



THE PHYTOCHEMICAL AND PHARMACOLOGICAL PROPERTIES OF *CORDIA DICHTOMA*: A REVIEW

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ABSTRACT

Sleshamatak (Cordia dichotoma) is a medicinal plant explained in *Ayurvedic* literature and in modern science too. *Cordia dichotoma* is a plant species in the genus *Cordia*. The genus *Cordia*, with about 300 identified species and worldwide distribution, is one of the largest genera in the family boraginaceae.

Cordia dichotoma commonly known as *Lasoda*, has number of therapeutic properties. *Cordia dichotoma* is also known as *Shleshmatak*, *Shelu*, *Clammy Cherry*, *Indian Cherry*, *Sebesten*. The plant contains cathartin, allantoin, β -sitosterol, palmitic acid, linoleic acids, pyrrolizidine alkaloids, coumarins, flavonoids, saponins, terpenes and sterols. In *Ayurvedic* texts *Lasoda* is considered as a *snehopaga* and single used drug for all types of Gastro-intestinal disorders thoroughly internal and external mode. *Cordia* has long been used in traditional medicine for cicatrizant, astringent, anti-inflammatory, anthelmintic, antimalarial, diuretic, febrifuge, appetite suppressant, cough suppressant and to treat urinary infections, lung diseases and leprosy. There are so many researches has been done on this plant like Anti-ulcer activity, Anti-diabetic, wound healing, contraceptive effect, Hepato-protective, Anti-microbial, Anti-inflammatory and Anthelmintic. This review represents brief information about botanical description, chemical constituents, and functional as well as medicinal uses of *Cordia dichotoma*. The plant also has number of pharmaceutical applications i.e. may be used as excipient in many of indigenous formulations. This review will definitely give the helpful information about this plant.

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INTRODUCTION

Medicinal plants plays an important role in Indian culture since Rig Veda (5600 BC) where in 67 medicinal plants were recorded. Out of 250, 000 higher plants, more than 80, 000 plants have medicinal values and India occupies unique position among world's 12 biodiversity centers. The use of natural substances, particularly plants, to control diseases is a centuries old practice that has led to the discovery of more than half of all modern pharmaceuticals. A growing worldwide interest in the use of phyto-pharmaceutical as complimentary or alternative medicine either to prevent or ameliorate many diseases has been noted in recent years. [1]

Cordia is a genus of trees or shrubs, sometimes subscandent in the borage family Boraginaceae. The plant parts like fruits, leaves, stem bark, seeds and roots of most species of plants of the genus *Cordia*, has

long been used in traditional medicine for cicatrizant, astringent, anti-inflammatory, anthelmintic, antimalarial, diuretic, febrifuge, appetite suppressant, cough suppressant and to treat urinary infections, lung diseases and leprosy.

Lisoda is a common medicinal plant in southern India and its botanical name is *Cordia dichotoma*.

Family: Boraginaceae.

Vernacular name

Local Names: Lisoda

English names - Clammy Cherry, Indian Cherry and Sebesten Plum

Bengali - buhal, bahubara

Gujarati - vadgundo, gunda

Hindi - lasura, bhokar, borla

Javanese-kendal

Lao (Sino-Tibetan)- 'man, 'man khôk

Nepali- Kalo bohari, Bohori

Thai - Mandong, Manma, Phakmong

Sanskrit - Bahuvarka, Shleshmataka, Shelu

Apart from Bhokar, the plant is also known as Chhota lasora and Gondi, Guslasah, Lasora and Rassala, in **Hindi**. The people speaking **Marathi** know the plant in the names of Bhokar, Chokri, Sherti, Shelu and Shelvant. While the **Tamil** speaking people name the plant as Kalvirusu, Naruvili, Vidi, Viriyan or Viruvu; It is named as Botuka, Chinna, Inki, Iriki, Nakheri and Nakkeru, in **Telugu**.^[2]

Ancient literature

Vedic kala

It is described under the name "Rajjudala" in Vedas.^[3]

Samhita kala

In "Brihatrei" Sleshmataka has been described at many places for its beneficial medicinal uses. Acharya Charak quoted it among "Vishaghan dasamani"^[4]. Susruth mentioned it among "Phal verg" and also Vish

nivranaarth". Acharya Vaghabhat indicated it as external application in "Visarpa chikitsa."

Nighantu kala^[6-17]

It is mentioned in almost all the nighantus. Among the Nighantus, Raaj Nighantu has mentioned it under "Amaradi varg". Madanpaal nighantu has mentioned it under "Vataadi varga". Dhanvantri nighantu has mentioned it under "Amaradi varg". Kaidav nighantu has mentioned it under "Aushadi varg". Bhavprakash nighantu has mentioned it under "Amaradi phal varga". Priya nighantu has mentioned in "Haritakyadi varga"

Adhunik kala

Nighantu adarsh has placed it under "Sleshmatakaadi varga" explaining all its botanical, pharmacological and medicinal description.^[5] Various other literary books like "Dravya gun vigyan" and "Van aushdhi nirdeshika", "Dravya gun hastamalaka" has also described its anti-toxic and anti-helminthic property along with its Raspanchak description. In Modern botanical texts it is being identified as Cordia dichtoma.

Ayurvedic review

Raspanchak Guna-dharma (Pharmacognostical properties)

Table 1: Showing Guna-dharma of Sleshmataka as mentioned in Ayurvedic literature and Nighantus^[6-17]

Samhita and Nighantu	Rasa	Guna	Virya	Vipaka	Dhoshganta
Charak Samhit ⁶	Madhur	Guru	Sheet	-	
Bhavprakash ⁷	Madhur, Tikt	Guru, Snigdha	Sheet		Kaphpitahar
Bhavprakash nighantu ⁸	Madhur, Tikt	-	Sheet	Madhur	-
Kaidav nighantu ⁹	Madhur, Kashaya, Katu, Tikta	-	Ushan	Madhur	Pita kaph shamak
Dhanvantri nighantu ¹⁰	Madhur	Ruksh, Pichil	Sheet	-	-
Shankar nighantu ¹¹	Katu, Madzhur, kashaya	Snigdha	Sheet	-	Pita shamak vishghan
Raaj nighantu ¹²	Katu, Madhur, kashaya	-	Sheet	-	Aamraktvikar Shamak, Kaphkar
Madanpaal nighantu ¹³	Madhur, Kashaya	Guru, Snigdha, Pichil	Sheet	Madhur	Kaphpitahar
Nighantu adarsh ¹⁴	Madhur, Kashaya tikta	-	Sheet	Katu, Madhur	Kaphpitahar
Dravya gun hastamalaka ¹⁵	Madhur	Snigdha, Guru	Sheet	Madhur	Vatapitashamak
Dravyagunvigyan ¹⁶	Madhur, Kashaya	Guru, Snigdha, Pichil	Sheet	Madhur	Kaphpitahar, Vishghan
Priya nighantu ¹⁷	Madur	Snigdha	Sheet		Kaphrakthar

1) Gunkarma of Apakav Sleshmataka phal

Rasa - Madhur, tikta
 Gun - Ruksh
 Veerya - Sheet
 Vipaka - Katu
 Doshagnata - Kaphraktvikar shamak

2) Gunkarma of pakav Sleshmataka phal

Rasa - Madhur
 Gun - Snigdha

Veerya - Sheet
 Vipaka - Katu
 Doshagnata - Vata pita shamak, Kaphvardhak

Part used- Tavak, Patra, Phal, Phalmajja

Dosage- bark decoction 50-100ml

Fruit syrup- 10-20 ml

Formulations- Sarbat lasoda, Joshanda

Indications of Sleshmatak as per Ayurvedic literature

1. **Charak** has mentioned it under “Vishghan Mahakashaya” and in “Kaphaj visarpa” Lep of Twacha of Sleshmatak is mentioned.¹⁸
2. **Susruth** has mentioned use of its Twak in every Vishvikaar and also in Raktpitta.¹⁹
3. **Vaghbhatt** –In Visarpa chikitsa.

4. **Chakardatt** – Mentioned it as “Keshyakrisnikarn”.
5. **Bhavprakash**- In “Masurika chikitsa”.
6. **Vangsen** – In Visphot chikitsa as Pralep.
7. **Rajmatarand**- In Chechak, leaves of Sleshmatak are used.²⁰

Table-2 Indications are as follows [6-17][18-20]

Indications	K.N	N.A	S.N	B.N	R.N	M.N	Dravya gun hastamalak	Dravya gun vigyan
Vishaghan	+	+	+	-	-	+	+	-
Kushtghan	+	+	+	-	-	+	+	+
Krimighan	+	+	+	-	+	+	+	-
Visarpa	+	+	+	-	-	+	+	+
Varna	+	+	+	-	+	+	+	+
Kusth	-	+	+	-	-	+	-	-
Shool	-	-	-	-	+	+	-	-
Aamvikar	-	-	-	-	+	+	-	-
Malaavrodh	-	-	-	-	+	+	+	-
Visphoot	+	+	+	-	+	+	-	-
Keshya	-	+	+	-	-	+	-	-
Mutrakrish	-	-	-	-	-	+	+	-
Masurika	-	+	-	+	-	+	-	+

K.N- Kaidav nighantu, **N.A-** Nighantu adarsh, **S.N-** Shankar nighantu,

B.N- Bhavprakash nighantu, **R.N-** Raaj nighantu, **M.N-** Madanpaaal nighantu

Biological Classification^[21]

- Kingdom : Plantae
- Division : Magnoliophyta
- Class : Dicotyledons
- Subclass : Asteridae
- Order : Lamiales
- Family : Boraginaceae
- Genus : Cordia L. – cordial
- Species : *Cordia dichotoma* G. Forst.
- Fragrant : Manjack
- Common name** : Bhokar, Shleshmantaka

Botanical description

Cordia dichotoma, small to moderate-sized 5 to 10 meters deciduous tree with a short bole, short crooked trunk and spreading crown. The stem bark is grayish brown smooth or longitudinally wrinkled.

Leaves are simple, 6 to 10 cm long entire and slightly dentate, elliptical-lanceolate to broad ovate with a round and cordate base^[22].

Flowers are stalk less, white or yellowish-white, about 7 mm long and borne in lax inflorescences 5 to 10 cm long^[23]. These flowers are followed by 1 in (25mm) long dull pinkish edible fruits with sticky flesh flowers are short stalked, bisexual and white in colour, appear in loose corymbose cymes. The calyx is ovoid. The corolla tube no longer than the calyx with spreading and relaxed lobes. Throat of the corolla and stamens are hairy.

The fruit is a yellow or pinkish-yellow shining globose or ovoid drupe seated in a saucer-like enlarged calyx. It turns black on ripening and the pulp gets viscid. The hard stone is 1-4 seeded.^[24]

Flowering takes place from March to May with the new leaves. The old leaves are shed during winter and the trees are leafless for a short period in early summer. Fruits are formed soon after flowering, develop quickly and ripen from June to August in north India and normally before May in south India. Seed dispersal is aided by birds and monkeys which feed on the ripe fruit.^[25]

Odour: Characteristic.

Taste: Sweet

Chemical constituents ^[26]

Alkaloids, glycosides, proteins, amino acids, carbohydrates, triterpenoids, tannins, flavonoids, saponins, phenols and steroids, Arabinoglucan, pyrrolizidine alkaloids, coumarins, fats, Gum.

Fatty acids: palmitic acid, stearic acid, arachidic acid, behenic acid, oleic acid and linoleic acid.

Flavonoid glycosides: robinin, rutin (rutoside), datiscoside and hesperidin, Flavonoid aglycone: - dihydrorobinetin).

Phenolic derivatives: chlorogenic acid and caffeic acid

Sugar: D-glucose, L-Arabinose

Bark contains a large amount of tannic acid. Bark contains a principle similar to "cathartin." allantoin, β -sitosterol and 3', 5-dihydroxy-4'-methoxy flavanone-7-O-alpha-L-rhamnopyranoside.

Leaves also contain quercetin and quercitrin.

Fruit yields saponins, amino acids, flavonoids, sugar, gum, proteins, palmitic, stearic, linoleic acids, oleic, arachidic, behenic acids.

Fruits and leaves showed presence of pyrrolizidine alkaloids, coumarins, flavonoids, saponins, terpenes and sterols. The significant anti-inflammatory activity of seeds is because of α -amyrins and taxifolin-3-5-dirhamnoside (71.4%, 67.8% respectively).

Functional Uses: [27-30]

1. Food

The immature fruits are pickled and are also used as a vegetable Fodder: The leaves yield good fodder and are lopped for this purpose. The seed kernel of *C. dichotoma* contains a high proportion of fatty oils and proteins (46 and 31%, respectively) which has potential as cattle feed.

2. Fuel: The tree is used as a fuel wood. Timber: The wood is used to make agricultural implements.

3. Insecticide: Fruit extract of *C. dichotoma* suppresses larval hatching of *Meloidogyne incognita*.

4. Pharmaceutical uses: The medicinal attributes of *C. dichotoma* have been known since a long time. Seeds of the species are anti-inflammatory, two compounds alpha-amyrin and 5-dirhamnoside have been isolated. The bark is medicinal and several chemicals have been identified; Allantoin, beta -sitosterol and 3', 5-dihydroxy-4'-methoxy flavanone-7-O- alpha -L-rhamnopyranoside isolated from it. The seed kernel has also many medicinal properties.

5. Services Boundary or barrier or support: *C. dichotoma* is a quick-growing fruit tree, performing well under semi-arid conditions and suitable for planting along boundary and farm roads.

6. Corrosion Inhibitor Study investigated the corrosion inhibition of mild steel using *C. dichotoma* extracts. Results showed the alcoholic extracts to be a better corrosion inhibitor than toxic chemical.

7. Medicinal uses

Antiulcer, wound healing, anti-inflammatory, analgesic, antidiabetic, antimicrobial, anti aging, hepatoprotective, anthelmintic (chloroform extract), laxative (fresh fruit), gonorrhoea, expectorant.

In *Ayurveda*, leaves and stem bark used for dyspepsia, fever, diarrhea and leprosy. The bark is moistened and applied to boils and tumors to hasten ripening. Also used for headaches and stomachaches. Bark is used as antidyspeptic and as febrifuge. Powdered bark used for mouth ulcers. Infusion of bark used as gargle. The bark juice, mixed with coconut milk,

is used to relieve colicky pains. In Java and Bengal, the bark is used as a tonic. In Java, the bark is used for dysentery; and with pomegranate rind, used for fevers. The bark is rubbed on the teeth to strengthen them. Leaves used for ulcers and headaches. The highly mucilaginous fruit is used for coughs and ailments of the chest, uterus and urethra. In large quantities it may use as a laxative. In India, it is traditionally used for ulcerative colitis, ulcers, and colic pain. In Bengal, fresh fruit is used as laxative and pectoral. In Java, its fruit is used for gonorrhoea. In Punjab and Kashmir, its dried fruit are used as expectorant.

8. Other uses: - In the Philippines, rope is made from the bast. - From the fruit, the white gelatinous substance is used as glue. - Fish are cooked wrapped in leaves. - In Burma, the leaves substitute for cigar wrappers.

Pharmaceutical industrial uses- the following applications of *Cordia dichotoma* gum in pharmaceuticals.

a) Tablet binder

The fruit of *Cordia dichotoma* is highly sticky in nature this property is used for binding of tablets. In future *Cordia* gum could compete favorably with gelatin as binder in tablet formulations.

b) Emulsifier

The *Cordia* gum as pharmaceutical excipient, may used as an emulsifier. The *Cordia* gum will be a good option as bio-degradable, cheap, economic and easily available emulsifier in the list of pharmaceutical excipient.^[31-32]

Researches and Pharmacological Properties

Acute toxicity study: This study was designed to elucidate the toxicity of the widely used plant

Cordia dichotoma in rats (Lorke D., 1983), the methanolic, chloroform, aqueous extracts isolated from the leaves of *Cordia dichotoma* and studied their toxic effects. Acute toxicity and LD50 values were determined in experimental rats.

There were no remarkable changes noticed in the histopathological studies after 50 mg/kg body wt of the extracts of *Cordia dichotoma* when administered intraperitoneally for 14 days successively. Pathologically, neither gross abnormalities nor histopathological changes were observed. After calculation of LD50 values using graphical methods, we found a broad therapeutic window and a high therapeutic index value for *Cordia dichotoma* extracts. Collectively, these data demonstrate that the extracts of the leaves of *Cordia dichotoma* have a high margin of drug safety.^[33]

Antiulcer activity

The fruits extract of *Cordia dichotoma* Forst shows antiulcer activity. Extractions of *Cordia dichotoma* fruits were carried out using ethanol. It

decreases the volume of gastric secretion, free acidity, total acidity and ulcer index with respect to control.^[34]

Hepatoprotective activity

Methanolic extract of *Cordia dichotoma* shows hepatoprotective action in male Wistar rats with carbon tetrachloride induced heart damage. Plant extract has phenolic content and anti-oxidant activity.^[35]

Wound Healing activity

Study of ethanolic fruit extract of *C. dichotoma* showed significant wound healing activity. The fruits contain large quantities of amino acid, flavonoids, and saponins and are used as wound healing agent in households.^[36]

Anti-Inflammatory activity

The ethanol extract and aqueous fraction of *C. dichotoma* possess acute anti-inflammatory activity. The effects of *Cordia dichotoma* Forest Seed extracts on different phases of acute inflammation were examined. The dry powdered seeds were found to contain alkaloids, glycosides, saponins, tannins and carbohydrates. Thus it is found that ethanol extract and aqueous fraction of this plant possesses acute anti-inflammatory activity.^[37]

Degenerative disorders

Role of *Cordia dichotoma* seeds and leaves extract in degenerative disorders. A common theme which underlies etiology of several degenerative disorders is free radical induced stress. free radicals prime the immunomodulatory response, recruit inflammatory cells and are innately bactericidal. in the body, excess production of free radicals affect lipid cell membranes to produce lipid peroxides and reactive oxygen species (ROS), Which leads to decline in membrane fluidity and many biological changes, such as DNA damage, ageing, heart disease and cancer etc. Antioxidants serve as free radical scavengers neutralizing and defending the body from a number of diseases which are born because of generation of free radicals. They offer defense against radical toxicity by antagonizing the damages caused by free radicals. Thus, Methanolic extract of seeds and leaves of *Cordia dichotoma* has useful in degenerative disorders.^[37]

Antidiabetic activity

Anti hyperglycemic effects of *Cordia dichotoma* Forst in the glucose induced hyperglycemia. The fruit pulp of the *C. dichotoma* was screened for antidiabetic activity on the healthy male Wistar albino rats. Alloxan induced diabetic studies were randomly assigned into four groups each having six rats. Significant reduction in blood glucose level and the rate of body weight loss was observed in glucose loaded rats and alloxan induced diabetic rats when treated with methanol extract of fruits pulp, which reveals antidiabetic potential of fruits pulp of *C. dichotoma* and this can be useful for the management of diabetesmellitus.^[38]

Antimicrobial activity

Extract of *Cordia dichotoma* also shows moderate activity against bacterial, fungal and yeast species. Water extracts of the *Cordia dichotoma* plants did not show any antimicrobial activity against all the tested microorganisms.^[39]

Reversible Contraceptive Potential

Study evaluated the ethno-contraceptive use of *C. dichotoma* leaves (LCD) in post-coital albino rats. (2-hydroxypropyl)- β -cyclodextrin (BCD) was used as bioavailability enhancer to form LCD-BCD complex, Leaves extract showed 100% anti-implantation activity. LCD-BCD complex exhibited 100% pregnancy interception and showed strong estrogenic potential with a luteal phase defect. Histological and biochemical estimations showed reversible contraceptive potential after withdrawal.^[40]

Anti-implantation: Antiimplantation activity of methanolic extract of *C. dichotoma* bark was evaluated by observing implantation site at various doses. The coarse powder material was defatted using petroleum ether (60-80) and extracted with methanol. The vaginal smear of the Wistar rats (200-250 g) was studied microscopically for estrus cycle and only female rats with normal estrus cycle were selected for study.

The implant number and size was examined on Days 10 and 21 by laparotomy. There was no change in ovulation; hence the anti-implantation activity observed which can be attributed largely to its inhibition of number of implants.^[41]

Anthelmintic: Study evaluated the anthelmintic activity of ethanolic and aqueous extracts of *C. dichotoma* on *Eudrilus eugenieae* earthworms. Both extracts showed concentration dependent paralysis and death of worms, with the aqueous extract showing more significant activity.^[42]

Effects on Long-term Hypoperfusion/Potential Benefit for Cerebrovascular Insufficiency: Study evaluated the effect of *C. dichotoma* on long-term cerebral hypoperfusion in rats. Long-term hypoperfusion caused a tendency for anxiety, listlessness, and depression, with histo-pathological changes in the forebrain. Treatment with *C. dichotoma* alleviated the behavioral, cognitive and histopathological changes, and suggests a benefit for treatment of cerebro-vascular insufficiency.^[43]

DISCUSSION

As we seen above that *Sleshamatak* have many properties like, cicatrizant, astringent, anti-inflammatory, anthelmintic, antimalarial, diuretic, febrifuge, appetite suppressant, cough suppressant and to treat urinary infections, lung diseases and leprosy. These all properties have close resemblance with therapeutic properties explained in old text. All this discussion shows that, the old sages have very good knowledge about its pharmacological properties.

CONCLUSION

The use of natural substances, particularly plants, to control diseases is a centuries old practice that has led to the discovery of more than half of all modern pharmaceuticals. Various texts in literature and researches, studies in modern science describes the useful properties of *Cordia dichotoma* as anthelmintic, antimalarial, diuretic etc which shows usefulness and importance of this plant.

However, only a few works has been done on this plant and there is a large scope of investigation for researchers to explore its potential in the field of medicinal research and pharmaceutical sciences.

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