

Mamejava

(*Enicostemma littorale*)



Enicostemma littorale commonly known as 'Nagajihva' or 'Mamejava' in Ayurveda has been used in folk medicine for the treatment of diabetes mellitus in western and southern India (Gupta et al., 1962). *Mamejava* is also known as Mamajjaka or Chota-Chirayata. In the view of history *Mamejava* (*Enicostemma littorale*) was not mentioned in Vedic era And Samhita era. In Nighantu Kala (Ayurvedic materia-medica), first time *Enicostemma littorale* is mentioned in Shodhal Nighantu(12th century) in Lakshmanadi varg only.¹

Researchers at India found that Pills prepared from *Enicostemma littorale* reduced blood glucose as well as serum insulin levels and prevented the progression of complications in 84 patients with Type 2 Diabetes.²

Enicostemma littorale (Mamajjaka or Chota-Chirayata) is a glabrous perennial herb belongs to family Gentianaceae. The product is a whole plant native to tropical Africa, India, Southeast Asia and Malaysia.³

Active Contents: Whole plant gave alkaloids-gentianine, erythrocentaurin, enicoflavine and gentiocrucine; flavonoids-apigenin, genkwanin iso-vitaxin, swertisin, saponarin and 5-O-ucoside derivatives of sylwertisin and isoswertisin; glucosides-swertiamarin, a triterpene betulin.

Herb actions:

Antidiabetic effect: *Mamejava* causes significant decrease in glycosylated haemoglobin, liver glucose-6-phosphatase activity and significant increase in serum insulin levels & cause reduction in blood glucose level.

Anti-hyperlipidaemic effect: The aerial part of the *Enicostemma littorale* reduces the serum cholesterol level. The isolated swertiamarin and atorvastatin lower the total serum cholesterol and triglycerides.

Indications: Hyperlipidemia, Hyperglycemia, intermittent Fever.

Contraindications: None

Recommended dose: 1 capsule two times a day or as advised by the Physician.

Composition: Each capsule contains 400mg standardized extract of Mamejava (*Enicostemma littorale*).

References :

1. A review of a potential hypoglycemic plant (*Enicostemma littorale* ,Blume) European Journal of Biomedical AND Pharmaceutical sciences Volume: 2 Issue: 1,154-165,year 2014.
2. Efficacy of *Enicostemma littorale* in Type 2 diabetic patients. *Phytother Res.* 2004 Mar;18(3):233-5
3. Struwe 2004; Africa to Lesser Sunda Islands, Mabberley 1987:205