



**SIGMA**<sup>®</sup>  
**UNIVERSITY**

## **Buddhi (Thuja)**





## Synonym

- Gujarati: ઠૂજા (Thuja), મોરપંખી (Morpankhi).
- Hindi: मोरपंखी (Morpankhi), थूजा (Thuja).
- English: Arborvitae, Northern white cedar (for Thuja occidentalis).

## Botanical name

- *Platycladus orientalis* cap

## Family

- Cupressaceae

## Chemical Constituents

- Essential oils rich in  $\alpha$ -thujone and  $\beta$ -thujone.
- Coumarins, flavonoids, tannins, and proanthocyanidins.
- D-limonene, quercetin, amentoflavone, rutin,  $\beta$ -myricetin,  $\beta$ -phellandrene.

## Therapeutic Uses

- Used traditionally for liver diseases, bronchitis, psoriasis, enuresis, amenorrhea, cystitis, uterine carcinomas, diarrhea, and rheumatism.
- Antioxidant, anti-inflammatory, antibacterial, antifungal, antiviral and anticancer effects.
- Protective activity on the gastrointestinal tract.
- Radioprotective and antipyretic. □ Regulates lipid metabolism.

## Marketed Preparations

- Homeopathic mother tincture .
- Essential oils in aromatherapy and herbal products.
- Herbal extracts in capsules and topical ointments.
- Used in cosmetics, hair and skincare products.