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HERBAL PLANTS MENTIONED IN AYURVEDA AND TRADITIONAL SYSTEMS OF MEDICINE FOR BRUISE TREATMENT: A REVIEW

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Abstract: Bruise treatment is one of the global scientific treatment issues most of researchers are looking for to find a proper drug to access to this important aim and there are some different drugs in this field. Research on bruise treatment drugs is a developing area in modern biomedical sciences. Scientists who are trying to develop newer drugs from natural resources are looking toward the Ayurveda, the Indian traditional system of medicine. Most of these drugs are derived from plant origin. Some of these plants have been screened scientifically for the evaluation of their bruise treatment activity in different pharmacological models and patients, but the potential of most remains unexplored. In a few cases, active chemical constituents were identified. This article represent bruise treatment activity of various herbal plants which is mentioned in Ayurveda as well as used traditionally and has been screened scientifically.

Key words: Bruise treatment, Herbal plants.

1. INTRODUCTION

Bruise treatment is a relevant organic case involving tissue improvement and regeneration. A bruise is described as 'a break in the continuity of tissue, from violence or trauma' and is regarded as healed if there is a restoration of the bruise or inflamed tissue to normal condition[1]. Bruise treatment can be classified into any of three type's treatment by first intention, treatment by second intention or treatment by third intention, depending on the nature of the edges of the healed Bruise.

In Bruise healed by the first intention, the edges are smoothly closed that no scar is left. On the other hand, bruise treatment by second intention involves formation of granulation tissues, which fill up the gaps between the bruise edges and is associated with significant loss of tissue, leaving little scars. Bruise healed by third intention, are usually those left open for three to five days until granulation bed falls before they are sutured, generally resulting in extensive scar formation.[2]

There are four distinct stages involved in bruise treatment namely inflammatory stage, debridement stage, proliferation stage and maturation/remodeling stage.[2] When an injury occurs, the vascular integrity of the injured area is disrupted leading to extravasations of blood into the surrounding tissue or plasma when the break is small. The inflammatory stage is directed at inhibit further reduce of blood by platelet adhesion/accumulation at the site leading to coagulation that result to the development of thrombus. The debridement stage found from the 3 to 6 day after injury and involves the presentation of neutrophils to clear contaminating organisms. The proliferation or repair stage is identifying by endothelial budding in the closes blood vessels forming novel capillaries that penetrate and nourish the damage tissue. The maturation stage commences from the tenth day to several months depending on bruise severity during which the number of capillaries decreases and bruise changes from pink to white.[2]

Certain factors that influence bruise treatment include bacterial infection, nutritional deficiency, drugs, sterility, obesity, movement of bruise edges, site of wound, and wasting diseases.[3]

Several drug classes have been used in the management of Bruise. Among these are the antibiotics. Penicillin and streptomycin have been generally employed in combating post-operative disease in Humankinds and animal.[4]

The antibiotics are chosen based on their ability to destroy or inhibit the growth of pathogenic organisms, while the tissue is left unharmed. Antibiotics used should be applied to achieve maximum concentration in the tissue as quickly as possible and continued until 48 h after disappearance of symptoms unless signs of toxicity are shown.[5]

2. MEDICINAL PLANTS

Herbal plants mentioned in Ayurveda and Traditional systems of medicine for bruise treatment are given in table no.1

TABLE 1: - Herbal plants mentioned in Ayurveda and traditional systems of medicine for bruise treatment .

S. No	Botanical name	Common name	Family	Parts used	Indications mentioned	Ref. no.
1	**Abies webbiana**	Talisa	Pinaceae	Leaves	Bruise	45
2	**Abrus precaloriu s**	Gunja/ Kunch	Leguminosa e	Seeds	Bruise	44
3	**Acacia catechu**	Khadira/ Khair	Mimosoidea e	Stem bark	Bruise , , diabetic wound	43
4	**Acacia farnesiana**	Irimeda	Leguminosa e	Stem bark	Bruise	46
5	**Acorus calamus**	Bacha	Araceae	Rhizome	Bruise , diabetic carbuncle, septic Bruise	44, 45, 48
6	**Achyranth us aspera**	Apamarg a	Amaranthac eae	Whole plant	Bruise , sinuses	45
7	**Achyranth us bidentata**	Raktapus pi	Amaranthac eae	Whole plant	Bruise	46
8	**Adhatoda vasica**	Basak	Acanthacea e	Leaves	Diabetic carbuncle	48
9	**Adiantum lunulatum**	Hansapa di	Polypodiace ae	Leaves	Bruise , cellulites	47
10	**Aegle mermelos**	Bilwa	Rutaceae	Leaves, stem	Erysipelas, diabetic	44, 48

				bark	carbuncle	
11	**Albizzia lebbeck**	Shirisa	Leguminosae	Stem bark	Bruise , septic Bruise	48
12	**Aloe vera L.**	Korphad	Liliaceae	Leaves	Bruise	50, 51, 52, 53
13	**Alstonia scholaris**	Chatima	Apocyanaceae	Leaves	Fistula-in-ano, maggots in Bruise	44
14	**Amomum subulatum**	Bhadraila	Zingiberaceae	Seed	Bruise	46
15	**Andropogon squarnosus**	Bena	Gramineae	Root	Bruise , syphilitic ulcer	43, 44, 45
16	**Andropogon muricantus**	Virana	Graminae	Root	Bruise	46
17	**Anogeissus latifolia**	Dhava	Combretaceae	Stem bark	Bruise	43
18	**Angelica glauca**	Chorak	Umbelliferae	Root	Bruise	47
19	**Anthocephalus cadamba**	Kadamba	Rubiaceae	Stem bark	Bruise , syphilitic ulcer	43
20	**Aquilaria agalocha**	Aguru	Thymelaeaceae	Latex	Wound, diabetic wound, syphilitic wound	43, 44, 45
21	**Areca catechu**	Supari	Arecaceae	Fruit	Bruise	50, 51, 52, 53
22	**Argemone mexicana**	Pivala dhotara	Papaveraceae	Leaves, Latex	Bruise	50, 51, 52, 53
23	**Artemesia vulgaris**	Nagdani	Compositae	Stem twig	Bruise	44
24	**Asparagus racemosa**	Satavari	Liliaceae	Root	Erysipelas	46
25	**Azadirachta indica**	Neem	Meliaceae	Root	Bruise , syphilitic wound	43, 44, 45, 49
26	**Baliospermum monatanum**	Danti	Euphorbiaceae	Leaves	Bruise , fistula-in-ano	44, 48
27	**Bassia longlifolia**	Jalaja	Sapotaceae	Seeds	Bruise	47
28	**Balanites roxburghii**	Hingana	Simaronbaceae	Stem bark	Bruise	46
29	**Barleria**	Pivali	Acanthacea	Leaves	Bruise	50, 51,

	prionitis L.	Koranti	e			52, 53
30	**Bauhinia purpura**	Kabidara	Leguminosae	Gum	Bruise	46, 47
31	**Berberis aristata**	Daruharidra	Berberidaceae	Wood	Bruise , diabetic carbuncle, septic Bruise , fistula-in-ano, syphilitic ulcer, sinuses	43, 44, 45, 49
32	**Boerhaavia diffusa**	Punarnava	Nyctaginaceae	Whole plant	Bruise , syphilitic ulcer	45
33	**Brassica juncea**	Mohari	Brassicaceae	Fruit	Bruise	50, 51, 52, 53
34	**Bryophyllum calycinum**	Panfuti	Crassulaceae	Leaf	Bruise	50, 51, 52, 53
35	**Caesalpinia bonducella**	Karanja	Leguminoceae	Seeds	Bruise , septic Bruise , maggots in Bruise , fistula-in-ano	44
36	**Caesalpinia sappan**	Kuchandan	Leguminosae	Seeds	Bruise	46
37	**Calotropis gigantea**	Rajarka	Asclepidiaceae	Milky juice	Bruise	46
38	**Capparis aphylla**	Karira	Capparidaceae	Root bark	Bruise	47
39	**Calotropis prosera**	Akanda/ Rui	Asclepidiaceae	Root bark, Latex, leaves	Bruise , maggots, fistula-in-ano	43, 44, 48
40	**Calendula officinalis**	Zendu	Asteraceae	Flowers	Bruise	50, 51, 52, 53
41	**Capparis sepiaria**	Kalikara	Capparideceae	Root bark	Bruise	45
42	**Cardiospermum halicacabum**	Lataphatki	Celastraceae	Seed	Fistula-in-ano	46
43	**Cassia alata**	Shimai-agase	Caesalpinae	Leaves	Bruise	50, 51, 52, 53
44	**Cassia auriculata**	Tarwad	Caesalpinae	Leaves and Bark	Bruise	50, 51, 52, 53
45	**Cedrela toona**	Tuni	Leguminosae	Seeds	Bruise	46, 47

46	**Cedrus deodara**	Devdaru	Anonaceae	Leaves	Bruise , syphilitic ulcer	44
47	**Celastrus panniculatus**	Joytismati	Celastraceae	Seeds	Bruise	46
48	**Cinammomum tamala**	Patra	Lauraceae	Stem bark	Erysipelas	43
49	**Cissampleos pareira**	Aknadi	Menispermaceae	Root	Septic wound, fictula-in-ano	48
50	**Citrullus colocynthis schard**	Indrabaruni	Cucurbitaceae	Root, fruit	Bruise	46
51	**Citrus decumoona**	Baranimbu	Rutaceae	Leaves, seeds	Abscess	45
52	**Citurs medica**	Matulunga	Rutaceae	Fruit juice	Septic Bruise	44
53	**Clitoria terentea**	Aparajita	Leguminosae	Seed, Root bark	Bruise	46, 47
54	**Coleus vettiveroides**	Valakam	Labiatae	Whole plant	Bruise	47
55	**Commiphora mukul**	Gugal	Burseraceae	Bark	Bruise	50, 51, 52, 53
56	**Crocus sativus**	Kumkuma	Iridaceae	Flower	Bruise	47
57	**Curcuma longa**	Haridra/ Halad	Zingiberaceae	Rhizome	Bruise , diabetic carbuncle, septic wound	44, 45, 48
58	**Curcuma zedoria**	Ekangi	Zingiberaceae	Tuber	Bruise	46
59	**Cynodon dactylon**	Durva	Gramineae	Whole plant	Bruise , abscess	43, 44, 45, 48
60	**Cyperus rotundus**	Mustak	Cyperaceae	Root	Bruise	43
61	**Datura fastuosa**	Dhutura	Solanaceae	Leaves	Bruise	45
62	**Datura stramonium**	Kateri dhotara	Solanaceae	Leaves	Bruise	50, 51, 52, 53
63	**Daucas carota**	Gajar	Apiaceae	Root	Bruise	50, 51, 52, 53
64	**Desmodium**	Shalaparni	Leguminosae	Whole plant	Erysipelas	43

	gangeticum					
65	**Desmotrichum fimbriatum**	Jivanti	Orchidaceae	Root	Bruise	43
66	**Dolichos biflorus**	Kulattha	Leguminosae	Seed	Bruise	44
67	**Eclipta alba**	Keshuta	Compositae	Root	Erysipelas	43
68	**Elephantopus scaber**	Gojia	Compositae	Root	Bruise , erysipelas	43, 44
69	**Eletraia cardamomum**	Elaich	Zingiberaceae	Seed	Bruise , syphilitic wound	43, 44, 45
70	**Embelia ribes**	Bidanga	Myrsinaceae	Fruit	Bruise , fistula-in-ano	43, 44
71	**Emblica officinalis**	Amlaki	Euphorbiaceae	Fruit, leaves	Bruise , syphilitic Bruise , fistula-in-ano	43, 45
72	**Ephedra vulgaris**	Somlata	Gnetaceae	Green twig	Bruise	44
73	**Eugenia jambolana**	Jambu	Myrtaceae	Stem bark, leaves	Erysipelas	43
74	**Euophorbia nerifolia**	Snuhi	Euphorbiaceae	Latex	Bruise	48
75	**Euphorbia thymifolia**	Dugdhika	Euphorbiaceae	Whole plant	Bruise , erysipelas, diabetic carbuncle, fistula-in-ano	43, 44
76	**Evolvulus alsinoides**	Shankha puspi	Umbelliferae	Fruit	Stye sepsis	46
77	**Ficus bengalensis**	Vad	Moraceae	Stem bark	Bruise , abscess, syphilitic ulcer	43, 44, 48
78	**Ficus hispida**	Kakodambara	Moraceae	Stem bark	Bruise	46, 47
79	**Ficus lacor Buch.**	Plaksha	Moraceae	Stem bark	Bruise , erysipelas	43
80	**Ficus racemosa**	Jagyadumur	Moraceae	Leaves	Bruise , abscess, syphilitic ulcer	43, 44, 48
81	**Ficus religiosa**	Pimpel	Moraceae	Bark	Bruise	50, 51, 52, 53
82	**Gloriosa**	Langloli	Liliaceae	Root	Bruise	46

	superba					
83	**Glycyrrhiza glabra**	Jastimadhu	Leguminosae	Root	Bruise , erysipelas, septic Bruise , abscess	43, 44, 45, 48
84	**Grewia tiliaefolia**	Dhamina	Tiliaceae	Stem bark	Bruise	46
85	**Gymnema sylvestre**	Meshasringi	Asclepiadaceae	Leaves	Bruise	45
86	**Hedychium spicatum Ham ex Smith.**	Sathi	Zingiberaceae	Root stalk	Purulative ulcer	47
87	**Heliotropium indicum**	Hatisura	Boraginaceae	Leaves	Bruise , sinuses, fistula-in-ano	48
88	**Hemidesmus indicus**	Anantamul	Asclepiadaceae	Root	Bruise , diabetic carbuncle, abscess	43, 44, 45, 48
89	**Holarheena antidysenterica**	Kutaja	Apocyanaceae	Stem bark	Bruise	43
90	**Hordeum vulgare**	Yava	Gramineae	Grain	Bruise , erysipelas	43, 44, 45
91	**Hydrolea zeylanica**	Ishalamgla	Hydrophyllaceae	Root	Bruise , diabetic carbuncle, fistula-in-ano	44
92	**Ichnocarpus frutescens**	Shyama	Apocyanaceae	Root	Bruise , diabetic carbuncle	44, 48
93	**Indigophera aspalathoides**	Ingudi	Leguminosae	Seeds	Septic Bruise	44
94	**Ipomea turpethum**	Trivirita	Convolvulaceae	Root	Bruise , abscess, syphilitic ulcer, diabetic carbuncle, fistula-in-ano	44, 48
95	**Ipomea paniculata**	Bhumikushmanda	Convolvulaceae	Root	Erysipelas	43
96	**Iris germanica**	Padmakeshar	Irideae	Stem	Bruise , erysipelas	43, 44, 45
97	**Jasminum auriculatum**	Juthika	Oleaceae	Flower	Bruise	46

98	**Jasminum officinale**	Jati	Oleaceae	Root	Bruise , maggots in Bruise	44, 45
99	**Jasminum sambac**	Mallika	Oleaceae	Leaves	Bruise	46, 47
100	**Lagenaria vulgaris**	Ikshaku	Cucurbitaceae	Seeds	Cellulitis	47
101	**Lens culinaris**	Musur	Leguminosae	Leaves	Erysipelas	43
102	**Lippia nodiflora**	Jalapippai	Verbenaceae	Fruit	Bruise	47
103	**Loranthus asper**	Bandaka	Loranthaceae	Whole plant	Bruise	47
104	**Luffa acutangula**	Kritamul	Cucurbitaceae	Leaf juice	Septic wound	44
105	**Luvunga scandens Buch.**	Kakoli	Rutaceae	Root	Bruise , sinus, syphilitic wound	43, 44
106	**Mallotus phippiensis**	Kampillaka	Euphorbiaceae	Seed	Bruise	43
107	**Mentha viridis**	Pudina	Lamiaceae	Leaves	Bruise	50, 51, 52, 53
108	**Mertynia diandra**	Baghnakhi	Mertyneaceae	Fruit, flower	Bruise	46
109	**Mesua ferrea**	Nagkesar	Guttiferae	Stamen	Erysipelas	43
110	**Mimosa pudica**	Lajjalu	Mimosoidae	Whole plant	Bruise	46, 47
111	**Mimusops elengi**	Bakul	Sapotaceae	Stem bark	Bruise	48
112	**Moringa oliefera**	Sajina/ Shevga	Moringaceae	Root, Leaves	Bruise , abscess	44
113	**Musa paradisiaca**	Kadali	Musaceae	Stem juice	Erysipelas	43
114	**Mucuna pruriens**	Kapikacchhu	Leguminosae	Root	Bruise	44
115	**Myrica nagi**	Katphala	Myricaceae	Stem bark	Bruise	44, 45
116	**Nardostachys jatamansi**	Jatamansi	Valerianaceae	Root	Bruise	45
117	**Nelumbium speciosum**	Kamal	Nymphaeaceae	Root	Erysipelas	47
118	**Nelumbo**	Pundariy	Nymphaeac	Stem	Bruise ,	43, 44

	nucifera	a	eae	stalk	erysipelas, syphilitic wound	
119	**Nerium indicum Mill.**	Karabi/Kaneri	Apocyanaceae	Root, Leaves	Bruise , bruise maggots, fistula-in-ano	43, 44
120	**Nymphoea lotus Stellata**	Shapla	Nymphaeaceae	Root stalk	Erysipelas	43
121	**Nymphoea stelleta**	Nilotapala	Nymphaeaceae	Root stalk	Syphilitic ulcer, erysipelas	47
122	**Odina woodier**	Jingira	Anacardiaceae	Stem bark	Bruise	46
123	**Oledelandia biflora**	Khetpapra	Rubiaceae	Whole plant	Bruise	45
124	**Oryza sativa**	Shetashalitandula	Graminae	Seed	Erysipelas	43
125	**Papaver somiferum**	Ahiphena	Papavaraceae	Seeds	Bruise	48
126	**Pedilanthus tithymaloides**	Shend/Vilayti-sher	Euphorbiaceae	Latex	Bruise	50, 51, 52, 53
127	**Phaseolus trilobus**	Mudga	Leguminosae	Root, whole plant	Erysipelas	43
128	**Phragmites maxima**	Nalmula	Graminae	Root	Bruise , abscess, erysipelas	43
129	**Picorrhiza kurroa**	Katuki	Scrophulariaceae	Rhizome	Bruise , erysipelas	44, 45
130	**Pinus longifolia**	Saralkastha	Pinaceae	Resin	Bruise , syphilitic ulcer	44
131	**Piper auranticum**	Renuka	Piperaceae	Fuit	Erysipelas	43
132	**Piper chava**	Chavika	Piperaceae	Fruit	Bruise	44
133	**Piper longum**	Pipul	Piperaceae	Root	Bruise , fistula-in-ano	44, 48
134	**Piper nigrum**	Marich	Piperaceae	Fruit	Sinuses	44
135	**Pisum sativum**	Harenu	Verbenaceae	Leaves	Erysipelas, diabetic carbuncle	43
136	**Pluchea**	Rasna	Compositae	Leaves	Bruise	44

	lanceolata					
137	**Plumbago zeylanica**	Chita	Plumbaginaceae	Root	Bruise , fistula-in-ano	44, 48
138	**Pongamia glabra**	Dahar karanja	Leguminosae	Seeds, Leaves	Bruise , septic Bruise	44, 45, 48
139	**Pongamia pinnata**	Karanj	Fabaceae	Leaves	Bruise	50, 51, 52, 53
140	**Premna integrifolia**	Ganiari	Verbenaceae	Root	Bruise	45
141	**Prunus cerasus**	Elabaluka	Rosaceae	Seeds	Bruise	46
142	**Prunus puddum**	Padmakastha	Rosaceae	Smaller stem branches	Bruise , diabetic carbuncle, syphilitic ulcer	43, 44, 45
143	**Prunus mahaleb**	Priyangu	Rosaceae	Root	Bruise , erysipelas, diabetic carbuncle	43, 44
144	**Psoralia corylifolia**	Bakuchi	Leguminosae	Seeds	Bruise	46
145	**Pterocarpus santalinus**	Raktachandan	Papilionaceae	Heart wood	Bruise syphilitic wound, syphilitic wound, fistula-in-ano	43, 44, 46
146	**Randia dumentorum**	Madan	Rubiaceae	Stem root	Bruise	45
147	**Ranunculus scleratus**	Kandira	Ranunculaceae	Whole plant	Septic ulcer	46
148	**Rhus succdeania**	Karkatashringi	Anacardiaceae	Gall	Bruise	45
149	**Ricinus communis**	Erand	Euphorbiaceae	Latex	Bruise	50, 51, 52, 53
150	**Rubia cordifolia**	Manjistha	Rubiaceae	Root	Bruise , purulative ulcer, fistula-in-ano, diabetic carbuncle, syphilitic ulcer	43, 44, 45, 48
151	**Rumex crispa**	Betas	Aristolochiaceae	Whole plant	Bruise , erysipelas,	43

					syphilitic wound	
152	**Salix tetrasperma**	Jalabetas	Salicaceae	Stem bark, flower	Bruise	47
153	**Salmalia malabarica**	Shimul	Bombacaceae	Stem bark	Bruise	48
154	**Santalum album**	Swetchandana	Santalanaceae	Wood	Bruise , erysipelas	43, 45
155	**Saraca indica Linn.**	Asoka	Leguminoae	Stem bark	Bruise	48
156	**Saussurea lappa**	Kur	Compositae	Root	Diabetic carbuncle, septic wound, syphilitic ulcer	44, 48
157	**Semecarpus anacardium**	Bhallataka	Anacardaceae	Root	Bruise , sinuses	46, 47
158	**Sessamum indicum**	Tila	Pedaliaceae	Seed oil	Bruise	43, 44, 45, 48
159	**Shorea robusta**	Shala	Dipterocarpaceae	Resin	Bruise	44, 45
160	**Sida cordifolia**	Swetberela	Malvaceae	Root	Bruise	43, 44, 48
161	**Sida spinosa**	Chakule	Malvaceae	Root	Bruise , fistula-in-ano	44, 48
162	**Spaeranthus indicus**	Mundiri	Compositae	Flower	Bruise	43
163	**Spirogyra elongate**	Shaibal	Algae	Filament	Bruise , erysipelas	43, 44
164	**Strebulus asper**	Sheora	Moraceae	Root	Bruise	45
165	**Swertia chirata**	Chireta	Gentianaceae	Stems, leaves	Bruise , septic Bruise	44
166	**Symplocos racemosa**	Lodhraka	Symplocaceae	Stem bark	Bruise , diabetic carbuncle, sinus, septic wound, syphilitic wound, fistula-in-ano	43, 44, 45, 48
167	**Tephrosia purpurea**	Sarapunkha	Leguminosae	Whole plant	Bruise	46
168	**Terminalia chebula**	Haritaki	Combretaceae	Fruits	Bruise , syphilitic	43, 44, 48

					wound, fistula-in-ano	
169	**Terminaliraia belerica**	Bibhitaka	Combretaceae	Fruits	Bruise , syphilitic wound, fistula-in-ano	43, 44, 48
170	**Thespesia populnea Soland.**	Palashpipul	Malvaceae	Fruits, leaves, roots	Bruise	45
171	**Tinospora tomentosa**	Padmagulancha	Menispermaceae	Stem	Erysipelas	43
172	**Terminalia chebula**	Harda	Combretaceae	Leaves	Bruise	50, 51, 52, 53
173	**Tribulus terrestris**	Gokshura	Zygophyllaceae	Fruit	Diabetic carbuncle	48
174	**Tricosanthes dioica**	Palta	Cucurbitaceae	Leaves, stem bark	Bruise , syphilitic Bruise	47
175	**Trichodesma indicum**	Surasa	Cucurbitaceae	Root	Bruise	48
176	**Trichosanthes tricuspidata**	Kaundal	Cucurbitaceae	Fruit	Bruise	50, 51, 52, 53
177	**Tridax procumbens**	Dagadipala	Asteraceae	Leaves	Bruise	50, 51, 52, 53
178	**Trigonella foenum-graecum**	Methi	Fabacea	Seeds	Bruise	50, 51, 52, 53
179	**Vateria indica**	Sarja	Dipterocarpaceae	Latex	Bruise , diabetic carbuncle	43, 44, 45
180	**Veronia anthelmintic**	Somraj	Compositae	Seeds	Fistula-in-ano, diabetic carbuncle	48
181	**Vitex negundo**	Nishinda	Verbenaceae	Leaves	Maggots in wound, rysipelas, diabetic carbuncle	43
182	**Wedelia calendulacea**	Bhringaraj	Compositae	Leaves	Sinuses, syphilitic ulcer	44
183	**Witahnia somnifera**	Ashwagandha	Solanaceae	Tuberous root	Bruise	44, 45

184	**Woodfordia fruticosa**	Dhataki	Lytheraceae	Flower	Bruise , abscess, diabetic carbuncle	43, 44
185	**Zingiber officinale**	Sunthi	Zingiberaceae	Rhizome	Bruise	45
186	**Myracrodruon urundeuva**	bakli, dhau	anacardiaceae	stem	Excision,histopathological	1
187	**Carica papaya**	Papita	Apocynaceae	fruit	Mus,musculus histological	2

3. DISCUSSION

Bruise treatment is a clinical challenge especially where resources are limited. It therefore important to study and examine all options available with which bruise management may be bettered for the benefit of all. This review is an approach towards the herbal plants having bruise treatment potentials involving the observation, description, and experimental investigation of indigenous drugs and their biologic activities. It is based on botany, chemistry, biochemistry, pharmacology, and many other disciplines that contribute to the discovery of natural products with biologic activity. In spite of the various challenges encountered in the medicinal plant based drug discovery, natural products isolated from plants will still remain an essential component in the search for new medicines. Proper utilization of these resources and tools in bioprospecting will certainly help in discovering novel lead molecules from plants by employing modern drug discovery techniques and the coordinated efforts of various disciplines.

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