

*Allium cepa*



**Family:** Liliaceae

**Common names:** Bulb-onion

**Local name:** Pyaz (Hindi)

**Ayurvedic name:** Palandu,  
Durgandha

## Plant profile:

It is an edible bulb its herb with long, fleshy leaves. The fruit is three chambered and contains small black seeds. The plant is found all over the India and extensively planted for its use in food preparations and in medicines. Propagation can be carried out either through seeds or through thinning of bulbs.

## Medicinal uses:

- **Parts used:** Bulb and seeds
- **Active principles:** Its bulb has protein (1.2%), carbohydrate (11.6%) and calcium, iron, vitamin A, B1 and C. Its oil has allyl-propyl disulphide.
- **Ayurveda:** Swarasa (expressed juice), churna (powder). Prescribed dose: swarasa 10-30 ml, churna 1-3g.
- **Ayurvedic properties and actions:**
  - Guna (qualities): Guru (heavy), tikshna (sharp), snigdha (smooth)
  - Rasa (taste): Madhur (sweet), katu (pungent)
  - Vipaka (post digestive taste): Madhur (sweet)
  - Virya (potency): Ishat ushna (mild-hot)
- **Therapeutic description:**
  - Effect on humours: Alleviates vata
  - Systemic effects: Helps treat fistula pain, inflammation, black spots and otalgia.
  - Nervous system: Used in the treatment of sciatica, convulsions, hysteria, hydrophobia and osteoarthritis.
  - Respiratory system: Cures productive cough.
  - Digestive system: Used in the treatment of digestive upsets, constipation, piles, jaundice and rectal-prolapse.
  - Blood vascular system: Cures cardiac debility, anasarca and haemorrhage
  - Urino-genital system: Helps in treating dysurea, azospermia, impotency and dysmenorrhoea.
  - Skin: Treats skin-rashes and itching.
- **Drug preparation:**
  - Mode of application: External use: paste, expressed juice. Internal use: chewing, ingestion.