MEDICINAL PLANTS OF UTTARAKHAND USED DEBILITY AND NERVOUS DISORDER

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ABSTRACT :

The utmost importance of medicinal plants can not be overlooked keeping in to account their wide utility for making medicines against the remedy of large no. of disorders. In proposed study describes 75 species of 75genera belonging to 49 no. of families of medicinal plants of Uttarakhand which are used alleviate and cure debility and disorders of '`Nervous system".

INTRODUCTION:

Maintenance of good health and to provide relief to human creature from various ailments are the main objectives of this study. The present study has been aimed to analyzing the active principles in relation of different medicinal-plants. Plants are the main sources of drugs and as a whole appear to occupy astable place in modern medicine.On global scale, the current dependence on traditional medical system remains high,with a majority of world's population still dependent on medicinal plants to fulfil most of their healthcare needs. Today it is estimated that about 64 percent of total global population remains dependent on traditonal medicines {Fransworth 1994;Sindiga 1994}. Nearly 8000 species of plants were recognized as of medicinal importance {Anonymous} .

Medicinal plants are very important cash crops for future and play a vital role in life of human being. Out of 2,500 medicine mentioned in `Rigveda'and Ayurveda', about 75% of them have been associated from the plants as primary source. Uttarakhand State holds a rich diversity in native and has innumerable plants and trees which are of medicinal value in one way or the other. In modern scientific description there are seven categories based on the nature and therapeutic affecacious on the following seven system of the body:

1:Nervous system
2:Respiratory system
3:Circulatory system
4:Digestive system
5:Excretory system
6:Reproductive system
7: Whole body cures

The same floras are effective one or more than one system. Nervous system is the first vital, system of the human body and a group of important medicinal plants bearing specific capacity to Uttarakhand different kinds of mental disorders and debility for their prevention, cure and nervine tonic.

MATERIAL AND METHODS:

Surveys of medicinal plants was conducted the the forest of Rajaji National Park, Corbett National Park, Mansa Devi, Chandi Devi, and plain area of Uttarakhand etc.for recording first hand information regarding the medicinal properties of wild,natural and cultivated plants.With the help of available literature,the collected information is crossed checked. After making a critical observation on the habit, habitat, frequency of occurrence,association and other ecological and family's character, therapeutical properties and indivisual plants species are collected.

The specimen are identified with the help of local person, tribal physicians, vaidya, local/regional floras with the great help of Dr. G.S.Rajwar, Head of Department, Botany.Govt.P.G.College, Rishikesh confirmed by compairing with authentic specimens housed that BSI Dehradun.

Herbal medicine however has some specific herbal products which can cure a many of those "nervous disorder" from their vary root. Nature keeps ready in her vast green reservoir some of those herbal remedys which can cure nervous disorder and debility. The need is only to locate those miraculous floras through trained eyes which could alleviate the pains and suffering of man kind. At a glance medicinal properties of the floras of Uttarakhand are fully beneficial to alleviate disorder and debility of nervous system. Total 75 medicinal plants distributed the area of Uttarakhand Covering to 49 families and used for specific diseases related to nervous system are tabulated, [Annexure 1]. These plants species are arranged alphabetically with their respective families and part used.

Annexure 1

Name of plants	Local Name	Concern Family	Amnesia	Anxiety neurosis/Agitation	Arthritis	'Epilepsy	Hamhhorage/Blood Clotting	Hysteria	Insomnia/ Causing sleep	Melancholic	Mental Weakness	Paralysis	Sciaticati 1 palsy/six lysis
Acorus calamus	Vacha	Araceae				Rh./Rt.	Rh./Rt.	Rh./Rt.					
Adhatoda vasica	Adusa	Acanthaceae				Lf.,Rt.		Lf.,Rt.			Lf.,Rt.,F1.		
Aegle marmelos	Silva	ıtaceae					Lf.,Fr.	Rt.	Rt.	Rt.	Lf.,Rt.		
Allium sepa	Palandu	Liliaceae			Sd ,Rh.			Rh.	Sd.				
Allium sativun	Lahsun	Liliaceae	Rh.		Rh.						Rh.	Rh.	Rh.
Alpinia galanga	Kulanjan	Zingiberaceae	Rh.								R		
Anacyclus pyrethrum	Akarkara	Compositae			Rt.			Rt.			h	Rt.	
Anthocephalus indicus	Kadamb .	Rubiaceae									Ba.	Ba.	
Argyreia speciosa	Vidahara	Convolvulaceae			Rt.						Rt.		
Aristolochia indica	lswarmul	Aristolochiaceae								Lf.,Rt.	Lf ,Rt		
Artmesia vulgaris	Damnak	Compositae									Wp.		
Asparagus racemosus	Safed musali	Liliaceae				Rt.		Rt.	Rt.		Rt.		
Bacopa monnieri	Brahmi	Scrophulariaceae	**Wp.**	**Wp.,Lf.**		Wp.	Wp.	Wp.,Lf.		Lf. Rt	Wp.,Lf.		
Barleria priontis	Sariyak	Acanthaceae	**Wp.,Lf.**								Wp.,Lf.		
Boswellia serrata	Sallaki	Burseraceae			**Ba.,Niryas**						Ba.,Nirya		
Buchanania lanzan	Priyal	Anacardiaceae						St.,Ba.			St Ba.		
Cannabis sativa	Bhang	Cannabinaceae			Sd.				Lf.		Lf.		
Cassia fistula	Amaltas	Caesalpinaceae			Lf.,Fr.								Lf.,Fr.
Cassia occidentalis	Kaasmard	Caesalpinaceae				Wp.,Rt.		Wp ,FI.					
Cassia tora	Chakramard	Caesalpinaceae		Lf.,Sd.								Lf.,Sd	
Celastrus paniculatus	Jyotismati	Celastraceae		Lf.,Sd.	Lf. Sd.oil		Sd.					Lf.,Sd Lf	
Centella asiatica	Mandukparni	Umbelliferae	Wp.	Wp.,Lf.		Wp.				Wp.	Wp.		
Callicarpa macrophylla	Priyangu	Verbenaceae			Lf.								
Cichorium intybus	Kasni	Compositae							Sd.	Sd.	Lf.,Sd.		
Clerodendron serratum	Bharangi	Verbenaceae		Lf.,Rt.							**Rt.**		
Convolvulus pluricaulis	Shankhpuspi	Convolvulaceae	Wp.	Wp.				Wp.,Lf.	Wp.		***Wp..Lf.***		
Coriandum sativum	Dhanyak	Umbelliferae	Wp.								Wp.,Fr.		
Curcuma longa	Haridra	Zingiberaceae			Rt.,Rh.						Rt.		
Cyperus rotundus	NagarMotha	Cyperaceae					Rh.,Rt.				Rt.		
Cinnamomum	Karpura	Lauraceae			Niryas						N		
Datura mete!	Kala Dhatura								Lf.,FI ,Sd.	Lf.,FI.,,d.	i		
Eclipta alba	Bhringraj	Compositae		Wp.,Lf.									
Elaeocarpus ganitrus	Rudraksh	Elaeocarpaceae	Sd.					Sd.	Sd.		**Sd.**		
Embelia ribes	Vidang					Fr.					**Fr.**	**Fr.**	
Emblica officinalis	Aaonla	Euphorbiaceae			Fr.						Fr.		
Fumaria vaillanti	Parpat	Fumariaceae		Wp.				Wp.					
Grewia hirusta	Naagbala	Tiliaceae	Rt.								Rt.		
Gmelina arborea	Gambhari	Verbenaceae									Rt.,Fr.		

Hibiscus rosa-sinensis	Japa	Malvaceae	Fl.,Lf.						Fl.,Lf.		Fl.,Lf.		
Hypocyamus niger	Khurasani Ajwain	Solanaceae			Lf.,Sd.,F1.				Lf.,Sd.,F1.	Lf.,F1.			
Inula racemosa	Puskarmul	Compositae	Rt.		Rt.						Rt.		
Lawsonia inermis	Mehendi	Lythraceae							Fl.		Fl.		
Madhuka indica	Mahua	Sapotaceae	Fl.			F .				Fl.			
Mesua ferea	Nagkesar	Guttiferae							Stamen	Stamen			
Moringa oleifera	Sahjana	Moringaceae			Sd.Coill	Rt.	Rt.,Sd.					Rt	Rt.
Mucuna prurita	Kewanch	Fabaceae	Rt.,Sd.									Rt ,Sd.	Rt. Sd.
Nyctanthes arbortristis	Harsingar	Oleaceae		Lf.						Lf.			
Ocimum sanctum	Tulsi	Labiatae		Lf.,Sd. Fl	Lf.,Sd.,Fl.,	Lf. Sd							
Onosma bracteatum	Gojavan	Boraginaceae	Lf.,Rt.							Lf.,Rt.	Lf.,Rt.		
Oroxylum indicum	Syonak	Bignoniaceae			Lf.,Rt.,Ba.								
Oxalis corniculata	Changeri	Oxalidaceae									Wp.		
Paedaria foetida	Gandprasarini	Rubiaceae			Lf.,Rt.								
Piper longum	Pippali	Piperaceae							**Rt.**		Rt.,Fr.		Fr.
Premna mucronata	Agnimanth	Vevrbenaceae	Lf.,Rt.								Lf.,Rt.		
Plumbago zeylanica	Citraka	Plumbaginaceae			Ba ,Rt.			**Rt.**				Ba.,Rt.	
Prunus cerasoides	Padmak	Rosaceae	Ba.				Ba.					Ba.	
Psoralia corylifolia	Bakuchi	Fabaceae									Sd.,Seed oil		
Punica granatum	Dadima	Punicaceae		Lf.		Lf.		**Lf.**			Fr.		
Rauwolfia serpentina	Sarpagandha	Apocynaceae	Rt.	Rt					Rt.	Rt.	Rt.		
Ricinus communis	Eranda	Euphorbiaceae			Lf.,Rt.,Sd.							Lf.,Rt.,Sd.	Lf.,Rt.,Sd.
Rubia cordifolia	Manjistha	Rubiaceae	Rt.							**Rt.**	**Rt.**		
Santalum album	Chandan	Santalaceae	Pulp								Pulp		
Saraca asoca	Asok	Caesalpinacea	Ba.,Sd.									B a .	•
Sapindus trofpliatus	Reetha/Aristak	e Sapindaceae			Lf.,Sd.	**Sd.**						**Lf.,Sd.**	
Sesbania grandifolia	Agastya	Papilionatae			Lf.,Rt.	**Wp.,Lf.**					**Wp.,Lf.**		Rt.oil
Sida cordifolia	Bala	Malvaceae			Lf.,Rt.							Lf.,Rt.	Lf.,Rt
Sphaeranthus indicus	Gorakhmund!	Compositae			Wp.,F I.	W p . F 1 .					Wp.,F1.		
Solanum surrattense	Chotti Kateri	Solanaceae						Wp.		Wp.	S d .		
Strychnos nux-vomica	Kuchila	Loganiacea							Sd			S d .	
Terminalia bellerica	Baheda	e Combretaceae			Fr.								
Terminalia chebula	Haritaki	Combretaceae	Fr.								Fr.		
Tribulus terrestris	Gokhru	Zygophyllaceae			Fr.						Ba ,Fr.		
Vetivera zizanioides	Khas/Useer	Gramineae						Rt.,Rh.			Rt.,Rh.		
Vitex negundo	Nirgundi	Verbenaceae	Lf.,Rt.,Sd**F .**		**Lf.,Rt.,Sd.,F**	**Lf.,Rt.,Sd.,F**		**Lf ,Rt.,Sd**	**Lf Rt.,Sd.**		**Lf.,Rt.,Sd.,Fr.**		**Lf.,Rt.,Sd.,**
Withania somnifera	Aswagandha	Solanaceae	'Rt.		Wp.,Lf.,Rt.				**Rt.**				

Abbreviation: Ba.=Bark,U.=Leaves,F1.=Flower,Fr.=Fruit,Niryas=Gum or Resin of Plant,Pulp.Rh.=Rhizome,Rt.=Root,Sd.=Seed,Stamen,St.=Stem,Wp.=Whole plant.

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