



A Review on: Bhimsen Camphor

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ABSTRACT

A review paper is about medicinal uses of bhimsen camphor. Camphor is obtained from bark and wood of camphor tree. This camphor is pure natural crystalline form, it has been used for centuries, through the world as a remedy for treating various symptoms such as inflammation, infection, congestion, pain, irritation, etc. bhimsen camphor is obtain from Cinnamomum camphora tree. In the market many aurvedic formulations are available of bhimsen camphor.

KEYWORD: Bhimsen Camphor, Cinnamomum Camphora, karpura, herbal

INTRODUCTION

Bhimsen camphor is organic crystalline camphor. It is best for medicinal and religious purpose. It is known by many names such as pacha camphor, Patri camphor, nagi camphor, and desi Kapoor. Natural bhimsen camphor is obtained by distilling the bark and wood of the camphor tree of Cinnamomum camphora. These trees mostly found in China, Taiwan and Japan, Vietnam. Today it is grown in many countries with tropical and subtropical climate such as in India, Sri Lanka, Madagascar, south Africa and USA. Taiwan is the first most country which produces camphor, then comes the name of Japan. The word camphor derives from the French word camphre, camphor is used in India from ancient times. There are many pharmaceutical applications for bhimsen camphor such as topical analgesic, antiseptic, cough suppressant, antipruritic, anti-inflammatory, anti-infective, mild expectorant, antispasmodic. This camphor is easily absorbed through the skin and can also be administered by inhalation and ingestion.

MEDICINAL PROPERTIES OF BHIMSEN CAMPHOR:

Rasa (taste) – tikta (bitter), katu (pungent), Madhura (sweet)

guna (qualities), - laghu (light to digest), rooksha (dryness)

Vipika - katu - undergoes pungent taste conversion after digestion.

Veerya – sheeta – coolant in nature.

Effect on tridosha – balances kapha and pitta dosha.

CLASSIFICATION

- Kingdom – Plantae
- Division – Tracheophyte
- Class – Magnoliopsida
- Order – Laurales
- Family – Lauraceae
- Genus – Cinnamomum
- Species – Camphora

USES OF BHIMSEN CAMPHOR

Bhimsen Camphor is one of the rare herbs which, being coolant, is useful to balance kapha dosha.

THERAPEUTIC USES:

Cinnamomum camphora is a plant that contain volatile oil comprising camphor, safrol, linalool, etc. the oil has antimicrobial activity against many pathogens. It acts as reflex expectorant and helpful in respiration as well as circulation. In ayurvedic medicine it is used against a wide spectrum of disease like bronchitis, cold, congestion, diarrhoea, liver problem. For external application it is used for relieving headaches and pain. Bhimsen camphor is widely used across India for various health conditions and health problems:

IT TREAT COLD AND COUGH:

One of the best bhimsen camphor uses is that it can treat your cold and cough. If you are suffering from a cold or cough, there are two ways we can use this camphor. Camphor steam will open up our nasal passage in no time this camphor act like better natural vapour rubs.

CAMPBOR FOR HEART, FAT AND CHOLESTROL

Chedana, lekhana – has scraping property, useful in balancing kapha, in respiratory disorders and in cholesterol / clot deposition in blood vessels Medohara – reduces fat and cholesterol levels Camphor act as blood thinning agent. It is also used in blood pressure Camphor is also used to relive chest congestion and inflammatory condition

FOR BREATHING PROBLEM

One of the most effective bhimsen camphor uses is to help we beat our breathing problems simply we can take with camphor whenever we feel breathless just smell it for a few minutes. The subtle scent of the bhimsen camphor helps clear out our lungs and helps them absorb more oxygen.

PREVENT OBESITY

Poor diet and lifestyle choices are one of the most notable contributors to weight gain. They weaken the digestive system and promote the accumulation of waste in the body that ultimately leads to weight gain. Bhimsen camphor strengthens the digestive system and removes the accumulated toxins from the body.

It is helps in reducing the excess fat storage and thus preventing obesity.

SAFETY AND TOXICTY OF BHIMSEN CAMPBOR:

In an animal study, the natural form of camphor was nontoxic at 100mg/kg body weight, but synthetic camphor showed different kinds of toxic and behavioural effects, such as body jerks and hunched postures, at the same dose Bhimsen camphor is safe and nontoxic in humans at the maximum recommended therapeutic dose Bhimsen camphor and its formulations are easily available in the market and widely used in adults as well as children, but due to lack of information regarding its dosage ,camphor intoxication is frequent. Any other medication of camphor should be used for certain patients within the indicated dosages and contraindications.

Although some herbal medicines and essential oils have been widely used in folk and modern alternative medicine for many years and have shown to be very effective in curing many symptoms and disease, the misuse of theses medicines can be very harmful for the body causing serious problems.

AYURVEDA MEDICINES OF CAMPBOR CONTENT

Vayu Gulika – used in treating cough, cold, fever etc. it is used mainly in respiratory and gastric conditions.

Gandhaka malahara – an ointment used in eczema and itching skin disorders.

Karpoorasava – used in the treatment of vomiting and diarrhoea.

Manasamitra vatakam – used in ayurveda treatment of psychiatric conditions, to improve intelligence, speech problems, etc

BHIMSEN CAMPBOR TREE (CINNAMOMUM CAMPBORA)



DESCRIPTION OF THE CAMPHOR PLANT:

Karpura is a broad-leaved tree that grows up to 40 m with a broad sweeping crown. The bark of the plant is of yellow-brown color with a rough surface and vertical fissures. The leaves of the plant are of bright green color approx. To 4 inches long with a waxy appearance and glossy light color veins, they emit strong fragrance of camphor when crushed. The flowers of the plant are bisexual, yellowish white in color. Fruits of the plant are round, dark green in color and present in clusters. Seeds of camphor are very small and emersed with the active principles. There are different cultivation seasons for this plant according to their regions. In India and China, flowers flourish in April – May and fruits occur during September to November.

Different Varieties- This plant has different kinds of varieties which explained in different ancient texts. These are: -

Dhanvantari Nighantu Sodhala explained Chinaka, Pakva (artificial) and Apakva (natural) varieties of Kurpura.

Kaiyadeva explained there are three varieties – Ishavasa, Hima sanjnaka & Potashraya. Later he explained that there are two types based on their processing, Pakva (prepared) and Apaka (natural).

Raja Nighantu explained around 14 types of Karpura on the basis of Rasa, Guna and Veerya.

CONCLUSION

Bhimsen camphor is edible natural camphor which derived from tree/ plant/ weeds is also called as pacha camphor. There are bhimsen camphor is obtained by distilling the bark and wood of the camphor tree of *Cinamomum camphora*.

Bhimsen Camphor is the one of the rare herbs which, being coolant, is useful to balance kapha dosha. In ayurvedic medicine it is used against a wide spectrum of disease like bronchitis, cold, congestion, diarrhoea, liver problem. Bhimsen camphor is widely used across India for various health conditions and health problems.

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