



Herbal Plants Use for Health and Medicence

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Introduction

Ayurveda is a holistic system of medicine that is indigenous to and widely practiced in India. The word Ayurveda is a Sanskrit term meaning “science of life”. AYU means “life” or “daily living”. And VEDA is “knowing”. Ayurveda was first recorded in the VEDAS, the world’s oldest extant Rerature. This healing system has been practiced in daily life in India for more than 5,000 years. Ayurveda is the science of life which balance us in being healthy.

Medicinal plants have always been considered a healthy source of life for all people. Ayurveda already has a list of plants whose efficiency in the treatment and control of common illnesses has been proven beyond doubt over several centuries. India has come up with a tested package of plants and medical herbs that are useful in the treatment of common illnesses like fevers. Headaches, dysentery, jaundice and stomach problems and which can be easily grown in household gardens and directly consumed by people who may require them. The package of plants selected also includes plants useful for preventive and promotive health care. Therapeutical properties of medical plants are very useful in healing various diseases and the advantage of riese medicinal plants is being 100% natural. A survey conducted by the All India Coordinated Research project on Ethno biology (AICRPE) during the last decade recorded over 8000 species of wild plants used by the tribal's and other traditional communities in India for treating various health problems. 30 of medicinal preparations are derived from roots, 14% bark, 16% whole plants, 5% flowers, 10% fruits, 6% leaves, 7% seeds, 3% wood, 4% rhizomes 6% stems and only less than 20% of the species used are cultivated.

Material And Method:

India is a country known for ancient scripts, the number system, invention of zero and Vedas. Medicines in India are used by about 60 percent of the world’s population. These are not only used for primary health care not just in rural areas in developing countries, but also in developed countries as well where modern medicines are predominantly used. While the traditional medicines are derived from medicinal plants, minerals, and organic matter, the herbal drugs are prepared from medicinal plants only.

Use of plants as a source of medicine has been an ancient practice and is an important component of the health care system in India. In the Indian systems of medicine, most practitioners formulate and dispense their own recipes. With the scripts in the Atharva Veda, we have evidence of a traditional use of medicinal plants that is. more than 3000 yearsolti. Traditionally, in India, plants with medicinal value were grown in home gardens. These plants were used effectively as self-help remedies for managing; primary health care.

Home remedies are actually made at home, and hence turn out to be less expensive than other forms of medicine. Home remedies, being harmless in comparison to other forms of medicines, rarely cause side effects. Indian Ayuveda remedies have been used since ages by ancestors for curing common ailments.

The medicinal value of various herbal garden plants has been studied through literature, internet & rural and tribal medicinmen of Chhatarpur district (M.P.)

Observation:

These are some of the herbal garden plants normally found in lawns

1. Aloe Vera
2. Black pepper
3. Clove
4. Curry Leaves
5. Coriander
6. Cumin
7. Garlic
8. Ginger
9. Mint
10. Methi
11. Mustard
12. Neem
13. Turmeric
14. Tulsi
15. Goghru.

Medicinal Value:

1. Aloe Vera (Aloe barbadensis):

- Because of its healing properties it is widely used to treat bums and wounds. It is also used to soften the skm and as a strong laxative.



- IntomaBy,, 1 is used in fighting against AIDS and the patents suffering from any virus or infection also consumes S dafly because of its immune system ref reshment properties.
 - Other medicina! uses of aloe Vera are it is helpful in indigestion. >rver problems like hepatitis and cirrhosis, urinary tract infections, stomach ulcers, kidney infections, intestinal worms, prostate problems, congestion, colitis and many more diseases.
2. **Black Pepper (Piper nigrum) -**
 - Black pepper has stimulant, expectorant, carminative, anthelmintic, etc. properties; and it is used for indigestion, toxins, slow metabolism, obesity, sinusitis, fever, colds, etc.
 - Peppers have been in used since ancient times for its anti-inflammatory, carminative, anti-flatulent properties.
 - Black peppercorns contain good amount of minerals like potassium, calcium, zinc, manganese, iron, and magnesium. Potassium is an important component of cell anc body fluids that helps controlling heart rate and Wood pressure.
 3. **Clove (Syzygium aromaticum) -**
 - The active principles in the clove are known to have antioxidant, antiseptic, local anesthetic, antiinflammatory, rubefacient (warming and soothing), carminative and anti-flatulent properties.
 - Clove is used extensively in dental care for relieving toothache, sore gums and oral ulcers. Gargling with clove oil can also aid in sore throat conditions and bad breath.
 - Clove oil can be used to reduce infections, wounds, insect bites and stings.
 - Clove oil clears the respiratory passages, acting as an expectorant for treating many upper-respiratory conditions including colds, eye sties, bronchitis, sinus conditions, cough and asthma.
 4. **Curry Leaves (Murraya) -** Curry leaves comes from the curry tree, grown in the warm climates of India Curry leaves are an essential spice in Indian cooking, and are also known for a variety of healing properties and medicinal uses. The leaves work as a tonic within the body, stimulating the digestive system, and improving the quality of digestive enzymes and fluids that break food down more easily.
 5. **Coriander (Corandrum sativum) -** Coriander is primarily used in modern medicine as a flavoring agent in medicines and as a stomach soothing addition to more irritating compounds. For upset stomach and flatulence relief, chew on Coriander seeds or drink a tea made from the seeds. For relief from the pain of rheumatism, pound the seeds and combine with hot water or tea to make a paste, and then apply to the affected area. Oatmeal may be added to this mixture to produce the desired consistency.
 6. **Cumin (cuminum cyminum) -** Cumin is used to increase the breast size. It is used to relieve swelling of the breast or the testicles, stimulates the appetite, help boost the liver's ability to detoxify the body, relieve symptoms of cold due to it's antiseptic properties, increase the heat in the body thus making metabolism more efficient, paste is used as treatment for boil strengthens the functions of stomach and arrests any bleeding, relieve insomnia.
 - **Garlic (Allium sativum) -** Garlic is an important medicinal herb that is readily available everywhere Garlic appears to have anti-bacterial and anti-viral properties. The list is long when it comes to its uses as a remedy. This list includes wounds, ulcers, skin infections, flu, athlete's foot, some viruses, strep, worms, respiratory ailments, high blood pressure, blood thinning, cancer of the stomach, colic, colds, kidney problems, bladder problems, and ear aches, to name a few. It is believed to cure worms in both people and animals try giving the dog a clove of garlic daily.
 7. **Ginger (zingiber officinale) -** Ginger's ability to combat a variety of diseases and conditions is due in part to its impact on excessive inflammation, which is a significant underlying cause of many illnesses. Inflammation is the body's natural healing response



to illness or injury, and its pain, redness, heat, and swelling are attempts to keep you from moving a damaged area while it is being repaired. Inflammation subsides as the body heals. However, in some conditions, including arthritis, diverticulitis, gallbladder inflammation, and heart disease, the inflammation does not go away. It becomes chronic and leads to many other problems.

8. **Mint** - Mint is one of the most common herbs and extremely popular in alternative medical treatments, Mint has several medicinal uses in treating skin problems. It is especially useful in treating acne, itching, inflammation, and burns. Internally, it is considered excellent for indigestion and gastrointestinal problems.

Mint is carminative, simulative, and antispasmodic. Peppermint has the highest concentrations of menthol, while preparations of spearmint are often given to children. Mint is good for colds, flu and fevers. It also helps in digestion, rheumatism, hiccups, stings, ear aches, flatulence and for throat and sinus ailments, There are also claims that it helps with motion sickness. Since it relieves indigestion, biliousness, flatulence, iron deficiency anemia. Including pudina chutney in everyday meal is very good for health. Tea prepared with pudina leaves to which a tsp. each of lime juice and honey are added is an excellent cure for common cold, sore throat and that bloated sensation in the stomach after a heavy meal. A face pack of fresh pudina leaves cures pimples and blackheads and is a very good moisturizer.

9. **Methi** - Fenugreek (methi) helps in reducing fatty tissue which in turn helps in reducing weight. The herb is rich in vitamins and minerals. Leaves and seeds contain calcium, phosphorus, few vitamins from B-complex group in addition to vitamin C. It is also rich source of iron. Both leaves and seeds should be included in normal diet of family, especially diet of growing kids, pregnant ladies, puberty reaching girls and elder members of family because they have haematinic value. Fenugreek has mild laxative property which also helps cleaning toxins choked in body systems thus helping restoration from illness. A paste prepared from fenugreek and few other substances helps soothing irritation of skin and in addition reduce swelling of the part. Soutikshatra (ayurvedic gynecology and midwifery) has recommended use of fenugreek in promoting lactation in breast feeding mothers.

10. **Mustard** - The most familiar uses of mustard, as a medicine, are external applications of poultices, plasters, and liniments. Although not popular in the West as they once were, mustard plasters are used in many parts of the world to treat chest congestion from colds, flu, and bronchitis, as well as bronchial pneumonia, sinusitis, pleurisy, lumbago, and sciatica.

11. **Neem** - Medicinal properties of neem have been known to Indians since time immemorial. The earliest Sanskrit medical writings refer to the benefits of neem's fruits, seeds, oil, leaves, roots and bark. Each of these has been used in the Indian Ayurvedic and Unani systems of medicine.

In Ayurvedic literature neem is described in the following manner: 'Neem bark is cool, bitter, astringent, acrid and refrigerant. It is useful in tiredness, cough, fever, loss of tite, worm infestation. It heals wounds and vitiated ons of kapha, vomiting, skin diseases, excessive thirst, diabetes. Neem leaves are reported to be beneficial for disorders and insect poisons. It treats Vatik disorder. It anti-leprotic. It's fruits are itter purgative, anti-hemorrhoids anthelmintic' It is claimed that neem provides an anser many incurable diseases. Traditionally neem products been used against a wide variety of diseases which ude heat-rash, boils, wounds, jaundice, leprosy, skin rders, stomach ulcers, chicken pox, etc. Modern rch also confirms neem's curative powers in case of wany diseases.

12. **Turmeric** - Turmeric is beneficial in the treatment of gallbladder problems, hepatitis, indigestion, infections, lack of appetite, scabies, Alzheimer's disease, arthritis, asthma, athlete's foot, boils, bursitis, breast cancer, colon cancer, racts, colic, dermatitis, diarrhea,



eczema, fibrosis, tones, gas, hardening of the arteries, heart disease, cholesterol, high triglycerides, inflammation, intestinal pain, irritable bowel syndrome, jaundice, lack of menstruation, lymph gland problems, menstrual pain, morning sickness, pain psoriasis, sprains, ulcers, wounds, yeast infections. It is also being used for the treatment of bruises, for childbirth, eye inflammation, epilepsy, fever, hemorrhage, hemorrhoids, itching, and ringworm.

13. Tulsi - Tulsi is known as Holy basil which is worshipped in the morning and evening by Hindus at large, It is considered as India's Queen of herbs. They are largely used in ayurvedic medicines. It has got medicinal properties as well as cosmetic properties, Tulsi is grown in almost all Indian homes.

- Water boiled with tulsi leaves is good for sore throat. It can also be gargled.
- Chewing tulsi leaves treats cold and flu.
- Tulsi leaf when eaten in the morning purifies blood.
- It can be used as tooth powder by drying its leaves and mixed with water.
- It helps in protecting the entire respiratory tract.
- It has many cosmetic properties and used in herbal soap and also for body scrub. It helps in controlling dandruff. Tulsi oil can be used for controlling dandruff. It can be used by mixing with coconut oil.

Reference

1. Personal survey.

