

Study of Medicinal Plants used in Rural Areas of Sangamner, Maharashtra, India

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Abstract: In India there are more than 14,000 medicinal plants species used as Ayurveda and Siddha, Unani and Homeopathy. It is estimated that there are about 960 species of medicinal plants on the market. In the present study we have carried out a survey on medicinal plants in Maharashtra rural areas of Sangamner city. The plants were used by local areas people nearby village were surveyed, collected and identified. In all the cases of medicinal plants used parts were determined. All together 26 species we are studied there use an important role in medicine.

Keywords: Medicinal plants, Diseases, Rural Areas of Sangamner, Maharashtra.

Introduction: India is a versatile center of medicinal plants. About 45,000 plants species, almost 15,000 plants are used for their medicinal values. In India the collection and the processing of medicinal plants and plants products contributes a major part each time to the public frugality. According to the WHO over 80% of the world's population relies on traditional forms of drug largely factory grounded meet primary health care requirements.

The medicinal plants also called as medicinal herbs. The medicinal plants are considerably employed throughout the world in two distinct areas of health operation; traditional system of drug and ultramodern system of drug. The traditional system of drug substantially functions through two distinct aqueducts. Original or folk or ethnical sluice and codified and organised Indian system of drugs like Ayurveda and Siddha, Unani, etc. In India, numerous indigenous plants are used in herbal drug to cure conditions and heal injuries. Some important chemical substances setup in plants.

Medicinal plants refers to using plantseeds, berries, roots, leaves, bark, fruit, latex and flowers for medicinal purpose. Herbal medicines is one of the oldest forms of medical treatment in human body and history and could be considered one of the forerunners of the modern Pharmaceutical trade. Plants synthesize hundreds of chemical compounds for various applications. They also contain protection against insects, fungi, diseases and herbivores. Medicinal plants are not only an important resource, but are also used in traditional medicine and herbal industry. They also provide livelihood and health security large segment of Indian population. Medicinal plant and there application is adding day by day. High demands of medicinal plants, their civilization, conservation and import are important.

Materials and methods: There were more than 1000 plants used as the medicine, but for the recent study we had selected only 26 plant for study. Data were collected from survey of different rural area of Maharashtra.

On the basis of survey 26 species were identified and listed which was showed different habitat(Tree, Herb, Shrub).Data contained specimen local name, botanical name and uses. .

Table 1:Traditional medicinal plants used in the treatment of diseases.

Sr. no	Botanical name	Common name	Family	Habit	Used part	Process of use
1.	<i>Azadirachta indica</i> Linn	Neem	Meliaceae	Tree	Fruit	Fruit juice mixed with coconut oil used as lice killer.
2.	<i>Aloe vera</i>	Gwar patha	Asphodelaceae	Herb	leaf	Paste made from leaves are used in ring worm,wound and itches.
3.	<i>Coriandrum sativum</i> L.	corinder	Apiaceae	Herb	Leaves	Leaves used for improving blood sugar levels, promoting digestion, and improving, kidney functioning.
4.	<i>Emblica officinalis</i> Gaertn.	Amla	Phyllanthaceae	Tree	Fruit	½ to 1 teaspoon of dry fruit powder twice daily purifies blood, cures hyperacidity, wounds and ulcers.
5.	<i>Carica papaya</i>	Papita	Caricaceae	Tree	Latex of fruit	Latex of fruit is useful on the treatment of the ring worm and eczema.
6.	<i>Hibiscus rosa-sinensis</i>	Gudhal	Malvaceae	Shrub	Root	Juice of the root about 3 teaspoons is given 3 times a day for 3-4 days in case of cough and cold.
7.	<i>Aegle marmelos</i> Linn.	Bel	Rutaceae	Tree	Fruit	Half of a ripe fruit is eaten twice a day for 3-4 days to cure constipation.
8.	<i>Calendula officinalis</i> L.	Garden marigold	Asteraceae	Herb	Flower	Paste of dried petals are used in tinctures, ointments and washes to treat burns, bruises and cuts.
9.	<i>Salvia rosmarinus</i> Spenn.	Rosemary	Lamiaceae	Shrub	Leaves	Oil of the leaves are used for the treatment of hairs.
10.	<i>Ocimum tenuiflorum</i> L.	Tulsi	Lamiaceae	Herb	Leaves	Dried leaf powder is used for brushing teeth. Leaf extract is used for relief for cough and cold.
11.	<i>Syzygium cumini</i> L.	Jamun	Myrtaceae	Tree	Seed	Dry seeds powder mixed with normal water used in diabetes.
12.	<i>Acacia nilotica</i>	Babool	Moraceae	Tree	Bark	Juice made from bark mixed with turmeric used in menstrual diseases.
13.	<i>Tagetes erecta</i>	Marigold	Asteraceae	Herb	Flower	Powder mixed with water is given to animals to cure hydrophobia.
14.	<i>Plumbago zeylanica</i>	Chitrak	Plumbaginaceae	Herb	Root	500 mg powder mixed with half a cup of buttermilk as a remedy for non bleeding haemorrhoids.
15.	<i>Nerium oleander</i> L.	Kaner	Apocynaceae	Shrub	Leaves	Leaves grind with the normal water and make a paste apply it on wounds and herpes-itching.

16.	<i>Catharanthus roseus</i>	Sada bahar	Apocynaceae	Herb	Leaves	Leaves grind with the normal water and used these paste for bee stings and wasp stings.
17.	<i>Trigonella foenum-graecum</i> L.	Fenugreek	Fabaceae	Herb	Seeds	Place 1-3 teaspoons of seeds in a cup of boiling water for weight loss, digestion and lower blood sugar levels.
18.	<i>Phyllanthus amarus</i>	Bhumi amla	Phyllanthaceae	Herb	Whole plant	Juice made from whole plant in utilized for hepatitis and jaundice, ulcer, stomach pain, liver enlargement.
19.	<i>Mentha spicata</i>	Mint	Lamiaceae	Herb	Seeds	Powder made from seeds mixed with water used in diabetes.
20.	<i>Abrus precatorius</i>	Ghunchu	Fabaceae	Shrub	leaves	Leaf juice is mixed with coconut oil and applied over the painful swellings of the body.
21.	<i>Allium sativum</i> L.	Garlic	Amaryllidaceae	Herb	Bulb	3-4 cloves are taken raw twice a day for a week to get relief from stomach pain and gastric.
22.	<i>Mimosa pudica</i>	Lajwanti	Mimosaceae	Herb	Roots and leaves	Roots and leaves are crushed and filtered; 1 teaspoon of filtrate is taken with water twice a day to cure loose motion.
23.	<i>Cymbopogon citratus</i>	Lemon grass	Poaceae	Herb	Leaves	3-4 leaves are taken and boiled with water used for diarrhea, respiratory diseases, detoxification, fever, infection and skin health.
24.	<i>Bryophyllum pinnatum</i>	Panfuti	Crassulaceae	Herb	Leaves	Juice made from leaves used for cough, kidney stone, diabetes, cold and wound healing.
25.	<i>Calotropis gigantea</i> Linn.	Rui	Asclepiadaceae	Shrub	Latex of whole plant.	The latex is useful in the treatment of the ringworm and skin diseases.
26.	<i>Lawsonia inermis</i> L.	Mehandi	Lytharaceae	shrub	Leaves	Leaves crushed with water and applied on the hair for hair loss, dandruff, hair dye and hair growth.
27.	<i>Solanum nigrum</i> L.	Makoi	Solanaceae	Herb	Seeds	For treatment of Inflammation, ring worms, burns, itching and pain.

Result and Discussion: On the basis of present study 26 species of medicinal plants have been listed according to their medicinal uses. The plants are arranged by their common name, botanical name, family, habitat, part use and process of use in table. This study is helpful to understand the medicinal plants and their uses to cure different diseases. Medicinal plants is used directly by people not only in India but also in world indeed actually numerous ultramodern drug is also produced laterally by medicinal plants. We have to develop knowledge and uses of medicinal plants which is cheap, radially available and with no side effect.

Conclusion: Medicinal plants still plays an important part in original population. Mileage of medicinal plants by people is continuously adding. Considering former and current studies it's concluded that medicinal plants helps us to cure inferior conditions and it's critical need to promote civilization and uses of this plants. It is urgent need to promote cultivation and uses of this plants for future.

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