



## Indigenous ayurvedic knowledge of some species in the treatment of human disease and disorders

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### Abstract

Medicinal plants have always been the principle sources of medicine in India. Since ancient past and presently they are becoming popular. Various system of medicine including Ayurveda reveals the uses of several herbs in the treatment of human ailments. There has been a rapid extension of allopathic system of medical treatment in our country during the past century and due to severe and high adverse effects the knowledge of traditional medicine came into light with ancient experiences. The present paper emphasis the indigenous ayurvedic knowledge of 80 species belonging to different families used in the treatment of various human disease and disorders.

### Introduction

The ethnic people of India have preserved a large bulk of traditional knowledge of medicinal uses of plants growing around them. This knowledge is handed down to generations through word of mouth and is extensively used for the treatment of common diseases and conditions. Herbs are mines of useful drugs. Medicinal plants have always been the principle sources of medicine in India. Since ancient past and presently they are becoming popular. There has been a rapid extension of allopathic system of medical treatment in our country during the past century. However, these drugs have adverse effect and people are going back to nature with hope of safety ad security. On the other hand, herbs are safe, cheaper, easily available and with no fear of any side effects. It is evident that many valuable herbal drugs have been discovered by knowing that particular plant was used by the ancient folk healers for the treatment of some kind of ailment. Moreover, the medicinal plant wealth is our national heritage and it seems to be the first and foremost line of defense for the treatment of various diseases mostly in tribal and rural communities. The main objective of the present investigation is to collect scattered Ayurvedic information and identify the herbs used in the treatment of human ailments.<sup>1-2</sup>

### 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.<sup>3</sup>

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## Conclusion

In every ethnic group there exists a traditional health care system, which is culturally patterned. In rural communities health care seems to be the first and foremost line of defense. The WHO has already recognized the contribution of traditional health care in tribal communities. In the present work authors have collected 76 plant species. These species contain valuable chemical substances and are useful to cure various human ailments. (Table-1). Moreover, the detailed phytochemical screenings of medicinal herbs are required. It is very essential to have a proper documentation of medicinal plants and to know their potential for the improvement of health and hygiene through an eco friendly system. Thus importance should be given to the potentiality of ethno medicinal studies as these can provide a very effective strategy for the discovery of useful medicinally active identity. A detailed and systematic study is required for identification, cataloguing and documentation of plants, which may provide a meaningful way for the promotion of the traditional knowledge of the herbal medicinal plants.

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**Table 1 List of medicinal plant species used in various human ailments<sup>3-14</sup>**

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
17.	<i>Cissus quadrangularis</i> L.	Harjor	Vitaceae	Rhizomes, leaves, roots	Antiosteoporotic, antiasthmatic.

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	Anthers	Upper respiratory tract infections
59.	<i>Solanum nigrum</i> L.	Makoya	Solanaceae	Leaf	Poultice used in Scrotum swelling
60.	<i>Strychnus nuxvomica</i> L.	Kuchila	Loganiaceae	Seeds	Sedative

61.	<i>Saraca indica</i> L.	Ashoka	Caesalpiniaceae	Bark	Brain tonic
62.	<i>Syzygium cumini</i> L.	Jamun	Myrtaceae	Seed powder	Diabetes
63.	<i>Tamarindus indica</i> L.	Imali	Caesalpiniaceae	Ripe fruit pulp	Laxative
64.	<i>Terminalia arjuna</i> W. & A	Kahara	Combretaceae	Bark	Cardiac problems
65.	<i>Terminalia belerica</i> Roxb.	Bahera	Combretaceae	Fruits	Gastric problems
66.	<i>Terminalia chebula</i> Retz.	Harra	Combretaceae	Fruits	Gastric problems
67.	<i>Tinospora cordifolia</i> Willd.	Giloya	Menispermaceae	Stem	Sexual impotency
68.	<i>Thevetia peruviana</i> Mier.	Kaner	Apocynaceae	Seeds	Abortifacient
69.	<i>Tephrosia purpurea</i> L.	Silpoka	Fabaceae	Roots, leaves	Cough, asthma
70.	<i>Tridax procumbens</i> L.	Ghawa patti	Asteraceae	Leaf	Bleeding piles
71.	<i>Vanda roxburghii</i> R.Br.	Jaraku	Orchidaceae	Leaf juice	Earache
72.	<i>Vetiveria zizanioides</i> Nash.	Khasghars	Poaceae	Root	Head ache
73.	<i>Vicia sativa</i> L.	Akari	Fabaceae	Seeds	Antiseptic
74.	<i>Vitex negundo</i> L.	Nirgundi	Verbenaceae	Leaf	Rheumatism
75.	<i>Vicoa indica</i> Cass.	Banjhour	Asteraceae	Plant decoction	Sterilization in women
76.	<i>Vanda tessellata</i> L.	Hajodi	Orchidaceae	Rhizomes	Bone fractures
77.	<i>Withania somnifera</i> (L.) Dunal	Aswagandha	Solanaceae	Roots	Sexual impotency
78.	<i>Woodfordia fruticosa</i> Vur.	Dhawal	Lythraceae	Flowers	Stimulant carminative
79.	<i>Xanthium strumarium</i> L.	Chota gokhru	Asteraceae	Leaves	Diuretic, diaphoretic
80.	<i>Ziziphus mauritiana</i> Lamk.	Bel	Rhamnaceae	Fruits	Laxative