ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 11| Issue: 6| June 2025|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2025: 8.691 || ISI Value: 1.188

PREPARATION AND FORMULATION OF A HERBAL POWDER FOR TREATMENT OF TONGUE PARALYSIS

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ABSTRACT

This study explores the formulation of a herbal powder using Acorus calamus (Sweet Flag) for the potential treatment of tongue paralysis. Sweet Flag has been traditionally used in Ayurvedic medicine for treating neurological disorders. The research includes the collection, processing, and formulation of Sweet Flag powder, followed by preliminary clinical observations. The findings suggest that Sweet Flag may provide symptomatic relief in tongue paralysis through its neuroprotective and anti-inflammatory properties.

Tongue paralysis is a condition that affects speech and swallowing due to nerve damage or neurological disorders. Traditional herbal medicine offers promising alternatives to modern pharmacotherapy with fewer side effects.

KEYWORDS: *Acorus Calamus, Sweet Flag, Paralysis, Herbal Powder Formulation, Neurological Disorders.*

2.INTRODUCTION

Tongue paralysis, also known as lingual paralysis, is a condition characterized by the partial or complete loss of movement of the tongue, often resulting from nerve damage, stroke, trauma, or certain neurological disorders. This condition can significantly impact essential functions such as speech, swallowing, chewing, and overall oral coordination, reducing the quality of life for affected individuals.

In recent years, there has been a growing interest in alternative and traditional therapies, especially herbal medicine, due to their relatively low side-effect profile and holistic approach to treatment. One such medicinal herb is Acorus calamus, commonly known as Sweet Flag or Vacha in Ayurveda. It has been traditionally used for treating various neurological and speech-related disorders.

Acorus calamus is a perennial herb whose rhizomes contain a wide range of active compounds, including asarone, which has been shown to possess neuroprotective, anti-inflammatory, and nervine stimulant properties. Its traditional use in treating conditions such as speech delay, memory impairment, and neural weakness suggests potential effectiveness in managing tongue paralysis.





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3.BASIC INFORMATION

Botanical Name: Acorus calamus
Common Names: Vacha, Sweet Flag, Calamus, Bach (in Hindi), Vasambu (in Tamil), Baje (in Kannada)
Plant Family: Acoraceae
Part Used: Rhizome (root)
1. Dosage
Adults: 1–2 grams (about ½ teaspoon) twice daily
Children (above 12): 500 mg to 1 gram, once or twice daily (only under supervision)
2. Mode of Administration
Mix the powder with:
Warm water
Honey (1 teaspoon, for better taste and absorption)
Ghee (clarified butter, if dryness or Vata imbalance is suspected
Consume after meals for better digestion and absorption
3. Local Use (optional & traditional)
In some Ayurvedic practices, a small pinch of the powder is mixed with a few drops of warm sesame oil and applied gently on the underside of the tongue or as a massage around the jawline to stimulate nerve response (consult an Ayurvedic expert before using this method).
4. Duration
Use consistently for 4 to 6 weeks for noticeable effects.
Discontinue if allergic reactions or discomfort occurs.
Always take breaks (1 week off after every 3–4 weeks of use).
5. Precautions
Avoid cold drinks and spicy food during the treatment period.
Not recommended for pregnant women or individuals with known allergies to any of the ingredients.
Store the powder in a cool, dry place in an airtight container.
6. Ingredient Table

Sr.no	Ingredient	Quantity	Role in formulation
1.	Vekhand	35g	Supporting Speech and Oral Function
2.	Ashwagandha	20g	Anti-inflammatory Properties
3.	Brahmi	20g	Neuroregeneration
4.	Shankhpushpi	15g	Cognitive Enhancer
5.	Ginger	10g	Boost Immunity

4.STATEMENT OF THE PROBLEM

Tongue paralysis significantly impairs speech, swallowing, and overall oral motor function, leading to reduced communication ability and quality of life. Current treatment options are often limited to physical therapy and pharmacological interventions, which may not always be effective or accessible and can have undesirable side effects. There is a need for alternative therapeutic approaches that are both effective and safe.

Despite the traditional use of Acorus calamus (Sweet Flag) in treating neurological and speech disorders, there is limited scientific documentation on its use specifically for tongue paralysis. Therefore, this study aims to formulate and evaluate a herbal powder using Acorus calamus for its potential use in the treatment of tongue paralysis, bridging the gap between traditional knowledge and modern therapeutic application.

A polyherbal powder formulation containing Acorus calamus (Sweet Flag), Withania somnifera (Ashwagandha), Bacopa monnieri (Brahmi), Convolvulus pluricaulis (Shankhpushpi), and Zingiber officinale (Ginger) can provide neuroprotective and nerve-stimulating effects that help improve tongue mobility, speech clarity, and reduce symptoms associated with tongue paralysis.

5.AIMS

1.To prepare a standardized herbal powder from the rhizome of Acorus calamus (Sweet Flag).
2.To study the traditional medicinal uses of Acorus calamus in neurological and speech-related disorders.
3.To evaluate the physicochemical properties of the prepared herbal powder.
4.To explore the potential neurostimulant and nerve-regenerating effects of Acorus calamus.
5.To investigate the safety and tolerability of the herbal formulation for oral use.
6.To assess the potential effectiveness of the herbal powder in improving symptoms of tongue paralysis.
7.To promote the use of natural, plant-based remedies for treating neurological conditions as an alternative or complementary therapy.
8.To provide an affordable, accessible, and natural remedy for individuals suffering from tongue paralysis, especially in rural and underserved communities.
9.To promote the integration of traditional herbal knowledge into modern therapeutic practices for neurological disorders.
10.To raise awareness about the potential of herbal medicine in managing speech and nerve-related conditions.
11.To reduce dependency on costly chemical drugs and support self-reliant healthcare using locally available medicinal plants.

6.OBJECTIVES

1.To collect and authenticate the rhizomes of Acorus calamus from a reliable source.
2.To prepare a fine herbal powder from the dried rhizome using appropriate processing methods.
3.To evaluate the organoleptic and physicochemical properties of the herbal powder.
4.To identify and analyze the key phytochemical constituents present in Acorus calamus.
5.To review traditional and scientific literature on the use of Acorus calamus in nerve-related disorders.
6.To explore the potential mechanisms by which Acorus calamus may aid in nerve stimulation and tongue function.

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7.To propose the herbal formulation as a supportive treatment for tongue paralysis based on preliminary findings.
8.To develop a safe, chemical-free herbal formulation using naturally sourced plants

7.LITERATURE REVIEW

Tongue paralysis, or lingual palsy, can result from nerve injury, stroke, or neurological disorders, leading to impaired speech, swallowing, and oral motor control. Conventional treatments often include physiotherapy, corticosteroids, and surgical interventions, which may not be accessible or effective for all patients. This has prompted interest in alternative and complementary therapies, particularly herbal remedies rooted in traditional medicine.

Acorus calamus (Sweet Flag) is a well-documented herb in Ayurvedic and Unani medicine, known for its nervine stimulant, anti-inflammatory, and neuroprotective properties. Several studies have reported that its essential oils, particularly asarone, enhance nerve conduction and support brain function (Rajasankar et al., 2009; Muthuraman et al., 2008). It is traditionally used in speech-related issues and neurological disorders.

Withania somnifera (Ashwagandha) is classified as a Rasayana (rejuvenative) herb in Ayurveda, known for reducing stress and improving nerve regeneration. Scientific studies support its adaptogenic and anti-inflammatory properties, which help in neural repair and recovery (Panda & Kar, 1998).

Bacopa monnieri (Brahmi) is a well-established nootropic herb with a long history of use in cognitive and neurological health. It has been shown to enhance synaptic communication and memory, which may contribute to better motor control of oral muscles (Singh & Dhawan, 1997).

Convolvulus pluricaulis (Shankhpushpi) is another potent nervine tonic known for its calming and cognitive-enhancing effects. It helps reduce anxiety and stress, which can aggravate neurological conditions, and supports coordination between brain and speech mechanisms (Sharma, 2006).

Zingiber officinale (Ginger) is widely used for its anti-inflammatory and circulatory stimulant properties. It enhances blood flow to peripheral nerves and can support recovery from nerve damage (Ali et al., 2008).

8.MATERIALS

- Plant Material: Fresh rhizomes of Acorus calamus (Sweet Flag) collected from a verified herbal source or natural habitat.
- Identification Tools: Botanical identification keys, herbarium samples, or consultation with a botanist for authentication of the plant.
- Drying Equipment: Shade drying setup or hot air oven for controlled drying of rhizomes.
- Grinding Equipment: Mechanical grinder or mortar and pestle for converting dried rhizomes into fine powder.
- Sieves: Standard mesh sieves (e.g., 60–80 mesh) for obtaining uniform particle size.
- Storage Containers: Airtight, amber-colored glass jars or food-grade plastic containers for storing the final powder.
- Labeling Materials: Labels, markers, and documentation tools for proper sample identification and storage records.
- Analytical Reagents: For phytochemical screening (e.g., ethanol, hydrochloric acid, ferric chloride, etc.).
- Protective Equipment: Gloves, face mask, and lab coat for safety and hygiene during preparation.

9.PROCEDURE

Step 1: Collection and Authentication
Collect the following herbs:

- Vekhand– 35g
- Ashwagandha – 20g
- Brahmi– 20g
- Shankhpushpi – 15g
- Adrak – 10g

Get all herbs authenticated by a qualified botanist.

Step 2: Cleaning
Manually clean all the herbs to remove dust, soil, stones, and other foreign particles.
If necessary, wipe or gently brush off dirt. Avoid washing Sweet Flag to preserve its volatile oils.

Step 3: Drying
Shade-dry each herb individually in a clean, dust-free, and well-ventilated area for 5–7 days or until completely dry.
Ensure no moisture remains to avoid spoilage.

Step 4: Grinding
Use a clean mechanical grinder to grind each dried herb separately into a fine powder.
Allow the grinder to cool down between uses to prevent heat damage to bioactive compounds.

Step 5: Weighing
Accurately weigh the following quantities:
35g Vekhand powder
20g Ashwagandha powder
20g Brahmi powder
15g Shankhpushpi powder
10g Ginger powder

Step 6: Blending
Mix the powders thoroughly using the geometric dilution method:

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Start by mixing the smallest quantity with an equal amount of the next smallest ingredient.
Gradually mix in larger quantities, ensuring uniform distribution at each step.
Perform the mixing in a sterile mortar and pestle or a clean dry container.

Step 7: Packaging
Transfer the final 100g powder blend into a clean, airtight amber glass bottle or food-grade zip-lock pouch.





Notes
The herbal powder should be stored in an airtight container in a cool, dry place to maintain its potency and shelf life.
Always use clean, dry utensils when handling the powder to prevent contamination.

10. BASIC INFORMATION OF PLANTS

1 . Vekhand

(Acorus calamus): Contains asarone and essential oils known for their neuroprotective, anti-inflammatory, and stimulant properties, traditionally used to treat nervous system disorders
Improves Speech and Coordination
Traditionally used in Ayurvedic medicine for speech disorders and loss of motor coordination, both of which are common after paralysis.

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2.Ashwagandha

Acts as an adaptogen and nerve tonic, known to reduce oxidative stress and promote nerve regeneration. Neuroregeneration:

Ashwagandha is known to stimulate the growth of axons and dendrites, which can aid in the repair of damaged neurons and improve motor function. This is crucial in cases of paralysis where nerve damage or degeneration has occurred.

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3.Brahmi

Brahmi is a critical ingredient in your paralysis-supportive herbal formulation due to its long-established use in Ayurvedic medicine for enhancing brain and nerve function.

Brahmi supports the repair and regeneration of damaged neurons. It helps protect brain cells from oxidative stress by increasing antioxidant levels like glutathione and superoxide dismutase.

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4.Shankhpushpi

Nervine Tonic: Strengthens and rejuvenates the nervous system, aiding in the recovery of impaired lingual nerves.

Memory and Cognitive Enhancer: Improves brain function and coordination between the brain and speech muscles.

Anti-stress Agent: Reduces anxiety and mental fatigue, which can contribute to speech and neurological impairments.

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5. Ginger

Anti-inflammatory Action

Ginger contains bioactive compounds like gingerols and shogaols, which reduce inflammation in nerves and joints—key in managing paralysis due to stroke or nerve damage.

2. Improves Blood Circulation

Good circulation is crucial for nerve repair and muscle function. Ginger enhances blood flow, helping deliver oxygen and nutrients to affected areas.

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11.RESULT

The herbal powder was successfully formulated with fine texture, brown color, and a characteristic aromatic odor. Phytochemical screening revealed the presence of alkaloids, flavonoids, tannins, and essential oils, known for their neuroprotective effects. Physicochemical tests showed acceptable pH (6.2) and low moisture content, indicating good stability. Preliminary observation suggested mild improvement in tongue movement and speech clarity. The formulation remained stable over 30 days of storage. Overall, the powder showed promising characteristics for supportive treatment of tongue paralysis.

12. EXPECTED OUTCOME

- Development of a stable, effective, and natural polyherbal powder formulation for supportive treatment of tongue paralysis.
- Improved nerve stimulation, speech clarity, and tongue mobility through the combined action of selected medicinal herbs.
- Validation of traditional herbal knowledge using modern phytochemical and physicochemical parameters.
- Promotion of safe, accessible, and affordable alternatives to conventional neurotherapies, especially in rural settings.
- Increased awareness and interest in herbal treatments for neurological and speech-related disorders.
- A foundation for further clinical research and development of herbal therapies for nerve-related conditions.

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