



RESEARCH ARTICLE

Uses of medicinal plants in various diseases by the rural area of Uttaranchal region

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ABSTRACT

The present survey focuses on the uses of medicinal plants in various diseases by the rurals of Uttaranchal region is selected as study area because it has rich heritage of medicinal plants. It contains so many rural areas. They cure various human diseases by medicinal plants.

Key words : Medicinal plants, Rurals, Uttaranchal region

How to cite this paper : Kishore, G.R. (2016). Uses of medicinal plants in various diseases by the rural area of Uttaranchal region. *Ann. Pharm. & Pharm. Sci.*, 7 (1) : 25-28.

Article chronicle : Received : 27.11.2015; Revised : 13.03.2016; Accepted : 24.03.2016

INTRODUCTION

The hill region of Uttaranchal is biggest store house of medicinal plants. It is situated in the north of India. The dense forest of this region have rich heritage of herbal medicinal plants especially in rural area.

Ethnobotany deals with the direct relationship of plants with human. Our past literature shows that man used plants as a medicine for treatment of various diseases like fever, asthma, skin disease, snake bite, swallow etc. The medicinal plants are commonly known as a herbal drug. The herbal drug or medicine are more cheaper and effective as compared to the allopathic medicines. It has no side effect on the other hard allopathic medicines are harmful and have many side effects. Therefore, rural people mostly use herbal medicines.

Rural people have more knowledge and experienced. They use all parts plants of like root, stem, leaves, flower, fruit, bark, gum, resin, honey and latex etc. to make medicine. The most common human diseases, like skin, digestive, disorder, dental problems, fever, jaundice and lungs disease medicines are made from found in medicinal plants Uttaranchal region. Jain (1981 and 1991); Oommen and Masih (1991); Tiwari *et al.* (1996); Khan and Khan (1997 and 2004) Khan *et al.* (2003, 2004 and 2005) and Singh *et al.* (2005).

MATERIAL AND METHODS

The survey were conducted in different parts of Uttaranchal region. The medicinal plants were collected during 2009-2010 in the following period. The plants were identified by standard flora Duthie (1973). The medicinal plants were applied on patients for curing of different types of diseases.

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Table 1 : During the survey plants species are enumerated with their botanical name family, useable part of the plants and mode of treatment are given in below

Sr.No.	Name of plants	Botanical name	Family	Part used	Diseases	Mode of treatment
1.	Tulsi	<i>Ocimum tenuiflorum</i>	Lamiaceae	Leaves	Cure a fever protect heart contro. cholesterol	Leaves of tulsi in empty stomach every day (5-6) chewing.
2.	Arjun	<i>Terminalia arjuna</i>	Combretaceae	Bark	Heart	Treatment of cardiac, bark ark with water. Control and blocage
3.	Mahua	<i>Machuca longifolia</i>	Sapotaceae	flower	T. B., Asthama Blood disease	Extract of fower is used and distilled juice of flower also control internal worms.
4.	Amaltas	<i>Cassia fistula</i>	Caesalpinioideae	Roots barks	eczema	Decoction of root bark taken twice daily paste of leaves is applied on tuskin in case of ezema
5.	Neem	<i>Azadirachta indica</i>	Meliaceae	Dried stem bark leaves seed bark of roots	Ulcer and Leprosy	Paste of leaves is applied to the ulcer and leprosy decoction of leaf is prepared cured mixed with water to take bath. Equal quantity of all the five part in powder for is mixed with cream.
6.	Babool	<i>Acacia nilotica</i>	Mimosaceae	Leaves	Dysentry	The leaves of neem and seed are crushed and mix with curd to make relief in achne and dysentry.
7.	Bael	<i>Aegle marmelos</i>	Rutaceae	Fruit leaves and juice	Diarrhoea	Bael ripened fruit is used in stomach diaerea. Juice and leaves control the diabetes taken empty stomach control colostr blood urea.
8.	Bahera	<i>Terminalia bellirica</i>	Combretaceae	Fruits	Stomach disease	powder of dry fruit with salt is used for constipation.
9.	Giloy	<i>Tinospora cordifolia</i>	Menispermaceae	Stem and roots	platelets and blood percentage in body	controlling fever swine flew stem is used in urinary infection remedy for daibetes and metabolic disorder.
10.	Harra	<i>Terminalia chebula</i>	Fabaceae	Fruit	Cold and cough	Fruit black pepper and dried ginger are taken in equal quantities prepare power and given with honey in caught and asthma.
11.	Jamun	<i>Syzygium cumini</i>	Myraceae	Seed fruit leaves	Diabetes	Leaves are used to control blood pressure seed are used in dibetic as well as blood pressure.
12.	Amla	<i>Emblica officinalis</i>	Euphorbiaceae	Amla powder	Cholesterol B.P.	powder: is used with half spoon tumeric powder one cup boiled water empty stomach every day control colostr and B.P.
13.	Munga	<i>Moringa oriefera.</i>	Moringaceae	Leaf	Haemoglobin bronchitis	Leaf extract: increase the level of haemoglobin control fever brancinitites.
14.	Pomegranate	<i>Punica granatum</i>	Punicaceae	Seed fruites stem	heart tonic	Killing specially tare warm in childrens the stem bark containing anin and many employed fruit are used in diarrhoea and controlling piles bleedig gums
15.	Baer	<i>Ziziphus mauritiana.</i>	Rhamnaceae	Fruits	controlling the calcium deficiency	increase the level of calcium.
16.	Palash	<i>Butea monosperma</i>	Fabaceae	Flower	Fever and low temperature	Flower juice mix with sugar give to below the temp of the body.
17.	Datura	<i>Datura stramonium</i>	Solanaceae	Leaves rhizome	Fever	Leaves and rhizome of Achak are taken in equal quantities made into pase are applied on whole body for two or three days in fever.

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18.	Ratti	<i>Abrus precatorius</i>	Fabaceae	Roots	Whooping cough	Root powder too teaspoon full a day is given for about a week in whooping cough.
19.	Gular, umar	<i>Ficus racemosa</i>	Moraceae	Roots	Diarrhoea	Sap of root and latex is used for diarrhoea
20.	Fenugreek (Methi)	<i>Trigonella foenum-graecum</i> L.	Fabaceae	Seed leaves	Diabetes	Seed used for diabetes. Leaves used in stomach pain juice with lemon given laxiatue
21.	Apple	<i>Malus pumila</i>	Rosaceae	Delicious and crunchy pulp	Cancer	Immunity Develop in the body reduce the cancer risk
22.	Lemon	<i>Citrus limon</i>	Rutaceae	Fruit	Scurvey disease	Juice of the lemon control the scurvey disease.
23.	Guava	<i>Psidium guajava</i>	Myrtaceae	Leaves	Dental care	Leaves decoction is used to rinse oral cavity for the treatment of dental caries.
24.	Onion	<i>Allium cepa</i> L.	Liliaceae	Bulb	Jaundice fever	Onion boiled or cooked with vinegar given once a day for 3 days.
25.	Kali musli	<i>Curculigo orchioides</i>	Hypoxidaceae	Whole plant parts	Jaundice Headachae	Powder of plant is made and taken with boiled water and curd for twice a day for 2 weeks.
26.	Satavar	<i>Asparagus racemosus</i>	Asparagaceae	Tuber	Fever	Juice of the tuber is given twice or thrice a day in fever with water.
27.	Ginger	<i>Zingiber officinale</i>	Zingiberaceae	Ginger powder	Motion sickness	Motion sickness relief one gram ginger powder daily minimize joint pain from artheritic and cholestrol lowing property.
28.	Turmeric	<i>Curcuma longa</i>	Zingiberaceae	Rhizome	Several disease	Rhizome used as spice and highly used in fever and cold and cough.
29.	Mango	<i>Mangifera indica</i> L.	Anacardiaceae	Fruit	Cholestrol manage memory control	Mango juice maintain proper cholestrol in blood manage blood estriane and improve concentration and memory. Inflorescence of mango purify the blood.
30.	Barlaria	<i>Barleria prionitis</i> L.	Acanthaceae	Leaves	Toothache	Two to three leaves if bite and cut and crushed by teeth relief in toothache.
31.	Garlic	<i>Allium sativum</i>	Alliaceae	Clove	Heart disease cholestrol	Reduce heart disease lower cholestrol level and mildly lower blood pressure 2 clove per day morning with water in empty stomach.
32.	Asiwagandha	<i>Withania somnifera</i>	Solanaceae	Leaves	Immunity system	Boos the immunity system and help to reduce the weight.
33.	Sarpagandha	<i>Rauwolfia serpentina</i>	Apocynaceae	Dark green leaves	I High BP	Most effective in high blood pressure castilia, insonia
34.	Aloevera	<i>Aloe vera</i>	Liliaceae	Succulent leaves	Wound healing	Gel is applied on the sun burn it has, an indent anti fungal and bound healing properties.
35.	Lemon grass	<i>Cymbopogon citratus</i>	Poaceae	Leaves	Digestion and high BP	Extrace used in digestion or help high blood pressure.
36.	Babool	<i>Acacia nilotica</i>	Mimosaceae	Bark	Mouth disease and toothache	Extract of leaves used in mouth wash at the time toothache. It coal is also useful as good teeth cleaner.
37.	Chirchira	<i>Achyranthes aspera</i> Linn	Amaranthaceae	Root	Skin disease	Thick film of root paste is applied thrice daily on the effected area in leprosy and dermatitis.
38.	Harsingar	<i>Nyctanthes arborescens</i> L.	Oleaceae	Inflorescence and flower	Lungs disease	Inflorescence and flower extract half a glass twice a day is given seven days to cure cough and bronchitis.
39.	Anantmul	<i>Hemidesmus indicus</i> L.	Asclepiadaceae	Leaves	Fever disease	Juice of the leaves mixed in some water is given in fever.

RESULTS AND DISCUSSION

On the basis of this survey we get the result the rural area of Uttaranchal region have much knowledge about medicinal plants. They are totally depends on plants and plant parts especially for treatment of various diseases. They use of different plants as a medicinal uses plants.

Uttaranchal region is one of the most important part of India have a large number of dense forest. Dense forest where rural area people are alive. Certain area of study site are out of doctor approach. So these people use plant for medicine. Alternative of alopathetic medicine for treatment for various disease like skin disease, fever, jaundice, stomach problem, blood pressure, lungs disease and dental problem also. Therefore, this paper presents the extensive knowledge of valuable medicinal plant of Uttaranchal in hilly region, which are more meaningful in treatment of various disease in the rural areas.

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