



## Plants used in anti-hepatitis and anti-influenza ethno-medicinal drug and supplement forms in Assam, India

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### ABSTRACT

Few plants have significant therapeutic value used confidently in ethno-medicinal health care system in Assam. The present study highlights ethno-medicinal knowledge of certain plants of Sivasagar district in Assam, used by reputed practitioners and experienced users in raw therapeutic drugs and supplements forms for control and prevention of hepatitis and influenza. During 2008-2009, an ethno-medicinal survey cum investigation was conducted in 27 sample community villages of the district for exploration of hepato-protective plants used knowledge and recorded 94 plants. Out of the total recorded plants, 26 are commonly used in anti-hepatitis and anti-influenza therapeutic drugs and supplements, while 11 plants are used in raw therapeutic drugs and 16 are used in medicinal supplements. The recorded plants are threatening in the district for several anthropogenic factors. The plants have pharmaceutical prospect.

**Key words :** Hepatitis, Influenza, Ethno-medicine, Sivasagar

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### INTRODUCTION

Ethno-medicines are those alternative and complementary medicines, associated with biotic and a-biotic components of nature and closely linked with culture and traditions of ethnic communities and tribes in a particular geographical area or region of the world. The basic source of raw materials of ethno-medicines may be of flora, fauna, mineral or metal base origin of nature. Most of the ethno-medicinal drugs and supplements are formulated with the plant parts and products, which provide necessary vitamin, minerals and other active phytochemicals. Ethno-medicinal plants are those medicinal plants which are confidently used by ethnics for their primary health care and other purposes. Ethno-medicinal plants must be quality base, disease free and healthy, grown in toxic free sites and sunny places, effective for raw therapeutic drugs and medicinal supplements. Such medicinal plants are used by ethnics with their inherent knowledge base experiences for control and

prevention of various ailments of human, pet animals, cultured crops and other purposes. A vast ethno medicinal knowledge of rural communities and tribes in India has been silently losing its attention for several anthropogenic and ecological causes, having its significant therapeutic values.

Liver problems are going to be a most serious problem in the world. Hepatitis is an inflammatory liver disease, caused mainly by viral infections A, B and C, auto-immune hepatitis, hepatitis secondary to fatty liver, alcoholic hepatitis and toxin induced hepatitis and several other unknown factors. In spite of the availability of more than 300 preparations for the treatment of jaundice and chronic liver diseases in Indian Systems of Medicine (using more than 87 Indian medicinal plants), only four terrestrial plants have been scientifically elucidated while adhering to the internationally acceptable scientific protocols (Mohamed Saleem *et.al.*, 2010). It is commonly known as jaundice. As per WHO report-2011, hepatitis kills more than one million people every year, one in twelve persons are estimated to be living with viral hepatitis. Hepatitis B is 100 times more infectious than HIV. Around 40million people in India are infected with hepatitis B (The Hindu, Kolkata, and 26th July, 2011). As per Indian Council for Medical

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