

Historical review of Ayurvedic plants

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Abstract ;

Owing to fast paced world that we are living in, we are getting far from the nature. While the lifestyle that we live can have adverse effect on us, it is important to know that by introducing small changes in our daily life can go a long way in keeping us healthy and energetic. Therefore, the importance of Ayurveda holds true in today's life as it is based on the principal of bringing us close to nature and relying on its natural powers to cure us and keep us healthy without any side effects. Ayurvedic medicines and products today have become a symbol of safety in contrast to synthetic drugs that are considered unsafe and hazardous for overall health.

Key words: Ayurveda , Disease Prevention, Health Care benefits, etc

Introduction

One way of understanding the basic fundamentals of Indian Ayurved is to spend more time with nature and observe the plants and herbs. Each plant or herb has a specific quality and can be used to treat multitude of ailments and diseases. Medicinal plants like aloe, turmeric, tulsi, pepper, elachi and ginger are commonly used in a number of Ayurvedic home remedies and are considered to be the best aid among fighting ailments related to throat and skin. As a rich source of nutrients, anti-bacterial and antioxidant properties, ayurvedic herbs are non-toxic in nature and so the products or remedies made using them are often recommended for their high therapeutic value.

Treatment with herbal medicinal plants also hold a strong ground because these plants are considered to be safe and have no side effects. Since they are in sync with nature, they hold greater advantage over chemically treated products and synthetic medicines. As opposed to other drugs and medicines, Ayurvedic herbs are known to treat the disease from the root and thus aid in keeping you healthy and fit in the long run.

Ayurveda is a holistic Indian system of medicine that uses a constitutional model. It works to provide a flexible guidance to attain a state of positive health. Its treatment and techniques is also flexible for people with health challenges.

Ayurveda is derived from two Sanskrit root words: Ayu, which means Life, and Veda, which means the Knowledge. Thus it would be safe to call Ayurveda as the 'Science of life' more than a mere system of treating an illness. The ancient rishis or seers of truth, discovered truth by means of religious practices & disciplines. Through intensive meditation, they manifested truth in their daily lives. Ayurvedic system of health is conversance of practical, philosophical & religious experiences of the great sages. The historical evidence of Ayurveda can be found in ancient books of wisdom known as the Vedas. Atharva Veda, that is known to have been written over 10,000 years ago, describes Ayurveda as a system that helps maintain health in a person by using the inherent principles of nature to bring the individual back into equilibrium with their true self.

Ayurvedic Plants & Their Uses

Apart from medicinal use, Ayurvedic herbs can also be used for purposes like pest control, natural dyes, and formulation of food items, teas and perfumes among others. If we look at various researches from across the world, a sudden spurt in cases of people turning to natural herbs for treatments and usage in everyday life has gone up significantly. Going back to the basics, people have realized the threat chemically treated products pose to their life and are rightly so adopting healthier ways of life by including Ayurveda and its principals as the mainstay of their life.

Ayurvedic Herbs List



Known for their therapeutic properties, these plants can improve the speed and quality of your decision-making, reduce stress, and promote overall well-being, making them the perfect complement to your life. Ayurvedic and medicinal plants have been used for centuries to treat a variety of ailments and maintain health. Integrating these natural remedies into your lifestyle can bring numerous health benefits, complementing the mental stimulation

Hindi Name	English Name	Botanical Name	Uses
Adusa/Vasaka	Malabar Nut	Adhatoda vasica Nees	Cough, Asthma, Bronchitis
Ananas	Pineapple	Ananas comosus	Sore Throat, Diabetes, Heart Disease, Obesity
Babool	Indian Gum	Acacia arabica Willd	Oral Care, Bleeding Gums, Wounds
Brahmi	Thyme leafed gratiola	Bacopa monniera Pennel	Enhances Memory, Anxiety
Dhaniya	Coriander	Coriandrum sativum Linn	Useful in Indigestion, Flatulence, Controls Spasmodic Pain
Kalmegh	Kalmegh	Andrographis paniculata	Indigestion, Acne, Diarrhea
Lashun	Garlic	Allium sativum	Ringworm, Dysentery, Wounds
Nagarmotha	Nut Grass	Cyperus rotundus Linn	Fever, Diabetes, Solar Dermatitis
Punarnava	Spreading Hogweed	Boerhaavia diffusa Linn	Anemia, Liver Diseases, Wounds, Kidney health
Shalparni	Shal Leafed Bush	Desmodium gangetium DC	Analgesic, Anti-Inflammatory
Tulsi	Holy Basil	Ocimum sanctum Linn	Indigestion, Heart health, Respiratory Diseases
Vridhadaru	Elephant Creeper	Argyreia speciosa Sweet	Diabetes, Skin Diseases, Wounds
Agarkasth	Eagle Wood	Aquilaria agallocha Roxb	Bed-Wetting, Incontinence of Urinary Bladder
Ankol	Sage leaf	Alangium salvifolium	Traditionally used in Snakebite, Scorpion

	alangium		Bite, Dog Bite
Badi Elaichi	Greater Cardamom	Amomum subulatum Pennel	Bronchitis, Asthma, Appetizer, Digestant
Chirchita	Prickly chaff flower	Achyranthes aspera	Indigestion, Cough, Asthma, Liver health
Elaichi	Lesser Cardamom	Elettaria cardamomum Maton	Nausea, Vomiting, Dry Cough
Kanghi	Country Mallow	Abutilon indicum	Nervine tonic, Joint Disorders, Increases Strength
Malakangini	Staff Tree	Celastrus paniculatus Willd	Muscle Cramps, Backache, Osteoarthritis, Hair care
Neem	Margosa Tree	Azadirachta Indica A. Juss	Skin health, Eye Disorders, Bloody Nose, Intestinal Worms
Pyaj	Onion	Allium cepa Linn	Prostate health, Digestive,
Shatavari	Asparagus	Asparagus racemosus Willd	Infertility, Loss Of Libido, Uterine health, Improves Lactation
Ulatkambal	Devil's Cotton	Abroma augustum a	Gynaecological Problems, Irregularity In Periods
Yavasa	Camel Thorn	Alhagi camelorum	Rheumatism, Vomiting, Stomachache, Constipation
Akarkara	Pellitory	Anacyclus pyrethrum	Toothache, Dryness Of The Mouth, Throat, Catarrh, Loss of libido
Ashgandh	Winter Cherry	Withania somnifera Dunal	Stress Tolerance, Immunity, Joint Pains, Skin health
Bael	Bengal Quince	Aegle marmelos Corr.	Dysentery And Diabetes, Coolant, Gut health
Chitrak	Leadwort	Plumbago zeylanica Linn	Arthritis, Skin Diseases, Menstrual Disorders, Obesity
Ghee Kunwar	Aloes	Aloe vera Tourn ex. Linn	Ulcers, Burn Injuries, Jaundice, Acne, Women's health
Ketaki	Crepe Ginger	Costus speciosus (Koeing) Sm.	Obesity, Hyperlipidaemia, Diabetes
Mandukparni	Gotu Kola	Centella asiatica Urban	Improves memory, Brain health, Hair care,
Palasha	Flame of forest	Butea monosperma Kuntze	Complexion of Skin, Worm Infestations, Roundworm
Ratti	Rosary Pea	Abrus Precatorius	Joint Pains, Fungal skin infections, Alopecia

Shirish	Siris Tree	Albizia lebbeck (Linn) Benth Pennel	Bronchial Asthma, Detoxification
Bach	Sweet Flag	Acorus calamus	Flatulent Colic, Atonic Dyspepsia, Ulcers
Amaltas	Indian Laburnum	Cassia fistula Linn	Mild laxative, Ulcers, Wounds
Ashok	Sorrowless tree	Saraca indica	Menstrual Irregularities, Uterine Stimulant
Bharangi	Bharangi	Clerodendron serratum Moon	Common Cold, Chronic Sinusitis, Allergic Rhinitis,
Chitvan	Dita	Alstonia scholaris	Skin Ulcers, Fever, Increasing Lactation
Guggulu	Indian Bdellium	Commiphora mukul Engl	Joint Disorders, Heart Diseases, Hypolipidaemic,
Kadirkasth	Cutch Tree	Acacia catechu Willd	Skin & Respiratory Problems, Oral Hygiene, Astringent
Meetha Vish	Monks hood	Aconitum ferox	Fever, Diuretic Action, Arthritis
Patha	Velvet Leaf Tree	Cissampelos pareira Linn	Ulcers, Sinuses, Skin Diseases, Poisonous Bites
Senna	Indian Senna	Cassia angustifolia Vahl	Laxative, Constipation, Irritable Bowel Syndrome, Weight Loss
Supari	Areca Nut/Betelnut	Areca catechu Linn	Obesity, Hyperlipidaemia, Diabetes, Irregular Menstruation
Vajradanti	Barleria	Barleria prionitis Linn	Strengthens Teeth, Useful in Fever, Catarrh
Amla	Indian Gooseberry	Emblica officinalis Linn	Antioxidant, Antistress, Constipation, Fever
Atees	Indian Ateech	Aconitum heterophyllum Wall	Fever, Respiratory
Bhojpatra	Himalayan Birch	Betula utilis D. Don	Wounds, Obesity
Dalchini	Bark Cinnamon	Cinnamomum Zeylanicum Breyn	Antibacterial, Antiseptic
Jimikand	Elephant yam	Amorphophallus campanulatus	Dysentery, Piles, Haemorrhoids
Kulanjan	Greater Galangal	Alpinia galanga	Flatulence, Dyspepsia, Vomiting, Motion sickness, Catarrh
Mulethi	Liquorice	Glycyrrhiza glabra Linn	Digestive Disorders, Ulcers, Bronchitis, Skin health
Pippali	Long Pepper	Piper longum Linn	Asthma, Cough, Indigestion
Shalai Guggal	Indian Olibanum	Boswellia serrata Roxb.	Joint Pains, Headache, Diabetes

Tamalpatra	Cinnamon Leaf	Cinnamomum tamala Nees	Diabetes, Digestion, Cold
Varun	Three Leafed Caper	Crataeva nurvala Buch- Ham	Kidney Stones, Bladder Stones Prostate health

Benefits & Importance of Ayurvedic Plants.

Ayurvedic herbs are time tested for their health and other benefits. The nutritive value that they pack are highly recommended for their healing powers. Known to induce no side effects, they have a unique aroma and flavor and when consumed regularly, they act as a perfect mechanism to bring about a balanced harmony between mind and body. They rejuvenate the whole system instead of focusing on one specific organ or body part.

They have a holistic approach and aid in proper absorption and digestion

They are not disease specific but act as a preventive medicine that positively effects the overall health and well-being by boosting the immune system. They are at par with allopathic medicines and are at times known to be effective in treating diseases like cancer and autoimmune diseases. They are self-contained and nutritive holistic in nature, therefore, are non-toxic and harmless. It deals with the overall well-being and aims to bring harmony between mind, body and soul. Several metabolic and chronic conditions can be treated without any side effects using Ayurvedic medicines and treatments. Ayurvedic Herbs/Spices & Their Medicinal Values.

Ayurvedic Herbs and spices such as black pepper, cinnamon, aloe, sandalwood, ginseng, red clover, burdock, bayberry, and safflower are used to heal wounds, sores and boils. To reduce fever and the production of heat caused by the condition, certain antipyretic herbs such as Chirayta, black pepper and sandal wood are recommended. Sandalwood and Cinnamon are great astringents apart from being aromatic. Sandalwood is especially used in arresting the discharge of blood, mucus etc. Ajwain, Amalaki, Aswatha etc., serve as antacids and are recommended for healthy gastric acid flow and proper digestion. Herbs like Cardamom and Coriander are renowned for their appetizing qualities. Other aromatic herbs such as peppermint, cloves and turmeric add a pleasant aroma to the food, thereby increasing the taste of the meal.

Herbs like Aloe, Sandalwood, Turmeric, Sheetraj and Khare Khaskhas are commonly used as antiseptic and have very high medicinal values. Camomile, Basil, Cardamom, Ginger, Peppermint and Coriander are known to promote blood circulation in the body and keep the heart healthy. Ayurveda is best described as the art of living in harmony with the laws of nature. An ancient Indian system of natural and holistic medicine, it promotes living a balanced life by bringing about healthy and natural lifestyle changes. The age old wisdom contained in Ayurveda is as relevant today as it was back in the time. Ayurveda and its principles can easily be adapted in today's fast paced life to maintain and lead a healthy, stress free and balanced life. Ayurveda has three main focuses: healing, prevention & healthcare. Health care includes maintenance of good health as well as rejuvenation and methods to achieve longevity. Ayurvedic Home Remedies can prove effective in treating various ailments. But the main focus is on prevention as it is easier to maintain health than to restore it once it has become a wreck.

Ayurveda places great amount of importance on one's pathya (lifestyle), eating habits and daily routine. It also provides guidance on how one can adjust his/her lifestyle according to the surroundings and inclusion of ayurvedic products and medicinal plants to lead a healthy lifestyle. Including Ayurveda in your everyday life does not require you to undergo a major lifestyle change. Small and minor things like opting for natural or organic ingredients instead of chemically treated products and food items can do the trick. Moving on from a sedentary lifestyle to a more active one that would include routine exercises like walking can go a long way in keeping you healthy and fit.

Drinking fresh juice instead of canned or preservative laden juices and including seasonal & fresh vegetables in your meal will block creation of ama or toxins in the body thus keeping you fresh and active whole day long. Apart from this, Ayurveda also recommends drinking plenty of water through the day as it will help flush out harmful toxins from the body and a glass of warm, before bedtime, to prevent indigestion and get a relaxing and good night's sleep. If you suffer from indigestion, try these easy natural remedies for indigestion for instant relief.

Benefits of Ayurveda Based Lifestyle.

- ◆ It increases immunity
- ◆ It is natural
- ◆ It has no side-effects
- ◆ It recommends eating foods that are easily available, non-toxic & aids in healing
- ◆ Removes diseases from the root
- ◆ Improves bodily functions
- ◆ Increases one's life span

Conclusion

Ayurveda' is generally understood as 'Science of life' translating 'Ayuh (r)' as life and 'Veda' as science. Ayurveda is an ancient system of life and also the oldest surviving medical system in the world. Dating back almost 5000 years, it is also considered to be an ancient science of healing that enhances longevity. It has evolved from the quest to have a happy life, through a deep understanding of creation and its maintenance, perceived and conceived by the rishis or seers of ancient India. Ayurveda emphasizes upon life in general with bit more emphasis on human life. Its influence can be found in many ancient traditional +methods of healing including Tibetan, Greek, and Chinese medicines thus making it the 'mother of healing.' The fundamentals on which the Ayurvedic system is based are essentially true for all ages and so can be easily adopted time after time, century after century.

The philosophy of Ayurveda teaches a series of conceptual systems characterized by balance and disorder, health and illness. It teaches that a person's mental, emotional and spiritual being are all interconnected and any kind of imbalance between them results in health disorder and diseases. Therefore, to be healthy, harmony must exist between the purpose for healing, thoughts, feelings and physical action. Health and disease are defined in a very special way in Ayurveda. Ayurveda's central tenant is that life is a manifestation of mind, body, soul and spirit. Body and mind are prone to suffering while the spirit is free of any such trappings of life. Thus to remain healthy and happy, efforts are required to be made in the direction of maintaining harmony among all these elements and only then can one get closer to the goal of longevity and disease free life.

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