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## Medicinal properties and uses of Salabmisri (*Orchis latifolia* Linn): A literary review

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### ABSTRACT

A medicinal plant Salabmisri (*Orchis latifolia* Linn). is a terrestrial herb commonly known as “Salep” in English language. It is an important medicinal plant used in clinical practice in unani system of medicine. It is one of the herbs that is very good and is very effective in promoting sexual health. In some magical traditions, its root is called Adam and Eve Root. It is considered aphrodisiac and nerve tonic by unani physicians. Salabmisri placed a major role as nutraceutical supplement in geriatric patients. This orchid is useful in aged patients because of its high nutritive value. Flour called salap is made of the ground tubers orchids. It contains a nutritious starch-like polysaccharide called glucomannan. Several scientific studies have also been carried out on salabmisri for its wonderful medicinal properties like aphrodisiac, hypolipidemic and antihypertensive properties.

**Keywords:** Salabmisri, *Orchis latifolia*, Nutritive, Antihypertensive, Hypolipidemic and Aphrodisiac.

### INTRODUCTION

Salabmisri (*Orchis latifolia* Linn) is an important medicinal plant found in between Western Himalaya and Kashmir between 3000 to 4000m altitudes [1]. It is cultivated in Europe, India and South Asia. Fresh root tubers give a seminal smell [2]. It is used as an aphrodisiac drug since ages in Unani and Ayurveda system of medicine. Salabmisri is one of the herbs that is very good and is very effective in promoting sexual health. Its demulcent action allays gastro intestinal irritation and its nutritive and restorative function promotes rejuvenation during convalescent period in patients suffering from chronic diarrhoea and bilious fevers [3]. And is widely used in the treatment of Syphilis, diarrhoea, strangury, hemiplegia, dyspepsia, tuberculosis, debility and helminthiasis [4-7]. Chemical constituents include phenolic acids, tannin, flavanoids, coumarins and terpenoids [8].

**Botanical Name:** *Orchis latifolia* linn [3, 4]

**Family:** Orchidaceae [3, 4]

**Vernacular Names** [9, 10]

Arabic: Khusyatussalab, Salabmisri

Persian: KhanaRubah

Sanskrit: Munjataka

English: Salep, Saloop

Urdu: SalabMisri

Hindi: Salam panja, salabmisri

Marathi: Sala Misri

Telugu: Goru-chettu

Kannada: Salamisri

Bengali: Salamisri

Tamil: Salabmisri



Figure 1: *Orchis latifolia* flower



Figure 2: *Orchis latifolia* root

## BOTANICAL DESCRIPTION

Salabmisri is a tuberous terrestrial orchid [5]. Tuber are paired lobed and palmate, stems of this plants are usually fistular and measure upto 90 cm long. Leaves are many, 15 cm long. Spike is cylindrical and dense flowered. It also measures 15 cm long. Flowers are 2 cm long variable in colour from pink to purple to almost pure white [1]. The ovary is inferior and the fruit a capsule, seeds are very small and light [8]. Odour is acetonic, sweet and salty in taste with a mucilaginous feel [9]. (Fig.2)

**Parts used:** Root [2, 8, 9]

**Mizaj (Temperament):** Haar 1<sup>0</sup> Ratab 1<sup>0</sup> (Hot 1<sup>0</sup> Dry 1<sup>0</sup>) [14]

Haar 2<sup>0</sup> Ratab 2<sup>0</sup> (Hot 2<sup>0</sup> Dry 2<sup>0</sup>) [12]

**Af'aal (Functions):** [2, 9, 11, 12]

Mughallize Mani

Muwallide Mani (Spermatogenic)

Mumsik (Retentive)

Mufatite Hisat (Lithotriptic)

Muqawie Bah (Aphrodisiac)

Muqawie Asaab (Nervine tonic)

Musammine Badan (Adipogenous)

Muhallile Warne Balghami (Anti-inflammatory)

**Istematat (Therapeutic uses):** [2, 9, 11]

Falij (Paralysis)

Tashannuj (Convulsion)

Laqwa (Bell's palsy)

Zoafe Bah (Impotence)

Kuzaz (Tetanus)

Qulae Dahan (Stomatitis)

Uqr (Infertility)

Qillate Mani (Oligospermia)

Surate Inzal (Premature ejaculation)

Jiryaaan (Spermatorrhoea)

**Muzir (Adverse effect):** [2, 11]

Jigar (Liver)

Riya (Lungs)

Fame Meda

People with Haar mizaj

**Musleh (Corrective):** Samaghe arabi, Nabate safed, Shikanjabeen, Aabe kasni [2, 11]

**Badal (Substitute):** Boozidaan [11]

**Miqdaar (Dose):** 3-5 masha [9, 14]

**Compound Formulations:** Majoone falasfa, Sufoofe salab, Halwae Salab, Halwae Ghekwar, Hab Mumsik, Hab Ambar Momiyayi, Laboob Kabir, Majoon Suparipak and Majoon Mughaliz sada [9, 11, 13].

**Ethnobotanical Description:**

**Action:** Tonic and Expectorant [1] Aphrodisiac, Nervine Tonic, Nutritive [3] Astringent, Refrigerant, Diuretic, Antihelminthic, Antidiarrhoeal [5, 6].

**Indication:** Salabmisri is used in Sexual weakness, Chronic Diarrhoea and Dysentery, Tuberculosis, Strangury, Syphilis, Cephalgia, Otaglia and Helminthiasis [1, 5-7].

**Chemical Constituents:** Chemical analysis of Salabmisri reveals that it contains glucosides, starch, mucilage, sugar, albumin, volatile oils, bitter substances and loriglossin [3, 5, 9].

## SCIENTIFIC STUDIES

A study by Noman Azeez *et al* reported that salabmisri for its Antihypertensive and dyslipidemic action and reported that salabmisri significantly reduce systolic blood pressure and improve endothelial dysfunction by increasing acetyl choline induce relaxation in rats. Salabmisri significantly reduce lipid levels in tyloxapol and high fat diet induced dyslipidemia [15].

An open clinical study on male patients of oligospermia has reported spermatogenic activity of salabmisri. Before and after trial semen analysis and testosterone level was estimated and reported that sperm count was increased and improved semen morphology. The conclusion of the study reported that spemen is effective in oligospermia and it may also help to treat male infertility associated with oligospermia [16].

A study on sexual stimulant activity of salabmistri *Orchis latifolia* was carried out and reported that aqueous extract this drug is rich in Fructo Oligo Saccharides (FOS's) as well as phytosterol was administered to streptozotocin and alloxane induced sexual dysfunction in male rats. The study suggested that the herb is a potential potent stimulant in overcoming the sexual disability related to diabetes [17].

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