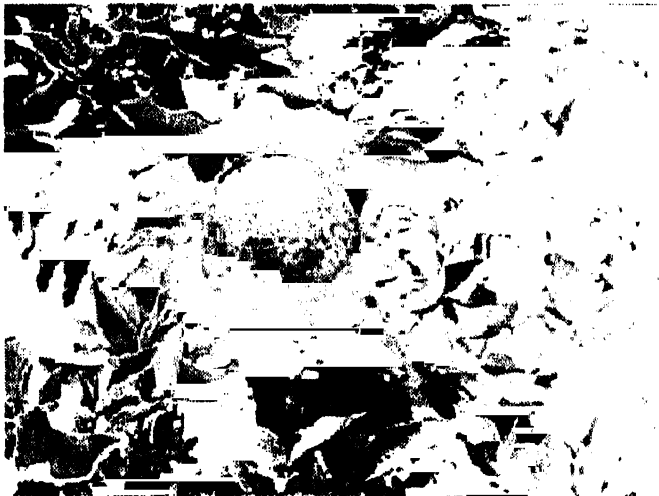




# Irritable Bowel Syndrome: Indian Medicine

## *Aegle-fovia & Aegle-marmelos*

In 1995, while reading one small book on Indian Drugs by Dr D P Rastogi, I came across this drug. I had lot of patients of similar GI complaint at that time. So, immediately I ordered both *Aegle-fovia & Aegle-marmelos* and started using them on the basis of SYMPTOM SIMILARITY. I was convinced regarding the effects of such great medicines which are still not used frequently in our day-to-day Homoeopathic Practice. It is for this reason, I have decided to focus on this Medicine. I have collected different scientific evidences & homoeopathic research work on it even through Internet. In addition I have given my own experience, of using this Medicine for last 9 yr



### 1 *Aegle marmelos* Correa

**Family:** Rutaceae

**English names:** Bengal quince, golden apple, stone apple

**Indian names:** *maredu* (Andhra Pradesh), *bel* (Bengal), *bil* (Gujrat), *bael*, *bil* (Himachal Pradesh), *bael*

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(Hindi), *bilpatra*, *kumbala*, *malura* (Karnatka), *vilwam* (Kerala), *bilwa* (Sanskrit), *kuvalum* (Tamil Nadu)

#### Importance of plant in hindu religion:

*Aegle-marmelos* Correa is a sacred tree, dedicated to Lord Shiva. Offering of *bael* leaves is a ritual of worshipping Lord Shiva. **Hindus**, normally avoid lopping, much less felling it. The leaves and wood are used as essential items of pooja samagri for worship of Lord Shiva and as fuel in havan. Further, during summer *bel* gives a very cool and cozy shade. It also improves the environment by utilizing carbon dioxide and exhaling oxygen.

#### Habitat

*Bael* is a handsome tree, native to northern India, but is found widely throughout the Indian peninsula and in Ceylon, Burma, Thailand and Indo-China (Bailey, 1963). It grows in wilds, throughout the low hills of Himachal Pradesh, ascending up to 1,000 metres. The fruits of the wild trees are, however, considerably smaller than those of the cultivated types grown in the plains.

#### Chemical composition of the fruit

*The fruit pulp contains:*

Moisture	: 60.7%
Acidity	: 0.46%
Total Sugar	: 8.36%
Reducing Sugar	: 6.21%
Non reducing Sugar	: 2.04%
Tannins	: 0.21%
Pectin	: 2.52%
Vit C	: 920mg/100G of Pulp
Protein	: 5.12%
Total Minerals	: 2.663%
Phosphorus	: 0.137%



Potassium	: 0.746%
Calcium	: 0.188%
Magnesium	: 0.127%
Iron	: 0.007%

### Utilization

- The fruits are usually consumed by humans. These protein-rich fruits are also used to make a very good drink and a good jam.
- The fruits are used in making paints in Burma. They are also used as a substitute for soap, as source of essential oils and perfumes. The mucilage of the seed is a good cementing material (Watt 1889).
- The wood of the *bael*-tree takes a fine polish and is used in building houses, constructing carts, agricultural implements, in oil-mills and sugar-mills, in making pestles, handles of tools, in making combs, etc., and for carving but the tree is too valuable to be felled for its timber. A yellow dye is obtained from the rind of the unripe fruits and is used in calico printing. An essential oil is distilled from the rind (Dastur, 1964).
- The dried fruits, after their pulp separated from the rind, are used as pillboxes for keeping valuable medicines, sacred ashes and snuff.

### SCIENTIFIC EVIDENCES: (Medicinal Properties)

- Watt (1889) reported the unripe dried fruit to be astringent, digestive and stomachic. According to him, they are prescribed to cure diarrhoea and dysentery. The ripe fruit is a good and simple cure for dyspepsia. Both its roots and bark are used in the treatment of fever by making a decoction. A poultice made of leaves is used in the treatment of ophthalmia. According to Dastur (1962), the rind of the ripe fruit is also sometimes used as a medicine.
- The roots are sweet, cure the fevers caused by *tridosho*, stop pain in the abdomen, the palpitation of the heart, and allay urinary troubles. They are also useful in the disorders of *vata*, *pitta* and *kapha* (Kirtikar and Basu, 1935).

- The fruits are very useful in chronic diarrhoea and dysentery, particularly in the case of patients having diarrhoea, alternating with the spells of constipation. Sherbet prepared from the pulp of fruits produce a soothing effect on the patients who have just recovered from bacillary dysentery. The unripe and half-ripe fruits improve appetite and digestion (Jain, 1968; Jauhari, 1969).
- The pulp from the unripe fruits is soaked in gingelly oil for a week and this oil is smeared over the body before bathing. This oil is said to be useful in removing the classic burning sensation of the soles.
- According to Dixit and Dutt (1932), the fruits of *Aegle-marmelos* Correa contain a furocoumarin marmalodin, which is responsible for its medicinal properties. The bark contains umbelliferone and other coumarins.
- Sur T K; Pandit S; Pramanik Department of Biochemistry & Biophysics University College of Medicine, University of Calcutta-700020, India Antispermatogenic activity of leaves of *Aegle-marmelos*, Corr. in albino: a preliminary report.

**ABSTRACT:** Extract of *Aegle-marmelos* leaves (EAM) showed significant decrease in the weight of sex organs, reduced sperm count, increased sperm motility and both protein and RNA contents of testis dose dependently indicating the anti-spermatogenic properties of *Aegle marmelos* in albino rats.

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**ABSTRACT:** Experiment showed that *Aegle-marmelos* increases the force of contraction of cardiac muscles and also its action is not blocked by Calcium channel blockers and Beta-blockers. As the doses of AM extract increases, there is a graded decrease in the heart rate and increase in the force of contraction. Thus our study proves the Cardiotonic action of *Aegl-marmelos* Corr. on amphibian heart.



- ***Aegle-marmelos* Extract**  
This extract is derived from the leaves of plant of *Aegle-marmelos* commonly called as *Bael* belonging to family Rutaceae. The leaf and seed of bael are primarily used in the treatment of diabetes. Their use in ophthalmia and ulcers is well established. In the traditional Indian system of medicine the juice of leaves along with Black Pepper is reputed to be given in diabetes. Major therapeutically active constituents of bael fruits include tannins and mucilage.
  - Pharmacological experiments have revealed the active principle in aqueous leaf extract as showing hypoglycaemic activity similar to insulin.
  - In animal trials oral treatment of diabetic rats with the *Aegle-marmelos* extract maintained the weight of the animals near to the control and caused a significant decrease in liver glycogen, blood urea and serum cholesterol levels to that of control ones. (*Ed: What about Blood Glucose?*)
  - In another set of experiments aqueous and alcoholic extracts of *Aegle-marmelos* @500 mg/kg dose produced hypoglycaemic in normal fasted rabbits.
  - The alkaloid aegeline present in leaf extract is also found to be effective in the treatment of asthma. Scientific studies have also reported its use as smooth muscle.
  - The bael fruits are use in chronic diarrhoea and dysentery and are said to act as a tonic for heart and brain. The unripe or half-ripe fruit of *Aegle-marmelos* is regarded as astringent, digestive and stomachic. In the after- treatment of bacillary dysentery, the fruit is a useful adjuvant as it helps to remove constipation, which hinders the healing of ulcerated surfaces of intestines.
  - In vitro studies have proved the activity of *Aegle-marmelos* fruit extract against various pathogenic organisms associated with diarrhoea and dysentery including *E coli* and *Micrococcus pyogenes*. Scientific studies have also reported its use as astringent and uterine stimulant & cardiotoxic.
- **ABSTRACT:** Effects of topical and intraperitoneal administration of methanolic extract of *Aegle-marmelos* ointment and injection produced a significant response in both of the wound types tested. In the excision model the extract-treated wounds were found to epithelialize faster and the rate of wound contraction was higher, as compared to control wounds. The extract facilitated the healing process as evidenced by increase in the tensile strength in the incision model.
  - It contains medicinal element called marmalasin. Its bark exudes a kind of gum, which is sweet like honey and is used for making squashes. Children eat it raw as well as ripe. Half-ripe bel fruit is regarded as astringent, digestive, appetizer and gives relief from dysentery. The pulp of ripe fruit, being sweet, is used in marmalade. The gum is also used as adhesive.
- HOMOEOPATHIC PERSPECTIVE (CCRH)**
- Aegle-fofia* (Bel leaves)
- Description: The fruit of this tree is mainly used for treating diarrhoea & dysentery. Mostly half ripe fruit is used for medicinal purposes. *Aegle-marmelos* is prepared from the fruit and *Aegle-fofia* is prepared from leaves of bel plant.
- Homoeopathic Uses
- Like *Aegle-marmelos* this drug has also been found effective in gastro-intestinal affections particularly dysentery & piles.
  - *Dysentery* Flatulent colicky pains with loose mucoid stool & mixed with blood. Urga starts soon after taking food. Pain griping in abdomen > passing flatus.
  - Piles - Blind, painful with itching. Constipation, stool hard & scanty. Persons suffering from indigestion with sour eructations.
  - Potency 6.
- CLINICAL**
- Bleeding piles. Diarrhoea. Dysentery. Fever with



dropsy. Impotency. Beriberi.

**MIND**

- Commits mistakes in spelling.

**HEAD**

- Headache appears between 4-8 pm.
- Heat in the vertex < evening > by eating.
- Headache due to congestion.

**FACE**

- Flushes of heat from face, eyes & ears, disappears after eating.

**ABDOMEN**

- Water brash; abdomen distended especially lower (*Lyc*).
- Flatus expelled with loud noise especially in the afternoon.
- Amoebic and Bacillary dysentery.

**URINARY**

- Urine decreased due to cardiac disease or dropsy.
- Slight pain in back and lumbar region < afternoon.

**MALE**

- Sexual impotency.

**FEVER**

- With catarrhal symptoms like influenza and dropsy especially in children.
- Continuous fever with oedema of hands, legs and face, present along with diarrhoea.
- Chronic fever associated with splenic and hepatic disorders.

**AEGLE-FOLIA (BEL LEAVES) IN KING'S AMERICAN DISPENSATORY. BY HARVEY WICKES FELTER, MD, AND JOHN URI LLOYD, PHR M, PH D, 1898.**

**History:** It is official in both the *Pharmacopoeia of India* and the *British Pharmacopoeia*. From the ripe

fruit a kind of thick sherbet is prepared, which, in India, is much esteemed as a laxative. Bael fruit, or Indian quince, is known in Indian vernacular as *bel*, *bhel*, and *bela*. The thick rind of the unripe fruit is astringent, and is used in India for dysentery, diarrhoea, and other bowel complaints. A yellow dye is prepared from the rind when the fruit is ripe.

• In Malabar the root, bark and leaves of this plant have refrigerant properties attributed to them, and are considered of great value in *hypochondria*, *melancholia*, *palpitation of the heart* and in *asthma*. The ripe fruit is very agreeable to the taste, and is used for the removal of *habitual constipation*. A fluid extract of the rind of the unripe fruit may be given in *diarrhoea* and in *dysentery* in doses of from 30 minims to 2 fluid drachms every 2 or 3 hours.

**PERSONAL EXPERIENCE**

In my opinion *Aegle-fo* comes very close to *Lycopodium + Nux-vomica* in Acute Irritable Bowel Disorder.

*Aegle-marmelos* (Linn.) *Correa* (Bel fruit)

- Conjunctivitis: Pain, stitching with sensation of dust particles in eyes with lachrymation.
- Styte: mostly over upper eyelids.
- Rhinitis (Cold & Coryza): With the symptoms of coryza, sneezing, redness of eyes and blockage of nose.
- Coccygodynia: Pain in coccyx especially on getting up and better by walking.
- Nocturnal seminal emission with amorous dreams.
- Chronic dysentery: Alternate diarrhoea & constipation, stool, loose with mucus.
- Potency: 30



**Speak when you are angry and you will make the best speech you will ever regret.....  
Pierre Coubertin.**

