terpenoids, *Flavonoids* and *Glycosides*

Dosage -Bark Powder 1-5g; Decoction
50-100ml; Oil 20-40 Drops

Pharmacological properties:

Anti-inflammatory, anti-septic, anti-spasmodic, anti-viral, carminative, diuretic, diaphoretic, astringent, anti-fertility and anti-insecticidal which can be used to treat a wide range of health issues.

Various *kalp*:

- *Devdarvadi kashya*: used in the treatment of body ache, asthma, cold and cough.
- *Devadarvarishta*: is a medical formulation with the main ingredient as *Devdaru* and has been used traditionally for use in diseases of *Vata* imbalances

- *Devdarwadi kwath*: is used for digestive ailments, gout, rheumatism
- *Devdarubaladi tail*: is used in various types of *vata vyadhis*.

CONCLUSION:

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- *Cedrus deodara* has been proven to have great pharmacological potential with a great utility and usage as folklore medicine.
- The different systems of medicine practiced in India, *Ayurveda*, *Siddha*, *Unani*, and local health traditions, utilize a large number of plants for the treatment of human diseases. Different authors have been described, identified these medicinal plants.
- Further, clinical studies can be conducted, as well as studies in multiple animal-based models using a variety of suitable biochemical markers to understand its mechanism of action.

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