

(101)

A Review on Pharmacological Activities of *Eclipta alba* (Keekirindiya-Bhringarāja)

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Abstract

This review article contributes to clarifying the pharmacological properties of *Eclipta alba* (Bhringarāja) which is traditionally used in medicaments in so many countries such as Sri Lanka, India, China, Brazil, Thailand, Indonesia, Philippines, Nepal, Malaysia, Myanmar, Japan, Korea, Hong Kong, Pakistan, etc. Pharmaceutical products containing *Eclipta alba* have been used for different kinds of diseases and Bhringarāja had been mentioned in different types of prescriptions; especially in Samhitha Grantha. The main objective of this literature review is a discussion about pharmacological activities of *Eclipta alba* (Bhringarāja) and to provide an integrated, synthesized overview of the current state of knowledge on *Eclipta alba* (Bhringarāja) with Ayurvedic and traditional medical knowledge. The systemic literature review was carried out to gather authentic information on *Eclipta alba* (Bhringarāja). Relevant data for this study were gathered from Ayurveda textbooks, research papers, peer-reviewed indexed scientific journals, and authentic websites. *Eclipta alba* (Bhringarāja) is a small branched perennial herb, found in sandy and clay soils (waterlogged areas). Research article shows that *Eclipta alba* (Bhringarāja) has numerous medicinal properties such as Hepatoprotective, Hair growthpromoting, Antidiabetic, Analgesic, Anti-Inflammatory, Neuropharmacological, Antioxidant, Antimicrobial, Cardiovascular, Immunomodulatory, Anti-epilepsy, Anti-venom, Anticancer, Antiulcer, Anthelmintic and Anti-hyperlipidic properties. The reason for these properties is stated to be its major chemical compounds such as wedelolactone, dimethyl wedelolactone, ecliptal, etc. I found through this research that most of the therapeutic actions such as Śōthara, Vedanāsthāpana, Vraṇaśōdhana, Vraṇarōpaṇa, Savarṇakaraṇa, Chakshushya, Keśavardhana, Keśaranjana, etc. have been mentioned in Samhitha Grantha and Ayurveda pharmacopeia. Those actions have been confirmed by modern laboratory tests, clinical trials, and animal trials.

Keywords: *Eclipta alba*, Bhringarāja, Ayurveda, Pharmacological activities.