

Review Article On Importance Of Medicinal Plants & Their Uses**Dr.Vilas Khanapurkar.**

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Abstract:

Medicinal and Aromatic plants form a numerically large group of economically important plants which provide basic raw materials for medicines, perfumes, flavors and cosmetics. These plants and their products not only serve as valuable source of income for small holders and entrepreneurs but also help the country to earn valuable foreign exchange by way of export. Medicinal plants are those plants which are rich in secondary -metabolites and are potential source of drugs. These secondary metabolites include alkaloids, glycosides, coumarins, flavonoids, steroids etc. India is one of the few countries where almost all the known medicinal plants can be cultivated in some part of the country or the other. Among various plants there is great demand in the country and abroad are as opium poppy, tropane alkaloid bearing plants, sapogenin bearing yams, senna, cinchona and ipecaea. The ancient Indian system of medicine is mainly plant based materia medica making use of most of our native plants. It caters the needs of rural population of our country. ISM (Indian System of Medicine) offers most appropriate or first line therapy against many diseases like jaundice, asthma, diabetes etc. India has about 2,000 species of medicinal plants and a vast geographical area with high production potential and varied agroclimatic conditions. India is already a major exporter of medicinal plants. It is estimated that Rs, 86 crores worth of raw materials and drug from medicinal plants are exported from India.

Keywords: -Medicinal plant, ISM, Metabolites, Therapy.

Introduction

The term "medicinal plant" include various types of plants used in herbalism ("herbology" or "herbal medicine"). It is the use of plants for medicinal purposes, and the study of such uses. The word "herb" has been derived from the Latin word, "herba" and an old French word "herbe". Now a days, herb refers to any part of the plant like fruit, seed, stem, bark, flower, leaf, stigma or a root, as well as a non-woody plant. Earlier, the term "herb" was only applied to non-woody plants, including those that come from trees and shrubs. These medicinal plants are also used as food, flavonoid, medicine or perfume and also in certain spiritual activities. Traditional systems of medicine continue to be widely practised on many accounts. Population rise, inadequate supply of drugs, prohibitive cost of treatments, side effects of several synthetic drugs and development of resistance to currently used drugs for infectious diseases have led to increased emphasis on the use of plant materials as a source of medicines for a wide variety of human ailments.

Among ancient civilisations, India has been known to be rich repository of medicinal plants. The forest

in India is the principal repository of large number of medicinal and aromatic plants, which are largely collected as raw materials for manufacture of drugs and perfumery products. About 8,000 herbal remedies have been codified in AYUSH systems in INDIA. Ayurveda, Unani, Siddha and Folk (tribal) medicines are the major systems of indigenous medicines. Among these systems, Ayurveda and Unani Medicine are most developed and widely practised in India.

Treatment with medicinal plants is considered very safe as there is no or minimal side effects. These remedies are in sync with nature, which is the biggest advantage. The golden fact is that, use of herbal treatments is independent of any age groups and the sexes.

The ancient scholars only believed that herbs are only solutions to cure a number of health related problems and diseases. They conducted thorough study about the same, experimented to arrive at accurate conclusions about the efficacy of different herbs that have medicinal value. Most of the drugs, thus formulated, are free of side effects or reactions. This is the reason why herbal treatment is growing in

popularity across the globe. These herbs that have medicinal quality provide rational means for the treatment of many internal diseases, which are otherwise considered difficult to cure.

Medicinal plants such as Aloe, Tulsi, Neem, Turmeric and Ginger cure several common ailments. These are considered as home remedies in many parts of the country. It is known fact that lots of consumers are using Basil (Tulsi) for making medicines, black tea, in pooja and other activities in their day to day life.

Apart from the medicinal uses, herbs are also used in natural dye, pest control, food, perfume, tea and so on. In many countries different kinds of medicinal plants/ herbs are used to keep ants, flies, mice and flee away from homes and offices. Now a days medicinal herbs are important sources for pharmaceutical manufacturing.

Recipes for the treatment of common ailments such as diarrhoea, constipation, hypertension, low sperm count, dysentery and weak penile erection, piles, coated tongue, menstrual

disorders, bronchial asthma, leucorrhoea and fevers are given by the traditional medicine practitioners very effectively.

Aim & Objectives :-






The study is carried out with an aim to importance of medicinal plants and their uses ayurvedic review, Literary review of ancient literature & according to modern science literature.








Material & Methods








This study is carried out by Searching various medicinal plants database like Pubmed, Google scholar, Dhara, Google Search, e- nighantu etc. and also various classic text like samhita, nighantu, dravyaguna text books etc related to medicinal plants.













LIST OF IMPORTANT MEDICINAL PLANTS AND THEIR USES



NB: (Fam - Family, T - Tree, H - Herb, C - Climber, S- shrub)

Plant	Common name / Maturity period	Botanical Name or Family	Parts Used	Average Price (Rs. / Kg)	Medicinal Use
	Amla (T)After 4th year	Embliaofficinalis Fam - euphorbiaceae	Fruit	Rs 15 - 45/kg	Vitamin - C, Cough , Diabetes, cold, Laxative, hyper acidity.
	Ashok (T)10 years onward	SaracaAsoca Fam : Caesalpinaceae	Bark Flower	Dry Bark Rs 125/kg	Menstrual Pain, uterine, disorder, Diabetes.
	Aswagandha (H), One year	WithaniaSomnifera Fam: Solanaceae	Root, Leafs	Rs 140/ Kg	Restorative Tonic, stress, nerves disorder, aphrodisiac.
	Bael / Bilva (T)After 4-5 year	Aeglemarmelous Fam: Rutaceae	Fruit, Bark	Fruit - Rs 125 / kg Pulp - Rs 60 / Kg	Diarrhoea, Dysentery, Constipation.
	BhumiAmla (H), with in one year	Phyllanthusamarus Fam : euphorbiaceae	Whole Plant	Rs 40 / Kg	Aenimic, jaundice, Dropsy.

	Brahmi (H) Indian penny worth/one year	Bacopa,Monnieri Fam: Scrophulariaceae	Whole plant	Rs 20 per kg	Nervous, Memory enhancer,mental disorder.
	Chiraita (high altituted) with in one year (H)	SwertiaChiraita Fam : Gentianaceae	Whole Plant	Rs 300-350 / per kg	Skin Disease, Burning, sensation, fever.
	Gudmar / madhunasini, after Four year (C)	GymnemaSylvestre Fam: Asclepiadaceae	Leaves	Rs 50 - 75 per kg	Diabetes, hydrocil, Asthama.
	Guggul (T)after 8 years	CommiphoraWightii Fam: burseraceae	Gum rasine	Rs 80 - 100 per kg	Rheumatoid, arthritis, paralysis, laxative.
	Guduchi / Giloe (C)With in one year	TinosporaCordifoliaFam:Menispermaceae	Stem	Rs 20 - 25 per kg	Gout, Pile, general debility, fever, Jaundice.
	Kalihari / panchanguliaGlori Lily Five years	Gloriosasuperba Fam: Liliaceae	Seed, tuber	Rs 60	Skin Disease, Labour pain, Abortion, General debility.
	Kalmegh/ Bhuineem (H) with in one year	AndrographisPaniculataFam : scanthaceae	Whole Plant	Rs 12 - 20	Fever, weekness, release of gas.
	Long peeper / Pippali (C) after two to three years	Peeperlongum Fam : Piperaceae	Fruit, Root	Rs 100 - 150 per kg Root - 150 per kg	Appetizer, enlarged spleen ,Bronchities, Cold, antidote.
	Makoi (H)Kakamachi/ With in one year	Solanumnigrum Fam: Solanaceae	Fruit/whole plant	Rs 40 per kg Seed - 200 per kg	Dropsy, General debility,Diuretic, anti dysenteric.
	PashanBheda / PatharChur (H)One year	Coleus barbatus Fam : Lamiaceae	Root	Rs 40-50 per kg	Kidny stone, Calculus.
	Sandal Wood (T)Thirty years onward	Santalum Album Fam: santalinaceae	Heart wood , oil	Rs 350 per kg	Skin disorder, Burning, sensation, Jaundice, Cough.
	SarpaGandha (H)After 2 year	RanwolfiaSerpentina Fam: Apocynaceae	Root	Root - Rs 60 per kg Seed - Rs 300 per kg	Hyper tension, insomnia.

	Shatavari (C)After 2-3 year	Asparagus Racemosus Family: liliaceae	Tuber, root	Rs 20 - 50 per kg	Enhance lactation, general weakness, fatigue, cough.
	Senna (S)With in 1 year	Casiaaagustifolia Fam: Liliaceae	Dry Tubers	Rs 500/kg seed Rs1200/ kg dry	Rheumatism, general debility tonic, aphrodisiac.
	Tulsi (perennial) Each 3 months	Ocimumsanclum Fam: Lamiaceae	Leaves/Seed	Leaves Rs 10/kg	Cough, Cold, bronchitis, expectorant.
	Vidang(C), 2nd year onward	EmbeliaRibes Fam: Myrsinaceae	Root, Fruit, Leaves	Rs 40-50 per kg	Skin disease, Snake Bite, Helminthiasis.
	Pippermint (h) Perennial	Menthapipertia Fam:Lamiaceae	Leaves, Flower, Oil	-	Digestive, Pain killer.
	Henna/Mehdi (S) 1/25 years	Lawsonniainermis Fam: Lytharaceae	Leaf, Flower, Seed	L - 50 /kg Powder-Rs75 perkg	Burning, Steam, Anti Inflammatory.
	Ghritkumari (H) 2nd-5th yr	Aloe Vera Fam: Liliaceae	Leaves	Fresh L-Rs 5 kg Juice 90 Per Kg	Laxative, Wound healing, Skin burns & care, Ulcer.
	SadaBahar (H) Periwinkle/Nyantara	Vincearosea/ catharanthusRoseus Fam :Apocyanaceae	Whole Plant	R-Rs50 per kg L-Rs 25S-Rs 10 kg	Leukemia, Hypotensiv, Antispasmodic, Atidot.
	Bhringraj (H)	Eclipta alba Fam: Compositae	Seed/whole	Powder-Rs 60/kg	Anti-inflammatory, Digestive, hair tonic.
	Swetchitrak Perennial (h)	PlumbagoZeylanica Fam: Plumbaginaceae	Root, Rootbark	-	Appetiser, Antibacterial, Aticacer.
	RaktaChitrak (H)	PlumbagoIndica Fam : plumbaginaceae	Root, Root bark	-	Indyspepsia, colic, inflammation, cough.
	Kuchala (T) 15 yrs	Strychinosnuxvomica Fam: loganiaceae	Seed	-	Nervous, Paralysis, healing wound.

	Haritaki (T)	TerminaliaChebula Fam: Combretaceae	Seed	Rs. 80 per K Powder	Trifala, wound ulcer, leprosy, inflammation, Cough.
	Behada (T)	TerminaliaBellerica Fam:combretaceae	Seed, Bark	Fruit - Rs 20/k Powder- Rs 100/k	Cough, Insomnia, Dropsy, Vomiting, Ulcer, Trifala.
	Gokshur (H) CrawlingPuncture Vine/1 yr	TribulusTerrestris Fam: zygophyllaceae	Whole Plant	Plant-Rs 10/K Fruit -Rs 15/k	Sweet cooling, Aphrodisiac, appetizer, Digestive, Urinary.
	Neem (T)	Azardirchata - indica Fam : Meliaceae	Rhizome	Rs 45/k	Sedative, analgesic, epilepsy, hypertensive.
	Anantamool/sariva (S) Indian Sarapsarilla	HemibismusIndicus Fam: Asclepiadaceae	Root/ Leaf	Rs 45/k root Rs 90/kPow der	Appetiser, Carminative, aphrodisiac, Astringent.
	Vacha (H) Sweet Flag/1 yr	AcorusCalamus Fam : Araceae	Rhizome	Rs 45/K	Sdedative, analgesic, Epilepsy, hypertensive.
	Vasa (S)	Adhatodavesica Fam : Acanthaceae	Whole Plant	Leaf - Rs 25/ k	Antispasmodic, respiratory, Stimulant.
	Nagkeshar (T) Nag Champa	MesuaFerrea Fam : Guttiferae	Bark, Leaf, Flower	Flower - Rs 120/k Powder Rs 175/k	Asthma, Skin, Burning, Vomiting, Dysentry, Piles.
	Ushir (S) Khus/khus	VetiveriaZiziinoides Fam : Toaceae / Graminae	Root	Flower - Rs 120/k Powder Rs 175/k	Hyperdisia, Burning, ulcer, Skin, Vomiting.
	Mandukparni (H) Indianpennywort	Centellaasiatica Fam : Umbelliferae	Whole plant	-	Antiinflammatory, Jundice, Diuretic, Diarrhoea.
	Kapikachhu/CreeperBa idanka	MucunaPruriens Fam : Fabaceae	Root, Hair, Seed, Leaf	-	Nervous, Disorder, Constipation, Nephroaphy, Strangury, Dropsy.
	Dalchini Perenial Shrub	CinnamomumZeylanicum Fam : Lauraceae	Bark, Oil	-	Bronchitis, Asthma, Cardiac, Disorder, Fever.

	Kutaj (S)	Holorrhina antidysenterica Fam: Apocynaceae	Bark, Seed	-	Scabies, Antipyretic, Amoebic dysentery.
	Kantakari / Akranti Perennial (H)	Solanum Xanthocarpum Fam : Solanaceae	Whole Plant, Fruit, Seed	-	Diuretic, Anti-inflammatory, Appetiser, Stomachic.

Conclusion

As our lifestyle is now getting techno-survey, we are moving away from nature. While we cannot escape from nature because we are part of nature. As herbs are natural products they are free from side effects, they are comparatively safe, eco-friendly and locally available. Traditionally there are lot of herbs used for the ailments related to different seasons. There is a need to promote them to save the human lives.

These herbal products are today are the symbol of safety in contrast to the synthetic drugs, that are regarded as unsafe to human being and environment. Although herbs had been priced for their medicinal, flavouring and aromatic qualities for centuries, the synthetic products of the modern age surpassed their importance, for a while. However, the blind dependence on synthetics is over and people are returning to the naturals with hope of safety and security. It's time to promote them globally.

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