



ETHNOMEDICINAL PLANTS USED IN TRADITIONAL THERAPY

Gopal K.R.

Department of Botany, Institute of Science, Nagpur

drkgnk@gmail.com

ABSTRACT:

Traditional system of medicine continues to be widely practiced on many accounts. According to (WHO) World Health Organization, 80% of the World's population depends on traditional medicine. Traditional system Nepali System, Lepcha System and Tibetan System of traditional Medicare are very common. Plants plays very important role in traditional therapy.

Keywords: Traditional System, Ethnomedicinal plants.

INTRODUCTION

During the last few decades there has been an increasing interest in the study of medicinal plants and their traditional use in different parts of the world. The traditional healers like Baidya, Dhama, Jhankri in the Nepali, Amji and pow in Blutie, Bongthing in the Lepcha community. With the advent of modern system of medicine and creation of hospitals and improvement in the literacy rate, allopathic medicine has been accepted by the villages.

Nepali System of has a wider base is fast eroding and is critical need of being revived by the practitioners, and linked with reputed medicinal institutes. However, there is a Pakhrin Herbal Hospital at Alagarh, Kalimpong, Darjeeling district of West Bengal, which specializes in bone setting.

Lepcha System they were the world famous in vast knowledge of ethno-botany; But this herbal system has almost disappeared. Lepcha culture is found in North Sikkim.

The Tibetan System of Medicine and practitioner is called as Amji. Amji's are posted on regular basis at Government hospital Gangtok. According to State Biodiversity Strategy and Action plan (2003) in the temperate ecoregion, the awareness regarding loss of traditional health systems has been felt acutely by Amji, Bonthing, p.w. etc.

The plant based, medicines continues to play an important role in health care, with about worlds inhabitants relying mainly on traditional medicines.

Ayurveda and Unani survived through more than 30,000 years by using plant based drugs.



The ancient texts like Rig Veda (4500-1600 BC) and Atharvaveda mention ClarakaSamhita and SurutaSamhita refer to the use of more than 700 herbs (Jain 1968).

According to the WHO (1977) “A medicinal plant” is the one in which every organ contains substances that can be used for the synthesis of useful drugs.

The term “Herbal drug” determines the parts of a plant used for preparing medicines. WHO (2001) defines herbal preparations produced by extraction, fractionation, purification, concentration or biological process.

The developing countries used to the traditional medicines to maintain the good health was observed by (UNESCO, 1996), According to Chwman (1999), Adesokan et al., (2008) recognition of medicinal plants based on antioxidant, antimicrobial and antipyretic effect of the phytochemical in them.

Bioactive Compounds are produced by medicinal plants which are used for medicinal purpose. They are isolated, purified and characterization of active ingredients in Crude extract by various analytical methods is important.

India is rich in medicinal plant diversity and associated with tribal and folk knowledge system. The tribes depend on forests for their livelihood (Gupta et al, 2010)

In present study traditional system focuses on the Indigenous people. The date was collected by field visits and by interaction with local people practitioners, healers and Vaidyas. Information of plants collected from folklore origin which is obtained during ethno botanical survey. From survey came to know all plants are important. But very important 36 plants species belonging to 26 families were documented.



List of Ethnomedicinal Plants

Sr. No.	Botanical names	Common names	Family	Plant part used
	<i>Asparagus racemosa</i>	Shatavari	Liliaceae	Root
	<i>Phyllanthus emblica</i>	Amla	Euphorbiaceae	Fruit
	<i>Tinospora cordifolia</i>	Gulvel	Menispermaceae	Leaves
	<i>Piper nigrum</i>	pimpari	Piperaceae	Root and Fruit
	<i>Justicia adathoda</i>	Adulsa	Acanthaceae	Root
	<i>Brassic nigra</i>	Mohari	Brassicaceae	Seed
	<i>Raphanus sativus</i>	Mula	Brassicaceae	Root
	<i>Saccharum officinarum</i>	Uas	Poaceae	Stem
	<i>Luffa acutangula</i>	Dudhi	Meliceae	Fruit
	<i>Achyranthes aspera</i>	Aaghada	Amaranthaceae	Root
	<i>Tamirindus indica</i>	Chinch	Caesalpiniceac	Roots and Fruit
	<i>Aloe vera</i>	Korphad	Liliceae	Leaves
	<i>Andrographis paniculata</i>	Kalmegh	Acanthaceae.	Leaves
	<i>Centella asiatica</i>	Brahmi	Apiaceae	Leaves
	<i>Mentha spicata</i>	Mint	Lamicaceae	Leaves
	<i>Ricinus communis</i>	Erandi	Euphorbiaceae	Leaves
	<i>Carica papaya</i>	Papai	Caricaceae	Leaves
	<i>Ocimum sanctum</i>	Tulsi	Lamiaceae	Whole plant
	<i>Momordica chatrantia</i>	Karla	Cucurbitaceae	Fruit and Leaves
	<i>Moringa olifera</i>	Munga	Moringaceae	Leaves



	Dalbergia sissoo	Shisham	Papilionaceae	Leaves and Bark
	Boerhavia diffusa	Punarnava	Nyctaginaceae	Whole plant
	Agele marmelos	Bel	Rutaceae	Leaves
	Hemidesmus indicus	Anantmul	Apocynaceae	Roots
	Oxalis corinulata	Changeri	Oxidaceae	Leaves
	Cyanadon dactylon	Harari	Poaceae	Roots
	Cinnamomum verum	Dalchini	Lauraceae	Bark
	Morus alba	Saytur	Moraceae	Fruit
	Sesbania graniflora	Heti	Fabaceae	Flower
	Gardenia gummifera	Dekemali	Rubiaceae	Leaves
	Hydrophila auriculata	Talimkhana	Acanthaceae	Leaves
	Abrus precatorius	Gunja	Fabaceae	Roots
	Phyllanthus niruri	Bhuiamla	Euphorbiaceae	Roots
	Tephrosia purpurea	Sharpunkha	Fabaceae	Root
	Sphacranthus indicus	Gorakhmundi	Asteraceae	Leaves
	Elipta alba	Bhrungraj	Asteraceae.	Whole plant

REFERENCES:

1. Jain (1968) Medicinal Plant India, Land and Land People, National Book Trust of India.
2. Gupta (2010) Ethno potential of medicinal herb in skin disease: An overview of pharmacy research.