



## Some Disease or Disorder Treated By Indian Medicinal Herbal Plants

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### Abstract

It is only during the last decade that the real significance of the medicinal plants sector has begun to be realized by 1980s, there was a renewed interest in natural materials and approaches to health care, coupled with recognition that technology alone could not solve the pressing health care needs of the world's population. The participation of various companies in the market also attests to its new strength and importance. But Plants are one of the most important sources of medicines from decay. The applications of plants as medicines are known from many year. In India the references to the curative properties of some herbs in the rigveda seems to be the earliest records of use of plants in medicines. As well as the ayurveda system also known for mostly plant medicine. This review paper based on some disease or disorder which is treated by Indian medicinal plants from many decay.

**Key words:** Disease, Disorder, Medicinal Plants

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### 1. Introduction

Over the centuries, the use of medicinal herbs has become an important part of daily life despite the progress in modern medical and pharmaceuticals research. Approximately 4000 plants species are known to have medicinal properties in India. The Rigveda, mentions the use of medicinal plants. Our traditional systems of medicines, viz., Ayurveda, Yunani, Siddha and Homeopathy etc. use herbs for treatment. It is estimated that 40% of the world populations depends directly on plant based medicine for their health care. In India, medicinal plants offer low cost and safe health care solutions. There are several attempts were made to explore indigenous knowledge on sue of common medicinal plants for the treatment of diseases related to various systems of human beings<sup>1-2</sup>.

The medicinal plants are extensively utilized throughout the world in two distinct areas of health management; traditional system of medicine and modern system of medicine. The traditional system of medicine mainly functions

through two distinct streams Local or folk or tribal stream and Codified and organized Indian system of medicines like Ayurveda Siddha and Unanni etc<sup>3</sup>.

Recent estimates suggests the over 9,000 plants have known medicinal applications in various cultures and countries, and this is without having conducted comprehensive research amongst several indigenous and other communities. Medicinal plants are used at the household level by women taking care of their families at the village level by medicine men or tribal shamns, and by the practitioners of classical traditional systems of medicine such as Ayurveda, Chinesemedicine, or the Japanese kamposystem. According to the world Health Organization, over 80% of the world's population or 4.3 billion people rely upon such traditional plant based systems of medicine to provide them with primary health care. Allopathic medicine too owes a tremendous debt to medicinal plants; one in four prescriptions filled in a country like the U.S are either a synthesized form or derived from plant materials. According to the International Trade Centre, as far back as 1967, the total value of imports of starting materials of plant origin for the pharmaceuticals and cosmetics industry was one of the order of USD 53.9 million. India was the largest supplier by far, with 10,055 tons of plants and 14 tons of vegetables alkaloids and their derivatives.

In response to the overwhelming interest in alternative therapies, many of the prestigious allopathic medicinal institutions have also recognized their importance: an example is the National Institute of Health which created the Office of Alternative medicine in 1991 to provide the public with information on alternative treatments and to assess those therapies which have been proven successful<sup>4</sup>. The medicinal attributes of many plants are found in leaves, used as alterative, tonic diuretic, blood purifier and antiphlogistic. They are used as remedy against chronic eczema, chronic ulcers, chronic rheumatism, chronic nervous diseases, madness, cholera amenorrhea, piles and fistula. Usually, the power of dried leaves is given with milk in mental disability and for the improvement of the memory. The fresh juice of leaves is grown as alterative in jaundice, fevers and gonorrhoea. The same is also useful for children's in cutaneous diseases and for the improvement of nervous system. Besides this, it has been used by Ayurveda in India for almost 3000 years. The Ayurvedic treatise, the CharakaSamhita (100 A.D) recommends Brahmi in formulations for a range of mental conditions including anxiety, poor cognition and lack of concentration. In India, Brahmi is correctly recognized as being effective in the treatment of mental illness and epilepsy<sup>5</sup>.

## 2. Description

### Material

The different plants are used in Indian medicinal against cure of a particular disease, some of them are following.

#### 1. Asthma:

When cold, cough and bronchitis persists for longer period patients suffer from asthma. The paste prepared from rhizome of *Curcuma longa* Linn.( Kali haldi) is applied externally on lungs and affected parts to cure asthma . The flowers of *Calotropis procera* and *Calotropis gigantea* can be given to patient suffering from acute case of asthma. Rhizome of *A. calamus* is also chewed for obtaining relief in asthma. The bark decoction of *Ailanthus excelsa* is also given to patients suffering from chronic stage of asthma<sup>6</sup>.

#### 2. Body ache, Toothache:

The gum of *Pterocarpus marsupium* Roxb (Bija Sal) is applied in gums to cure toothache. The root extract of *Phoenix sylvestris* is also useful in toothache. The seeds extract of *Terminalia chebula* is used to cure wound of gums and bleedin. The twigs of *Azadirachta indica* ( Neem) are used as brush to cure toothache. The leaf paste prepared from *Sida acuta* Burm.( Banmethi) is applied on body to cure body pain<sup>7</sup>.

#### 3. Bone fracture:

The root, stem, tuber and leaves of plants are powdered and paste is prepared by traditional bone setter of tribal community. The same is applied on broken bone portion. For this purpose , the roots of *Bauhinia purpurea* Linn. (stem) , *Solanum torvum* Swartz ( Ringi )and tubers of *Curcuma angustifolia* Roxb. ( Tikhur ) are powdered and paste is prepared and applied by the tribals.

#### 4. Cold and Cough:

Tribals use many plants for cure of cold, cough and bronchitis. *Amaranthus tricolor* (Arak gandhiri) and *Tamarandus indica* (Iml) and rhizomes of *Acorus calamus* (Safed Buch) are chewed by tribals for cure of cold and cough. The bark decoction of *Acacia catechum* (Khair ) half cup thrice a day for one week is also given to patients suffering from bronchitis.

#### 5. Diarrhoea:

*Zinger officinale* local name Adrak and *Corinadum sativum* local name Dhania Can be used as Carminative, Appetizer, Emollient etc. and Destroys germs Provide soothing effects and Stomachic constipation Carminative Improve digestion<sup>8-9</sup>.

#### 6. Dysentery:

*Butea monospera* local name Tesu used as Antihelminthic and it Kills worms in intestine<sup>10</sup>.

**7. Fever:**

The root and tuber decoction of *Asparagus racemosus* Willd (Shatavri) is prepared by the tribal medicine- man and given to patient twice a day for a period of five to six days. In high fever, pods of *Cassia tora* Linn (Charota) are collected and seeds are crushed. The seed extract is boiled and filtered with a piece of cloth and given to patient twice a day for about a week. The stem and bark decoction is prepared of *Bauhinia purpurea* Linn. (Kelor bhaji) and given twice a day to patients for control of intermittent fever and fever with acute body pain.

**8. Headache:**

Prepare paste of several herbal plants and apply them on forehead for obtaining quick relief from severe pain. The paste of *Zingiber officinale* (Ginger) is applied on forehead for 2-3-days for relief in headache. The mucilage of leaves *Aloe barbadensis* (Ghrita Kanwar) is applied on forehead for a week to cure severe headaches. The paste prepared of *Santalum album* (sandal wood) is also applied to cure headache. A bandage is tied with leaves of *Vitex negunda* for obtaining relief in pain in the scalp region of forehead<sup>11-12</sup>.

**9. Healing of wounds and skin infection:**

The skin of small children and women of tribal community is normally delicate and sensitive. In case if the skin is exposed due to cut, it gradually filled with mucus and the pain persists on wound. Traditional medicine is stem of *Argemone mexicana* Linn. (Pilli - Katai ) on infected skin for cure and healing of wounds<sup>13</sup>.

**10. Liver disorder:**

Collect rhizomes of *Acorus calamus* Linn (Buch) which is dried and powdered and consumed with water. When patients are suffering from jaundice, the leaves of beetlevine and of *Andrographis paniculata* (Burn .f.) Nees (Kiryat) are given to the patients to chew for few days. The same has been found to be very useful in case of severe jaundice but the patients are asked to chew 4-5 leaves twice a day i.e. once in morning and second time in evening for 40 -45 days. The seeds of *Cassia tora* (Charota) and leaves of *Azadirachta indica* A. Juss (Neem) are also chewed to cure liver ailments . Paste of *Cuscuta reflex* (Amarbeal) is prepared and applied on stomach to get relief from liver disorder.

**11. Loosen the bowels:** *Bombax ceiba* local name Semal acts as appetizer and destroy small colony of spores<sup>14</sup>.

**12. Snake bite and Scorpion sting:**

In case of snake bite the traditional herbal healer first tie with a knot a piece of cloth just above the wound so that poison does not move into the entire body with flow of blood. The place of wound is properly cut from all the sides and infested blood is made to ooze out from the human body Then the paste prepared from the herbal plant material and is applied for a week for cure of wounds due to snake bite . Such pastes are prepared from rhizomes, stem, leaves etc. of plant species as per availability in the locality. The paste prepared from rhizome of *A. calamus* Linn. (Safed buch) is applied on wounds in case of snake bite. The stem and bark of *Buchnanan lanzan* Spr. (Achar) is pounded and applied on the inflammation as antidote of snake -bite. Shoot and leaves of *Bombax ceiba* Linn. ( Semul ) and *Moringa oleifera* Lamk. (Munga) are crushed and paste is prepared. This paste is applied on wounds caused by snake bites<sup>15</sup>.

**13. Stomach Pain:** *Alangium Salvifolium* local name Aakol used as Laxative and Loosen the bowels Cures flatulence.

**14. Urinary infection, menstrual disorder and bowel infection:**

The women are mostly suffering from urinary infection with white discharge in urine. They use root decoction prepared from *Bombax ceiba* (Semul) and *Curculigo orchoides* Gaertn (Kali musli). This root decoction is filtered by a piece of cloth and 50 ml of this preparation is given to the patient twice a day for a period of 10 -15 days for cure of infection. To cure problem of bowel infection in women, stem and bark decoction of *Butea parviflora* Roxb. ( Plashi - villa ) is prepared and given to the patient which gives relief in bowel pain and infestation.

**15. Vomiting:** *Mentha arvensis* local name Mint is very useful in Vomiting.

**16. Pain and Swelling:**

The leaves and stem of *Cuscuta reflexa* Roxb (Akashbeal) is boiled with water and vapors are inhaled to cure body pain and swellings<sup>16</sup>.

### 3. Conclusion

Indian Medicinal plants are also varying in their effectiveness against any kind of cure. As an example; brain tonic Brahmi is more effective. Brahmi is used to decrease fatigue and depression and to stimulate the sex drive. It energizes the CNS and aids the circulatory system, soothes and minimizes varicose veins and helps to minimize scarring. It is also useful in repairing skin and connective tissues and smoothing out cellulite<sup>17</sup>. It is fact that Indian medicinal herbs are playing an important role in disease or disorder particularly on the basis of their traditional use. These herbal drugs are providing strength to the body and doing stimulates normal functioning. Most of the herbal drugs act selectively and gently without disturbing other system. On the other way, allopathic medicines are affecting several metabolic activities in the human system and have a lot of side effects.

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