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## A Review on Some Traditional Medicinal Plants of Chhattisgarh, India

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### Abstract

Curing with medicinal plants is an ancient as mankind itself. Plants are nature's gem stones, and for thousands of years, they are used as food and good quality raw material for pharmaceutical, textile and other industries without any environmental loss. Approximately 800 medicinal plants are reported till date. Chhattisgarh is rich in medicinal plants and is known as herbal state, which has a huge number of medicinal plants. The present data represents 21 common medicinal plants with their botanical name, common name, family, plant part used, habit, properties of plant and plant image from Chhattisgarh.

**Keywords:** Medicinal plants, Chhattisgarh, herbal.

### Introduction

Medicinal plants have been used from the Vedic era. For thousands of years, they have been used to treat and prevent many types of diseases along with epidemics. Some medicinal plants also utilized as pleasant condiment, flavor, to dye, for conserve food etc. Almost every portion of the plant has own medicinal properties different type of secondary metabolite found in the medicinal plant which play an important role in many kinds of diseases and also used for manufacturing medicine. A large number of the plants are also reported to possess many other activities like antioxidant, anti-inflammatory, anti-insecticidal, anti-hemolytic properties etc, also used widely by the tribal people all over the world [22].

The therapeutic potential of plant products can be traced back to over five thousand years ago as there is evidence of its use in the treatment of diseases and for revitalizing body systems in India Egyptian, Chinese, Greek and Roman civilizations. In India, plant of therapeutic potential are widely used by all sections of people both as folk medicine in different indigenous systems of medicine like siddha, Ayurveda, and Unani and also as processed product of pharmaceutical industry [23].

Known as the 'Rice Bowl of central India, Chhattisgarh came into existence on November 1, 2000. It was earlier part of Madhya Pradesh and after separation became 26<sup>th</sup> State of India. Located in central India it covers an area of 135,194sq. kms. Raipur is the capital of Chhattisgarh. 12% of India's forests are in Chhattisgarh, and, 44% of the State's land is under forests. Identified as one of the richest biodiversity habitat, the green State of Chhattisgarh has the densest forest in India, and rich wildlife [10].

Chhattisgarh is situated between 17° 46' N to 24° 05' N latitude and 80° 15' E to 84° 25' E longitude, forest covers 556112Km and which is 44.21% area of lush green areas and 7.40% of Indian forest. The dense forests home to various species of flora. Moreover, different flora but also house more than 80 types of medicinal plants. The climate of Chhattisgarh is mainly tropical. It is hot and humid. It is dependent completely on the monsoon s for rains. summer in Chhattisgarh is from April to June. Winter season is from November to January is also a good time to visit Chhattisgarh [13].

**Hippocrates 460-380 BC**, known as the 'father of medicine' classified herbs into their essential qualities of hot and cold, moist and dry, and developed a system of diagnosis and prognosis using herbs. The number of effective medicinal plants he discussed was between 300 and 400 species. Several hundred genera are used in herbal remedies and in traditional

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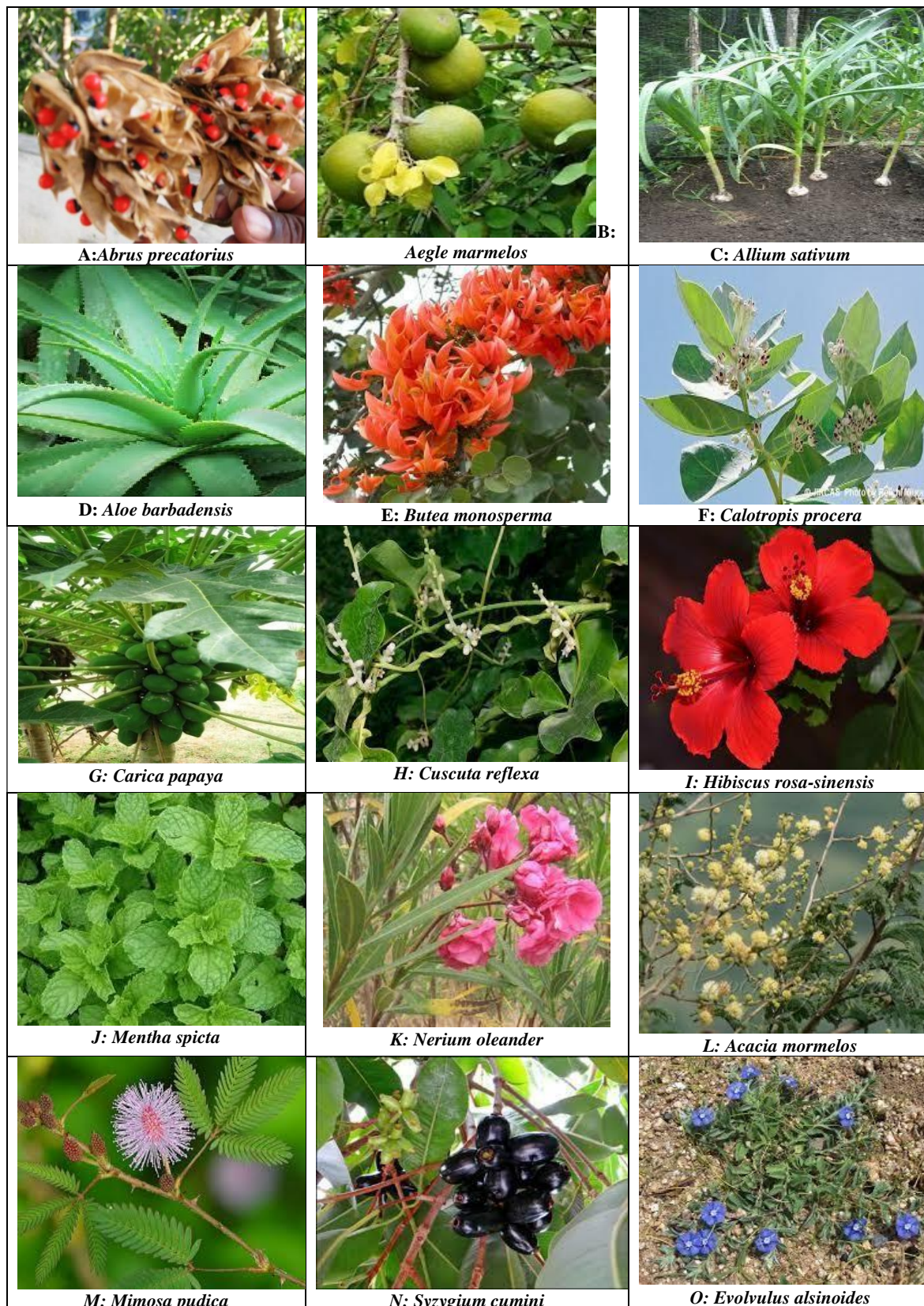


or folklore medicine throughout the world. They are used in the form of crude drugs, which are dried parts of the medicinal plant root, stem, wood, bark, leaves, flowers, fruits, seed, and in some cases, whole plant or their extract. There is a much smaller number of plants from which individual active constituent are isolated and used as medicines [18].

Plant plays an important role in the development of new

drugs. Phytochemicals are the natural compound occur in plants, vegetables and fruits, that work with nutrients and fibers, to act against diseases or more specifically to act against diseases. As the plants are directly in contact with air, water, and soil, the constituent of these sources might contaminate the plant, useful elements such as Calcium, Magnesium, Zinc, Manganese, and Iron are also usually present in plant which help the good health [2].

Data collection.



**Table 1:** Traditional medicinal plants used in the treatment of human and ailments.

Botanical Name	Common Name	Family	Used Part	Habit	Plant Properties	Ref.
<i>Abrus precatorius</i>	Ghunchu	Fabaceae	Leaves	Shrub	Leaf juice is mixed with coconut oil and applied over the painful swellings of the body	8
<i>Acacia mormelos</i>	Babool	mimosaceae	Flower	Tree	Roots and leaves are crushed and filtered; one teaspoon of filtrate is taken with water twice a day to cure loose motion	5
<i>Aegle marmelos</i>	Bel	Rutaceae	Fruit	Tree	Half of a ripe fruit is eaten twice a day for 3-4 days to cure constipation	4
<i>Allium sativum</i>	Lahshun	Amaryllidaceae	Bulb	Herb	3-4 cloves are taken raw twice a day for a week to get relief from stomach pain and gastric	16
<i>Aloe barbadensis</i>	Gwarpatha	Liliaceae	Leaf pulp	Herb	About 2 teaspoons of juice is taken thrice a day for 3-4 days to cure fever	24
<i>Bacopa monnieri</i>	Brahmi	Plantaginaceae	Leaves	Herb	Boosting memory	7
<i>Butea monosperma</i>	Palas	Fabaceae	Root	Tree	Root are used in tuberculosis	9
<i>Calotropis procera</i>	Madar	Asclepiadaceae	Latex of whole plant	Shrub	The latex is useful in the treatment of the ringworm and skin disease	19
<i>Carica papaya</i>	Papita	Cariaceae	Latex of fruit	Tree	Latex fruit is used in ringworm and eczema	14
<i>Curcuma longa</i>	Haldi	Zingiberaceae	Rhizome	Herb	Rhizome powder with rock salt and pure ghee is to cure the swelling of nipple for animals	15
<i>Cuscuta reflexa</i>	Amarbel	Convolvulaceae	Whole plant	Parasitic Herb	Juice of the plant mixed with juice of <i>Saccharum officinarum</i> is given in doses of about 3-4 teaspoons twice a day is given for 10-12 days to treat jaundice	27
<i>Dalbergia sissoo</i>	Shisham	Fabaceae	Leaves	Tree	Leaf paste mixed with water is given to animal twice a day to cure blisters and leg sore	21
<i>Evolvulus alsinoides</i>	Shankhahuli	Convolvulaceae	Leaves	Herb	20-25 leaves are crushed and mixed in 200 ml. whey and taken orally twice a day for 2 days in gripping	26
<i>Ficus racemosa</i>	Gular	Moraceae	Root	Tree	The sap of root is given in diabetes	1
<i>Hibiscus rosa-sinensis</i>	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	11
<i>Mentha spicata</i>	Pudina	Lamiaceae	Leaf	Herb	2-3 teaspoons of leaf juice is given thrice a day for 3-4 days to treat bloody dysentery	17
<i>Mimosa pudica</i>	Lajwanti	Mimosaceae	Roots and leaves	Herb	Roots and leaves are crushed and filtered; one teaspoon of filtrate is taken with water twice a day to cure loose motion	12
<i>Nerium oleander</i>	Kaner	Apocynaceae	Latex of plant	Tree	Latex applied on muscles pain of limbs	6
<i>Syzygium cumini</i> Skeels.	Jamun	Myrtaceae	Bark	Tree	Crush its bark with the bark of bamura ( <i>Acacia catechu</i> ) in equal amount and filter it. Take 5 ml. of filtrate with 5 ml. water twice a day in gripping and indigestion	3
<i>Tagetes erecta</i>	Genda	Asteraceae	Flower	Herb	Powder mixed with water is given to animals to cure hydrophobia	25
<i>Withania somnifera</i>	Ashwagandha	Solanaceae	Root	Herb	Given to animals to cure retard placenta	20

## Conclusion

Medicinal plants will be useful for maternal and Child health care, as essential drugs, in food and nutrition, for common illnesses and injury, for endemic infectious diseases, mental health and oral health. Medicinal plants from the Mediterranean region show great potential in the improvement of health and in the prevention of disease. Epidemiological studies indicate that some of these plants reduce the incidence of inflammatory diseases and cancer by inducing programmed cell death, thus arresting proliferation. Medicinal plant synthesizes hundreds of chemical compounds for various functions, including defence and protection against insects, fungi, diseases, and herbivorous mammals. Herbs and species are the basic essentials for human being to live well and better. For ages, plant are integrated with the culture and tradition to educate and aware of future generations. Integrating medicinal plant in your home is an essential method keep the place greenery, beautiful that is healthy for beings also.

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