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Traditional ayurvedic practices of some native species for the healing of human illness and dys function

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Abstract

India has always relied on medicinal plants as its primary source of healthcare. They've been popular for a long time, and they're growing in popularity again now. Several herbal remedies have been documented in various medical traditions, including Ayurveda. Due to the harsh and significant detrimental consequences of the rapidly expanding allopathic system of medical care in our nation during the previous century, the knowledge of traditional medicine emerged with ancient experiences. In this work, we highlight the indigenous ayurvedic understanding of 80 plants from diverse families that are utilized to treat a wide range of human diseases and ailments.

Introduction

Traditional knowledge of the therapeutic benefits of plants has been retained in great part by the indigenous people of India. This information is passed down orally from one generation to the next and is widely used in the treatment of everyday ailments. The medicinal potential of herbs is vast. India has always relied on medicinal plants as its primary source of healthcare. They've been popular for a long time, and they're growing in popularity again now. The allopathic medical treatment system has rapidly expanded in the United States during the last century. People are turning back to nature in search of safety and security, however these substances have negative side effects. On the

other hand, there is no risk of adverse effects while using herbs and they are inexpensive and readily accessible. Knowing that a certain plant was utilized by ancient folk healers to cure some kind of condition is indicative of the plant's potential as a good herbal medication. In addition, the abundance of medicinal plants is a part of our national history and is often the first line of defense in treating many ailments, especially in rural and indigenous areas. The primary goal of this study is to identify the plants used in Ayurvedic medicine and compile the relevant data that has been distributed over the Internet.

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Methodology

The plants used in the treatment of various human disease and disorders were collected by the investigator from past Ayurvedic knowledge revealed by the local vaidhays and Ayurvedic personnel. The plants were identified by Prof. Dr. S. N. Dwivedi, Head, Department Of Botany, Janata PG College, A.P.S. University, Rewa, M.P. and are deposited in Pharmacognosy Laboratory, Modern Institute of Pharmaceutical Sciences Indore, M.P.³

Conclusion

There is a culturally patterned traditional health care system in every ethnic group. Health care seems to be the first and primary line of defense in rural areas. Traditional health care in indigenous cultures has been acknowledged by the World Health Organization. Seventy-six plant species are included here. These organisms have medicinal properties and may be used to treat a wide range of human conditions. (Table - 1). In addition, comprehensive phytochemical analyses of therapeutic plants are necessary. Proper recording of medicinal plants and knowledge of their potential to promote health and hygiene via an environmentally friendly approach is crucial. Ethno medicinal research have great promise, since they may be a highly valuable technique for finding new medicinally active identities. Promoting traditional knowledge of herbal medicinal plants may be possible via a thorough and systematic study of plant identification, cataloging, and recording.

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Table 1 List of medicinal plant species used in various human ailments

S/N.	Botanical Names	Local Name	Family	Parts Used	Uses
1.	<i>Abrus precatorius</i> L.	Ghughuchi	Fabaceae	Root, Seed, Leaves	Contraceptives, purgative, emetic
2.	<i>Achyranthes aspera</i> L.	Chirchiri	Amaranthaceae	Root, Seed, Leaves	Diuretic, time of bleeding in delivery
3.	<i>Acorus calamus</i> L.	Bach	Araceae	Rhizomes	Stimulant, stomachache, emetic
4.	<i>Adhatoda vasica</i> Nees.	Adusa	Acanthaceae	Leaf, root, bark, flower	Expectorant
5.	<i>Aegle marmelos</i> L.	Bel	Rutaceae	Fruits	Diuretic, laxative, antipyretic
6.	<i>Aloe vera</i> L.	Gheekumar	Liliaceae	Leaf pulp, dried juice of leaves	Enhancement of sexual vitality, stomachic- tonic
7.	<i>Andrographis paniculata</i> L.	Kalmegh	Acanthaceae	Whole herb	Antipyretic, anthelmintic.
8.	<i>Asparagus racemosus</i> Willd.	Satavar	Liliaceae	Roots, leaves	Galactagogue, aphrodisiac.
9.	<i>Azadirachta indica</i> Juss.	Neem	Meliaceae	Whole plant	Vermifuge, antiseptic
10.	<i>Bauhinia variegata</i> L.	Kachnar	Caesalpiniaceae	Roots, leaves, bark, seeds	Astringent, carminative, oral boils.
11.	<i>Boerhaavia diffusa</i> L.	Punarnava	Nyctaginaceae	Herb, roots	Diaphoretic, diuretic, jaundice
12.	<i>Bacopa monnieri</i>	Brahmi	Scrophulariaceae	Whole plant	Nervine tonic
13.	<i>Butea monosperma</i> Kuntze.	Palash	Falaceae	Seeds	Oral contraceptive
14.	<i>Calotropis procera</i> L.	Safed madar	Asclepiadaceae	Roots, leaves,	Detergent, snake bites
15.	<i>Cassia fistula</i> L.	Amaltas	Caesalpiniaceae	Pulp, root, bark, flowers	Purgative, febrifuge
16.	<i>Centella asiatica</i> L.	Jal brahmi	Apiaceae	Whole plant	Brain tonic



18.	<i>Curcuma longa</i> L.	Haldi	Zingiberaceae	Rhizomes	Anthelmintic, carminative
19.	<i>Calonyction muricatum</i> G.Don	Kotlaiya	Convolvulaceae	Pedicel	Appetizer
20.	<i>Corisea spinarum</i> L.	Karonda	Apocynaceae	Fruits	scurvy
21.	<i>Caeselpinia crista</i> L.	Gatayar	Caeselpiniaceae	Roots	Fever
21.	<i>Convolvulus pleuricaulis</i> L.	Shankhpushpi	Convolvulaceae	Flowers	Brain tonic
23.	<i>Datura stramonium</i> L.	Dhatura	Solanaceae	Leaf or whole plant	Anti inflammatory, antispasmodic
24.	<i>Dioscorea bulbifera</i> L.	Ratalu	Dioscoriaceae	Tubers	Antidysentery, antisyphilis.
25.	<i>Dendrocalamus strictus</i> Nees.	Bans	Poaceae	Leaves	Astringent tonic
26.	<i>Eclipta alba</i> Hassk.	Ghamira	Asteraceae	Whole plant	Liver tonic, antiseptic
27.	<i>Emblica officinalis</i> Gaert	Amla	Euphorbiaceae	Fruits	Stomach disorders
28.	<i>Euphorbia hirta</i> L.	Dhudhi	Euphorbiaceae	Plant juice	Infantyl diarrhoea
29.	<i>Euphorbia nivulea</i> Buch.Ham.	Sehuda	Euphorbiaceae	Leaf juice	Ear ache
30.	<i>Ficus bengalensis</i> L.	Bargad	Moraceae	Prop roots	Abortion
31.	<i>Ficus glomerata</i> Roxb	Umer	Moraceae	Bark decoction	Male contraceptive
32.	<i>Ficus religiosa</i> L.	Peepal	Moraceae	Bark decoction	Leucorrhoea
33.	<i>Gloriosa superba</i> L.	Kalichari	Liliaceae	Root stalk paste	Mumps, diphtheria.
34.	<i>Helicteres isora</i> L.	Marosfali	Sterculiaceae	Fruits	Colic, flatulence
35.	<i>Ipomoea fistulosa</i> Mart	Beshram	Convolvulaceae	Leaf paste	Sprains
36.	<i>Jatropha curcas</i> L.	Ban rendi	Euphorbiaceae	Seed oil	Purgative
37.	<i>Jasminum auriculatum</i> L.	Chameli	Oleaceae	Leaves	Oral ulcers



38.	<i>Lantana camara</i> L.	Aripple	Verbenaceae	Leaf juice	Ring worm infections
39.	<i>Lawsonia inermis</i> L.	Mehndi	Lythraceae	Leaves	Boils, burns
40.	<i>Leucas cephalotes</i> Roxb.	Gumma	Lamiaceae	Leaves	Cough
41.	<i>Madhuca indica</i> GmeL.	Mahua	Sapotaceae	Fruit pulp	Snake bite
42.	<i>Mentha longifolia</i> L.	Pudina	Lamiaceae	Leaves	Abdominal disorders
43.	<i>Momordica dioica</i> L.	Parora	Cucurbitaceae	Unripe fruits	Nutritive supplement
44.	<i>Mucuna puriens</i> L.	Kemanch	Fabaceae	Seeds	Oral contraceptives
45.	<i>Morus alba</i> L.	Shehtut	Moraceae	Bark	Purgative
46.	<i>Mimosa pudica</i> L.	Lajwanti	Mimosaceae	Roots, leaves	Carminative, aphrodisiac
47.	<i>Martynia annua</i> L.	Bichhu	Martyniaceae	Plant paste	Local sedative
48.	<i>Ocimum sanctum</i>	Tulsi	Lamiaceae	Leaves	Cough, fever
49.	<i>Parthenium hysterophorus</i> L.	Gajarghas	Asteraceae	Whole plant	Allergies
50.	<i>Peristrophe bicalyculata</i>	Chotiharjori	Acanthaceae	Whole plant	Snake bite
51.	<i>Phyllanthus fraternus</i> Webster.	Bhuamla	Euphorbiaceae	Roots	Jaundice
52.	<i>Portulaca oleracea</i> L.	Kulta	Portulacaceae	Seeds	Diuretic
53.	<i>Pongamia pinnata</i> Pierre.	Karanj	Fabaceae	Seeds	Skin eruptions
54.	<i>Piper longum</i> Linn	Pepper	Piperaceae	Fruits	Stomachic
55.	<i>Rauwolfia serpentina</i> .	Sarpagandha	Apocynaceae	Roots, tubers	Antihypertensive
56.	<i>Ricinus communis</i> L.	Castor	Euphorbiaceae	Seeds	Oral contraceptive
57.	<i>Sida acuta</i> Burm F.	Kamraj	Malvaceae	Seeds	Sexual vitality
58.	<i>Solanum surattense</i> Burm F.	Kateli	Solanaceae	Anthems	Upper respiratory tract infections
59.	<i>Solanum nigrum</i> L.	Makoya	Solanaceae	Leaf	Poultice used in Scrotumswelling
60.	<i>Strychnus nuxvomica</i> L.	Kuchila	Loganiaceae	Seeds	Sedative