

Phytoconstituents and Pharmacological Activities of Cynodondactylon(L)

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ABSTRACT

There are various types of grasses found in the world have some unique medicinal properties. Cynodondactylon(L) belonging to family Graminae/Poacea is a perennial weedy has a prime position in traditional system of medicine and ethno medical practice. The plant is rich in source various metabolites such as proteins, carbohydrates, flavonoids, alkaloids, glycosides, saponins, terpenoids, volatile oils, steroids, tannins, resins, phytosterols, reducing sugars, and fixed oils. Cynodondactylon(L.) is extensively used in clinical practice but it has various pharmacological activities have been reported such as antioxidant, immunological, analgesic, antipyretic, diuretic, antimicrobial, cardiovascular and antidiabetic properties etc. The present reviews represent the updated information about different pharmacological activities and medicinal properties of Cynodon dactylon.

Keywords: Cynodon dactylon, pharmacology, medicinal properties.

I. INTRODUCTION

India has tremendous wealth of medicinal plants and its resources which are of different kinds they grow in different climatic and ecological conditions. Many weeds of our surroundings are often very powerful medicinal plant to address many of our today's major health problems[1]. According to an estimation of the World Health Organization, about 80 percent of the world's population depends on herbs for its Primary health care needs[2]. In ancient time India was not so advanced in therapeutic values of medicinal plants. The earliest mention of the use of medicinal plant is found in Rig-Veda (4500-1600 B.C). The number of drugs in the olden days was not large and hence no elaborated descriptions were given with regard to their identification.

Ayurveda and Siddhain India, the Chinese medicines in China, the Unani medicines in Islamic countries are Traditional Knowledge System that use herbs or plant products for therapeutics on large scales. Many potent and powerful drugs are prepared from medicinal plants [3]. Several phytochemical constituents are obtained from various parts such as root, stem, leaf, fruit, seed, bark etc. Various biologically active compounds of medicinal plants play an important role in drug discovery. In addition, extracts of medicinal plants are useful in the treatment of several health problems[4]. C. dactylon (L.) Pers. is a perennial grass having a variety of medicinal properties[5]. It is cultivated throughout the tropics and subtropics. Entire plant and its root stalk are used for medicinal use [6]. In the course of time more herbs growing in the different parts of country were gradually included in India Materia Medica but unfortunately their variation in the identity of various plant drugs, extorted in the Ayurvedic and Unani system of medicine. Considerable work has been carried out on medicinal plant and many new drugs have been brought to the light along with the screening of their Phytoconstituents and their biological importance. The genus name Cynodon was derived from the Greek kuon, dog and odous, a tooth. The specific epithet dactylon is derived from the Greek daktulos, a finger, and refers to the inflorescence which is digitate (arranged like fingers on the hand). Eight species of Cynodon are found in southern Africa. Cynodon dactylon is hardy, perennial grass, very variable, with long rapid growing, creeping runner or stolons, rooting at nodes, forming a dense tuft on the surface of the soil, runners sometimes 20m long, 2-6mm broad, flat or sometimes folded or convolute; inflorescence on culms 15cm to 1m tall consisting of 2-12 spikes arranged star like at apex of stem; spikes 2.5-10cm long with numerous spikelets, arranged in 2 rows on one side of spike; spikelets

flat, 2-2.5mm long, awnless, with 1 floret; glumes unequal, the upper longer and one third to three fourth length of floret. The grass grows throughout India ascending up to a height above sea level of 8000ft. A hardy perennial grass with creeping culms, rooting at nodes and forming spreading mats on the surface of the soil. It is abundant on road sides and paths, and readily takes possession of any uncultivated area. It flowers nearly throughout the year [7-9]. *Cynodon dactylon* occurs on almost all soil types especially in fertile soil. e.g. loamy soil. It is widely distributed in southern African countries, in biomes such as grassland, Savanna, Nama-Karoo and Fynbos [10-12]. It can be a serious weed, rapidly invading cultivated lands, and it is difficult to eradicate. *Cynodon dactylon* plays an important role in conservation, because it prevents soil erosion. It provides good grazing, is very useful as a lawn grass and is recommended for the protection of waterways [10]. In traditional medicine it is used for indigestion and the treatment of wounds. According to an old Venda tradition, it is used in the fermentation process to make beer sour [11]. It is reported to be alterative, antiseptic, aperients, astringent, cyanogenetic, demulcent, depurative, diuretic, emollient, sudorific, and vulnerary; it is reported to be photosensitizing in animals, to cause contact dermatitis, and hay fever. It is folk remedy for calculus, cancer, carbuncles, convulsions, cough, cramps, cystitis, diarrhea, dropsy, dysentery, epilepsy, headache, hemorrhage, hypertension, hysteria, insanity, laxative, measles, rubella, snakebite, sore stones, tumors, urogenital disorders, warts, and wounds [13-15].

II. CLASSIFICATION

Kingdom- Plantae (Plants), **Subkingdom** - Tracheobionta – (Vascular plants), **Super division**- Spermatophyta – (seed plants) , **Division**- Magnoliophyta – (Flowering plants) , **Class**- Liliopsida (Monocotyledons), **Subclass**- Commelinidae, **Order**- Cyperales, **Family**- Poaceae (Grass family), **Genus**- *Cynodon*, **Species**- *Cynodon dactylon* (L.) Pers. – Bermuda grass.

Vernacular Names (India)

Hindi- Doob, Dub, Dubra, Khabbal, Kaligas, Neelee Doob. **English**- Creeping panic grass, Couch grass, Bahama grass, Bermuda grass, Dun grass, Devil's grass, Doab grass, Doorva, Dog's teeth grass. **Sanskrit**- Sataparva, Satavalli, Niladurva. **Bengali**- Durva, Dub, Dubla, Durba, Doorva, Neel Doorva. **Gujrati**- Khadadhro, Lilidhro, Dhro,

Dhrokad, Gharo. **Marathi** - Doorva, Harali, Dhurva, Karala. **Kannad**- Garikehullu, Kudigarike, Kudigarikai. **Punjabi**- Dubada, Daurva, Dun, Dubra, Khabbal, Tilla, Talla, Dhub. **Tamil**- Aruvampillu, Hariali, Muyalphul, Arugam Pullu. **Telugu**- Garika, Pacchgaddi, Ghericha, Garicagaddi, Gerike, Harvali. **Urdu**- Doob ghas, Doob.

Natural habitat

The plant *C. dactylon* grows well in light sandy, medium loam and heavy clay soils. It can even grow in very acidic, alkaline and saline soils but cannot grow in shady places. It needs moisture in soil. Many workers reported that this plant is used primarily as a lawn grass or as a forage grass throughout the warm-temperate and the subtropical world especially in saline habitats [17,18,19].

Parts used

The entire plant can be used.

Properties

According to the Ayurvedic Pharmacopoeia, the plant is pungent and bitter in nature with characteristic fragrance and has cold potency. According to Unani system of medicine, the plant possesses sharp hot taste with good odor [20,28]

Chemical Constituents

The chemical constituents present in *Cynodon dactylon* are – β - sitosterol, β - carotene, vitamin C, palmitic acid, triterpenoids, arundoin, friedelin, selenium, alkaloids- ergonovine and ergonovinine, Ferulic, syringic, p-coumaric, vanilic, hydroxybenzoic and o-hydroxyphenylacetic acids, Cyanogenic hyperoside, Cyanogenic glucoside- triglochinin, furfural, furfural alcohol, phenyl acetaldehyde, acetic acid, phytol, β - ionone; mono and oligosaccharides, lignin (whole plant); hydrocarbons (trtriacontane) esters, eicosanoic and docosanoic acids, [14-18] free alcohol, free aldehydes (hexadecanal) and free acids (hexadecanoic acid) (surface cuticular wax); flavone – apigenin, luteolin, flavone glycosides – orientin (8-C- β -D-glycosylluteolin), vitexin (8-C- β -D-glycosylapigenin), iso – orientin (6-C- β -D-glycosylluteolin) and iso- vitexin (6-C- β -D-glycosylapigenin) (aerial parts) [29-33].

Traditional uses

Decoction of the entire plant used as diuretic

- Crushed leaves used as styptic in minor wounds to stop bleeding. Also used for inflammatory conditions

- Infusion of root to stop bleeding for piles
- Paste of plant applied to forehead in headaches
- Used for toothaches
- Juice of plant applied to fresh cuts and wounds
- Folk remedy for cancer, epilepsy, cough, dysentery, warts, snake bites, bronchitis, anasarca, calculus, dropsy, hemorrhage, urogenital disorders, cough, sores, cancer, carbuncles, convulsions, cramps, cystitis, dysentery, hemorrhoids, leucoderma, hypertension, hysteria, asthma, tumors, measles, rubella, tumors, warts, wounds, eye disorders, weak vision and Dandruff, fever.
- A decoction of *C. dactylon* mixed with sugar is useful in the problem of urineretention.

PHARMACOLOGICAL ACTIVITIES

Cns activity

Pal Dilip Kumaret al, worked on the, Evaluation of the CNS activities of aerial parts of *Cynodon dactylon* (L.) Pers. in mice. The dried extracts of aerial parts of *Cynodon dactylon* (L.) Pers. (Graminae) was evaluated for CNS activities in mice. The ethanolic extract of aerial part of *C. dactylon* (EECD) was found to cause significant depression in general behavioral profiles in mice. EECD significantly potentiated the sleeping time in mice induced by standard hypnotics viz. pentobarbitone sodium, diazepam and meprobamate in a dose dependent manner [34].

Antiarrhythmic activity: Najafi M et. al., studied the, Effect of the hydroalcoholic extract of *Cynodon dactylon* on ischemia/reperfusion-induced arrhythmias. During ischemia, the extract produced marked reduction in the number, duration and incidences of ventricular tachycardia (VT) at 25 and 50 µg/ml ($p < 0.001$ and $p < 0.01$, respectively). Total number of ischchemic ventricular ectopic beats (VEBs) were lowered by 25-100 µg/ml ($p < 0.001$ and $p < 0.05$, respectively). At the reperfusion phase, *Cynodon dactylon* (25 and 50 µg/ml) decreased incidence of VT from 100% (control) to 13 and 33% ($p < 0,001$ and $p < 0.05$) respectively. Duration and number of VT and total VF incidence were also reduced at the same concentration ($p < 0.05$ for all). Perfusion of the extract (25 –100 µg/ml) was markedly lowered reversible VF duration from 218 ± 99 sec to 0sec, 0sec and 10 ± 5 sec ($p < 0.01$, $p < 0.01$ and $p < 0.05$) respectively. Moreover, *Cynodon dactylon* (25 and 50 µg/ml) decreased number of total VEBs from 349 ± 73 to 35 ± 17 ($p < 0.001$) and 66 ± 26 ($p < 0.01$)

[35-36].

Antidiabetic activity

Singh SK. et. al., worked for the, Assessment of antidiabetic potential of *Cynodon dactylon* extract in streptozotocin diabetic rats. The effect of repeated oral administration of aqueous extract on serum lipid profile in diabetic rats was also examined. A range of doses viz. 250, 500, 1000 mg/kg body weight of aqueous extract of *Cynodon dactylon* were evaluated and the dose of 500 mg/kg body weight was identified as the most effective dose. It lowers blood glucose level around 31% after 4hr. of administration in normal rats. The same dose of 500 mg/kg body weight produced a fall of 23% in glucose level with in 1hr. during glucose tolerance test (GTT) of the mild diabetic rats. This dose has almost similar effect as that of standard drug tolbutamide (250mg/kgbw). Severely diabetic rats were also treated daily with 500mg/kg b.wt for 14 days and a significant reduction of 59% was observed in fasting blood glucose level [37].

Diuretic activity

Shivalinge Gowda KP. et.al., studied the, Diuretic Activity of *Cynodon dactylon* root stalk extract in albino rats. The present study was carried out to evaluate the diuretic activity of aqueous extract of *Cynodon dactylon* which is used as traditional folk medicine in India for the treatment of various diseases and disorders. On oral administration of the aqueous extract of root stalk of *Cynodon dactylon* at a dose of 100mg, 250mg, 500mg, 750 mg/kg body weight shows diuretic activity which can be quantified in experimental rats [38].

Chemopreventive effect

Baskar AA. et. al., worked on the, Chemo preventive effect of *Cynodon dactylon* (L.) Pers. extract against DMH-induced colon carcinogenesis in experimental animals. The present study was aimed at evaluating the chemo preventive property of *Cynodon dactylon*. The antioxidant, antiproliferative and apoptotic potentials of the plant were investigated by 1,1- diphenyl-2-picrylhydrazyl (DPPH) assay, nitric oxide radical scavenging activity (NO^{\cdot}) and MTT assay on four cancer cell lines (COLO320 DM, MCH-7, AGS, A549) and a normal cell line (VERO). In vivo chemo preventive property of the plant extract was studied in DMH-induced colon carcinogenesis. The methanolic extract of *Cynodon dactylon* was found

to be antiproliferative and antioxidative at lower concentrations and induced apoptotic cell death in COLO 320 DM cells [39].

Anticonvulsive property

OdenigboGO.et.al., worked on the, Determination of brain biogenic amines in *Cynodon dactylon* and *Cyperus rotundus* treated mice. The ethanol extract of aerial parts of *Cynodon dactylon* (EECD) and roots & rhizomes of *Cyperus rotundus* (EECR) showed marked protection against convulsions induced by chemo convulsive agents in mice. The catecholamines contained were significantly increased in the processed extract treated mice. Results of the present study revealed that both the processed extract showed a significant anticonvulsive property by altering the level of catecholamine and brain amino acids in mice [40].

Hepatoprotective effect

Singh SK. et. al., studied the, Protective effect of *Cynodon dactylon* against STZ induced hepatic injury in rats. The present study was designed to investigate the hepatoprotective effect of aqueous extract of *Cynodon dactylon*, widely used in India as a traditional treatment for diabetes mellitus. Male Albino Wister rats (180-220 g) were administered with streptozotocin (STZ, 50 mg/kg) intraperitoneally to induce experimental diabetes. Alkaline phosphatase (ALKP), serum glutamate oxaloacetate transaminase (SGOT), serum glutamate pyruvate transaminase (SGPT), creatinine (CRTN) and total protein (TP), urine sugar (US) and total haemoglobin (Hb) were estimated at the beginning and after 14 days of treatment. Daily oral administration of aqueous extract of *Cynodon dactylon* suspended in distilled water at 500 mg/kg dose almost normalized various biochemical parameters. This suggests that *Cynodon dactylon* can be used as a hepatoprotective agent [5].

Anti-inflammatory activity

Cynodon dactylon is one of the 10 auspicious herbs that constitute the group Dasapushpam in Ayurveda. Traditionally *Cynodon dactylon* L. is used against many chronic inflammatory diseases in India. The present finding was to evaluate the protective effect of *Cynodon dactylon* against rats with adjuvant- induced arthritis. Arthritis was induced by intradermal injection of complete Freund's adjuvant into the right hind paw produce inflammation of the joint.

A significant increase in the levels of inflammatory mediators, myeloperoxidase, nitrite, C-reactive protein, ceruloplasmin was observed. This was associated with oxidative stress with a marked reduction in the activity of catalase, superoxide dismutase, glutathione peroxidase and the levels of glutathione, vitamins C and E and an increase in the lipid peroxidation as indicated by the higher levels of thiobarbituric acid reactive substances. *Cynodon dactylon* (20mg/kg) body weight was orally administered to arthritic rats after adjuvant injection produced a significant attenuation in the inflammatory response, oxidative stress and ameliorated the arthritic changes to near normal conditions. Hence, findings clearly indicate that *Cynodon dactylon* extract has a promising protective role against arthritis [41].

Immunomodulatory and DNA protective activities

MangathayaraK.et.al., worked on the, Evaluation of the immunomodulatory and DNA protective activities of the shoot of *Cynodon dactylon*. Fresh juice of *Cynodon dactylon* of 1.46% (w/w) solid content had a phenolic content of 47 ± 0.33 mg/kg GAE. At doses equivalent to 50, 100 and 200mg total solids/kg body weight the juice protected human DNA against doxorubicin-induced DNA damage as demonstrated in DNA spectral studies, where the ratio of absorbance of DNA at 260 and 280 nm in samples pretreated with the juice was 1.66, 1.53 and 1.63 respectively, while it was 1.37 for DNA treated with doxorubicin only. This indicates nucleic acid purity in the *Cynodon dactylon* treated samples. Oral administration of the juice at 250 and 500 mg/kg in mice increased humoral antibody response upon antigen challenge, as evidenced via dose-dependent, statistically significant increase in antibody titer in the haemagglutination antibody assay and plaque forming cell assay [42-43].

Snakebite therapy

Selvanayagam ZE. et. al., survey of the medicinal plants with antsnake venom activity in Chengapattu district, Tamilnadu, India. The survey in Chengapattu district, Tamilnadu shows that the *Cynodon dactylon* is very effective in snakebite therapy and the antsnake venom from the plant extract is very effective in the treatment of snakebite [44].

Antiulcer activity

Patil MB. et. al., studied the, Antiulcer

properties of alcoholic extract of *Cynodon dactylon* in rats. Alcoholic extract of *Cynodon dactylon* was evaluated for preliminary identification of Phytoconstituents and screened at 200, 400, and 600 mg/kg body weight given orally for pylorus ligated and Indomethacin induced gastric ulcer models in albino rats. Results showed the presence of flavonoids and proteins. Alcoholic extracts at 400 mg/kg and 600 mg/kg showed significant (>0.001) antiulcer activity, comparable to the standard drug ranitidine, which may be due to the presence of flavonoids [45].

Analgesic and anti-pyretic activity

Garg VK., Khosa RL., studied the, Analgesic and Anti-Pyretic activity of aqueous extract of *Cynodon dactylon*. Whole plant of *Cynodon dactylon* is traditionally used to treat painful and inflammatory conditions. Analgesic and anti-pyretic activities of aqueous extract of *Cynodon dactylon* at different doses was studied using hot plate, acetic acid induced writhing and yeast induced hyperthermia method. *Cynodon dactylon* showed significant analgesic and anti-pyretic in all models studied. It was found that the aqueous extract at the dose of 600 mg/kg showed a significant decrease in rectal temperature similar to that shown by standard drug, paracetamol. Analgesic activity of aqueous extract of the plant was evaluated using hot plate method and writhing test in mice. Acetic acid, which is used as an inducer for writhing syndrome, causes algia by liberation of endogenous substances, which then excite the pain nerve endings. The fact that aqueous extract of *Cynodon dactylon* showed analgesic activity in both models studied, indicate that this effect could be due to the presence of two components; one acting centrally and the other via peripheral route [46].

Diuretic and antimicrobial activity

Artizzu N. et. al., studied the, Diuretic and Antimicrobial activity of *Cynodon dactylon* essential oil. The essential oil of *Cynodon dactylon* shows significant diuretic activity in rats at a dose of 150 mg/kg body weight as compared to the standard drug and increases the urine volume secretion in rats [47].

Wound healing activity

The wound healing property of *Cynodon dactylon* was evaluated by incision and excision wound model in male Wistar rat promotes wound contraction and reduces the time for

closure showing healing potential comparable to *Fragaria mycetinsulphate* 1% cream [45].

Wounds dressed with *Azadirachta indica* and *C. dactylon* extract with honey formulations, a topical application of wound significantly accelerated the rate of wound healing process. The most effective concentration of aqueous *C. dactylon* extracts was found to be 6.0%, for dead space, excision and incision wound models [48].

Anticancer Activity

The anticancer activity of *C. dactylon* was evaluated in Swiss albino mice inoculated with EAC (Ehrlich Ascites Carcinoma) cells. Treatment showed significant anticancer activities in the tested animal models, with enhancement of life span and restoration of hematological parameters [49]. Antitumor activity of methanolic extracts of leaves of *C. dactylon* against ascitic lymphoma (ELA) in Swiss albino mice was evaluated [50], and tumor was induced in mice by intraperitoneal injection of EAC (1×10^6 cells/mouse). The result revealed that methanolic extract of *C. dactylon* was found to possess significant antitumor and hepatoprotective effect [50].

Anti-diarrheal activity

In an investigation hexane, dichloromethane, ethyl acetate and methanol extracts of *C. dactylon* whole plant were tested for anti-diarrheal activity on castor oil induced diarrhea, gastrointestinal motility by charcoal meal and enteropooling models in albino rats. Methanolic extract exhibited considerable reduction in inhibition of castor oil induced diarrhea and also showed a significant decrease in gastrointestinal motility by charcoal meal and increased weight on intestinal contents in enteropooling models. These results indicate that the plant possesses good anti-diarrheal activity [51].

Anti-Nephrolithiatic activity

A study investigates the preventive effects of hydro alcoholic extract of *C. dactylon* roots on calcium oxalate calculi in rats. Urine oxalate level decreased in nephrolithiatic rats treated with the extract. This study showed that the *C. dactylon* extract was able to reduce the growth of urinary stones in rat [52].

Anti-Arthritic activity

C. dactylon showed significant antiarthritic activity against Freund's complete adjuvant induced arthritis in rats. The ethanolic extract of *C. dactylon* was found to be safe at all the dose levels (100, 200 and 400 mg/kg, orally) and there was no mortality up to the dose of 5000 mg/kg of extract when administered orally. The ethanolic extract of *C. dactylon* at a dose of 400 mg/kg is more effective in improving haematological level, CRP and reducing TNF alpha level. Study evaluated the effect of *C. dactylon* against rats with adjuvant-induced arthritis. Orally administered *C. dactylon* produced significant attenuation in the inflammatory response, oxidative stress and ameliorated the arthritic changes near normal condition [53].

Antiviral activity

Antiviral activity of *C. dactylon* was found against White Spot Syndrome Virus (WSSV) and it also possesses antiviral activity against human vaccinia virus [54]. The plant extract of *C. dactylon* was incorporated with artificial pellet feed at a concentration of 1% or 2% to the experimental challenge black tiger shrimp (*P. monodon*) that were fed with WSSV-infected shrimp meat. PCR technique, bioassay and Western blot analysis at the end of the experiment were performed to confirm the WSSV-infection. The results of the study showed that the plant extract of *C. dactylon* was found to be highly effective in preventing WSSV infection with no mortality and no signs of WSD in black tiger shrimp (*P. monodon*) [55].

Bronchodilatory effect

The bronchodilatory effect of *C. dactylon* was investigated by in vitro and in vivo models. Acetylcholine (ACh)-induced bronchospasm was conducted in guinea pig while isolated rat tracheal strip was suspended in organ bath to measure the concentration response curve using multichannel data acquisition system. The chloroform extract of *C. dactylon* (CECD) protected against ACh-induced bronchospasm in guinea pigs, similar to atropine. In the in-vitro studies, CECD relaxed carbachol (CCh) and high K^+ -induced contraction of rat tracheal strip, similar to atropine and verapamil, suggesting antimuscarinic and calcium channel block

ing (CCB) activities, which were confirmed by rightward shifting of CCh and Ca^{+2} concentration response curve (CRC). The phosphodiesterase (PDE) inhibitory activity was confirmed by potentiation of isoprenaline-induced inhibitory response, similar to papaverine. Densitometry analyses led to the identification of scopoletin as an active ingredient. It significantly inhibited high K^+ , and Ca^{+2} induced contractile response, similar to verapamil. The phosphodiesterase inhibitory activity was confirmed by direct evidence of potentiation of isoprenaline-induced inhibitory response, similar to papaverine. These results revealed that the bronchodilator activity of CECD was partly due to presence of scopoletin, and mediated possibly through CCB and PDE inhibition [56].

Reproductive effect

The effect of administration of aqueous extract of entire plant of *C. dactylon* for thirty days on reproductive hormones and reproductive organ weight of female was studied in Wistar rats. Administration of the extract produced significant increase ($p < 0.001$) in the serum estradiol concentration whereas, follicle stimulating and luteinizing hormones were significantly ($p < 0.001$) reduced. Furthermore, a significant increase ($p < 0.001$) in the weight of the uterus and significant decrease in the weight of the ovaries ($p < 0.001$) was observed in the treated group when compared to the control group. In addition, the estrous cycle was found to be irregular and disturbed [57].

III. CONCLUSION

From the beginning of civilization, medicinal plants have provided enormous lead to combat diseases. *C. dactylon* is a weed and has been found to possess various potential medicinal with diverse pharmacological activity. This review article provided updated information about medicinal, phytoconstituents, and pharmacological activities of this plant. In the near future it may be used as a novel drug to treat many diseases,

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