



Review Article

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Uses of Some Traditional Medicinal Indian Plants

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Abstract

In India, There are several herbal and folk remedies available for curing many health problems. Right from its beginning, the documentation of traditional knowledge especially on the medicinal uses of plants, has provided many important drugs of modern day. Traditional medicinal plants play a major role in meeting the medical and health needs of the people and India has a great wealth of medicinal flora and traditional medicinal knowledge. The many places of India and also Himalayan region are a rich repository of medicinal flora because of the geographical position and difficult means of transport and communication. The traditions Indian medicinal knowledge of the ancients is carefully persevered in the literature like Vedas, many temples and historical places of different state. In which author selected hundred traditional Indian medicinal plants for present study.

Keywords: Traditional, Medicinal Plant, India, Use.

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1. Introduction

The traditional healers and old village peoples have a sound knowledge related to medicinal uses of plants around them. Traditional herbal medicines used by different communities in different region play an important role in alleviating different diseases¹. They are safe, effective and inexpensive. Information on the uses of plants as traditional medicines has not been documented well from various areas of India. The people particularly the rural folk and old aged peoples have long been using plants for their various ailments. With the recent development, the people of specially the rural folks gained access to modern health care facilities²⁻⁵. The climatic conditions prevailing in the region maintains an ideal habitat for the natural growth of variety of medicinal plants and herbs. These are the sources which provide raw materials for pharmaceutical, phytochemical, food, flavoring and cosmetic industries. Therefore, the present study aims at exploring and documenting the plants used in different diseases as a tradition medicine⁶⁻⁹. Novel drug delivery systems have been utilized in the modern herbal formulations. In several

instances, safety and efficacy of herbal medicines have been investigated and the World Health Organization (WHO) has estimated more than 4000 million people of the world is dependent on traditional medicine¹⁰⁻¹³. Health Organization estimates that over 80 percent of people in developing countries depend upon traditional medicine for treatment of disease and other maladies in their primary health care. India is one of the leading countries in Asia in terms of the wealth of traditional knowledge systems related to the use of plant species and also known to harbour a rich diversity of higher plant species of which 7500 are known as medicinal plants. These tribal communities draw their sustenance largely from forests for food medicine and other requirements¹⁴⁻¹⁷.

The study reveals that in absence of modern health facility people in the area depend on plants for medicinal purposes. Based on the initial reconnaissance survey and group discussions where emphasis was on identification of knowledgeable resource persons it was found that, information on the medicinal uses of plants now seems to be confined to elder people¹⁸⁻²². Many of the plants that are used by the people in India find mention in ancient medicinal literature and are also used in different systems medicines such as, the Ayurveda, Siddha and Unani systems. The recorded ethnomedicinal plants were used in the treatment of various ailments. The herbal remedies were taken externally in the form of paste or taken orally. In some instances massaging also was prescribed. In some cases, along with the plant parts a little amount of salt or milk or molasses or honey or butter was used²³⁻²⁷. In addition, at instances warming or heating is also recommended. This type of suggested way of taking the herbal medicines might be to enhance the efficacy of herbal remedies or to make the remedy more palatable masking the undesirable taste when taken orally. The medicinal plants are usually collected from wild habitat, when there is a need²⁸⁻³⁰.

2. Materials and Methods

Selected hundred traditional Indian medicinal plants with their use are in table³¹⁻³⁴.

| S. No. | Botanical Name | Parts Used | Uses |
|--------|----------------------------------|-------------|---|
| 1. | <i>Abrus precatorius</i> | Root | In dry coup |
| 2. | <i>Acalyph indica</i> | Leaf | In dry coup |
| 3. | <i>Achyranthus aspera</i> | Leaf | In rabies |
| 4. | <i>Achyranthes bidentata</i> | Leaf | In cholera, testis pain and swellings |
| 5. | <i>Achyranthes capea</i> | Root | In bleeding of blood from teeth |
| 6. | <i>Aconitum heterophyllum</i> | Root | Cure stomach ache and fever |
| 7. | <i>Acorus calamus</i> | Rhizome | In eczema |
| 8. | <i>Aegle marmelos</i> | Root | In diabetics |
| 9. | <i>Agel marmelos</i> | Fruit | Use in scabies |
| 10. | <i>Ajuga bracteosa</i> | Leaf | Cure ulcer of mouth |
| 11. | <i>Aloe vera</i> | Leaf | Control over bleeding after delivery, |
| 12. | <i>Allium sativum</i> | Fruit | Relieving the pain, heals acne fast |
| 13. | <i>Amaranthus spinosus</i> | Leaf | As face wash |
| 14. | <i>Andragraphis echiodes</i> | Leaf | In chest pain. |
| 15. | <i>Andrographis paniculata</i> | Leaf | Treat snake bite |
| 16. | <i>Argemone Mexicana</i> | Seed | In skin disease |
| 17. | <i>Artemisia sieversiana</i> | Leaf | Cure pain and swelling, abortifacient |
| 18. | <i>Azadirachta indica</i> | Leaf | Anti-bacterial, anti-fungal, anti-viral |
| 19. | <i>Berberis aristata</i> | Flower | In acidity |
| 20. | <i>Blepharis maderaspatensis</i> | Leaf | Treat bone fracture and deep cuts |
| 21. | <i>Brassica iuncea</i> | Seed | Cure skin disease |
| 22. | <i>Calophyllum inophyllum</i> | Seed | In rheumatism |
| 23. | <i>Canna indica</i> | Dried seed | In venereal diseases |
| 24. | <i>Cannabis sativa</i> | Seed | In arthritis |
| 25. | <i>Capsicum frutescens</i> | Fruit | Control blood pressure |
| 26. | <i>Caralluma ateuata</i> | Leaf | In bone fracture |
| 27. | <i>Cassia alata</i> | Leaf | Cure tinea versicularis |
| 28. | <i>Cassia occidentilis</i> | Seed | In heart diseases |
| 29. | <i>Catharanthus pusillus</i> | Whole plant | Treat ulcer and stomach pain |

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|-----|------------------------------------|-------------|--|
| 30. | <i>Centella asiatica</i> | Leaf | Treat blood purification, blood clot |
| 31. | <i>Centratherum anthelminticum</i> | Seed | In leprosy |
| 32. | <i>Citrus limon</i> | Flower | Keeps the skin clean |
| 33. | <i>Cleome viscosa</i> | Leaf | Treat headache, toothache |
| 34. | <i>Clerodendrum phlomidis</i> | Leaf | Treat rheumatism |
| 35. | <i>Clitoria ternatea</i> | Leaf | Cure scabies |
| 36. | <i>Clitoria ternatea</i> | Leaf | In skin disease |
| 37. | <i>Costus pictus</i> | Leaf | Get relief from earache |
| 38. | <i>Crinum defixum</i> | Bulb | Cure tine acrusis |
| 39. | <i>Curcuma aromatica</i> | Leaf | In various types of skin disease |
| 40. | <i>Cymbopogon citratus</i> | Whole plant | In body pain and rheumatism |
| 41. | <i>Cynodon dactylon</i> | Whole plant | In body tiredness and blood pressure |
| 42. | <i>Cynodon dactylon</i> | Leaf | In nasal breeding |
| 43. | <i>Cyperus rotundous</i> | Tuber | Cure boils |
| 44. | <i>Datura innoxia</i> | Root | Cure rabies |
| 45. | <i>Dhatura metal</i> | Leaf | In swelling |
| 46. | <i>Eklipta alba</i> | Leaf | In swelling |
| 47. | <i>Eupatorium odoratum</i> | Leaf | Heal wounds |
| 48. | <i>Euphorbia hirta</i> | Latex | In skin disease |
| 49. | <i>Evolvulus alsinoides</i> | Leaf, Stem | For eye cooling, hair growth |
| 50. | <i>Ficus retusa</i> | Fruit | Cure swelling |
| 51. | <i>Glycyrrhiza glabra</i> | Root | Treat cough and cold |
| 52. | <i>Gynandropsis pentaphylla</i> | Leaf | On cuts to control blood bleeding |
| 53. | <i>Hedyotis puberula</i> | Leaf | On the site of burns |
| 54. | <i>Indigofera aspalathoides</i> | Bark | In leprosy |
| 55. | <i>Ionidium suffruticosum</i> | Whole Plant | Over the swellings to cure soon |
| 56. | <i>Ixora coccinea</i> | Flower | On the itching places to cure soon |
| 57. | <i>Jasminum angustifolium</i> | Whole Plant | In knee pain and in nervous problem |
| 58. | <i>Jatropha curcas</i> | Latex | Cure foul odor |
| 59. | <i>Justicia adhatoda</i> | Leaf | Leprosy |
| 60. | <i>Lannea pinnatifida</i> | Leaf | Treat to child running nose |
| 61. | <i>Leucas aspera</i> | Leaf | Indigestion in children, scorpion bite |
| 62. | <i>Londana camera</i> | Leaf | In wound healing |
| 63. | <i>Madhuca longifolia</i> | Leaf | Cure skin disease |
| 64. | <i>Mangifera indica</i> | Bark | Cure skin disease |
| 65. | <i>Mimosa pudica</i> | Leaf | Cure piles, treat insect bites |
| 66. | <i>Murraya koenigii</i> | Leaf | Expel worms from intestine |
| 67. | <i>Ocimum sanctum</i> | Leaf | Treat cough, cold |
| 68. | <i>Ocimum americanum</i> | Leaf | Cure severe head ache and fever |
| 69. | <i>Pergularia daemia</i> | Leaf | Cure stomachache and ulcer |
| 70. | <i>Phyllanthus amarus</i> | Leaf | Treat jaundice |
| 71. | <i>Phyla nodiflora</i> | Leaf | Cure dandruff |
| 72. | <i>Physalis minima</i> | Whole Plant | Cure venereal diseases & boils |
| 73. | <i>Piper betle</i> | Leaf | Cure vresicularis |
| 74. | <i>Piper nigrum</i> | Stem | Get relief from dry cough |
| 75. | <i>Plectranthus amboinicus</i> | Leaf | Control running nose and cough |
| 76. | <i>Polygonatum verticillatum</i> | Root | In spermatorrhoea haemorrhoid |
| 77. | <i>Pongamia pinnata</i> | Bark | Cure rash |
| 78. | <i>Prinsepia utilis</i> | Seed | In arthritis |
| 79. | <i>Punica granatum</i> | Leaf | Get relief from dysentery |
| 80. | <i>Rauvolfia serpentina</i> | Tuber | Cure all types of poison bites |

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|------|-----------------------------|--------------|--|
| 81. | <i>Rubia cardifolia</i> | Bark | In scorpion sting |
| 82. | <i>Rumex nepalensis</i> | Leaf | In wound, allergy |
| 83. | <i>Scoparia dulcis</i> | Leaf, flower | Control bleeding of blood from cuts |
| 84. | <i>Sida acuta</i> | Bulb | Cure headache, to reduce body heat |
| 85. | <i>Sida rhombifolia</i> | Leaf, Root | Get relief from one-side headache |
| 86. | <i>Solanum americanum</i> | Leaf | Cure ulcer, mouth wound |
| 87. | <i>Solanum nigrum</i> | Leaf | Treat stomach problems |
| 88. | <i>Solanum surattense</i> | Leaf | Treat all types of skin diseases |
| 89. | <i>Spilanthes valva</i> | Leaf, Flower | Relive in toothache |
| 90. | <i>Strebulus aspera</i> | Leaf | In swelling |
| 91. | <i>Swertia chirata</i> | Leaf | In leprosy |
| 92. | <i>Syzygium cumini</i> | Stem, Bark | Cure diabetes |
| 93. | <i>Terminalia bellerica</i> | Root | In skin disease |
| 94. | <i>Thevetia nerifolia</i> | Root | Cure boils |
| 95. | <i>Thevetia nerifolia</i> | Root, Leaf | Cure jaundice, remove dandruffs |
| 96. | <i>Tridax procumbens</i> | Leaf | In skin disease |
| 97. | <i>Tylophora indica</i> | Tuber | Applied over boils |
| 98. | <i>Vernonia cinerea</i> | Leaf | Cure all types of eye diseases |
| 99. | <i>Vitex negundo</i> | Leaf | Cure cuts |
| 100. | <i>Wrightia tinctoria</i> | Latex | Get relief from any thorn pricked in hand or leg |

3. Conclusion

Man has always made use of medicinal plants to cure sufferings and diseases. For the last few decades, Traditional plants have served as an important source of several novel biomolecules with medicinal potential. Therapeutic efficacy of plant crude extracts and isolated compounds have been evolved in course of time and generated a number of popular modern day medicines³⁵. So, this review has information on the various therapeutic applications of plants used in traditional Indian medicine. The knowledge of traditional medicinal plants from India is point to a great potential for further research and the discovery of new drugs from these plans on the basis of their folklore use to cure much diseases. Therefore, further research for scientific assessment of these medicinal plants is very important to increase their spectrum.

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