



e-ISSN: 2319-8753 | p-ISSN: 2347-6710

IJRSET

International Journal of Innovative Research in
SCIENCE | ENGINEERING | TECHNOLOGY

INTERNATIONAL JOURNAL OF INNOVATIVE RESEARCH

IN SCIENCE | ENGINEERING | TECHNOLOGY

Volume 10, Issue 12, December 2021

ISSN INTERNATIONAL
STANDARD
SERIAL
NUMBER
INDIA

Impact Factor: 7.569

9940 572 462

6381 907 438

ijirset@gmail.com

www.ijirset.com



Herbal Drugs is a Need of Humanbeing

Dr.Pratap V. Deshmukh

Dept. of Botany, Nagnath Arts, Commerce and Science College, Aundha Nagnath, Dist.- Hingoli, India

ABSTRACT: This research paper is related with Maharashtra, Marathwada region, Some region and Balaghat range forests are fertile place for the growth of rare medicinal plants. Rainy season is the best season for growth of medicinal plants and the collection is made in spring. This is done mostly by the tribals particularly Gond, Andh, Banjara who sell to the local market and then to the big contractor. The herbal medicine men are very sensitive about the stage at which herbs are to be collected. They suggested that pre-flowering, flowering and post-flowering stages of plants bears great significance for their medicinal efficacy. Drug value changes with time of growth and maturity. They are also particular for the locality. Same medicinal plant growing in different climatic and soil conditions have different efficacy. Some have common and some have rare herbal drug and some possess specific which is costly. Each specimen is preserved in herbarium cabinet on Herbarium sheet. Interviews with few experts which have full of correct knowledge regarding herbal drugs. Visits should be 2-3 as per the need.

KEYWORDS: Fertile place, Medicinal plants, Tribals, Herbarium, Interviews

I. INTRODUCTION

Most of the medicine men (Hakim, Vaidya) are located in Maharashtra, Marathwada region. Some region and Balaghat range forests are fertile place for the growth of rare medicinal plants. Rainy season is the best season for growth of medicinal plants and the collection is made in spring. This is done mostly by the tribals particularly Gond, Andh, Banjara who sell to the local market and then to the big contractor. The herbal medicine men are very sensitive about the stage at which herbs are to be collected. They suggested that pre-flowering, flowering and post-flowering stages of plants bears great significance for their medicinal efficacy. Drug value changes with time of growth and maturity. They are also particular for the locality. Same medicinal plant growing in different climatic and soil conditions have different efficacy. Dry specimens of crude medicinal plant parts were collected from the different stalls of vaidu during course of study. Some have common and some have rare herbal drug and some possess specific which is costly. Each specimen is preserved in herbarium cabinet on Herbarium sheet. It is properly numbered.

II. MATERIAL AND METHOD

For this study I had made a schedule of visits to the field, market, Vaidu, Hakim for the collection of data of medicinal herbs. I had made interviews with few experts which have full of correct knowledge regarding herbal drugs. Visits should be 2-3 as per the need. I had visited to different libraries for references. Also visited to different herbarium centers for correct identification of herbal drugs. Chakrawarti (1961) Shah and Kapoor (1971) Nayar et al (1979) Katiyar et al (1981) Kirtikar and Basu (1984) reviewed these experts data of herbal drugs.

III. RESULT AND DISCUSSION

This paper deals with the herbal drugs utility.

Vernacular Name : Asvagandh.

Botanical name : *Withania somnifera* Dunal.

Family : Solanaceae.

Parts used : Dried roots.

It contains straight, unbranched, conical roots. Grey yellow with wrinkles. It is thick and has strong odour. It contains alkaloids as Withasome a new alkaloid as Visamine reported from USSR. Glycosides as Withanin. J.R. Chowdhary (1988) reported about Withanolide D a steroidal lactone and Withaferin A from leaves. They have anti-tumour effects. This is very common and well-known herbal drug calling as a divine gift. It is used in several combinations for the treatment of diseases such as sexual impotency, male sterility, respiratory and urogenital disorders, leucoderma, blood purification. Asvagandh root powder is taken with milk which promotes growth in children and retards aging processes in older people.

Vernacular Name : Shayam Musli.



Botanical name : *Curculigo orchioides* Gaertn.

Family : Amaryllidaceae.

Parts used : Dried tuberous roots.

It contain black red swollen roots with transverse and longitudinal wrinkles. Biologically active principles are Alkaloids- Lycorine, Glycoside – Curculigoside, Steroide – B Sitosterol beside this it also contain tannin, resin, mucilage, sugar, calcium oxalate, fats etc. It is used in combination for the treatment of sexual impotency, urinary diseases, and as a general health tonic. It also play role in the treatment of Asthma and jaundice.

Vernacular Name : Satavari.

Botanical name : *Asparagus racemosus* Willd.

Family : Liliaceae.

Parts used : Dried fleshy roots.

It contain spindle shaped cream yellow coloured roots with longitudinal wrinkles without smell. Biologically active principles are Saponin – Shatavarin, Steroide and Sitosterol beside this it also contain rich amount of enzymes amylase and lipase. It is nutritive and good health tonic. It is used in combination for the treatment of sexual impotency.

Vernacular Name : Giloy.

Botanical name : *Tinospora cordifolia* Willd.

Family : Menispermaceae.

Parts used : Dried stem with bark.

It contain round, greenish, brown stem with swollen rings. Biologically active principles are Alkaloids- Berberin, Glycoside – Giloin, Steroide – Gilo-sterol. It is a gift of nature. It is used in combination for the treatment of all kinds of fevers, promote urination, and as a general health tonic. It also plays role in the treatment of piles, intestinal worms and jaundice. It is important in the treatment of dibilities.

Vernacular Name : Muradsheng.

Botanical name : *Helicterus isora* Linn.

Family : Sterculiaceae.

Parts used : fruits and Seeds.

It contain brown, cylindrical, beaked, spirally twisted, long legume like fruits. Biologically active chemicals are Phytosterol, Saponins, lignins etc. It is used in the treatment of gastro-intestinal complains, indigestion. It is used as drug of choice for stomach complaints.

Vernacular Name : Birang.

Botanical name : *Embelia ribes* Burm.

Family : Myrsinaceae.

Parts used : Dried fruits and seeds.

It contain brown to black spherical fruits as per the size of *Piper nigrum* but with smooth surface. Biologically active principles are Alkaloids- Christembine, Quinone – Embeline and Vilangin, beside this it also contain tannin, vesins, volatile oils etc. It is drug of choice for the eradication of intestinal worms.

Vernacular Name : Gorakhmundi.

Botanical name : *Sphaeranthus indicus* Linn.

Family : Compositae.

Parts used : Flowering buds.

It contain small brown inflorescence like the size of pea seeds. Biologically active chemicals are Alkaloids- Sphaeranthine, Steroide – B Sitosterol, stigma sterol beside this it also contain eugenol, essential oils, and reducing sugars. It is used in combination with *Alpinia officinarum* for the treatment of jaundice.

Vernacular Name : Nagakesar, Nakesar.

Botanical name : *Messua ferrea* Linn.

Family : Guttiferae.

Parts used : Flower buds, fruits and seeds.

It contain brown, spherical to ovoidal structure like *Piper nigrum* but with smooth surface. Biologically active principles are Coumarins - Mesuferron, Steroide – B Sitosterol, Antibiotic – Plant antibiotic mesuagine, beside this it also contain essential oils and fatty acids. It is used in combination with other herbs for the treatment of piles and respiratory disorders.

Vernacular Name : Lajwanti.

Botanical name : *Mimosa pudica* Linn.

Family : Mimosaceae.

Parts used : Seeds.



It contains minute brightly red seeds of the size of pin heads. Biologically active chemicals are Steroids – B Sitosterol and very high amount of mucilage. It is used in treatment of sexual impotency. It is useful in checking the flow of semen with urine. It has antihelminthic properties too.

Vernacular Name : Palash.

Botanical name : *Butea monosperma* Kuntze.

Family : Fabaceae.

Parts used : Leaves, Branches, Seeds and secretion products (Gums).

It is known as flame of the forest. It contains trifoliate to pentafoolate leaves, branched, deep red thin button shaped seeds, and red coloured gum. Biologically active principles are Glycoside – Butrin, Isobutrin, Sulphurein, Monospermoside and isomonospermoside. Beside this it also contains tannin, resin, mucilage, sugar, calcium oxalate, fats etc. Leaves are used for the dinner plates dishes, branches are religious. It is used in combination for the treatment of sexual impotency, it can restore the menstrual cycle in women and also prevent pregnancy if taken regularly. It is a herbal drug choice for the eradication of intestinal worms and improve the function of stomach and intestine. Flowers extract juice is used in Rang panchami as natural colour.

Vernacular Name : Kala Beej Bandh.

Botanical name : *Sida Acuta* Burm.

Family : Malvaceae.

Parts used : Seeds.

It contains minute black coloured, somewhat triangular in shape, which have pin head size. Biologically active principles are Alkaloids- Ephedrine. It is used in combination for the treatment of gonorrhoea and for the Asthma, it also improves sex power.

Vernacular Name : Kiwanchi.

Botanical name : *Mucuna prurines* (L.) DC.

Family : Leguminaceae.

Parts used : Seeds.

It contains grayish white button like rectangular seed. Biologically active principles are Alkaloids- Mucunine Steroids – B Sitosterol beside this it also contains amino acids, sugar. It is used to treat sterility among male and also to increase sex power, vigour and strength. It is used in combination with *Withania somnifera* for best result.

IV. CONCLUSION

From the above study and observation it is concluded that these medicinal plants are the gift of nature. These herbal drugs contain no of metabolites may be primary, secondary which are useful in the treatment. Plants contain Biologically active principles are Alkaloids, Glycoside, Steroids beside this it also contains tannin, resin, mucilage, sugar, calcium oxalate, fats etc. Plants are used in combination for the treatment of variety of diseases and as a general health tonic.

ACKNOWLEDGEMENT

I am heartily grateful to the President, Vicepresident, Secretary and management members of institute. I am also grateful to my principal for giving me a opportunity. I express senior thanks for all my faculty members. I am also thankful to students for their valuable co operation.

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