



MEDICINAL PLANTS USED IN TREATMENT OF ANEMIA :-A BREIF REVIEW

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ABSTRACT:- Food is the major and main source of providing the nutritional supply of all the human beings as well as all the living organisms present on earth. But with the developing society and modernisation, some traditional ways are being changed up. Influence of working population and changing lifestyle, it tends to reduce the lack of maintenance of health. Anemia is a common form of nutritional disorder and the main cause of it is iron deficiency. It is seen in both industrialised and developing countries as well as all the age groups are affected by this lifestyle disorder called Anemia including childrens, adult persons specially pregnant women, child bearing women and infants also. Iron deficiency or anemia is a condition in which there is a reduced number of red blood cells or haemoglobin in the blood or dysfunctional RBCs are present and this affects the major portion of the world's population. Or in other words, it occurs when the iron storing capacity of the human body becomes depleted and a restricted supply of iron to various organs, tissues and cells become apparent which causes depletion of haemoglobin and affects the metabolism. These RBCs also carry oxygen to various vital organs. So, the supply of oxygen is also gets disturbed due to anemia. So, there is always a severe urge in the world wide population to resolve this problem called anemia.

The medicinal plants are always the good source to overcome many diseases across the world as they have enormous potential in the form of phytochemical (Phytomedicines) which are used in the treatment of various diseases. In India, Ayurveda is the most ancient system of medicine which consist of enormous remedies being used from the ancient time. Medicinal plants have the potential to cure anemia disorder. The present review is the compile of some important information based on the literature which are published earlier. It is a comprehensive study which highlight the potential of medicinal plants used in Ayurvedic system in the treatment of anemia.

KEYWORDS:- Medicinal Plants, Anemia, Iron deficiency, Ayurveda.

INTRODUCTION:- In the daily routine of life, there is a great avoidance of nutrition and healthy supplement are seen in the peoples. As a result of which lack of RBCs count or haemoglobin occurs in the body of peoples. The medical term is anemia which refers this condition. Anemia is a most common disorder certainly present in various groups of individual like pregnant woman, adults, childrens, lactating womens, etc. The main symptoms associated with this disorder are:-

1. Feeling tired
2. Weakness
3. Pale skin
4. Shortness of breath, etc.

Some of the main causes of this disorder are as follows:-

1. Blood loss,
2. Decreased RBCs production
3. Increased RBCs breakdown, etc.

Normally, peoples take iron pills and dietary supplements without knowing the main cause of anemia just because to recover from this condition. Ayurveda is the most ancient system of medicine. It serves the humanity by herbal medicines as they have very low chance of side effects in comparison to allopathic drugs. Here are the list of some plants which are used in ayurvedic system of medicines to cure anemia:-

1] PHYLLANTHUS EMBLICA:- It is a member of family Euphorbiaceae and commonly known as Amla in hindi and Indian gooseberry in English. It is very rich in vitamin-C, minerals and amino acids which help in the building up vitality and vigour. Various plant parts are used in the treatment of different diseases like Anemia as well as diarrhea, diabetes, etc.

2] MORINGA OLEIFERA:- It is a member of family Moringaceae and commonly known as Munga in Hindi and Drum stick in English. It was reported that the leaves of moringa contains significant amount of iron which reduces the anemia in children under 2 years of age groups.

3] BETA VULGARIS:- It is a member of family Amaranthaceae and commonly known as Chukandar in Hindi and Beet Root in English. It has a great amount of iron, minerals and vitamins which help in elevating heamoglobin percentage in the blood specially in pregnant womens.

4] AMARANTHUS Sp.:- It is a member of family Amaranthaceae and commonly known as Choulai in Hindi and spiny Amaranth in English. It is very rich in micronutrient like iron so as to helpful in treating anemia.

5] CAJANUS CAJAN:- It is a member of family Fabaceae and commonly known as Tur/Arhar in Hindi and Pigeon Pea in English. It has a very high content of iron. It is used as a pulse in the normal meal of any person and provide proper nourishment.

CONCLUSION:- From the above description, It is absolutely clear that plants have an immense effect on the health of human beings by so many ways. They also provide medicinal as well as nutritional support to the humans and in this way, they directly or indirectly cure various diseases. Anemia is one of them which can be cured by herbal medicines as well as nutritional supplements.

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