

Sarpagandha

(*Rauvolfia serpentina*)



Sarpagandha is a traditional Indian herb and known as Indian snakeroot. This herbal plant is known as the chandrika - in Sanskrit, and literally translated as the "moonshine plant" –It serves as a sedative and hypnotic drug for the treatment of insanity linked to the lunar phases, or what is called "moon disease".

The first written reference to the powers of the Indian snakeroot herb are seen in the Ayurvedic text called the "Charaka Samhita," In those times, the remedy made from the Indian snakeroot was employed as an antidote in treating snakebite, used in dealing with mental illness, and in treating insomnia and related sleep disorders.

The isolation of the alkaloid, reserpine, in 1952 led to the inclusion of the *Sarpagandha* as a medicinal plant in Western medicine. The *Sarpagandha* herb is indigenous to the Indian sub-continent and populations of this plant can be found in some parts of south-eastern Asia as well.

Active Contents:

Sarpagandha contains more than 50 different alkaloids which belong to the monoterpenoid indole alkaloid family. Reserpine is the main active content of *Sarpagandha* is having antihypertensive principle with tranquilizing property also. The other major alkaloids are ajmaline, ajmalicine, ajmalimine, deserpidine, indobine, indobinine, reserpiline, rescinnamine, rescinnamidine, serpentine, serpentinine and yohimbine.

Herb actions:

Anti-hypertensive and Tranquilizing effect: Reserpine is the important alkaloidal compound, isolated from *Sarpagandha* is commonly prescribed to bring relief from hypertension as it has the ability to lower elevated blood pressure. Reserpine possesses very powerful depressant and sedative actions. This herb is very useful in relieving insanity and also it is very useful in relieving insomnia.

High Blood Pressure: This herb has been adapted by medical fraternity in most of the countries to relieve high blood pressure, especially in American countries. Those alkaloids which have a direct effect on hypertension have been isolated in it and are widely used by the practitioners of modern medicine.

Indications: Anxiety, Insomnia, Hypertension.

Contraindications: Should be used under supervision of medical practitioner.

Dose: 1 capsule twice a day with warm milk or as advised by the Physician

Composition: Each capsule contains 125mg standardized extract of
Sarpagandha (*Rauvolfia serpentina*).