

Review Article

A Review on the Practical Applicability of Indigenous Drugs- Neem, Bael, Tulsi and Rauwolfia in Homoeopathy

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Abstract The Indigenous Knowledge system which is extremely utilized by local population throughout India includes traditional medicine as a key component. Indigenous medicines such as Neem, Bael, Tulsi, and Rauwolfia are a common practice that has been passed down from generation to generation and can be used to treat anything from minor illness to the most severe ones. Its sources of information were present with utility from years since we know Indigenous medical system/ Ayurveda which is a part of Vedas, a Hindu scripture which were used by Vaid's or Rishis for the betterment of human beings.

Keywords *Indigenous drugs; Traditional medicine; Hindu medicine; Homoeopathy; Applicability*

Introduction ^{[3][4][5]}

The term "Indigenous drugs" has been used in its broad sense so that it includes within its scope not only those drugs which were originally the native of India but also those drugs which were introduced previously in India from outside and now being very much natural to Indian environment.

The medicinal history of India can be found from the oldest time as Hindu medicine or Ayurveda which is believed to be as old as Vedas, as it is a part of Veda.

The Rig Veda has been written between 4800 & 1600 BC mentions the use of herbs and plants as medicines.

It is said that vegetations of India is very rich in medicinal herbs and Materia medica of it can hardly be equalled in any other country.

This review includes some homeopathically proved indigenous medicines like Neem, Bael, Tulsi and Rauwolfia and their utility in treating patient's sufferings.

Azadirachta indica/ Melia azadirachta, commonly known as neem is indigenous to India and Burma and planted all over country in houses as it is believed to be purifying the air. It is a 40 -50 feet long, large ever green tree. Bark, leaves and fruit of this tree is used in Ayurveda since ancient periods. Bael/Sriphal tree is found indigenously in India. It is thought to be sacred by Hindus. In Ayurveda it has been used very frequently for fever and piles according to Charak, Sushruta has recommended

it for bloody dysentery. In Homoeopathy two different medicines are made from its different part. *Aegle marmelos* is made from fruit pulp and *Aegle folia* is made from leaves.

Tulsi is a well known small, strongly scented herb in India. It is 1-3 ft long plant containing oval leaves. Three varieties of Tulsi – *Ocimum sanctum* (Tulsi), *Ocimum caryophyllatum* (Dulal Tulsi), *Ocimum gratissimum* (Ram Tulsi) is described here as indigenous drugs. Ram tulsi and dulal tulsi used for Gonorrhea, and Tulsi used for cough cold, catarrh, remittent/ intermittent fever etc.

Rauwolfia serpentina also known as Sarpagandha. It is a very old Ayurvedic medicine. Hypotensive and neuro depressive alkaloids are found in roots and rhizomes of this plant. 'Serpasil' a specialized reserpine was isolated from this plant in 1952 by the Russian chemist 'Muller'. In 1954, at Robert Bosch Hospital in Stuttgart, Homoeopathic Proving of this medicine was done by Lesser and Schrenk.

History ^{[4][5]}

India was the center of light for the knowledge in olden times where people from all over the world came seeking knowledge. They also came here for studying medicines. Many documented proofs can be found in the Roman and Grecian medicine the clearly shows the influence of Hindu medicine. Ayurveda was at its full glory in this time and the knowledge of its practitioner was very advanced in field of medicine, toxicology, surgery etc. from any other system of medicine.

Foreign invaders like Hordes of Scythians and Huns (5th century AD) and later by others destroyed the documents, records, ancient scriptures, medical records, libraries etc., which all together resulted in destruction of Medical / Ayurvedic literatures. The literatures that we have in the name of Charaka, Susruta and many others are the only remnants of a very vast treasure.

Later in the early 18th century study of the Indigenous drugs of India was begun and collected information available on various medicinal plants. Starting was done by writing a memoir entitled 'botanical observations on select plants' by Sir William Jones, in 1810 John Fleming wrote 'Catalogue of Indian medicinal plants and drugs', Ainslie's 'Materia medica of Hindustan' in 1813, in 1868 'Pharmacopoeia of India' under the editorship of Waring, 'Flora Indica' by Roxburgh in 1874 and many more.

In 1950, The Central drug research institute, Lucknow was established by the Council of scientific and industrial research. One whole division of this institution is dedicated for the research on the Indigenous drugs of India.

In Homoeopathy the introduction of indigenous medicines is also very important as India has the richest resource and by utilizing it we can make India self-supporting.

Formerly Late Dr. D.N. Ray and Dr. P.C. Majumdar came forward and proved 3-4 indigenous drugs of India. E.g. - *Abroma Augusta* by Dr. D. N. RAY., *Azadirachta indica* by Dr. P. C. Mujumdar. Later,

Dr. S.C. Ghosh writer of book 'Drugs of Hindustan' proved 3 more new remedies- *Ficus Religiosa*, *Nyctanthes arbor tristis* and *Justicia adhatoda*.

Later many other doctors like Dr. Pramanda P. Biswas of Pabna, K.K. Bhattacharjea of coochbehar proved many other indigenous drugs.

List of medicines explained with some information's ^{[1][3][4]}

SL. NO.	DRUGS	COMMON NAME	DISTRIBUTION	FAMILY	PARTS USED	PROVER
1.	RAUWOLFIA SERPENTINA	SARPAGANDHA	JAVA AND INDIA	APOCYNACEAE	DRIED ROOT	LESSER AND SCHRENK
2.	AZADIRACHTA INDICA	NEEM, MARGOSA, NIM	INDIA AND BURMA	MELIACEAE	BARK OF TREES	DR.P.C. MAJUMDAR
3.	AEGLE MARMALOUS	WOOD APPLE, BAELE TREE, BILWA, SRIPHALA	INDIA	RUTACEAE	LEAVES	CCRH
4.	AEGLE FOLIA	BILWA PATRA	INDIA	RUTACEAE	PULP	DR. PARMADA PRASANNA BISWAS OF PADNA, BENGAL.
5.	OCIMUM SANCTUM	HOLY BASIL, TULSI	INDIA	LABIATAE	WHOLE PLANT EXCLUDING ROOT	DR. MURE
6.	OCIMUM CARYOPHYLLATUM	DULAL TULSI	INDIA	LABIATAE	-	-
7.	OCIMUM GRATISSIMUM	RAM TULSI	INDIA	LABIATAE	-	-

Practical utility of Rauwolfia, Neem, Tulsi and Bael**1. Rauwolfia serpentina ^{[2][3][4]}**

Useful in-

- High blood pressure without significant atheromatous changes.
- Insanity and severe maniacal symptoms.
- Angina
- Upper maxillary neuralgic pain > Heat
- Sensation of numbness in the right half of the face, shooting pain follows it.
- Frontal headache extending to occiput, with hot flushes and dizziness > fresh air.
- Chronic rheumatism.
- Early menses with cramping pain.
- Insomnia remains awake for hours after midnight.

2. Azadirachta indica ^{[2][3][4]}

Useful in-

- Forgetfulness, makes mistakes in writing and word spelling.
- Right sided headache; temporal artery throbbing with a little vertigo.

- Burning in the eyes. Slight pressure causes pain in the eyes.
- Chronic fever associated with sensation of burning in hand and feet.
- Chronic fever of malarial origin.
- Enlarged liver and spleen.
- Itching without eruption on the body.
- Leprosy.

3. **Aegle marmelos** ^{[2][3][4]}

Useful in-

- In cases of chronic diarrhea and dysentery.
- Periumbilical pain.
- Pain in back < turning in bed, > lying down.
- Swelling of the upper eyelids of both eyes.
- Left lower eyelid sty.
- Hammering pain in the head with reluctance to talk and anger.
- Nocturnal emissions.
- Vertigo with constipation.

4. **Aegle folia** ^{[2][3][4]}

Useful in-

- Fevers with catarrhal symptoms.
- Alternate diarrhea and constipation.
- Dropsical swelling.
- Beri-Beri.
- Continued type of fever in Influenza with face and eyelids swollen.
- It can be used like Nux vomica in indigestion, abdominal colic, piles & constipation.
- Seminal weakness and impotency.

5. **Ocimum sanctum** ^{[2][3][4]}

Useful in-

- Remittent/Intermittent fever.
- Diarrhea, worm affection, dentition period associated with fevers.
- Ophthalmia neonatorum.
- Aphthae.
- Throat pain < Swallowing, coughing, sneezing.
- Gastric & intestinal catarrh with fever and diarrhea.
- In asthma, patient complaints < while lying on back, >Bending forwards.
- Toothache < at night, from cold & on touch.
- Halitosis.
- In terribly offensive lochia of unnatural color & which lasts long.
- Influenza and fevers associated with cough, body pain, bone pain, muscular pain and violent headache.

6. Ocimum caryophyllatum ^{[2][4]}

Useful in-

- Gonorrhoea of 1st stage.
- Frequent urination.
- Extreme burning during micturition.
- Discharge of pus with urine.

7. Ocimum gratissimum ^[4]

Useful in-

- Gonorrhoea with difficulty during urination.
- Constipation of children with nasal catarrh, cough & fever.

Conclusion

The main goal of a physician is to treat the disease or as per homoeopathy person as a whole, so that they can lead a healthy life.

Homoeopathy as a system of medicine is enriched from the variety of drugs from different sources and countries. India alone has very vast range of known medicinal herbs and plants enlisted in Indian pharmacopoeia or in Ayurveda which has been used since time immemorable.

In Homoeopathy we have many proven indigenous medicines with vast range of symptoms capable of curing diseases and many drugs are yet to be proved and got enlisted in homoeopathic Materia medica so that people get acknowledged and benefited from our own indigenous medicines.

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