



A REVIEW

Importance of endangered / rare, Astavarga medicinal plants in traditional system of medicine in Ayurveda

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Abstract : Astavarga means group of eight rare and threatened species of medicinal value plants in traditional system of Ayurvedic medicine. The important members of Astavarga group are Kakoli, Kshirkakoli, Jeevak, Meda, Mahameda, Rishbhak, Ridhhi and Vridhii which commonly occur in Himalayan region. But most of the Astavarga plant members have been included among 560 plants appearing in the red list of threatened and endangered species. Plants of Astavarga group make important ingredient of various classical Ayurvedic formulations like Chyavanprasha and many herbal drugs. According to ancient Materia Medica dealing with Ayurveda, Astavarga has been assigned various medicinal properties such as Jeevaniya (drugs strengthening vitality, immunity system etc.), Brhnaiya (increase flesh in the body by activating cell regeneration even in old age) and Vayasthapan (metabolic processes especially anabolism become active and leads to youthful body complexion). Taking in to consideration of their medicinal properties, there is an urgent need to protect, cultivate and popularize the demand of these medicinal value plants among common people. This review article discuss with the properties and medicinal importance of these rare and endangered Astavarga plant species in Ayurveda, traditional system of medicine as well as about their suitable alternative substitute.

Key Words : Astavarga, Ayurveda, Endangered, Medicinal plants

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