



Utility of Medicinal Plants for Human Society in Their Daily Life

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Abstract

Herbal medicines are in great demand in both developed and developing countries in primary health care because of their great efficacy and no side effects. The revival of interest in plant based drugs have needed and increased demand of medicinal plants leading to overexploitation, unsustainable harvesting and finally several valuable medicinal plants disintegrated from wild position. Utilisation development of drugs from medicinal plants like chemo preventive agents anti aid and antidiabetic plants, development in the antitubercular natural products. Prepare a regional study on the epidemiology, traditional medicine, culture and ecology of the people and their environment. In order to priority of plant collection database is searched to obtain ethnomedical, biological and chemical information of plants known to be used in that region. Data is also collected from remote area hospitals and treatment programs working with local and native peoples. It is still the laboratory based molecular biologists whose work centers in the laboratory that acquires more status and funding. Field ethnobotanists have not yet received the same level of support and respect. But as per the demand of peoples medicinal plants collection and practice is most essential for primary health care. Precaution should be taken that to conserve wild medicinal plants and cultivate, propagate medicinal plants in barren land or field.

Keywords: *Herbal medicines, Efficacy, Chemo preventive, Epidemiology, Remote area*

Introduction

About eighty percent of world population depends on traditional medicines for primary health care. Herbal medicines are in great demand in both developed and developing countries in primary health care because of their great efficacy and no side effects. The revival of interest in plant based drugs have needed and increased demand of medicinal plants leading to overexploitation, unsustainable harvesting and finally several valuable medicinal plants disintegrated from wild position. The Indian system of medicine have identified 1,5000 medicinal plants of which 500 species are commonly used in the preparation of drugs. Utilisation development of drugs from medicinal plants like chemo preventive agents anti aid and antidiabetic plants, development in the antitubercular natural products

Materials and Methods

Researcher works with expert men to identify and collect plants utilized to treat different diseases. First step is collecting detail knowledge about the local and indigenous people. Researcher prepares a regional study on the epidemiology, traditional medicine, culture and ecology of the people and their environment. In order to priority of plant collection database is searched to obtain ethnomedical, biological and chemical information of plants known to be used in that region. Data is also collected from remote area hospitals and treatment programs working with local and native peoples. Before leaving for field work researcher spend many months preparing. Take the tools for collection of drug plants. Researcher spends hundreds of hours in patient observation and experimentation. Learn about indigenous

plants which people use. Collected plants should be mounted on herbarium sheet and preserved carefully in the herbarium cabinet. The interviewing processes are conducted very carefully. A translator for the local language is necessary to conduct this phase. The screening of plant metabolites is necessary. Plant compounds are obtained pure samples in milligram amount. These natural pure compounds are compared to the best available therapeutics in testing. Compounds are scaled up to gram quantities for animal testing to determine safety and efficacy.

Result and Discussion

This paper deals with the herbal drugs utility.

Vernacular Name: Chota Gokhru.

Botanical name: *Tribulus terrestris* Linn.

Family: Zygophyllaceae.

Parts used: Fruits.

It contain fruits which are globose woody brown cocci each with two pairs of hard sharp spines, out of these one pair is longer than the other. Biologically active principles are Alkaloids- Harman and harmine, Glycoside – Tribuloside Saponin – Sapogenin beside this it also contain tannin, resin, mucilage, sugar, enzyme diastase etc. It is used for the treatment of urination promotion. And choice for the urinary diseases.

Vernacular Name: Bada Gokhru.

Botanical name: *Pedaliium murex* Linn.

Family: Pedaliaceae.

Parts used: Fruit.

It has bluntly four angled spinous brown cocci. Biologically active principles are Alkaloids, Steroids – Sitosterol beside this it also contain phenolic acids, fatty acids, resin, etc. It is used in combination for the treatment of sexual impotency, urinary diseases.

Vernacular Name: Bari papal.

Botanical name: *Piper longum* Linn.

Family: Piperaceae.

Parts used: Fruits.

It contains black red swollen roots with transverse and longitudinal wrinkles. Biologically active principles are Alkaloids-

Lycorine, Glycoside – Curculigoside, Steroids – 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 is also play role in the treatment of Asthma and jaundice.

Vernacular Name: Shankshapushpi.

Botanical name: *Evolvulus alsinoides* Linn.

Family: Convolvulaceae.

Parts used: Leaves.

It is small herb which prostrate or creeps on the earth surface. It has small ellipsoidal leaves. It has bluish purple coloured flowers. The active principles are Alkaloids- Evolvine, Betaine, Shankshapushpine, beside this it also contain tannin, phenols and free amino acids. It is another gift of nature it is used in the improvement of memory power and used as brain tonic. It is used with other combinations for the treatment of jaundice.

Vernacular Name: Gurmar Buti.

Botanical name: *Gymnema Sylvestre* (R) Br.

Family: Asclepiadaceae.

Parts used: Leaves.

It has green, ovate, wide and thin textured leaves. A biologically active compound is gymnemic acids which destroy power of sugar testing. It has triterpenoid, Lupeol, Steroids – stigmasterol and a saponine. It is called as wonder drug for the treatment of diabetes in combination with other herbs.

Vernacular Name: Manjistha.

Botanical name: *Rubia cordifolia* Linn.

Family: Rubiaceae.

Parts used: Dried roots.

It contains redish brown structured, thick having longitudinal wrinkles. Biologically active compounds are Glycoside – Purpurin, manjistin. As it is blood purifier hence it is used in the treatment of leucoderma and leprosy, joint pain.

Vernacular Name: Dikamali.

Botanical name: *Gardenia gummifera* Linn.

Family: Rubiaceae.

Parts used: Secretion products (Gum).

It contains bluish green gum, little shining hard and surface is rough. Chemical compounds are Flavonoids – Gardenin, Apterogenin, Steroid – B Sitosterol beside this it also contains Mannitol, resin, and volatile oil, etc. It is used as a drug of choice for the treatment of chronic pains like arthritis, backbone pain. It has anthelmintic property.

Vernacular Name: Kamarkas GondShayam Musli.

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 drubby coloured gum shining and crystalline. Gum is rich in tannic acid and gallic acid beside some useful minerals and enzymes. Leaves are used for the dinner plates dishes, branches are religious. It is used in the treatment of female diseases. It gives strength to the female urinogenital and sex organs specially to the uterus. Flowers extract juice is used in Rang panchami as natural colour.

Vernacular Name: Banshlochan.

Botanical name: *Bambusa bambos* Druce.

Family: Gramineae.

Parts used: Twig and secretion products.

It has long stem with nodes and internodes. It is branched. White crystalline structure occurs in the hollow culms of bamboo shoot. It is used in the building construction, furniture, basket, mats, roof, and agricultural equipment's. Gum is used as nutritious for strength.

Vernacular Name: Amla

Botanical name: *Emblica officinalis* Gaertn.

Family: Euphorbiaceae.

Parts used: Dried fruits.

It is large tree. It contains rounded fruits which are green and shiny. Black red swollen roots with transverse and longitudinal

wrinkles. Biologically active principles are Alkaloids- Phyllembelin, beside this it also contains tannin, and it also contains Vit-C. It is used with two other plants har and baheda together called as Triphala. It is used in the treatment of indigestion, blood purification. It also plays a role in the treatment of thrust and jaundice.

Conclusion

As we have seen ethnomedicine or medicinal plants as a field is on the rise. It is still the laboratory based molecular biologists whose work centers in the laboratory that acquires more status and funding. Field ethnobotanists have not yet received the same level of support and respect. But as per the demand of peoples medicinal plants collection and practice is most essential for primary health care. Precaution should be taken that to conserve wild medicinal plants and cultivate, propagate medicinal plants in barren land or field.

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