

Health Benefits of Paneer Doda

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Abstract- Ayurvedic medicines are largely used for the treatment of many diseases. Due to many adverse effects of modern drugs people used to prefer herbal drugs. One of herbal plant is Paneer Doda (*Withania coagulans* Dunal). It belongs to the family Solanaceae, it is a small bush that is widely spread in South Asia. It grows as short shrub (35-75 cm) with central stem. This shrub is common in Afghanistan, East India & Nepal. In India, it occurs in Punjab, Rajasthan, Simla, Kumaun, and Garhwal. It is commonly known as 'Indian cheese maker' or 'vegetable rennet' due to the coagulant property of leaves and fruits. It is widely used in treating diabetes mellitus, wound healing activity, Anti-inflammatory, hepatoprotective, hypolipidemic, antifungal activities, nervous exhaustion, disability, insomnia, wasting diseases, and failure to thrive in children.

Keywords- Diabetes, Indian Cheesemaker, hypoglycemic agents, herbal medicines, *Withania coagulans*, Doda Paneer, etc.

I. INTRODUCTION

Herbs are one of the most effective therapeutic elements in the Indian Ayurvedic system, as documented in literature such as the Vedas and Samhitas. Herbal medicines are used by up to 80% of the population in India to meet their health care needs. Chronic non-communicable diseases are currently the main cause of both disability and death worldwide. This heterogeneous group of diseases including cardiovascular conditions, cancers, chronic respiratory conditions, and diabetes affects people of all ages and social classes. These conditions not only cause enormous human suffering but also threaten the economies of many countries as they impact the older and more experienced members of the workforce. So, Herbal medicines are used by up to 80% of the population in India to meet their health care needs. Plants are the key source for the treatment and prevention of diseases and the maintenance of healthy life. One of these plants that are used to treat various diseases is Paneer Doda (*Withania coagulans* Dunal).

Botanical description of *Withania coagulans*:

- Botanical Name: *Withania coagulans* Dunal
- Family: Solanaceae
- Subfamily: Solanoideae.
- Tribe: Physaleae.

- Subtribe: Withaninae
- Sanskrit Name: Rishyagandha1&2
- Hindi Name: Punir, Punir bandh, Akri, Binputakah, Paneer Doda
- English Name: Indian Cheesemaker, Indian Rennet, Vegetable Rennet.
- Trade Name : Paneer dodi, Panner, doda, Panir bed, Paneer dhodi.

Taxonomical classification:

- Kingdom: Plantae, plants
- Subkingdom: Tracheobionta, vascular plants
- Superdivision: Spermatophyte, seeds plants
- Division: Angiosperm
- Class: Dicotyledons
- Order: Tubiflorae
- Family: Solanaceae
- Genus: *Withania*
- Species: *Coagulans*

II. BENEFITS OF PANEER DODI

1. Diabetes

Paneer Dodi is an effective Ayurvedic herb used to manage blood sugar levels. According to the Ayurveda textbook, Paneer Dodi and Ashwagandha both are mentioned in Bruhaniya Mahakashaya (a group of herbs) and Madhura Skanda (a group of herbs) which may imply that they may have similar properties. Paneer Dodi may help improve the metabolism and reduce the weakness by restoring the energy level which is a common symptom of high sugar levels. This is due to its Balya (strength-providing) nature.

2. Liver problems

Liver diseases or problems could be due to genetic reasons or as a result of various factors that damage the liver, such as viruses, excess alcohol use, and obesity. Paneer Dodi is used in chronic liver complaints. It is a herbal medicine that may help with liver problems as it has hepatoprotective properties [1,3]

3. Inflammation

Paneer Phool benefits also assist with relieving the signs of inflammation in joints such as swelling, redness, and tenderness. This makes it particularly beneficial for individuals suffering from arthritis or gout.

****Asthma ****

Paneer Phool's benefits in managing asthma are also gaining popularity. This magical herb assists in enhancing lung functions and treating respiratory concerns.

Incorporating paneer doda into an asthmatic individual's diet may ease the symptoms associated with asthma and can potentially mitigate the onset of a sudden attack of asthma.

4. Menstrual Disorders

Of the numerous paneer doda uses, its role in overcoming menstrual problems is gaining recognition. Although there may be medicines to alleviate menstruation problems, these can have side effects.

5. Wound healing

Diseases like diabetes may affect and even delay the healing process of our body, leading to a non-healing wound. Ayurvedic ingredients like Paneer Dodi may help in improving the healing process as it shows anti-platelet (wound-healing) properties. According to some studies, the use of Paneer Dodi may increase the level of collagen and proteins helpful in faster healing[4].

6. High cholesterol

The human body requires cholesterol to build healthy cells. However, increased levels of cholesterol in the body can increase your risk of heart disease. Studies on Paneer Dodi suggest that the extract of the plant may help lower cholesterol levels due to its anti-hyperlipidemic action [3].

7. Low Urine Output

Paneer flower uses are also renowned for increasing the production of urine in your body. The diuretic properties of the medicinal herb relieve pain from urination.

8. Central Nervous System Disease

The bioactive metabolites isolated from *Withania* are effective in alleviating many central nervous system disorders such as epilepsy, anxiety, depression, catalepsy, and sleep. The total extract of *Withania coagulans* Dunal fruit has been reported to have central nervous system (CNS) depressant activity in mice, rabbits, and dogs [5,6,7].

Properties of Paneer Dodi:

- Therapeutic properties of paneer dodi include:
- It may show sedative (sleep-inducing) potential
- It may show diuretic (causes the kidney to make more urine) property
- It may show emetic (causing vomiting) property
- It may help with wound healing
- It may help with inflammation
- It may show anti-hyperlipidaemic (lowers blood cholesterol level) potential
- It may show antifungal (kills fungi) activity
- It may show anti-bacterial (kills bacteria)
- It may show anti-helminthic activity(kills worms and parasites)
- It may show liver protective property
- It may show antihyperglycemic (lowers blood glucose level)
- It may show antitumor property
- It may show free radical scavenging activity (a substance that aids in protecting cells from very unstable chemicals, i.e., free radicals produced by normal cell metabolism).

Precaution in Paneer Doda Uses: While there are several health benefits of paneer doda, the herb must be consumed in moderation. This particularly applies to:

Pregnant and Lactating Women: There is not enough information about whether it is safe for pregnant and breastfeeding women to consume paneer Doda. So, it is important to consult with your gynecologist before incorporating the herb into your routine.

Children and Elderly: Organic herbs can make one vulnerable to infections and diseases and the susceptibility of this to impact children and the elderly is greater. To prevent this, a doctor must be consulted before feeding the paneer flower to children and the elderly.

III. CONCLUSION

Withania coagulans Dunal belonging to the family Solanaceae, is a small bush that is widely spread in South Asia. *Withania coagulans* Dunal is a rich source of esterases, free amino acids, fatty oils, essential oils, and withanolides. Withanolides are steroidal lactones and several of them possess significant pharmacological activities. The fruit, leaves, and root of *Withania coagulans* Dunal have been used in the treatment of many disorders like diabetes mellitus, it not only lowers the blood sugar level but also minimizes the future complications of diabetes such as neuropathy,

retinopathy, nephropathy, and cardiovascular pathologies by its very potent antioxidant action. It also possesses hepatoprotective, antitumor, antiangiogenic, chemopreventive, and anti-inflammatory activities. Despite its very good medicinal properties, it is very economical and easily available. In a nutshell, this plant can work as a therapeutic agent.

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