

India as the Heritage of Medicinal Plant and their Use



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Abstract

Medicinal plants are useful for curing human diseases and play an important role in healing due to presence of phyto chemical constituents. India having a rich diversity of medicinal plants and rich plant diversity has provided an initial advantage to the local people for scrutinizing various plant species for the purpose of food, medicine, perfumes and spices. The natural and unique medicinal plants are used for curing various diseases/ailments and income generation. Ayurveda and other Indian literature have mentioned the use of plants in treatment of various human ailments. Medicinal plants are important source to combat the serious diseases in all over the world. The presence of different phytochemical constituents in plant parts confirms their potential as medicinal plants.

Keywords: Medicinal Plants; Phytochemical

Introduction

From thousands of year plant has been utilised as medicine. These medicines initially took the form of crude drugs such as tinctures, teas, poultices, powders, and other herbal formulations [1]. The Indian states which are leading producer of herbal plants having the highest medicinal value are Gujarat, Rajasthan, Haryana, Tamil Nadu, Andhra and Uttarakhand. After India, China is the largest producer of medicinal plants which having more than 40% of the global diversity (Financial express 2008).

Medicinal plant research has increased all over the world and collected the immense potential of medicinal plants used in various traditional systems [2]. Indian herbs are known all over

Table 1: medicinal plants and their parts used.

Local name	Botanical name	Part used	Used to cure
Kalonji	Nigella sativa	Seeds	Diarrhoea, dysentery
Neem	Azadirachta indica	Root, bark, flower	Arthritis, bronchitis, cough, diabetes
Dhatura	Dhatura stramonium	Leaves and fruits	Asthma, cardiac pains
Tulsi	Ocimum sanctum	Leaves	Antiallergic, antidiabetic
Anar	Punica granatum	Seeds, flowers	Syphilis, bronchitis, stomachic
Khajoor	Phoenix dactylifera	Fruit	Genito-urinary ailments, diarrhea
Methi	Trigonella foenum	Seeds	Constipation, diabetes
Paiya	Prunus cerasoides	Bark, fruit	Antipyretic, leprosy
Ajwain	Thymus vulgaris	Seeds	Antiseptic, antispasmodic
Peepal	Ficus religiosa	Bark, leaves, fruit, seeds, latex	Skin diseases, neuralgia, constipation and gynecological diseases

the world for the medicinal properties. About 90% of the herbs and medicinal plants in India are collected from the forest. India forests are the source of invaluable medicinal plants and became aware of the preventive and therapeutic properties of plants and being used for human health care.

These medicinal compounds are naturally gifted from the plant. The extraction and characterization of bioactive compounds from medicinal plants have resulted in the introduction of new drugs with high medicinal value. Treatment with natural origin bioactive medicine is gaining momentum towards increasing concern about virtually harmful synthetic medicine (Table 1) [3].

Conclusion

Presently many countries face large increases in the number of people suffering from diseases like diabetes, diarrhea, cancer, rheumatism, inflammation, jaundice, hepatic obstruction, pain, cold, cough, etc. remedies from medicinal plants are used with success to treat the disease. In India, Uttarakhand has diversity of aromatic and medicinal plants. These plants may be used as a huge amount of raw material for pharmaceutical industries for manufacturing the medicines. Uses of medicinal plants are time-tested and used by people worldwide and no side effects and cost effective compare to other system of medicine. With the changing scenario, there is a need to enhance and promote the conservation and cultivation of natural resources for medicinal

plants. In addition to the requirement for conservation of medicinal plants it has also become essential to protect and patent the traditional knowledge.

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