

## Sarpagandha can treat High Blood Pressure and Mental Disorders



**Sarpagandha** (*Rauwolfia serpentina*) also known as '**Wonder Drug of India**' is an important herbal or medicinal plant mostly grown in the hilly regions of Himalaya. It is native to Indian sub-continent and East Asia. Sarpagandha can also be grown in the lower ranges of the Eastern and Western Ghats and in the Andaman region. It grows in shady areas in India and is an endangered species in many parts of India. Also known as *Rauwolfia serpentina* is distributed in Himalayan regions, Uttaranchal, Uttar Pradesh, Jammu and Kashmir. It has many common names used in different regions of the country like Indian snakeroot, rauwolfia, Devil Pepper, Serpentine root, Patalguru, Harkaya, Chandrika and others.

### Potential Health Benefits Of Sarpagandha

The plant has been used in Ayurveda for centuries due to its medicinal value and mainly used to treat High Blood pressures and mental disorders. Below are some key benefits of Sarpagandha .

- Sarpagandha can be used in serpent wood which is popular among woodcarving
- **The root is used in herbal medicines for treating high blood pressure, nervousness, insomnia and many mental disorders**
- **The plant root is used to treat snakes and reptile bites**, fever, constipation, feverish intestinal diseases, liver ailments and painful joints
- Rauwolfia Serpentine (also known as Indian snakeroot or devil pepper is one of the varieties of Sarpagandha) was used as a pharmaceutical drug in Western medicines earlier for **treating high blood pressures and mental disorders**
- It is an effective remedy to treat **gastro-intestinal ailments** and as a cure for acne. The plant contains a very important chemical, Reserpine
- Sarpagandha acts as a tranquilizer and has been used in India for a long duration to treat mental disorders like Paranoia and Schizophrenia

- About 80 alkaloids have been identified from these Rauvolfia species. Detailed study on the chemistry of these alkaloids their pharmacodynamics have proved their essential usage in hypertension and neuropsychiatric conditions

### **Commercial Benefits**

Due to the over-harvesting of this plant, there is an emerging demand for the cultivation of Sarpagandha. Officially called the 'Wonder Drug of India' one of the varieties, **Sarpagandha Ghanvati** is a classical Ayurvedic formulation widely prescribed for anxiety and insomnia in India. Reserpine which is one of the chemicals in Indian snakeroot is the same as a prescription drug called reserpine. The cultivation of Sarpagandha (wild and cultivated varieties) is profitable. One can start growing Sarpagandha with a small piece of land. The farming demands comparatively small input capital investment.

To know more about cultivation technique , habitat and morphology click here :

<https://mapefy.com/en/sarpagandha>