

Lajjalu (*Mimosa pudica* Linn.)

Family- Mimosaceae

Synonyms

1. Jalkarika
2. Khadirka
3. Shamipatra
4. Namaskari

Vernacular Names-

Sanskrit- Lajjalu

Hindi- Lajwanti, Chuimui, Touch me not

English- Touch Me Not. Sensitive Plant

Part used-Root, whole Plant

Rasa Panchaka -

- Rasa-Tikta, Kashaya
- Guna-Laghu, Ruksha
- Virya - Seeta
- Vipaka – Katu



Karma (Actions)-

Atisarahara, Raktapittaghna, Yoniroganashaka, Shophahara, Dahanashaka, Shwasahara, Vranahara, Kushthaghna, Sandhaniya and Raktastambhaka.

Dosha karma (Action on Dosha)-

Pitta kapha Shamaka, Pitta shamaka because of Shita virya and Tikta kashaya rasa. Kaphahara due to Katu vipaka and Tikta kashaya rasa.

Pharmacological action - Kapha-pittahara, Sandhaniya, Purishasangrahaniya.

Indications- Raktapitta, Atisara, Yoniroga. Shwasa, Kushtha, Sotha, Vrana.

Amayika Prayoga(Therapeutic uses) -

1. Arshas (Piles) - Samanga mixed with Madhu-ka should be applied on haemorrhoids associated with burning sensation, moistening and rectal prolapse. (Charaka)
2. Vriddhi (Scrotal enlargement) - Paste of Laj-jalu root and vulture's excreta applied externally alleviates enlargement of scrotum and disorders of female genital tract. (Vangasena)
3. Agantuja vrana (Accidental wound) Oil cooked with fresh Lajjalu root is applied hot on the wound for quick healing. (Rajamartanda)

4. Sarpavisha (Snake poison) Intake of La root acts as antidote to snake poison (Rasaratnasamucchaya)

Matra (Dose)-

Swarasa (Juice)-10 to 20 ml

Kashaya (Decoction) - 50 to 100 ml

Chemical Constituents-Leaves contain Leucoanthocyanidin, Stigmasterol, Fla-vone glycosides and an alkaloid Mimosine, Whole plant contains Turgorins. g-sitosterol & Tannin.

Specific formulations –Swalpagangadhar churnam (Bhaishajyaratnavali), Samangadi KashayaKutajavaleha ,Samangadirbilvadi kwatha, Pushyanuga churna

Habit & Distribution- Diffuse under shrub, 45 to 90 cm high. Mimosa pudica is found throughout India, in moist situations such as irrigated canals, in and around cultivated fields, etc. It is also found in the outskirts of open forest areas. This species is distributed in Tropical America, which is its natural habitat also in Pakistan, Sri Lanka, Malesia and the Tropical Africa.

External Morphology-

Perennial, ascending - spreading herb or under-shrub, with 2-1.5 m long branches prickly all over. Leaves alternate, bipinnately compound; pinnae 1-2 pairs, each with 15-25 pairs of elliptic-oblong, 4-6 x 1-1.5 mm pinules (leaflets). Flowers pink in axillary heads of about 1.5cm in diam. Fruit flat, 1.5-2 x 5 cm, 2-5 jointed, bristly and prickly along the sutures. Seeds ovoid and compressed, about 3 mm in diameter out the year.

Flowering & Fruiting - More or less through out of the year.