

Importance and Uses of Medicinal Plants

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Introduction










The term “medicinal plant” includes various types of plants used in herbalism ("herbology" or "herbal medicine"). It is the use of plants for medicinal purposes, and the study of such uses. The word “herb” has been derived from the Latin word, “herba” and an old French word “herbe”. Now days, herb refers to any part of the plant like fruit, seed, stem, bark, flower, leaf, stigma or a root, as well as a non-woody plant. Earlier, the term “herb” was only applied to non-woody plants, including those that come from trees and shrubs. These medicinal plants are also used as food, flavonoid, medicine or perfume and also in certain spiritual activities.










LIST OF IMPORTANT MEDICINAL PLANTS AND THEIR USES







Plant	Common name / Maturity period	Botanical Name or Family	Parts Used	Average Price(Rs. / Kg)	Medicinal Use
	Amla (T)After 4th year	<i>Emblica officinalis</i> Fam - <i>euphorbiaceac</i>	Fruit	Rs 15 - 45/kg	Vitamin - C, Cough , Diabetes, cold, Laxativ, hyper acidity.
	Ashok (T)10 years onward	<i>Saraca Asoca</i> Fam : <i>Caesalpinancea</i> <i>c</i>	Bark Flower	Dry Bark Rs 125/kg	Menstrual Pain, uterine, disorder, Deiabetes.

	Aswagandha (H), One year	Withania Somnifera Fam: Solanaccac	Root, Leafs	Rs 140/ Kg	Restorative Tonic, stress, nerves disorder, aphrodisiac.
	Bael / Bilva (T)After 4-5 year	Aegle marmelous Fam: Rutaccac	Fruit, Bark	Fruit - Rs 125 / kg Pulp - Rs 60 / Kg	Diarrrhoea, Dysentry, Constipation.
	Bhumi Amla (H), with in one year	Phyllanthous amarus Fam : euphorbiaccac	Whole Plant	Rs 40 / Kg	Aenimic, jaundice, Dropsy.
	Brahmi (H) Indian penny worth/one year	Bacopa,Monnier i Fam: Scrophulariacca c	Whole plant	Rs 20 per kg	Nervous, Memory enhancer,mental disorder.
	Chiraita (high altituted) with in one year (H)	Swertia Chiraita Fam : Gentianaccac	Whole Plant	Rs 300- 350 / per kg	Skin Desease, Burning, censation, fever.
	Gudmar / madhunasini, after Four year (C)	Gymnema Sylvestre Fam: Asclepiadaccac	Leaves	Rs 50 -75 per kg	Diabetes, hydrocil, Asthama.
	Guggul (T)after 8 years	Commiphora Wightii Fam: burseraccac	Gum rasine	Rs 80 - 100 per kg	Rheuma tised, arthritis, paralysis, laxative.
	Guluchi / Giloe (C)With in one year	Tinospora CordifoliaFam	Stem	Rs 20 - 25 per kg	Gout, Pile, general debility, fever, Jaundice.
	Calihari / panchanguliaGlori Lily Five years	Gloriosa superba Fam: Liliaccac	Seed, tuber	Rs 60	Skin Desease, Labour pain, Abortion, General debility.

	<i>Kalmegh/ Bhui neem</i> (H) with in one year	<i>Andrographis Paniculata</i> Fam : <i>scanthaccac</i>	Whole Plant	Rs 12 - 20	Fever, weekness, release of gas.
	<i>Long peeper / Pippali</i> (C) after two to three years	<i>Peeper longum</i> Fam : <i>Piperaccac</i>	Fruit, Root	Rs 100 - 150 per kg Root - 150 per kg	Appetizer, enlarged spleen , Bronchities, Cold, antidote.
	<i>Makoi (H)Kakamachi/</i> With in one year	<i>Solanum nigrum</i> Fam: <i>Solanaccac</i>	Fruit/whole plant	Rs 40 per kg Seed - 200 per kg	Dropsy, General debility, Diuretic, anti dysenteric.
	<i>Pashan Bheda / Pathar Chur (H)</i> One year	<i>Coleus barbatus</i> Fam : <i>Lamiaccac</i>	Root	Rs 40-50 per kg	Kidny stone, Calculus.
	<i>Sandal Wood (T)</i> Thirty years onward	<i>Santalum Album</i> Fam: <i>santalinaccac</i>	Heart wood , oil	Rs 350 per kg	Skin disorder, Burning, sensation, Jaundice, Cough.
	<i>Sarpa Gandha (H)</i> After 2 year	<i>Ranwolfia Serpentina</i> Fam: <i>apocynaccac</i>	Root	Root - Rs 60 per kg Seed - Rs 300 per kg	Hyper tension, insomnia.
	<i>Satavari (C)</i> After 2-3 year	<i>Asparagus Racemosus</i> Family: <i>liliaccac</i>	Tuber, root	Rs 20 -50 per kg	Enhance lactation, general weekness, fatigue, cough.
	<i>Senna (S)</i> With in 1 year	<i>Casia augustifolia</i> Fam: <i>Liliaceae</i>	Dry Tubers	Rs 500/kg seed Rs1200/kg dry	Rheumatism, general debility tonic, aphrodisiac.

	<i>Tulsi (perennial)</i> <i>Each 3 months</i>	<i>Ocimum sanclum</i> <i>Fam:</i> <i>Lamiaccac</i>	<i>Leaves/Se ed</i>	<i>Leaves Rs 10/kg</i>	<i>Cough, Cold, bronchitis,expector and.</i>
	<i>Vai Vidanka (C),</i> <i>2nd year onward</i>	<i>Embelia Ribes</i> <i>Fam:</i> <i>Myrsinaccac</i>	<i>Root, Fruit, Leaves</i>	<i>Rs 40-50 per kg</i>	<i>Skin disease, Snake Bite, Helminthiasis.</i>
	<i>Pippermint (h)</i> <i>Perennial</i>	<i>Mentha pipertia</i> <i>Fam:Lamiaccac</i>	<i>Leaves, Flower, Oil</i>	-	<i>Digestive, Pain killer.</i>
	<i>Henna/Mehdi (S)</i> <i>1/25 years</i>	<i>Lawsennia iermis</i> <i>Fam:</i> <i>lytharaceae</i>	<i>Leaf,Flow er, Seed</i>	<i>L - 50 /kgPowde r-Rs75 perkg</i>	<i>Burning, Steam, Anti Imflamatary.</i>
	<i>Gritkumari (H) 2nd- 5th yr</i>	<i>Aloe Verra</i> <i>Fam: Liliaceae</i>	<i>Leaves</i>	<i>Fresh L- Rs 5 kgJuice 90 Per Kg</i>	<i>Laxative, Wound healing, Skin burns & care,Ulcer.</i>
	<i>Sada Bahar (H)</i> <i>Periwinkle/Nyantara</i>	<i>Vincea rosea/ catharanthusRos eus</i> <i>Fam</i> <i>:apocyanace</i>	<i>Whole Plant</i>	<i>R-Rs50 per kgL- Rs 25S- Rs 10 kg</i>	<i>Leaukamia, Hypotensiv, Antispasmodic , Atidot.</i>
	<i>Vringraj (H)</i>	<i>Eclipta alba</i> <i>Fam:</i> <i>Compositae</i>	<i>Seed/whol e</i>	<i>Powder- Rs 60/kg</i>	<i>Anti-inflammatory, Digestive, hairtonic.</i>
	<i>Swet chitrak</i> <i>Perennial (h)</i>	<i>Plumbago Zeylanica</i> <i>Fam:</i> <i>Plumbaginaceae</i>	<i>Root, Rootbar</i>	-	<i>Appetiser, Antibacterial, Aticacer.</i>
	<i>Rakta Chitrak (H)</i>	<i>Plumbago Indica</i> <i>Fam :</i> <i>plumbaginaceae</i>	<i>Root, Root bar</i>	-	<i>Indyspeipsia, colic, imflammation, cough.</i>

	<i>Kochila (T)15 yrs</i>	<i>Strychnos nuxvomica</i> Fam: <i>loganiaceae</i>	<i>Seed</i>	-	<i>Nervous, Paralysis, healing wound.</i>
	<i>Harida (T)</i>	<i>Terminalia Chebula</i> Fam: <i>Combretaceae</i>	<i>Seed</i>	<i>Rs. 80 per K Powder</i>	<i>Trifala, wound ulcer, leprosy, inflammation, Cough.</i>
	<i>Bahada (T)</i>	<i>Terminalia Belle rica</i> Fam: <i>comretace ae</i>	<i>Seed, Bark</i>	<i>Fruit - Rs 20/k Powder- Rs 100/k</i>	<i>Cough, Insomnia, Dropsy, Vomiting, Ulcer, Trifala.</i>
	<i>Gokhur (H)</i> <i>CrawlingPuncture</i> <i>Vine/1 yr</i>	<i>Tribulus Terrestris</i> Fam: <i>Lygophyllaceae</i>	<i>Whole Plant</i>	<i>Plant-Rs 10/K Fruit -Rs 15/k</i>	<i>Sweet cooling, Aphrodisiac, appetizer, Digestive, Urinary.</i>
	<i>Neem (T)</i>	<i>Azardirchata - indica</i> Fam : <i>Mahaceae</i>	<i>Rhizome</i>	<i>Rs 45/k</i>	<i>Sdedative, analgesic, epilepsy, hypertensive.</i>
	<i>Anantamool/sariva (S)Indian Sarap sarilla</i>	<i>Hemibi smus Indicus</i> Fam: <i>Asclepiadaceae</i>	<i>Root/ Leaf</i>	<i>Rs 45/k root Rs 90/kPow der</i>	<i>Appetiser, Carminative, aphrodisiac, Astringent.</i>
	<i>Bach (H)</i> <i>Sweet Flag/1 yr</i>	<i>Acorus Calamus</i> Fam : <i>araceae</i>	<i>Rhizome</i>	<i>Rs 45/K</i>	<i>Sdedative, analgesic, tpilepsy, hypertensive.</i>
	<i>Vasa (S)</i>	<i>Adhatoda vesica</i> Fam : <i>Sacanthaceae</i>	<i>Whole Plant</i>	<i>Leaf - Rs 25/ k</i>	<i>Antispasmodic, respiratory, Stimulant.</i>
	<i>Nageswar (T) Nag Champa</i>	<i>Mesua Ferrea</i> Fam : <i>Guttiferae</i>	<i>Bark, Leaf, Flower</i>	<i>Flower - Rs 120/k Powder Rs 175/k</i>	<i>Asthma, Skin, Burning, Vomiting, Dysentry, Piles.</i>

	<i>Benachar (S) Khus/khus</i>	<i>Vetiveria Ziziinoides Fam : Toaceae / Graminae</i>	<i>Root</i>	<i>Flower - Rs 120/k Powder Rs 175/k</i>	<i>Hyperdisia, Burning, ulcer, Skin, Vomiting.</i>
	<i>Mandukparni (H) Indianpennywort</i>	<i>Centella asiatica Fam : Umdelliferae</i>	<i>Whole plant</i>	-	<i>Antiinflammatory, Jundice, Diuretic, Diarrhoea.</i>
	<i>Kaincha/CreeperBai danka</i>	<i>Mucuna Truriens Fam : Fabaceae</i>	<i>Root, Hair, Seed, Leaf</i>	-	<i>Nervous, Disorder, Constipation, Nephroaphy, Strangury, Dropsy.</i>
	<i>Dalchini Perennial Shrub</i>	<i>Cinnamomum Zeylanicum Fam : Lauraceae</i>	<i>Bark, Oil</i>	-	<i>Bronchitis, Asthma, Cardiac, Disorder, Fever.</i>
	<i>Kurai (S)</i>	<i>Holorheena antidysentrica Fam:apocyacea ceae</i>	<i>Bark, Seed</i>	-	<i>Scabies, Antipyretic, Amoibic dysentery.</i>
	<i>Kantakari / AkrantiPerennial (H)</i>	<i>Solanum Xanthocarpum Fam : Solanaceae</i>	<i>Whole Plant, Fruit, Seed</i>	-	<i>Diuretic, Antiinflammatory, Appetiser, Stomachic.</i>

(source : Orissa Forest Development Corporation)

Importance of some herbs with their medicinal values

1. Herbs such as black pepper, cinnamon, myrrh, aloe, sandalwood, ginseng, red clover, burdock, bayberry, and safflower are used to heal wounds, sores and boils.
2. Basil, Fennel, Chives, Cilantro, Apple Mint, Thyme, Golden Oregano, Variegated Lemon Balm, Rosemary, Variegated Sage are some important medicinal herbs and can be planted in kitchen garden.
3. Many herbs are used as blood purifiers to alter or change a long-standing condition by eliminating the metabolic toxins. These are also known as 'blood cleansers'.
4. Some herbs are also having antibiotic properties. Turmeric is useful in inhibiting the growth of germs, harmful microbes and bacteria.
5. To reduce fever and the production of heat caused by the condition, certain antipyretic herbs such as Chirayta, black pepper, sandal wood and safflower .
6. Sandalwood and Cinnamon are great astringents apart from being aromatic.
7. Some herbs are used to neutralize the acid produced by the stomach.
8. Indian sages were known to have remedies from plants which act against poisons from

animals and snake bites.

9. Herbs like Cardamom and Coriander are renowned for their appetizing qualities.
10. Some herbs like aloe, sandalwood, turmeric, sheetroj hindi and khare khasak are commonly used as antiseptic and are very high in their medicinal values.
11. Ginger and cloves are used in certain cough syrups.
12. Herbs such as Chamomile, Calamus, Ajwain, Basil, Cardamom, Chrysanthemum, Coriander, Fennel, Peppermint and Spearmint, Cinnamon, Ginger and Turmeric are helpful in promoting good blood circulation.
13. Certain medicinal herbs have disinfectant property, which destroys disease causing germs.
14. Herbal medicine practitioners recommend calmative herbs, which provide a soothing effect to the body. They are often used as sedatives.
15. Certain aromatic plants such as Aloe, Golden seal, Barberry and Chirayata are used as mild tonics.
16. Certain herbs are used as stimulants to increase the activity of a system or an organ, for example herbs like Cayenne (Lal Mirch, Myrrh, Camphor and Guggul).
17. A wide variety of herbs including Giloe, Golden seal, Aloe and Barberry are used as tonics.
18. Honey, turmeric, marshmallow and liquorice can effectively treat a fresh cut and wound. They are termed as vulnerary herbs.

References :

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