



A Review on Health Benefits of Marking Nut

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ABSTRACT:-

The fruit of the plant *Semecarpus anacardium* Linn (Family: Anacardiaceae) is known as marking nut, or Bhilawa. It is a member of the *Semecarpus* genus, which is also home to cashew nuts. Due to the presence of the component urushiol, it is closely linked to the *Rhus* and *Toxicodendron* genera, which comprise poison ivy and poison sumac and elicit comparable skin reactions. Although marking nut dermatitis is a rare condition, it is particularly significant in the field of military dermatology.

Keyword – *Semecarpus, anacardium*

INTRODUCTION :-

Since ancient times, people have used herbs to prevent and treat a wide range of illnesses. Additionally, the bioactive ingredients in herbs help to keep people healthy. Herbal medicine has become an essential component of the worldwide healthcare system as the burden of disease rises due to environmental pollution, toxic chemicals, unhealthy lifestyles, and globalisation. Because of their cultural significance, traditional methods like *Semecarpus anacardium* (SA) are still widely used. Quinine, epinephrine, vincristine, and taxol are only a few of the medicinal plants listed in numerous scriptures and text books.



Fig. 1. *Semecarpus Anacardium*

NUTRITIONAL PROFILE :-

A) OVERVIEW KEY NUTRIENTS FOUND IN SEMECARPUS ANACARDIUM:-

1) Essential fatty acids: Vital for heart health and brain function, these include omega-3 and omega-6 fatty acids.

2) Proteins: necessary for the body's tissue growth and repair.

3) Minerals: These include calcium, magnesium, potassium, and zinc. They are essential for many body processes, including immune system support, muscular function, and bone health.

4) Vitamins: One example of a vitamin that can prevent cell damage from free radicals is vitamin E, which functions as an antioxidant.

B) COMPARISON WITH OTHER NUTS AND SEEDS:-

Toxicity: Its poisonous nature is one notable distinction. Its resin is unfit for ingestion since it contains allergenic chemicals that, in certain cases, can induce severe allergic reactions and skin irritation.

Use in Medicine: Because of its therapeutic qualities, *Semecarpus anacardium* has long been utilised in Ayurvedic medicine, despite its toxicity. It is thought to have analgesic, anti-arthritic, and anti-inflammatory properties.

Botanical Classification: *Semecarpus anacardium* is a member of the Anacardiaceae family, which is also made up of pistachio and cashew. But in terms of cooking, it is not directly connected to these nuts.

HEALTH BENEFITS:-

1) ANTI-INFLAMMATORY PROPERTIES:-

The anti-inflammatory properties of SA nut extract on adjuvant arthritis development were studied by Ramprasath et al. Paw edoema and cotton particle granuloma caused by carrageenan were considerably reduced by *semecarpus anacardium*. These findings demonstrate SA Linn's strong anti-inflammatory properties and therapeutic effectiveness. The anti-inflammatory properties of nut extract are similar to those of indomethacin in all phases.

2) ANTI OXIDANT ACTIVITY:-

Numerous investigations have revealed that *Semecarpus anacardium* possesses strong antioxidant properties. In the course of the development of lymphoma in the liver of an AKR mouse, Verma et al. examined the antioxidant activity of the aqueous extract of the nuts of the medicinal plant SA.

The antioxidant activity of SA stem bark ethyl acetate extract was studied by Sahoo et al. In comparison to the other extracts (hexane, chloroform, and methanol), ethyl acetate extract exhibited the most antioxidant activity since it contained the highest total phenolic content (68.67% assessed as pyrocatechol equivalent).

TAXONOMICAL CLASSIFICATION:-

- ❖ Kingdom:- Plantae
- ❖ Subkingdom:- Tracheobionta
- ❖ Division:- Magnoliophyta
- ❖ Class:- Magnoliopsida
- ❖ Order:- Sapindales
- ❖ Family:- Anacardiaceae
- ❖ Genus:- *Semecarpus*
- ❖ Species:- *Anacardium*



Fig.2. Marking Nuts Bhilawa.

VERNACULAR NAMES:-

Marathi :- Bibba

Hindi :- Bhilwa

English:- Marking nut

Ayurveda:- Agnimukh

Sanskrit :- Bhallatak

Latin :- *Semecarpus Anacardium* Linn

Siddha :- Serangkottai

MEDICINAL USES:-

•Pain relief :- The oil from the seeds is used topically to relieve pain, especially joint pain and muscle pain.

•Skin disorder:- Since it is claimed to have anti-inflammatory and antibacterial effects, it can be used in the treatment of many skin diseases such as eczema, psoriasis and dermatitis.

MECHANISM OF ACTION:-

Semecarpus anacardium, also known as character nut or bhilawa, contains substances such as anacardic acid, which has many toxic properties. The mechanism of action of sumac halves varies depending on its use, but its anti-inflammatory, antibacterial and antioxidant properties are widely accepted. For example, anacardic acid has been studied for its ability to block enzymes that cause inflammation and cancer. It also has antibacterial and antifungal properties

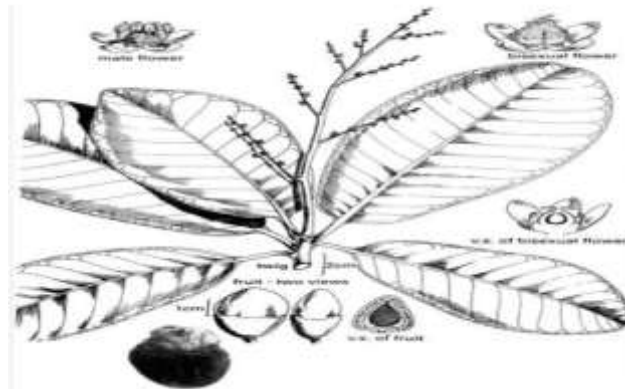


Fig.3. *Semecarpus Anacardium* Overview

CONCLUSION:-

The fruit and nut extract has a range of properties, including antioxidant, anti-inflammatory. In Ayurveda and Siddha many diseases are treated by "Ardha Vaidhya" (a *Semecarpus anacardium*). Milk nut extract of this plant in the form of Siddha milk has been shown to have anti-cancer properties against HCC. The aim of this study is to evaluate the anti-inflammatory properties of *Semecarpus anacardium* hazelnut extract prepared according to the Ayurvedic medical system.

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