

**BOTTLE GOURD (*LAGENARIA SICERARIA*)
"A VEGETABLE FOOD FOR HUMAN HEALTH"- A
COMPREHENSIVE REVIEW**

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Summary

Lagenaria siceraria (Mol.) Standl. (bottle gourd), of the family Cucurbitaceae, is a climbing perennial plant widely cultivated as a vegetable crop in tropical countries, such as India, Japan and Thailand. Fruits of which are widely used in Ayurveda and other folk medicines traditionally used for its cardioprotective, cardiostimulant, general tonic, diuretic, aphrodisiac, antidote to certain poisons and scorpion stings, alternative purgative, cooling effects. It cures pain, ulcers and fever and used for pectoral cough, asthma and other bronchial disorders-especially syrup prepared from the tender fruits. The fruit is reported to contain the triterpenoid cucurbitacins B, D, G, H and 22-deoxy cucurbitacin "the bitter principle of cucurbitaceae". Two sterols i.e. fucosterol and campesterol, a terpenoid byonic acid (an allergic compound), flavone-C glycosides, a ribosome inactivating protein, Lagenin, (antiproliferative, immunosuppressive, antifertility). This study is an attempt to compile an up-to-date and comprehensive review of *Lagenaria siceraria* that covers its traditional and folk medicinal uses, phytochemistry and pharmacology.

Key words: *Lagenaria siceraria*, Traditional uses, Pharmacology, Review.

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Introduction

Cucurbitaceae family is commonly mentioned as the gourd, melon or pumpkin family, is medium sized generally a climbing plants family, composing 118 genera and 825 species having wide distribution in the warmer regions of the world. The plants of which provide the major contribution for economically important domesticated species and many of these are earliest cultivated plants and are used for medicinal and nutritional values (1). Among all plants of the cucurbitaceae family, *Lagenaria* species have important contribution for the overall popularity. The bottle gourd belongs to the genus *Lagenaria* that is derived from *lagena*, meaning, "bottle". In the older literature it is often referred to as *Lagenaria vulgaris* (common) or *Lagenaria leucantha* (white flowered gourd) but it is now generally agreed that the correct name is *Lagenaria siceraria* (Mol.) Standl. It seems that bottle gourd was originated from India because its wild races are still found in Dehradun (high humid area) and Malabar costal area. Old Indian script reveals its cultivation 2000 B.C. *Lagenaria siceraria* (Mol.) Standl. Family Cucurbitaceae belongs to the *Lagenaria* species may be the only cucurbit plant known in both new and old worlds in early prehistoric times. Archeological supports man's association with bottle gourd in Peru from 1100 to 13000 years B.C. (2).

Bottle gourd (syn. white flowered gourd) is an important warm-season fruit vegetable. It is grown throughout India and its fruits are available in the market throughout the year. Bottle gourd has been found wild in India, the Moluccas and Ethiopia. The centre of origin has been located as the coastal areas of Malabar (north Kerala) and the humid forests of DehraDun (north India). The fossil records indicate its culture in India even before 2000 BC. The archaeological evidences suggest that *Lagenaria* is not a monotypic genus and has an ancient pan tropical distribution.

Occurrence of considerable diversity in the morphology of fruits in the archaeological sites suggested a steady influx of new germplasm from outside the immediate area. Genus *Lagenaria* to which bottle gourd belongs is characterized by key characters-fruits fleshy, and many seeded pepo, flowers solitary and chalky white. Both the male and female flowers open at the same time. Male flowers remain open only for a few hours, after which the petals withered, thus the flowers are short lived. Being a monoecious crop, bottle gourd is strictly cross pollinated. Bees are the major pollinators (3, 4, 5, 6).

Lagenaria siceraria commonly known as Bottle gourd Syn. Doodhi, syn Lauki (Hindi), Kadoo (Marathi) which is official in Ayurvedic Pharmacopoeia. It is one of the excellent fruit for human being made and gifted by the nature having composition of all the essential constituents that are required for normal and good human health (1). It's time to turn camera on overall constituents and character of *Lagenaria siceraria* fruit for the better human health and lives. Two varieties of this fruit drug sweet and bitter are mentioned. Botanically, both belong to same genus, the former known by the Sanskrit synonym alaba and tumbi and latter by the names as Iksuaku, Katutumbi and mahaphala. The sweet variety is generally used as a vegetable, while the wild variety bitter, latter is preferred for the medicinal use. The former variety is cultivated widely for its fruit and vegetable. The latter is found wild previously in most areas but now in some hot areas of country, obviously as wild and has bitter fruits and preferred for medicinal use. Nevertheless, the difficulty in procuring and losing interest in cultivation of wild variety, the sweet and edible variety is now being used in medicine as well [7].



A) Fruits



B) Flower



c) Leaves



d) Seeds

Traditional Uses

Lagenaria siceraria fruits are traditionally used for its cardioprotective, cardiotonic, general tonic, diuretic, aphrodisiac, antidote to certain poisons and scorpion strings, alternative purgative, cooling effects. It cures pain, ulcers and fever and used for pectoral cough, asthma and other bronchial disorders-especially syrup prepared from the tender fruits [7,8,9]. The pulp of the fruit is considered cool, diuretic, antibilious, and useful in coughs and as antidote to certain poisons [9,10].

The tribal communities (Koyas, Gutti Koyas, and Lambadas) located in the northern Telangana zone use the dry hard shells of bottle gourd fruits for various purposes. Bottle gourd is variously referred as *sorakaya*, *anapakaya*, *anamgapkaya*, *burrakaya*, and *tumri* in the vernacular language by the tribal communities. Domestic utensils like bottles, bowls, milk pots, spoons, and containers of several types are made out of the dried shells. It is a common sight everywhere in the tribal dominated pockets of Khammam district that the ethnic groups are mainly using the dry shells for carrying country liquor (*mahua* drink, toddy), honey, and water. In some of the pockets it is being used for making stringed and wind musical instruments and pipes. At few places, the natives use the dried shells as floats on water bodies as well. Though it is nutritionally less calorific, tribal prefer bottle gourd as a vegetable for preparation of curries and pickles (11, 12,13). The Koya community uses the fruits of the wild types for medicinal purposes (purgatives). Probably, the bitter principle found in the wild bottle gourds is responsible for the purgative property. The Gutti Koya tribals use the bottle gourd as a cure for headache (external application) by mixing the seed oil with castor oil. The pulp of the fruit is considered cool and diuretic (9,14).

Leaves of *Lagenaria siceraria* are taken as emetic in the form of leaf juice or decoction. This by adding sugar also used in Jaundice. Crushed leaves are used for baldness and applied on the head for the headache. Leaves are also used as alternative purgative (15).

Flowers are also mentioned as antidote in certain kind of poisons. Stem bark is diuretic (9). Roots are emetic and used in dropsy.

Ethnobotanical uses of the fruit are mentioned in Table 1.

Table 1: Ethanobotanical uses of *Lagenaria siceraria* (Mol.) Standl. Fruit [1]

Sr. No.	System	Uses
1	Gastrointestinal	Adenopathy, Diuretic, Dropsy, Laxative, Litholytic, Lithontriptic, Purgative
2	Cardio vascular system	Dropsy, Diuretic, Hydropsy
3	Central nervous system	Ache (Head), Emetic, Ache (Tooth), Bilious, Convulsion, insanity, refrigerant
4	Genito-urinary system	Dropsy, Diuretic, Litholytic, Lithontriptic
5	Infections	Alexiteric, Alopecia, Sore throat, Boil, Burn, Cancer, Fever, Depurative, refrigerant, Rheumatism, Tetanus, Tumor, Wound
6	Respiratory system	Asthma, Cough
7	Ear, Nose, Throat	Gum, Hoarseness
8	Immunology	Cancer, Scrofula, Tetanus, Tumor
9	Skin	Alopecia, Leucoderma, Anasarca, Boil, Burn, Depurative, Pimple, Wound
10	Metabolism	Refrigerant
11	Musculo-skeleton	Pectoral, Rheumatism
12	Poison	Alexiteric, Antidote

Chemical Constituents

The edible portion of fruits is fair source of ascorbic acid, beta carotene and good source of vitamin B complex, pectin dietary soluble fibers and contains highest source of choline level-a lipotropic factor, a healer of mental disorders, along with required metabolic and metabolite precursors for brain function, amongst any other vegetable known to man till date. It is also good source of minerals and amino acids (8,16,17) (Table 2, 3 & 4).

The fruit is reported to contain the triterpenoid cucurbitacins B, D, G, H and 22-deoxy cucurbitacin "the bitter principle of cucurbitaceae". The fruit juice contains beta glycosidase-elasterase enzyme (9,10). Two sterols were identified and isolated from petroleum ether fractions of ethanol extract of dried fruit pulp of *Lagenaria siceraria* namely Fucosterol and campesterol (21). HPLC analysis of extract of flowering plant of *Lagenaria siceraria* shows presence of flavone-C glycosides (22). The effect of semi purified dietary fibers isolated from the fruit of *Lagenaria siceraria* effects on fecal steroid excretion was reported (23).

It is also reported to have content more proportion of soluble dietary fibers (SDF) than insoluble fibers. SDF are having profound effect in lowering serum cholesterol, which also reveals that the pectin is predominant component of soluble fibers in *Lagenaria siceraria* fruits (24).

Peroxidase and polyperoxidase activity in relation to its blanching period and total enzymatic inactivation of blanched sample (i.e, residual peroxidase activity is less than one) is also reported in 180 seconds. In addition, small amount of unidentified mono-and di-caffeoylquinic acid derivative was detected. 30% inhibition of superoxide formation in xanthine and xantine oxidase medium by methanolic extract (500µg/ml) from fruit of *Lagenaria siceraria* is reported (25).

Table 2: Carbohydrate and dietary constituents of Bottle gourd (g/100 g dry weight basis) (18)

Sr. No.	Attributes	With Peel	Without Peel
1	Total Sugar	5.87	8.29
2	Reducing sugar	5.22	7.92
3	Non-reducing sugar	0.65	0.29
4	Starch	1.31	1.57
5	Curd fiber	4.45	3.40
6	NDF	22.71	21.16
7	ADF	16.26	15.67
8	Hemicellulose	6.45	5.58
9	Cellulose	16.07	16.40
10	Legnin	0.193	0.167

Table 3: Mineral content of Bottle gourd (mg/100g dry weight basis) (18)

Sr.no	Minerals	With Peel	Without Peel
1	Calcium	80.20	52.78
2	Iron	11.87	2.33
3	Phosphorus	240.33	187.33
4	Potassium	3320.00	3356.67
5	Zinc	3.77	3.47
6	Magnesium	162.33	146.33
7	Copper	0.19	0.24
8	Sodium	27.88	36.68
9	Manganese	0.26	0.31

Table 4: Amino acids and vitamins content of Lagenaria siceraria fruit and seed (19,20)

Sr.no.	Amino acid (g)	Fruit	Seed
1	Tryptophan	0.003	0.431
2	Threonin	0.018	0.903
3	Isolucine	0.033	1.264
4	Luicine	0.036	2.079
5	Methionin	0.004	0.551
6	Cystine		0.301
7	Phenylalanine	0.015	1.222
8	Valine	0.027	1.972
9	Arginine	0.014	4.033
10	Histidine	0.004	0.681
	Vitamins (mg)		
11	Vitamin C	10.1	1.9
12	Thiamin	0.029	0.21
13	Ribiflavin	0.022	0.320
14	Niacin	0.320	1.745
15	Vitamin B6	0.04	0.224
16	Pantothenic acid	0.152	0.339
17	VitaminE (Mg_ATE)	16.02/g	1.000

The seeds considered as the least importance are having prime role in the human nutrition due to encapsulation of innumerable phytochemicals, vitamins, minerals, amino acids along with saponin and essential fixed oils especially of unsaturated type (1, 14). A ribosome inactivating protein, Lagenin was isolated from lyophilized water extracts of seeds, the biological actions of which include antiproliferative, immunosuppressive and antifertility (26).

Seeds are also used in dropsy, worm infection and as nutritive. Ripe seeds are having a 45% yield of clear limbid oil (14). Seed oil which have cooling effect, and can be applied in migraine type headache. A poultice of boiled seeds has been used in the treatment of boils, taken with *Acchrynthus* species the seeds are used to treat the toothache and gums. In many parts of China 3 grams per day of this species (the report does not say what part of the plant) has been used as a single treatment for diabetes mellitus (9).

A Triterpene Bryonolic acid an antiallergic compound was reported from callus culture of *Lagenaria siceraria* roots (27). Bitter fruits yield 0.013% of a solid foam containing cucurbitacins B, D, G and H, mainly cucurbitacin B. These bitter principles are present in the fruit of agalycones. The leaves contain cucurbitacins B, D, and traces of E. The fruit juice contains beta-glycosidase (elasterase). (28)

Pharmacological Activities

Antihyperlipidemic activity

Antihyperlipidemic effect of four different extract viz. petroleum ether, chloroform, alcoholic and aqueous extracts from bottle gourd in triton induced hyperlipidemic were studied. Chloroform and alcoholic extract at two different doses (200 and 400 mg/kg, p.o.) showed significant effects in lowering total cholesterol, triglyceride and low density lipoproteins along with an increased in HDL level (29). Isolated constituents from *Langearia sciceria* fruit juice extract namely LSN-I, LSN-II and LSN-III was found to be having antihyperlipidemic activity against triton-X induced hyperlipidemia (30).

Analgesic and Anti-inflammatory activity

Langenaria sciceria Stand. fruit juice extract (LSFJE) was studied for its analgesic effect using acetic acid induced writhing and formalin induced pain in mice.

LSFJE (150-300mg/kg, p.o) showed a dose dependent inhibition of writhing and also showed a significant inhibition of both phases of the formalin pain test, but with a less intense effect on the first than the second phase. Juice extract of *L. sciceria* also shows anti-inflammatory activity against acute inflammatory models i.e. ethyl phenyl propionate-induced ear edema, carrageenan and arachidonic acid-induced hind paw edema and also the albumin induced paw edema in rats. LSFJE elicited significant ($p < 0.05$) inhibitory effect on the ear edema formation at 30 min, 1hr and 2hr after ethyl phenyl propionate injection. The extract significantly inhibited carrageenan and arachidonic acid-induced hind paw edema. LSFJE also causes inhibition of albumin induced paw edema over a period of 90 min (31).

Diuretic activity

Vacuum dried extract and methanol extract of *L. sciceria* fruit was evaluated for its diuretic activity by Ghule et al (32). Diuretic activity was assessed by measuring different parameters like total urine volume, urine concentration of sodium, potassium and chloride and found that both the extracts (100- 200 mg/kg, p.o.) showed higher urine volume and exhibited dose dependent increased in excretion of electrolytes when compared with respective control.

Antioxidant activity

Acetone extract of fruit epicarp of *L. sciceria* fruit showed maximum antioxidant activity against in vitro model using DPPH. The fresh juice of the fruit also shows antiradical activity. The juice as such and its ten times dilution showed radical scavenging activity where as 100 and 1000 times diluted juice does not show any radical scavenging activity (33). Extract is also effective in CCl₄ induced liver damage where it maintained the level of endogenous antioxidant enzymes (superoxide dismutase, catalase and glutathione peroxidase) and marker of lipid peroxidation to that of normal(34).

Immunomodulatory activity

Rane et al studies the immunomodulatory effects of n-butanol soluble and ethyl acetate soluble fraction of successive methanolic extract of LSF in rats. Result of the study showed that the test fraction possess promising immunomodulatory activity as they increases both primary and secondary antibody titer and also significantly inhibited delayed type hypersensitivity reaction in rats. Both the fractions significantly increases total WBC, neutrophils and lymphocytes count while insignificant changes were observed in monocytes, eosinophils and basophils count (35). Ethanol extract of LS also showed significant prevention in reduction of humoral immune response, cellular immune response and percent neutrophil adheron in mice in the presence of chemical stressor i.e. Pyrogallol (36). Mixture of sterols and two flavonoids were isolated from the n butanol and ethyl acetate soluble fractions of successive methanol extract of *Lagenaria siceraria* fruit and were identified as oleanolic acid (I), mixture of sitosterol (II) and campesterol (III), isoquercitrin(IV) and Kaempferol (V). All these compounds were tested for immunomodulatory activity. Compound I and IV were significantly increased haemagglutination antibody titre and significantly inhibited delayed type hypersensitivity response in rats compared to control group animals. They also increased rate of carbon clearance from the blood of mice indicating increased phagocytosis (37).

Hepatoprotective activity

Deshpande et al (36) evaluated ethanolic extract of LS epicarp for hepatoprotective activity. LS (100 and 200mg/kg) showed significant prevention of elevated levels of serum glutamate oxaloacetate, serum glutamate pyruvate transaminase, alkaline phosphatase and bilirubin and these data is also in correlated with histopathological findings. The antihepatotoxic activity of different fractions of the ethanolic extract of *L. siceraria* fruit, administered orally to different groups of rats was evaluated using the CCl₄-induced hepatotoxicity test.

All fractions tested, in a dose of 250 mg/kg showed significant activity, with the petroleum ether fraction exhibiting comparatively higher activity (20).

Cardioprotective activity

The fruit powder of *L. siceraria* also showed good cardioprotective effects. The drug was studied against Doxorubicin induced cardiotoxicity in rats at 200mg/kg, p.o for 18 days. L.S prevents the alteration in endogenous antioxidants (superoxide dismutase, reduced glutathione) and lipid peroxidation where as markers of cardiotoxicity i.e CK-MB and LDH were significantly reduced. Further the L.S powder also showed the protection against changes in ECG and histopathological alteration induced by doxorubicin (34). Ethanolic extract of *L. Siceraria* Fruits also showed increased in force of contraction and decrease in rate of contraction (from 66 to 44) in isolated frog heart when perfused with normal ringer solution (36).

Anthelmintic activity

The anthelmintic efficacy of four plants of the Cucurbitaceae against *Hymenolepis nana* (tapeworm) and *Aspicularis tetraptera* (pinworm) infections in mice was evaluated utilizing piperazine citrate as a reference substance for comparison. The ethanolic extracts of the seeds of *Cucumis sativus*, *Cucurbita maxima* and *L. siceraria* exhibited a potent activity against tapeworms which was comparable to the effect of piperazine citrate. Some activity against pinworms was demonstrated by seeds of *Cucurbita maxima* (38).

Conclusions

Lagenaria siceraria is a well-known plant used in the Indian system of medicine, besides which folklore medicine also claims its uses especially in cardiac and hepatic diseases, ulcer, etc. *L. siceraria* fruit is cultivated in India, Japan, Sri Lanka, China, Thailand for its vegetable use. This fruit is the source of 'Dudhi Bhopala Juice', which is used as a supplement to the treatment of cardiac diseases.

Presently there is an increasing interest worldwide in herbal medicines accompanied by increased laboratory investigation into the pharmacological properties of the bioactive ingredients and their ability to treat various diseases. Numerous drugs have entered the international market through exploration of ethnopharmacology and traditional medicine. Although scientific studies have been carried out on a large number of Indian botanicals, a considerably smaller number of marketable drugs or phytochemical entities have entered the evidence-based therapeutics. Efforts are therefore needed to establish and validate evidence regarding safety and practices of Ayurvedic medicines.

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