MEDICINAL USESE OF SOME PLANTS.

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ABSTRACT

Herbal therapies have been used since the Vedic period. They have been used to prevent and treat a wide range of diseases, for thousands of years. Plants that are frequently used to treat and prevent particular disorders and illnesses and that are typically regarded as harmful to humans can be categorized as medicinal plants [1] Several secondary metabolites found in medicinal plants are used to produce drugs and have a major effect on a number of diseases. Medicinal plants which are also said to have several uses, such as antibacterial, antispasmodic .,antioxidant, anti-inflammatory, anti-insecticidal, anti-parasitic, antibiotic, potentials. This paper documented the traditional medicinal use of three plant species from various families.

Key words: Traditional medicine, medicinal herbs, Antispasmodic, Antimicrobial .

Introduction

The importance of traditional medicine has also recognized by World Health Organization (WHO) and has created strategies, guidelines and standards for botanical medicines. For the cultivation, processing of medicinal plants and the manufacture of herbal medicines agro-industrial technologies need to be applied [2]. Evidence of the use of plant products for the treatment of illnesses and the rejuvenation of bodily systems dates back more than 5,000 years, to the Indian, Egyptian, Chinese, Greek, and Roman civilizations [3]. According to the World Health organization (WHO), as many as 80% of the world's people depend on traditional medicine for their primary healthcare needs. The WHO endorses and promotes the addition of herbal drugs in national health care programs because they are easily accessible at a price within the reach of a common man and are time tested and thus considered to be much safer than the modern synthetic drugs [4].

MATERIALS AND METHODS

Roots, rhizomes, stem types, leaf type, leaf margin, petiole, stipule, leaf length, leaf width, leaf upper surface, leaf lower surface, leaf apices, leaf base, inflorescence, flower numbers, flower color, nodes and internodes, pedicel length, primary and secondary bracts, calyx, corolla, stamens length, filament, ovary, style, stigma, fruits, and seed types, among other morphological details, were examined and recorded from references.

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OBSERVATION AND RESULT

Family: Malvaceae

Helicteres isora L. Sp. Pl. 963. 1753; Mast. in Hook. f. Fl. Brit. India 1: 365. 1874; Cooke Fl. Pres. Bombay 1: 136. 1958 (Repr.); Malick in Sharma et al., Fl. India 3:426.1993; Naik Fl. Marathwada 1:156.1998;Moorthy in Singh et al., Fl. Maharashtra St. Dicot.1:355. 2000.

Vernacular name:

English: *East-Indian screw tree,Nut-leaved screw tree*, **Hindi :** *Maror phalli*, **Marathi :** *Murud sheng*, **Sanskrit:** *Mriga shringa*, **Kannada:** *Yedmuri*, **Telugu :***Valambiri*, **Tamil:** *Vadampiri*, **Bengali:** *Antamora*, **Sanskrit:** *Avaratnni*

Description:

Large shrubs,1-3 m tall ; branchlets apically stellate hairy. Leaves oblong, ovate, obliquely cordate-orbicular, 7-12 × 5 -10 cm, margin serrate, sub sessile, pubescent on both surfaces, cordate, 3 lobed. Flowers 2-3cm long in axillary few flowered cymes; pedicles pubescent, bracts minute hairy, calyx tubular 15 - 2 cm long, 2 lobed, stellate pubescent outside; lobes triangular, unequal. Corolla red, unequal staminal tube much exerted; stamens 10 surrounded ovary alternating pairs with 5 minute staminodes. Ovary 5 loculed, style united. Follicles4 - 6 cm long spirally twisted, beaked. Seeds many, wrinkled black. Common on hill slopes.

Soil type: Rocky soil on hill slopes **Flowers and fruits** September to January. **Locality** : In all districts. **Exsiccata**- *Kannad forest*, Aurangabad *SDS* 104.

Medicinal use

Fruits are astringent, refrigerant, stomachic, vermifuge, vulnerary and useful in bowel gripes (5). Fruits shows antispasmodic activity (6). The fruit concerns diarrheal diseases (7). Seed is decoction orally taken for the relief from snake bite (8). The fruit and bark of the plant are used for treatment of diabetes (9). Seeds are used for colic infections and dysentery (10) Stem of this plant are used as anthelmintic, colic disorders while the fruits are used as colic, anticonvulsant agent (11). The pods are crushed well and added with Sesame oil. The mixture is then boiled. and used as ear drops (2-3 drops) for pricking pain in ears and other ear ailments. About 4 -6 gm powder of the pod is given 2 times a day for venereal diseases, hiccup, fever etc. Paste of the leaves is effective for various skin ailments like scabies, eczema etc..

2.Family: Asteraceae

Echinops echinatus Roxb., Fl. Ind. 3: 447. 1832; Hook. f., Fl. Brit. India 3: 358. 1881; Cooke, Fl. Pres. Bombay 2: 112. 1958 (Repr.); Hajarain Hajara et al. Fl. India12:178.1995; Naik, Fl. Marathwada 1:475. 1998; Shirodkar & Lakshmi. in Singh et al. Fl. Maharashtra St. Dicot. 2: 207. 2001.

Vernacular name:

Hindi: *Utakatira* **Marathi:** *Utkatarai,* **Gujarat:** *Utkanto,* **Sanskrit:** *Kantaphala,* **Urdu:** *Untkatar,* **English :** *Indian Globe Thistle,* **Telugu:** *Brahmadandi,* **Kannada**: *Brahmadande*

Description:

Errect, annual herbs, 35-50 cm tall; branches covered with white cottony pubescence. Leaves alternate, sessile lyrate, lanceolate pinnatifid, oblong, 4-13×2-6 cm; ovate lobes, sinuate, spinous pointed. Heads globose compound, 2-3 cm in diam. in stout peduncles. Involucral bracts of individual simple heads scale-like ; outer oblanceolate, 4-6 mm long, glabrous, spinous tipped; intermediate bracts often turned in to sharp spines 1.5-3 cm long; capitula 1 flowered in dense globose, involucral bracts spinescent, intermediate bracts spiny. Florets white bisexual with tubular, 5-lobed ; corolla lobes linear, 4-5 mm long, acute. Achenes elongated, villous,3-4 mm long.

Soil type- Black soil. **Flowers and fruits**: November to March. **Locality**: In all districts. **Exsiccata**- *Phulambri* , Aurangabad. *SD S*105.

Medicinal uses

For immediate and long-lasting relief, individuals with respiratory issues, especially asthma, are recommended to breathe in the vapors produced by burning the leaves and roots of *Echinops echinatus* (12).According to reports, the plant contains anti-inflammatory (13), hypoglycemic and diuretic (14), antispasmodic (16), antibacterial, and antifungal properties (15). Roots have diuretic and carminative properties. To get rid of lice, powdered roots are combined with Acacia and applied to the hair (17). The root has aphrodisiac and abortifacient properties (18). The root's infusion is used to treat seminal debility, impotence, and hysteria, while its decoction is used to treat fever, syphilis, dyspepsia, and scrofula (19). Powdered root bark is used to treat guys with low sexual vigor. To speed up the delivery process, an aqueous root paste is given to the lower abdomen. For a speedy and secure delivery, it is also recommended to take paste internally (20).

Family: Sapotaceae

***Mimusops elengi* L**. Sp. Pl. 349. 1753; Cl. in Hook. f. Fl. Brit. India 3: 548. 1882; Cooke, Fl. Pres. Bombay 2: 155. 1958 (Repr.); Naik, Fl. Marathwada 1: 518.1998; Pradhan in Singh et al.,Fl. Maharashtra St. Dicot. 2: 294. 2001

Vernacularname:

English : *Bullet-wood tree,Indian Medlar* **Hindi:** *Maulsari* , **Urdu:** *Kirakuli* **Tamil:** *Magizhamboo* **Malayalam:** *Ilanni* **Bengali:** *Bakul* **Marathi :***Bakuli* **Kannada:** *Ranjal* **Gujarati :** *Barsoli*

Description:

Tree, much branched 5-8 m tall; bark dark gray fissured, scaly; branches compact, glabrous. Leaves arranged spirally alternate, ovate- elliptic or oblong-elliptical, 4-12 x 2-5 cm, acute or rounded at base, margin entire and undulate, shortly acuminate; petioles1-2 cm long with minute caducous stipules. Flowers axillary, solitary, fragrant, 1.5-2 cm across; pedicels 7-18 mm long, pubescent. Sepals 7-10 mm long, brown-pubescent outside; 2 whorles of 4 outer ones ovate-lanceolate, inner ones lanceolate; Corolla creamy white, witha short tube and 8 lobes,each deeply divided in to3; lobes linear oblong,8-10 mm on about 24, in 2 series. Stamens 8, alternating with 8 staminodes. Ovary superior pubescent. Berries ovoid, 2 - 3 cm long, orange color when ripe. Seeds solitary, ovoid, compressed, brown .

Soil type: Black soil **Flowers and fuirts**: January to July. **Locality**: In all districts. **Exsiccata**-Aurangabad. *SDS*119

Medicinal use

Seeds of *M. elengi* are astringent to bowels, and bruised seed kernels are applied locally within the anus of children in case of constipation (21). Hot water extract of dried seeds is used to fix loose teeth (22).The unripe fruit is used as a masticatory and helps to fix loose teeth. The flowers are used for preparing a lotion of wounds and ulcers (23). The fruits are believed to be effective in preventing chronic dysentery and constipations. The aqueous concoctions of the fruits are believed to promote delivery during child birth. It prevents premature ejaculations The ripe fruit is supposed to be a general tonic and are used to decrease the vitiated pitta dosha (24). Bark is used as an astringent and applied externally too. Bark extract is also given orally to cure diseases of gums and teeth, biliousness as an anthelmintic, stomachic and cardiotonic (22) Bark extracts is used as a gargle for odontopathy (25). It is valuable aid in dental ailments like bleeding gums, pyorrhoea, dental caries and loose teeth.In such conditions, stems are used as toothbrushes or the powder of bark is used for cleansing the teeth. Bark works well as an antidiuretic (26) in polyuria and antihyperglycemic in diabetes (27). It shows several medicinal properties such as astringent, tonic

and febrifuge etc (28.29). Preclinical studies have shown that the bark possess Anti-anxiety, Antihyperlipidemic, Antiulcer, Anticonvulsant, Anti-inflammatory, analgesic, antipyretic, antioxidant, cytotoxic, diuretic and hypotensive activities (30).

CONCLUSION

Medicinal plants were mostly herbs, then shrubs, trees, and climbers, in that order. Parts of plants like as leaves, roots, flowers, bark, fruits, rhizomes, and so on were used for medicinal purposes. The above-mentioned research led us to conclude that plants Every part of the plant is beneficial to all living organisms in the universe. The study found that all plants medicinally important

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Photo plates

Helicteres isora L

***Echinops echinatus* Roxb.**

***Mimusops elengi* L.**