

The Underrated Indian Borage Essential Oil: Karpoor Valli

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Introduction

Karpooravalli, also known as Omavalli, Doddapatre, Panikoorka, or Indian Borage in other Indian languages, is a highly significant plant with a plethora of beneficial uses in medicine. Traditionally, karpuravalli has been used to cure colds and coughs in adults and newborns. In addition, it helps with weight reduction, promotes hair development, treats fever and asthma, and treats hair issues including dandruff and grey hair. We use the leaves to create chutney and rasam (karpuravalli rasam) to treat coughs and colds at home. In Kannada, karpooravalli pachadi, also known as doddapatre tambuli, is as well-known as Karpoor Valli rasam and chutney.



Origin and Species



Plectranthus Amboinicus is the scientific name for the karpooravalli plant, which is a member of the genus *Plectranthus* and family Lamiaceae. The Tamil names are Karpoor Valli, Omavalli, and Karpuravalli. In English, it is frequently referred to as Spanish thyme, Mexican mint, Indian mint, Mexican oregano, and Indian boreage. It is known as Panikoorka in

Malayalam, Sambarballi and Doddapatre in Kannada, Patharchur and Patta Ajwain in Hindi, Pathurchur in Marathi, and Vamu Aaku in Telugu.

Interesting facts about Indian Borage Essential Oil Plant:

- A perennial herb with a strong fragrant scent.
- Propagation by the stem.
- The succulent plant known as karpooravalli grows abundantly in Indian communities and can reach a height of about one metre.
- The leaves smell like oregano and are juicy and very fragrant. They can be used in cooking as an alternative to oregano.
- The lovely, cool scent of karpooravalli leaves clings to our palms for a considerable amount of time when we simply touch them.
- The leaves are also used to distil an essential oil, which contains a significant number of

and has



bioactive
chemicals
wonderful

therapeutic applications.

Why people are preferring the use of plant in ancestral time periods?

Naturally presenting within the environment with no cost of production which easily resistant to several kind of viral diseases and for proper digestion.

Karpuravalli Traditional Uses:

- Colds and coughs are typically treated with karpooravalli. When we have a cold and cough, we usually first turn to this as one home treatment. I've included the recipe and dose for karpooravalli cough medication below.
- Karpooravalli is a medication used to treat fevers, particularly malaria. Giving karpooravalli rasam to patients with fever, cough or cold is a regular practise. We ground up fresh leaves at home and drink them with a little water to relieve any respiratory issues.
- Karpooravalli has historically been used to treat skin conditions. On the afflicted region, we apply the fresh leaf paste as a bandage. It works swiftly to cure wounds and boils.
- Karpooravalli is often used to treat newborns' and infants' chest congestion. Babies' chest congestion can be effectively relieved by inhaling the vapour produced while heating leaves in water, or by applying the juice directly to the chest.
- Karpooravalli is further used to cure headaches. In Tamil Nadu, it's a common practise to apply the leaf juice on the forehead as an excellent at-home cure for headaches.
- Hair issues can also be treated with karpooravalli. Karpooravalli can be added to the components for an oil bath during wintertime in order to cure dandruff and prevent colds and headaches.

Medicinal Properties:

1. **Antibacterial Properties:** The essential oil, decoction, and leaf juice of karpooravalli possess potent antibacterial qualities. It has been demonstrated that they are efficacious against some bacterial strains, such as Salmonella Typhimurium and Escherichia coli.



2. **Anti-Fungal characteristics:** The essential oil and the extract from Karpooravalli leaves have antifungal characteristics that suppress fungi by about 60%. They work well against a variety of fungi, including Pencillium, Aspergillus niger, and Aspergillus ochraceus.
3. **Anti-Viral Properties:** Research has demonstrated that karpooravalli is effective against HIV, HSV1, and VSV. One remarkable property of karpooravalli is that, when used topically, it may shield a person against the fatal HIV virus!
4. **Antioxidant Properties:** Karpooravalli has a high antioxidant content, therefore ingesting it in any form can boost immunity and lessen oxidative stress. Additionally, the essential oil has strong antioxidant qualities and has been shown to be beneficial in reducing stress related to lung cancer that is created by cell line.
5. **Wound healing properties:** Karpooravalli is also incredibly effective in healing wounds. The leaf is often crushed into a paste and administered to the wound as a poultice. When used topically to cure wounds, karpooravalli promotes collagen deposition, lengthens the healing process, and shortens the epithelialization phase!
6. **Anti-Cancer Properties:** This shows it Karpooravalli and its essential oil has potent anti-cancer qualities! It has been demonstrated that karpooravalli leaf extract inhibits the development of breast cancer cells and that karpooravalli essential oil effectively combats lung cancer.
7. **Anti-Malarial Properties:** Karpooravalli helps cure malaria fever, a disease spread by mosquitoes, in addition to being efficient in keeping mosquitoes away when applied topically. The impact ranged from 75% to 90% based on the dosage and was dose dependant. The study that backs up this assertion may be found here.



HEALTH ISSUES CURE AND PREVENTIONS:

1. **Treats Animal & Insect Bite:** External use of Karpooravalli is used to cure centipede and scorpion bites. In addition to acting as a natural mosquito repellent when applied topically, the juice obtained from mashing the leaves may also be brought with you on camping trips to help keep insects away.




- 2. Benefits of Karpooravalli for Diabetic Patients:** Karpooravalli is a true blessing for diabetics as it treats several diabetes-related issues and lowers elevated blood sugar levels. Slower wound healing is one among the numerous consequences of diabetes; nevertheless, applications of karpooravalli extract have been shown to significantly accelerate wound healing in diabetic foot ulcer patients.
- 3. Uses of Karpooravalli for Digestive Issues:** Indigestion, diarrhoea, and dyspepsia are just a few of the digestive issues that may be resolved with Karpooravalli. The prebiotic qualities of karpooravalli are another fascinating yet important feature. Probiotic bacterial development is aided by prebiotics, and this is crucial for gut health.
- 4. Benefits of Karpooravalli for Arthritis Patients:** Karpooravalli is a wonderful herb for arthritis sufferers since it lessens inflammation and discomfort. Many individuals over 60 have arthritis, and others are compelled to use painkillers on a daily basis because of the severe pain, which has several negative effects. Regularly consuming karpooravalli rasam has no adverse effects and will reduce pain and inflammation.
- 5. Treats Respiratory Issues:** Karpooravalli is a popular remedy in India for respiratory issues such as colds, coughs, and sore throats. Essential oil is currently utilised in addition to fresh leaf extract and water decoction. This is because there are significant concentrations of carvacrol and thymol, two powerful expectorants.
- 6. Anti-Inflammatory & Analgesic:** Kelanelli's anti-inflammatory and analgesic qualities explain why it works so well when taken throughout cold and flu seasons. It lessens inflammation, headaches, and body aches—all of which are typical during cold and flu season. It would be very beneficial if you consume karpooravalli rasam or soup for a few days when you are healing from a fever or cold.
- 7. Karpooravalli Uses for Oral Diseases:** When used as a mouthwash, karpooravalli protects several dental issues. This is a less well-known but highly beneficial usage. All we need to do is boil the leaves in water to prepare mouthwash. It significantly reduces the risk of bacterial infection since karpooravalli has a high concentration of carvacrol.



- 8. Uses of Karpooravalli for Skin and Hair:** Karpooravalli is used to treat a variety of skin and hair issues. Dandruff and itchy scalp are among the hair issues it tackles; to treat dandruff, combine the essential oil with a base oil and apply. When used as a poultice, Karpooravalli heals a variety of skin conditions, including as wounds, burns, and allergies.



Way Of Consumption: To Get Rid of Health Issues

-  Karpooravalli Cough Syrup
-  Karpooravalli Rasam
-  Karpooravalli Chutney



Conclusion

Considering the tremendous health benefits of Karpooravalli with small way of propagation through stem, we may incorporate it into our diet, especially in drinks such as water everyday by boiling in hot water and soup at lower quantity for better health. We want to aware the people about the benefit of the plant from get rid of lot of health issues. Consumption in our daily life routine it will give lot of benefits and want to take our old culture back to live a healthy and inorganic free life.