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A REVIEW ON SOME TRADITIONAL MEDICINAL PLANTS

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ABSTRACT

Since the time of the Vedas, medicinal plants have been employed. They have been utilized for countless years in the treatment and prevention of various illnesses, including epidemics. Some medicinal herbs are also used to flavor, color, preserve food, and make enticing sauces. Nearly every part of the plant has its unique medicinal qualities. Secondary metabolites of various kinds are present in medicinal plants, and they play a significant role in a variety of diseases in addition to being used in the production of medications. Numerous plants are said to have additional benefits like anti-oxidant, anti-inflammatory, anti insecticidal, anti-parasitic, antibiotic, and anti-hemolytic capabilities, among others, and are commonly used by tribal people around the world.

KEYWORDS: Traditional plants, Medicinal plants, Pharmacological effects.

INTRODUCTION

Traditional medicine around the world is now reinforced by extensive research into various plant species and their therapeutic principles. The therapeutic potential and the treatment of diseases by the herbal plants were traced around 5000 years ago. In India herbal plants are used in different systems such as ayurveda, siddha and unani. The plant extracts can be used for preparation of various pharmaceutical products for the treatment of diseases. Plants continue to provide new medicines for mankind. It is important to remember that not only do the ingredients often have additional benefits that improve overall health, but also produce less chance of side effects. Today, according to World Health organization (WHO), up to 80% of the people in the world rely on traditional medicine for their basic health care needs.

The traditional medicine practice is widespread in China, India, Korea, Japan, Sri Lanka and Thailand. Medical development and awareness funding for these medicinal plants is increasing in both developed and developing countries. Medicinal plants such as tulsi, aloe vera, turmeric, neem and ginger are commonly used in home remedies for the cure of various ailments.

Some of the most powerful medicinal plants used are; tea tree oil, lavender, ginkgo, turmeric, flax seed, grapeseed extract, evening primrose oil, echinacea, chamomile.

History

Archaeological evidence dates the use of medicinal plants to the Paleolithic period, about 60,000 years ago in Iraq and in China as early as 8,000 years ago. Documented evidence of herbal remedies dates back more than 5,000 years before the Sumerian compiled a list of plants. With the advent of Western medicine in the last century, herbal medicine despite its long history of effective use, has fallen out of favor with mainstream medical practitioners due to lack of scientific evidence in the context of modern medicine.

Marco Polo's travels to tropical Asia, China, and Persia, and Vasco de Gama's travels to India (1498) brought many medicinal plants to Europe. Botanical gardens sprung up all over Europe, and attempts were made to grow native and imported medicinal plants from the old and new worlds.

Indian traditional medicine

The Indian Vedic scriptures mention remedies with botanicals that are abundant in this country. Many spice plants that are still used today come from India such as nutmeg, pepper, cloves, etc. The earliest written evidence of the use of medicinal plants to manufacture medicines was found in a 5,000-year-old Sumerian clay tablet in Nagpur. It included 12 formulation recipes related to more than 250 different plants, including alkaloids such as poppy, henbane, and mandrake.

Ayurveda

As one of the oldest medical systems in the world, Ayurveda (meaning "Ayus = life, Veda = knowledge") is India's traditional health care system. Ayurveda has its roots in the Vedic culture of India. It offers an approach to the prevention and treatment of various ailments

through numerous medical procedures and drugs. Ayurvedic doctors often prescribe a combination of products such as spices, essential oils, nutritional supplements, and also breathing exercises. Some of the herbs used are ashwagandha, brahmi, shatavari, licorice, neem, manjistha, amala, haritaki etc. Tridosha is the fundamental concept of ayurveda and it is originated from the theory of three elements of the universe which are classified as Vata (wind), Pitta (bile) and Kapha (phlegm) corresponding to the three elements of the universe Air, Fire.

Acorus Calamus

Acorus calamus is a kind of flowering plant that contains psychoactive compounds. It has a spreading rootstock and is a fragrant marsh plant. A volatile oil found in calamus leaves and rhizomes gives the plant its distinctive flavor and smell. Calamus essential oil is prized in the perfume business for its scent and the plant also has wide range of therapeutic uses, including relieving pain and gastrointestinal conditions. Foods and alcoholic beverages are flavored with the rhizome's essence.

Aegle Marmelos

Aegle marmelos is found in Sri Lanka, Bangladesh, and India. It includes a variety of essential oils as well as flavonoids .It is a deciduous tree of medium to quite big growth. Hindus revere the tree as a sacred one. The bark is corky and supple. Large, white with a green tint, flowers. The globular fruits are either grey or golden in hue. The fruits may be consumed either straight off the tree or dried off and made into candy, pulp powder, or nectar.

Clerodendrum Serratum

In peninsular India, the Western and Eastern Himalayas, and rarely in plains, the little perennial shrub Clerodendrum serratum is grown. This plant's root and leaves both have excellent therapeutic potential. Large, ovate or oblong, typically ternate whorled and glabrous type of leaves is seen. Asthma and cough can be treated with its roots. It is used for fever and is effective for sinusitis. The herb is regarded as styptic, astringent, antiseptic, and antitoxic.

Cheilocostus Speciosus

It is endemic to Southeast Asia and the adjacent regions, including India, China, and Queensland. It is a succulent, tall, perennial, herbaceous plant with thick spreading rhizomes and terminal clusters of white scented blooms. The fruit is red, but the seeds are black. The plant components can be used to treat diarrhea, cough, cuts, wounds, scabies, snake bite, jaundice, arthritic burning feeling, constipation, and leprosy.

Dillenia Pentagyna

Dilleniapentagyna is a tiny tree with twigs that may be found from Sulawesi through SouthCentral China to India and Sri Lanka. The plant's bark is smooth and grey in colour. Flowers are yellow in colour. The fruit is surrounded by fleshy sepals.

The plant's bark is used to cure diabetes, diarrhoea, wounds, and burns. Both the leaves and the bark are used to cure cancer. On the festival of Deepawali, tribal groups also worship the plant as a representation of Lord Laxmi.

Diospyros Malabarica

Diospyros malabarica is a flowering tree endemic to India and Southeast Asia. It is a slow growing, long-lived tree. The bark is tough and dark brown to black on the outside, and light brown on the inside. In Ayurveda, both the tree's bark and the unripe fruit have therapeutic properties. Because of its unusual patterns, the wood is occasionally utilized in the manufacture of guitars.

Emblica Officinalis

Emblica officinalis is an endemic to tropical and southern Asia. The tree ranges in size from tiny to medium. The blooms are greenish-yellow in colour. The fruit is approximately spherical, pale greenish yellow in colour, and very smooth. Indian gooseberry has a sour, bitter, and astringent flavour and is highly fibrous. The dried and fresh fruits of the plant are utilised as a frequent ingredient in Ayurveda.

Gloriosa Superba

Many civilizations have traditionally employed the alkaloid-rich plant as a traditional remedy. Gout, infertility, open wounds, snakebite, ulcers, arthritis, cholera, typhus, itching, leprosy, bruising, smallpox, sexually transmitted illnesses, and many forms of internal parasites have all been treated with it. It works as an anthelmintic. It has traditionally been used as a laxative and an alexiteric. It may result in abortion in a pregnant woman.

Oroxylum Indicum

Oroxylum indicum because of its unusual form, the tree is frequently planted as an ornamental plant. It has edible leaves, flower buds, pods, and stems. Its blossoms and berries are consumed as a bitter accompaniment to rice. The flower buds are pickled and cooked. Its seeds are utilized in Ayurvedic medicine in India.

Strychnos NUX Vomica

Strychnosnux-vomica is a deciduous tree endemic to India and Southeast Asia Traditionally; its seeds have been used to cure diabetes, asthma, and to increase appetite. Strychnos nuxvomica is a medium-sized tree with a stout and short trunk. The blooms are tiny and of a light green color. They blossom during the cold season and emit a horrible odor. The fruit's flesh is soft and white, with a jelly-like texture. The majority of unintentional poisoning is produced by inhaling the powder or absorbing it via the skin.

Bacopa Monnieri
Bacopa monnieri is a perennial, creeping herb, and a succulent. It is native to the wetlands of southern and Eastern India, Australia, Asia, and North and South America etc. Bacopa monnieri is used in Ayurveda. The plant has fleshy leaves and purple or white flowers. The plant is a short duration annual herb. It is used as a hypotensive, and neuropathic sedative drug used to improve mental alertness, learning performance, and memory as well as in the treatment of insomnia.

Salacia Reticulata
Salacia reticulata is native to Sri Lanka and the Andaman Islands, and it is grown in dry zone forests in Sri Lanka and southern India. Salacia reticulata is a woody, climbing shrub. The bark is white on the inside and smooth, greenish grey on the outside, and thin. The flowers range in colour from greenish-white to greenish-yellow. When the fruit ripens, it turns pinkish-orange in colour. Salacia Reticulata is an Ayurvedic medicinal herb that appears to have anti-diabetic properties.

Coleus Forskohlii
Coleus forskohlii is a perennial with purple flowers. This plant is said to be drought tolerant, but it grows best with consistent moisture. It has strong camphor like smell. This Ayurvedic herb may help treat a variety of conditions, including asthma and other respiratory disorders, angina, congestive heart failure, hypertension, glaucoma, psoriasis, and insomnia. This substance is also used to treat obesity.

Calotropis Procera
Calotropis procera is a flowering plant found in North Africa, Western Asia, South Asia, Indochina etc. It has green leaves that are succulent and waxy, as well as fleshy fruits. The stems produce a fiber that can be used to make ropes, bags, nets, and paper. The leaves and root are used to treat asthma and breathing issues such as shortness of breath. Calotropis procera possesses antimicrobial, anti malarial and antiviral properties. It is effective in treating skin infections.

Cuscuta Reflexa
Cuscutare flexa is found throughout the Indian subcontinent and the Greater Himalayas, as well as in Malaysia and Indonesia .Flowers are small, bell shaped, white, and have yellow filaments. Cuscutare flexa has long been used as an antiemetic. It is a leafless twined sprawling thin vine that grows like a large tree over a host plant.

Nerium Oleander
The nerium oleander plant is grown for landscaping and ornamental purposes. Although it can be trained to grow into a small tree with a single trunk, it is most frequently grown in its natural shrub form. Nerium is a plant that has historically been thought to be poisonous because it contains a number of toxic substances. Larger doses may cause gastrointestinal discomfort, vomiting, bloody diarrhoea, and irregular heartbeat. This plant has a variety of flower colours and blooms from late spring to late summer.

Mimosa Pudica
Mimosa pudica is a flowering, annual or perennial plant. The plant reaches a height of about 30 cm. When touched or shaken, the leaves defend themselves by folding inward and drooping, they later reopen. The entire tree is thought to have therapeutic benefits and is used to treat conditions like leprosy, vaginal and uterine complaints, inflammations, burning sensations, and asthma.

Evolvulus Alsinoides
Evolvulusal sinoides is an annual or perennial herb with spread-out branches that are prostrate in every direction. The flowers are blue in colour. Fruit is globose-shaped and has a four-valved capsule with smooth, dark brown to black seeds inside. Plants are frequently found growing in open, grassy areas almost everywhere in India. Deep roots support the tree. They are used for treating bleeding piles and also in blood purification. It enhances voice, complexion, and rids the body of intestinal worms.

Centella Asiatica
Centella asiatica is a perennial herbaceous crepe that is native to India and can be found growing in swampy areas, including Sri Lanka, Madagascar, South Africa, and Eastern Europe. It has tiny green leaves in the shape of a fan with white, light purple to pink or white flowers, and bears tiny oval fruit. It is used as a blood purifier, to lower blood pressure, to improve memory, and to lengthen life.


A: *Abrus precatorius* Linn.


***B: Aegle marmelos* (Linn.) Correa.**


***C: Allium sativum* Linn**

D: Aloe barbadensis **Mill.**

E: Butea monosperma **Linn.**

F: Calotropis procera **R. Br.**

G: Carica papaya **Linn.**

H: Cuscuta reflexa **Roxb.**

I: Hibiscus rosa-sinensis **Linn.**

J: Mentha spicta **Linn.**

K: Nerium oleander **Linn.**

L: Acacia mormelos **Linn.**

M: Mimosa pudica **Linn.**

N: Syzygium cumini **(Linn.) Skeels.**

O: Evolvulus alsinoides **Linn.**

P: Dalbergia sissoo **Roxb. Ex. DC.**

Q: Curcuma longa **Linn.**

R: Tagetus erecta **Linn.**

***S: Withania somnifera* Linn. Dunal**

***T: Bacopa monnieri* Linn.**

***U: Ficus racemosa* Wau. Cat.**

S. No.	Botanical Name	Common Name	Family	Used Part	Habit	Plant Properties
1.	***Abrus precatorius* Linn.**	Ghunchu	Fabaceae	Leaves	Shrub	Leaf juice is mixed with coconut oil and applied over the painful swellings of the body
2.	***Aegle marmelos* (Linn.) Correa.**	Bel	Rutaceae	Fruit	Tree	Half of a ripe fruit is eaten twice a day for 3-4 days to cure constipation
3.	***Allium sativum* Linn.**	Lahshun	Amaryllidaceae	Bulb	Herb	3-4 cloves are taken raw twice a day for a week to get relief from stomach pain and gastric
4.	***Aloe barbadensis* Mill.**	Gwarpatha	Liliaceae	Leaf pulp	Herb	About 2 teaspoons of juice is taken thrice a day for 3-4 days to cure fever
5.	***Butea monosperma* Linn.**	Palas	Fabaceae	Root	Tree	Root are used in tuberculosis
6.	***Calotropis procera* R. Br.**	Madar	Asclepiadaceae	Latex of whole plant	Shrub	The latex is useful in the treatment of the ringworm and skin disease
7.	***Carica papaya* Linn.**	Papita	Cariaceae	Latex of fruit	Tree	Latex fruit is used in ringworm and eczema
8.	***Cuscuta reflexa* Roxb.**	Amarbel	Convolvulaceae	Whole plant	Parasitic Herb	Juice of the plant mixed with juice of *Saccharum officinarum* is given in doses of about 3-4 teaspoons twice a day is given for 10-12 days to treat jaundice
9.	***Hibiscus rosa-sinensis* Linn.**	Gudhal	Malvaceae	Root	Shrub	Juice of the root about 3 teaspoons is given 3 times a day for 3-4 days in case of cough and cold
10.	***Mentha spicta* Linn.**	Pudina	Lamiaceae	Leaf	Herb	2-3 teaspoons of leaf juice is given thrice a day for 3-4 days to treat bloody dysentery
11.	***Nerium oleander* Linn.**	Kaner	Apocynaceae	Latex of plant	Tree	Latex applied on muscles pain of limbs
12.	***Acacia mormelos* Linn.**	Babool	mimosaceae	Flower	Tree	Flower powder mixed with water is given orally to animal twice a day to cure jaundice
13.	***Mimosa pudica* Linn.**	Lajwanti	Mimosaceae	Roots and leaves	Hurb	Roots and leaves are crushed and filtered; one teaspoon of filtrate is taken with water twice a day to cure loose motion
14.	***Syzygium cumini* (Linn.) Skeels.**	Jamun	Myrtaceae	Bark	Tree	Crush its bark with the bark of bamura (*Acacia catechu*) in equal amount and filter it. Take 5 ml. of filtrate with 5 ml. water twice a day in gripping and indigestion

CONCULSION

The value of medicinal plants in human healthcare is growing as scientific research promises their use in the creation of novel medications for emerging ailments. Even in the age of advanced computational pharmacology, traditional medicinal plants remain an essential source of information and a treatment tool in modern countries. Because herbs are natural items, they have no adverse effects, and are relatively safe, eco-friendly, and readily available. Traditionally, many medicines have been used to treat diseases associated with different seasons. They must be promoted in order to preserve human lives. Many researchers are inspired and encouraged by the recent success of medication discovery from medicinal plants to examine and validate the usage of these plants. However, there are numerous difficulties and challenges that must be adequately

addressed in order to promote traditional medicinal herbs. In reality, our traditional knowledge of medicinal plants plays a significant role, particularly in developing nations, and in assisting the rural poor to live a better and disease-free life**.**

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