



Review Article
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**The Multivarious Utilities of Neem (*Azadirachta indica*) in Traditional
Medicine: An Exclusive Review**

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Abstract

Neem is a tree. The bark, leaves, and seeds are used to make medicine. Less frequently, the root, flower, and fruit are also used. Salimuzzaman Siddiqui was the first scientist to discover the antibacterial, antiviral, anthelmintic and antifungal, constituents of the Neem tree. In 1942, he extracted three bitter compounds from neem oil, which he named as nimbin, nimbinin, and nimbidin respectively.

Keywords: Neem bark, leaves, fruit, Salimuzzaman Siddiqui, Traditional medicine

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1. Introduction

Neem leaf is used diseases of the heart and blood vessels (cardiovascular disease), fever, diabetes, gum disease (gingivitis), for leprosy, eye disorders, bloody nose, intestinal worms, stomach upset, loss of appetite, skin eczema, ulcers and hepatic disorders [1-3].

Use for Traditional medicine

The bark is used for malaria, stomach and intestinal ulcers, skin diseases, pain, and fever. The flower is used for reducing bile, controlling phlegm, and treating intestinal worms. The neem fruit is used for treatment of urinary tract disorders, bloody nose, phlegm, eye disorders, hemorrhoids, intestinal worms, diabetes, wounds, and leprosy. Neem twigs are used for cough, asthma, hemorrhoids, intestinal worms, low sperm levels, urinary disorders, and diabetes.[1-4]. The seed and seed oil are used for leprosy and intestinal worms. They are also used for birth control and to cause abortions [4].

Use in cosmetics

The stem, root bark, and fruit are used as a tonic and astringent. Some people apply neem directly to the skin as a skin softener and in treatment of skin diseases, wounds, and skin ulcers and as a mosquito repellent. Neem contains chemicals that might help reduce blood sugar levels, heal ulcers in the digestive tract, prevent conception, kill bacteria and prevent plaque formation in the mouth.[5,7,8]

People in the Indian villages and towns practice the chewing of neem twigs instead of using toothbrushes. Neem twigs are often contaminated with fungi within 2 weeks of harvest and should be avoided [6]. Neem leaves are burnt to repel insects and flies from the crop fields.

Importance in Ayurvedic and Unani medicine

Neem products are popular and predominantly in demand in Ayurveda for its antibacterial, antiviral, contraceptive, anthelmintic, antifungal, antidiabetic and sedative properties[7,8]. In Ayurvedic and Unani medicine it is recommended for skin diseases. Neem oil is also used for detoxification of blood, to balance blood sugar levels, healthy hair and to improve liver function. Neem leaves have been also been used to treat skin diseases like eczema, psoriasis, etc. [1-4].

2. Conclusion

However, more sufficient researches are in demand to be carried out to establish the medicinal facts of neem. Its short-term use is recommended as safe for adults, but long term use may cause damage to liver and kidneys. In infants, use of neem oil is fatal. Some disadvantages of neem includes miscarriages, abortions and infertility

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