



**Sri Satya Sai Murlidhar Ayurvedic College & Hospital**  
**Moga (Punjab) -142001**

**TAMRAPARNI**

**Latin name-***Nicotiana tabacum* Linn.

**Family-** Solanaceae (Kantakari kula)

**Vernacular names**

Hindi name- Tambaku

English name- Tobacco

Bengali name- Tamaka

Gujarathi name- Tamaku

Kannada name- Hogesoppu

Marathi name-Tambaku

Malayalam name- Pokal

Tamil name- Pogaelai

Telugu name- Pogaku

Sanskrit Synonym

Gucchaphala-The fruits are found in cluster

**Habitat -**

Tamraparni popularly known as Tobacco is a plant cultivated in the plains of India having less rainfall and temperate climate.

**Morphology -**

It is a small annual plant with weak stems and large leaves. It turns to a golden brown color when dried and hence the name Tamraparna. The leaf is later dried and used as tobacco in many products. The flowers are found in clusters. The plant is a native of America.

**Properties -**

Rasa - Katu ,Tikta

Guna - Laghu, Teekshna, Vyavayi

Veerya - Ushna

Vipaka -Katu

Prabhava – Intoxicating

Karma - Kaphavatashamaka (reduces vitiated kapha and vata dosha), Pittavardhaka (Increases pitta dosha)

**Part used-**Dried leaf

**Dose-**1 to 2 g

**Chemical constituents -**

The leaf of the plant contains Nicotine, Anatabine, anatabine, Solanofuran, Bombiprenone etc.



### **Adverse effect of tobacco:**

The regular and increased use of tobacco can lead to oral cancer, lung cancer. Apart from these, in acute cases headache, giddiness, respiratory distress can be seen.

### **Sthanika karma (Systemic Action)**

#### **External use**

Analgesic, Anti-inflammatory, Anti-Helminthic in nature. Leaves are used to tie in scrotal inflammation, joint pain etc. It can be used as tooth powder to prevent tooth decay. It can be used for Nasya in Kaphavata type of diseases.

#### **Internally**

**Nervous system** - First it stimulates the nervous system, further use can cause lassitude and tiredness.

**Digestive system** In lower dose it stimulates the secretion of digestive enzymes. Increases intestinal motility, Facilitate proper movement of doshas. Can cause Nausea and vomiting sensation.

**Circulatory System** At the beginning it slows down the circulatory system, but later increases the heart rate and hypertension.

**Respiratory system** - Slow down the respiratory rate in lower doses. In higher dose can cause respiratory distress

**Excretory system** Increases the release of ADH Hormone, thus decreases urine production.

**Reproductive system**- Strong uterine stimulant, can cause abortion and preterm labor

**Satmikarana**-Over dose can cause Ojo kshaya and Dhatu kshaya (Tissue depletion). Not good for eyes, diminishes eyesight. Indicated in Snake poisoning and in strychnine poisoning. Overdose can cause sluggishness, Insomnia, Cough, Body weakness, Anemia, Liver diseases, Loss of vision etc.

### **Therapeutic uses of *Nicotiana tabacum*:**

The dried leaf of tobacco is slightly heated, applied and tied over the joints affected with pain and swelling to reduce the complaints.

The dried powder of the leaf is an antidote of *Strychnos nuxvomica* poisoning.

The dried leaf of tobacco is burnt and the fume is inhaled in small quantities to control cough and snake bite poisoning by inducing vomiting.

The powder of the dried leaf is kept in the teeth affected with dental caries to relieve the pain.

The dried powder of the leaf is blown through the nose to treat cases of sinusitis and headache related to it.

The dried leaf of tobacco is cardiac and nerve stimulant in doses of 1 to 2 g and hence used in cases of depression.

