



Ethnobotany of *Linum usitatissimum* L.

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Abstract

An ethnobotanical survey was undertaken to collect information from traditional healers on the use of medicinal plants in Jintur, during 2020 to 2021.

The knowledge of local peoples and the information of native plants used for medicinal purposes were collected through questionnaire and personal interviews during field trips. The present investigation revealed that, the tribes depend on the native plant for their basic and medicinal needs. The medicinal plants have been receiving great attention worldwide by the researchers because of their safe utility. The plant *Linum usitatissimum* L. is an annual herb, 60-120 cm high. The whole seed is prescribed as a laxative. The mucilaginous infusion-'Linseed tea'-is used internally as a demulcent in coughs, catarrh and bronchial affections, ureteritis, gonorrhoea and diarrhoea.

Key words: - *Linum usitatissimum*, traditional healers, medicinal plants.

Introduction: - The traditional herbal medicine is becoming popular in the world for the treatment of several diseases and disorders and it is safer than the allopathic one. (Agrawal, V. S. 1986, A.K. Roy 2013, Panda. et., al 2003).

Normally several plants are used as medicinal plants in India. Many plants nearby our locality are used as a grandmother's remedy for several diseases and disorders. India has a rich flora, and other natural resources. The Ayurveda and folk medicine of India have started gaining high appreciation and acceptance in the world.

The study of wild medicinal plant is very important in the rural area because biodiversity is preserved in the rural parts of India. Tribes learn medicinal properties of plant from their ancestors, socio religious ceremonies and continued to further generations. Plants and tribe's relationship are very close from ancient time. (Chopra, R. N. 1965, Chopra R.N., Nayar S. L. and Chopra I. C. 1956). Normally tribes of Jintur, are depending on the medicinal plant for control their diseases and disorders. The peoples belonging Jintur taluka such as Bhoj, Bhil, Mahar, Mang, Dohor, Koli, Costi, Pardhi, Lamani, Banjara, Wanjari, Dukalwar etc. used the *Linum usitatissimum* L. (Alsi) as the medicinal plant, the flowers are considered as cardiogenic. The seeds are sweet, bitter, acrid, emollient, thermogenic, expectorant and diuretic. It is astringent after roasting. The whole seed is prescribed as a laxative. The mucilaginous infusion-'Linseed tea'-is used internally as a demulcent in coughs, catarrh and bronchial affections, ureteritis, gonorrhoea and diarrhoea. The mucilage is dropped into the eye in irritable conditions of the conjunctiva. Crushed linseed is applied in the form of poultice for the relief of local inflammations, ulcers, boils and carbuncles. In veterinary practice linseed infusion is used as a demulcent drink for horses, cattle and occasionally for small animals. Crushed linseed is used as a poultice. The surface of the poultice is smeared with oil to prevent its adhering to the skin.

Linseed oil is recommended mainly for external application. Linseed oil has laxative properties but is seldom employed due to its unpleasant taste. In veterinary practice linseed oil is employed as a laxative for horses and cattle.

Description – Alsi is an annual herb, 60-120 cm high; stems solitary of few, corymbosely branched; branches ascending towards the apex; leaves up to 3.8 cm long, linear-lanceolate, flowers small, blue, bluish violet or white in terminal panicles; fruits capsular with 5-cells; seeds compressed, ellipsoid, smooth, dark brown, shiny.

[K. Babu 2016, Naik, V. N. 1998, Prajapati., Purohit., Sharma., Kumar 2006, 2007, Deshpande D. J. 2011, Deshmukh V. R. and Rothe S. P., 2003].

Chemical contains- It contain moisture, protein, fatty oil, carbohydrates, fibre, mineral mater, calcium and phosphorus, iron the seeds contain; carotene, thiamine, riboflavin, niacin, pantothenic acid choline and vitamin E. [Moulisha Biswas et., al. 2009, Prajapati., Purohit., Sharma., Kumar 2006, 2007 Deshpande D. J. Rao, R. R. 1989].

Material and Methods: - Jintur taluka having several wild medicinal plants such as boar, Biba, charuli, kar, karwandi, dhaman, yermuli, thembhri, jamun, bhoker, bartondi, awala, kawath, kamoni, katoli, kharbuj, khirni, hirda, bhehada, chich, tondli, padol, pimpal, bahala, bel, umber, kohala, bhopala, ran kanda, ran halad, ran mirchi, ritha, sarate, sagergota, aghada, yarand, tondale, kalingad, khirani, sitafal, sabja, [name in Marathi] etc. are grows naturally. The river like Ddhudhana, Purna, Karpara, Godavari, Yeldari dam, sedeshwar dam, is the source of irrigation in the taluka.

Tribes having practical knowledge of plants in medicine were interviewed during 2020-2021. The four field trips were carried out in the study area during the study period. Methods of selecting informants depended upon the distribution of local people having folk knowledge. They were requested to collect specimens of the plants they knew or to show the plant species on site. These informants were traditional healers themselves or had tradition of healing in their families and had knowledge of the medicinal use of the plants. The medicinal plant knowledge among the people of this taluka is based on hundreds of years of beliefs and observations. This knowledge has been transmitted orally from generation to generation. The questionnaires were used to obtain information on medicinal plants with their local names, parts used, mode of preparation and administration. They were selected based on their knowledge of medicinal plants either for self-medication or for treating others. Informants were asked to come to field and show the plant with local name; the species mentioned by the informants were taxonomically identified.

(Jain S. K. (Ed.). Jain S. K. 1989, Khandare M. S. 2016, 2016, 2018, Naik, V. N. 1998).

Preservation of plant specimen- Standard method was followed with regard to collection of plant materials, drying, mounting, preparation and preservation of plant specimens. Voucher specimens of medicinal plant in triplicates were collected, prepared and identified. The identification and nomenclature of the plant was based on The Flora of Marathwada and The Flora of British India.

Results and discussion: - Alsi is used by the tribes for control several diseases and disorders

It is used as cardiogenic, diuretic, laxative and in coughs, gonorrhoea, diarrhoea,

The present investigation coincides with the researcher like Westcott, S Iva, Katare, KB Gutte, Arora, R. K. Borse et., al, Chellaiah Muthu et., al, Chopra R.N et., al,

Conclusion-The survey indicated that, the study area has plenty of medicinal plants to treat a wide spectrum of human ailments. Earlier studies on traditional medicinal plants also revealed that the economically backward local and tribal people of Jintur prefer folk medicine due to low cost and sometimes it is a part of their social life and culture. This study also points out that certain species of medicinal plants are being exploited by the local residents who are unaware of the importance of medicinal plants in the ecosystem. Due to lack of interest among the younger generation as well as their tendency to migrate to cities for lucrative jobs, there is a possibility of losing this wealth of knowledge in the near future. It thus becomes necessary to acquire and preserve this traditional system of medicine by proper documentation and identification of specimens.

The present review shows that, the value and different health benefits of flaxseed and its oil with

reference to evidence based literatures. This encourages development of new branded healthy and functional foods using flaxseeds, oil and cakes. Today a major portion of world is suffering from disorders like cardiovascular diseases, diabetes, hypertension, neurological disorders hence there is a need to cure the people by adopting natural strategy. Flaxseed is one of the emerging foods which have the potential of curing these disorders. Flaxseed is emerging as one of the nutritive and functional ingredient in food products. Apart from being an excellent oil seed, flaxseed can be used in food, skin care, hair care and other health care products.(Gopalkrishnan, et., al. Grewal, R. C, M. V. Patil and D. A. Patil, Subhangi Pawar and D. A. Patil,

[The plant used under the prescription only because over doses causes the poison and skin lesion]

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