Original Research Article

Positive effect of medicinal plant in India

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Abstract

Historically plants have played an important role in medicine. Through observation and experimentation, human beings have learnt that plants promote health and well-being. The use of these herbal remedies is not only cost effective but also safe and almost free from serious side effects. The village elders, farmers and tribal have tremendous knowledge about for health reasons started thousands of years ago and is still part of medical practices by folks of various regions of Indian sub-continents as well as several other countries including China middle East, Africa Egypt, South America and other developing countries of world. This review article shade a small beam of light on conservational strategies of medicinal plants as well as their marketing price in past and near future scenario.

Key Words: Nutritive value, medicinal plant, ayurved.

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INTRODUCTION

India is a country known for ancient scripts, the number system, invention of zero. and vedas. Medicines in India are used by about 60 per cent of the world's population. These are not only used for primary health care not just in rural areas in developing countries, but also in developed countries as well where modern medicines are predominantly used. While the traditional medicines are derived from medicinal plants, minerals, and organic matter, the herbal drugs are prepared from medicinal plants only. Use of plants as a source of medicine has been an ancient practice and is an important component of the health care system in India. In the Indian systems of medicine, most practitioners formulate and dispense their own recipes, hence this requires proper documentation and research. In west also the use of herbal medicines is growing with approximately 40 per cent of population reporting use of herb to treat medical diseases within the past year. General Public, academic and government interest in traditional medicines is growing rapidly due to the increase side effects of the adverse drug reactions and cost factor of the modern system of medicine. There are about 45,000 medicinal plant species in India, with concentrated spots in the region of Eastern Himalayas, Western Ghats and Andaman and Nicobar Island. The officially documented plants with medicinal potential are 3000 but traditional practitioners use more than 6000. India is the largest producer of medicinal herbs. There are currently about 250 000 registered medical practitioners of the Ayurvedic system, as compared to about 700,000 of the modern medicine system. In rural India, 70 per cent of the population depends on the traditional type of medicine, In India, many forms of alternative medicines are available for those who do not want conventional medicine or who cannot be helped by conventional medicine. Ayurveda and Kabiraji (herbal medicine) are two important forms of alternative medicine that is widely available in India. Ayurvedic form of medicine is believed to be existent in India for thousands of years. It employs various techniques and things to provide healing or relief to the ailing patients. One of the things that ayurveda uses is medications of plant origin. With the scripts in the Atharva Veda, we have evidence of a traditional use of medicinal plants that is more than 3000 years old. It is estimated that about 80,000 species of plants are utilized in some form or other by the different systems of Indian medicine. The knowledge about plants and plant products

is detailed, sophisticated, and has evolved into a separate shastra itself, called Dravya Guna Shastra. Plants have been studied on the basis of clearly defined biological parameters like rasa (taste), vipaka (metabolic property), guna (quality), prabhava (biological effect) and virya (potency). The codified traditions have about 25,000 plant drug formulations that have emerged from such studies. In addition to this, over 50,000 formulations are believed to be existing in the folk and tribal traditions. All these point to the deep passion for and exhaustive knowledge about medicinal plants that have existed in this land from time immemorial.

Benefits and Importance of Medicinal Plants: Ayurvedic herbs are time tested for their health and other benefits. The nutritive value that they pack are highly recommended for their healing powers. Known to induce no side effects, they have a unique aroma and flavor and when consumed regularly, they act as a perfect mechanism to bring about a balanced harmony between mind and body. They rejuvenate the whole system instead of focusing on one specific organ or body part.

Benefits of Medicinal Plants

- They have a holistic approach and aid in proper absorption and digestion
- They are not disease specific but act as a preventive medicine that positively effects the overall health and well-being by boosting the immune system
- They are at par with allopathic medicines and are at times known to be effective in treating diseases like cancer and autoimmune diseases
- They are self-contained and nutritive in nature, therefore, are non-toxic and harmless
- It deals with the overall well-being and aims to bring harmony between mind, body and soul
- Several metabolic and chronic conditions can be treated without any side effects using Ayurvedic medicines and treatments

Ayurvedic Herbs/Spices and Their Medicinal Values

- Ayurvedic Herbs and spices such as black pepper, cinnamon, aloe, sandalwood, ginseng, red clover, burdock, bayberry, and safflower are used to heal wounds, sores and boils.
- To reduce fever and the production of heat caused by the condition, certain antipyretic herbs such as Chirayta, black pepper and sandal wood are recommended
- Sandalwood and Cinnamon are great astringents apart from being aromatic. Sandalwood is especially used in arresting the discharge of blood, mucus etc.
- Ajwain, Amalaki, Aswatha etc., serve as antacids and are recommended for healthy gastric acid flow and proper digestion
- Herbs like Cardamom and Coriander are renowned for their appetizing qualities. Other aromatic herbs such as peppermint, cloves and turmeric add a pleasant aroma to the food, thereby increasing the taste of the meal
- Herbs like Aloe, Sandalwood, Turmeric, Sheetraj Hindi and Khare Khaskhas are commonly used as antiseptic and have very high medicinal values Camomile, Basil, Cardamom, Ginger, Peppermint and Coriander are known to promote blood circulation in the body and keep the heart healthy.

CONCLUSION

Plants are important and supplementary sources of drugs and Dietary. It can provide biologically active molecules which are used for treatments of different types of disease. The history of the medicinal plants is so important which explain the continuity and importance of medicated plants from generation to generation where and how it was discovered and who observed the medicinal importance in different era because the plants provide biologically active and important molecules that can be used for treatment of different disease.

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