



A REVIEW of Anisoon (*Pimpinella anisum* Linn) WITH UNANI PRESPECTIVE AND MODERN ON PHARMACOLOGICAL

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ABSTRACT

Anisoon, Pimpinella anisum is a plant which belongs to umbellifera family. In unani medicine it is also known as *anisun*. It is usually grown for its seeds (aniseeds). It is an annual grassy herb. Since centuries its extract of seed it has been used in unani medicine which is a colorless and pale-yellow liquid in nature which has a particular odor and taste. It contains 1.5 to 3.5% volatile oil, 10% fixed oil, protein mucilage and starch. Anisun oil is also used as an essential oil which contains transethanol methyl chavicol anisaldehyde estragole coumarins scopoletin umbelliferon estrol etc.

Its therapeutic uses in unani medicine are in *sailanur reham* (leucorrhoea), *sudade jigar wa tihal masana wa rahem, istisqa* (ascites), *bawasir* specially *bawasir e rehi* (piles), *qillate laban* (insufficiency of lactation), *darde shikam* (abdominal pain), *dama* (asthma), *nazla* (common cold), *laqwa* (facial palsy), *istarkhaeye* (paralysis), *dawar* (vertigo) this present article reviews about all unani literature about *Anisoon*.

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INTRODUCTION

Anisoon is an Arabic word which is commonly known as *saunf*. Botanical name of anisun is *Pimpinella anisum* Linn

^[1,2,3,4] *Anisoon* is a dried ripe fruit of *Pimpinella* plant. It is also called as *Souf-e-rumi* and *Badiyan-e-rumi*^[5]. *Anisoon* is a dried ripe fruit of *Pimpinella* plant and it is one of the oldest

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unani aromatic herbs and belongs to family of umbellifera which is spices and have a long history of an Egyptian and Iranian traditions. *Pimpinella anisum* is one of oldest unani is annual herb and cultivated in world wide. Anisoon in a medicinal plant and spice. It is a native of Mediterranean region and also grow west Asia the Middle East Mexico Egypt and Spain now a days is used in pharmaceuticals perfumery food and cosmetics industries^[6]. *Anisoon* is consider in oldest spices as well as medicinal herb green and roman and Greek physician also using it from centuries ago. The height of this anisun plant is approximately 30-50cm along with white flowers along with greenish yellowish seed. Its fruits are used as medicine. It have sweet aromatic taste and emits when crushed. It also use for flavoring food agent^[7].

Historically it is used for various disease such as *sailanur reham* in the form *humool* and decoction. It is also used in *sudade jigar* as decoction as it work as a *mufatteh-e-sudad*. It is commonly used for *bawasir-e-rehi* (piles) and also helpful in expulsion of fetus in unani medicine. *Anisoon* seeds are also used as analgesic in migraine also calmative, aromatic disinfectant and diuretics in traditional medicine it is mainly used as a form of concoction with hot water^[1,8]. In some traditional book it is also mention that it is used for melancholy, nightmare and as well as for epilepsy and seizures^[9,10]. It also used for gastrointestinal disorder like dyspepsia, gastritis, peptic ulcer^[11,12].

Vernaculars

- Arabi: *Anisoon*, Bzre-ur-razyanje Roomi, Razyanjeshami, Hab halwa, kmoon halwa^[13,14,15,16].
- Bengali: Muhur, Methajira, Mori^[1,17].
- English: Anis, Aniseeds, Spanish aniseeds, sweetfunnel, Anisi, Aniseed^[13,14,18]
- French: Anis^[13]
- German: Anise biberrell^[13]
- Gujrat: Anisa.^[17]
- Hindi: Saunf, Sawolf, Badian, Saurif, Rndan^[13,17,18]
- Kannada: Shomba^[17]
- Latin: *Pimpinella anisum* Linn^[3]
- Marathi: Somp, Bedishap^[19]
- Nepal: Sop^[19]
- Oriya: Sop^[19]
- Persian: Badian, Badiyanroomi, Zeera roomi^[13,14,16]
- Sanskrit: Shatapushpa, Madhurimisi, Karavee, Shatava, Shetpushpa^[13]
- Sindhi: Saunf roomi^[1]
- Tami: Shomba^[17]
- Telgu: kuppi, Sopu^[17]

- Unani: *Anisoon*, *Badiyaan-e-roomi*, *Anis*, *Omariqa*^[1,14,18]

Taxonomy of Classification:

Botanical name: *Pimpinella anisum* Linn

- Kingdom: : Plantae
- Division: : Magnoliophyta
- Class : Magnoliopsida
- Sub class: Rosidae
- Order: Apiales
- Duration: Annual
- Family: Umbelliferae
- Sub family: Aappoidae
- Tribus: Pimpinellae
- Genus: *Pimpinella*
- Species: *Pimpinella anisum*^[5,20,21]

ETHNO BOTANICAL DESCRIPTION OF ANISOON PLANT:

Pimpinella anisum is grown for its seeds is commonly harvest in august to September. It has flowers and they are small the inflorescence and they are medium in size and umbels with 7 to 15 in count. Its white color petals about 15mm with ciliated margin. Fruits are aoid in shape and compressed for lateral side 3-5mm in length 2-3 cm broad. It has green to grayish brown color. It's a typical sweet taste also a characteristic odor. Seeds touch is rough. It has very aromatic smell when it crush. Anisoon root is thin and typical shape like pyriform. Its stem is erect round grooved and branched. They are numerous in count lower are cordate and cuneate lobed middle are innate lobes and upper are trifidate pinnated or ternately pinnate. Lower are petiolate, orbicular -reniform in shape. Middle leaves are orbicular and 3 lobed or 3 segments with ovate or obovate segment. Upper leaves also have unique figures like they are in short petiole with narrow sheaths also with narrow tip.^[5,21]

HABITATE AND DISTRIBUTION:

This plant is mostly cultivated in the parts of Eastern Mediterranean region, Middle East, France, Spain, Russia, Italy, Bulgaria, Mexico, North Africa, Central and southern Europe, Turkey, China, Japan, Central and South America. In India it is cultivated mostly in Madhya Pradesh, Uttar Pradesh, Punjab and Orissa. This plant is grown from month of October to November in plain areas.^[6,18,22,23,24]

CHEMICAL CONSTITUENT

Anise seed contains 1.5-3.5% volatile oil, 10% fixed oil, proteins, mucilage and starch. The volatile oil is steam distillation of anise seeds it is known as oil of anise. Aniseeds contain 1.5-6.0% mass of volatile oil consisting trans ethanol.

lipid 8-11 %fatty acid like palmitic acid oleic acid .4% of carbohydrate. 18% protein Essential oil of Anee seeds contains eugenol trans-anethole(93.9%),anisaldehyde estragole (2.4%), coumarins, scopoletin, umbelliferon, estrol terpene hydrocarbons polyenes and polyacetylenes, methyl chavicol anisaldehyde.^[5,25,26]

PARTS OF PLANT USED

- Ripe fruit and Dried fruits^[1]

MIZAJ (TEMPERAMENT)

- Hot 2nd Degree and Dry 3rd degree^[16,27]
- Hot 2nd Degree and Dry 2nd degree^[2,27]
- Hot 3rd Degree and Dry 3rd degree^[14,27,28,29]

MIQDAR E KHURAK (THERAPEUTIC DOSE)

- **Seeds**
2-5gms
7-12gms
- **Oil:**
2-3 drops^[29,30,31]

MUZIR (ADVERSE EFFECT)

- Harmful for hot temperament patient.
- Adverse effect on intestine, urinary bladder, stomach and lungs.^[16,27,30]

MUSLEH (CORRECTIVE)

- *Sikanjabeen*
- *Sauf* (*illicium verum*)^[27]

BADAL (SUBSTITUTES)

Badiyan [4]

AF'AL (ACTIONS ACCORDING TO UNANI MEDICINE)

1. *Kasir-e-riyah* (carminative)^[14,15]
2. *Mohalil-e-Riyah* (Anti Flatulant)^[27]
3. *Muqawwi-e-meda wa fam-e-meda* (stomach tonic)^[16]
4. *Habis-e-shikam* (astringent)^[14]
5. *Mushtahi* (appetizer)^[30]
6. *Mushil* (purgative)^[14,27]
7. *Mufattehsudad* (deobstruent)^[14]
8. *Musakkin-e-aujan* (analgesic)^[14, 16, 27]
9. *Munaffis-e-balgham* (expectorant)^[15,16]
10. *Muddir-e-bol* (diuretics)^[15,16,27]
11. *Muddir-e-haiz* (emmenagogue)^[15,27,28]
12. *Mudir-e-sheer* (galactagogue)^[27,28, 31]

13. *Jali* (detergent)^[15,16]
14. *Musakkin* (calorific)^[15]
15. *Mullatif* (demulcent)^[27]
16. *Muhilil-e-warm* (anti-inflammatory)^[14,27]
17. *Muarriq* (diaphoretic)^[14]
18. *Mohassin-e-laon* (cosmetic)^[27]
19. *Muqawwi-e-bah* (aphrodisiac)^[14]
20. *Muqawwie gurda* (renal Toni)^[27]
21. *Mufatite hisat* (lithotriptic)^[16]
22. *Isqat-e-Janeen wa mashima* (abortifacient)^[27]
23. *Daf-e-tashannuj* (anticonvulsant)^[27]
24. *Qatil-e-qumal* (lice killer)^[16]

ACTIONS ACCORDING TO CONVENTIONAL MEDICIN

1. Analgesic^[23]
2. Anti-Bacterial^[22]
3. Anti-Fungal^[24]
4. Anti-Convulsant^[13,17,18]
5. Anti-oxidant^[17]
6. Anti -pyretic^[13,18, 24]
7. Anti-Spasmodic^[17,18,22]
8. Anti-Viral^[18, 22]
9. Carminative^[23]
10. Diaphoretic^[17,18]
11. Diuretic^[13,18]
12. Expectorant^[18]
13. EstrogenEffect^[18,22]
14. Galactagogue^[17,18]
15. Hypo Lipidemic^[22]
16. InsectRepellent^[23]
17. Laxative^[13,18]
18. Liver Tonic^[18,22]
19. Muscle Relaxant^[17,18]

ISTE-MAL (USES ACCORDING TO UNANI MEDICINE)

- It is used in *qillate laban* (insufficiency of lactation) as a *Mudire laban* medicine for increase milk production.^[14]
- It is used in *Aitebas-e-tams* for *Idrar-e-tams*. Its fumigation uses for expulsion of fetus^[31,32]
- Anisoon is mostly used for *Sailanur reham* (leucorrhoea).^[14, 16, 27,33,34]
- It is also used for *Sudade-e-jigar wa tihal, masana wa rahem* in the form of decoction.^[14, 15]
- It is used to decrease *Istisqa* (ascites).^[14]
- It is used for treatment *Bawasir* (piles) especially *Bawasir-e-rehi*. Used as *abiriyani*.^[31]

- It also decreases *Dard-e- shikam* (abdominal pain) and in *Colang* (intestinal colic).^[31]
- It has good result in *Dama*(asthma)*Khansi*(cough).^[15]
- It can relief *Qabz* (constipation).^[27]
- It is used in *Sar dard e barid* (headache), *Shaqiqa* (migraine), *Dawar* (vertigo).^[27]
- *Barid nazla* (cold) *Shaqiqa* (whooping and cough).^[27]
- It has good effect in *Falij* (paralysis) *Laqwa* (facial paralysis).^[27,31]
- *Wajaul uzan* due to trauma (otalgia)^[14]
- *Darde seena* (chest pain), *Khafqan* (palpitation).^[14]
- *Malenkholia* (schizophrenia), *Qaboos* (night mare)^[14,27]
- *Purani balghame tap* (chronic phabamatic fever)^[14,27]
- *Daf-e-tashannuj* (anticonvulsant)^[27,30]
- It's also given good result in clear facial complex.^[31]
- It used a *Majan* for foul smell and cleaning of teeth.^[14]

ACTIONS: (ACTIONS ACCORDING TO COVENTIONAL MEDICINE)

System	Effect
Nervous system	Anticonvulsant, Analgesic [35,36,37,38,39,40,41]
Gastrointestinal system	Antiulcer, Palliation of nausea Laxative [42,43,44,45]
Endocranial System	Antidiabetic, Hypolipidemic [46,47]
Immune system	Antioxidant [46,47]
Renal system	Reduce volume of urine by increasing activity of the renal Na, K, ATPase [45]
Muscles	Muscle relaxant of tracheal chain antispasmodic and anococcygeal smooth muscle[48,49]
Organism	Antibacterial, Antifungal, Insecticidal, Antiviral [50,51,52,53,54,55,56,57,58,59]
Other	Reduction of menopausal hot flashes, Growth promoter of day-old broilers Reduction of pain in dysmenorrhea. [60,61,62]

MURRAKABAT(COMMON FORMULATION)

- *Arq-e-badiyan*^[19]
- *Qurse-e-rewand*^[19]
- *Jawarish-e-jalali*^[19]
- *Jawarish-e-kholikhan*^[19]
- *Jawarish-e-khozi*^[19]
- *Jawarish-e-qurtum*^[19]
- *Safoofnamakshaikhur Raees*^[19]
- *Safoofnamaksuleimani*^[19]
- *Dawa-e-ajeeb*^[15]
- *Jawarishoodshireen*^[29, 63]
- *Habb-e-shab e yaar*^[29, 63]
- *Jawarish-e-narmushuk*^[29, 63]
- *Jawarish-e-shaheryaran*^[29, 63]
- *Itrifal-e-guddadi*^[29, 63]
- *Majoon-e-antaki*^[29, 63]
- *Majoon e jalinooslului*^[29,63]
- *Safoof e moya*^[29, 63]

CONCLUSION

Anisoon is well known for its medicinal value or over the world, it is an important drug in unani system of medicine because of its enormous number of action and uncomparable efficacy in different disease. Further more people are more concern about safety of drugs now a days. Therefore, they are inclining towards herbal medicine. Further researches should be conducted on *anisoon* and on different actions to evaluate its medicinal properties and also to validate the claims of Unani physicians for is different pharmacological action.

CONFLICT OF INTEREST

Nil

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