

Medicinal plants

By:

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India has tremendous wealth of medicinal plants. Many of these plants are found in Bihar also. They form a rich vegetation in forests and are also distributed along the plains of ganges and other rivers. Much of the knowledge about Indian medicinal plants are due to the scientific efforts made by the Indian Council of Medical Research.

Some of the medicinal plants of Bihar with their characteristic features are given below:

1. *Allium cepa*.

Systematic position:

Class : Monocotyledonae

Family: Liliaceae

Genus: *Allium*

Species: *cepa*

Vernacular name : Piyaz

Onion is extensively cultivated in India. Plant is annual. The stem is a flat structure in the form of a disc. Roots are adventitious. Leaves are fleshy scale like. Bulb forms the underground part

Medicinal properties :-

Bulbs :-Stimulants diuretic, expectorant; also used in flatulence and dysentery; mostly used as a food article and condiment.

2. *Allium sativum*

Systematic position :

Class : Monocotyledonae

Family: Liliaceae

Genus: *Allium*

Species: *sativum*

Vernacular name: Lahsun

Plants are cultivated

Medicinal properties :-

Bulb:- Used as vermifuge, diuretic, carminative, expectorant and stimulant.

Oil : - It is used for skin rashes, as ear drop, in a tonic dyspepsia, flatulence and colic.

It protects against fat induced in serum cholesterol and plasma fibrinogen.

3. *Aloe vera*

Systematic position:

Class : Monocotyledonae

Family: Liliaceae

Genus: *Aloe*

Species: *vera*

Vernacular name : Ghrit kumari.

Plant grows wild and is cultivated also.

Medicinal properties :

Juice and pulp of leaf :- Juice of leaves and pulp used as medicine. In low doses its action is as tonic and in large doses it acts as purgative .Fresh juice has a cooling effect.

Pulp is used to suppress menstruation. Pulp is used in healing of wounds.

4. *Azadirachta indica*

Systematic position :

Class : Dicotyledonae

Family : Maliaceae

Genus : *Azadirachta*

Species : *indica*

Vernacular name : Neem.

Plant is a tree. Plant parts used as medicine are the stem bark, leaves, fruits and oil.

Bark : It is a bitter tonic, astringent and febrifuge.

Leaves : When boiled in water, form a decoction which is a valuable antiseptic and is used to foment unhealthy sores. In the form of paste they are used as poultice to boils.

Fruit : It is a purgative, emollient (agent soothing the skin and mucous membranes) and anti helmintic.

Oil : It is used to treat scrofula and similar skin diseases. In combination with sulphur it is considered to be effective in treating rheumatism. Combined with chaulmugra and gurjun oil it is used as an application in leprosy.

5. *Emblica officinalis* syn *Phyllanthus emblica*.

Systematic position :-

Class : Dicotyledonae

Family : Euphorbiaceae

Genus : *Phyllanthus*

Species: *emblica*.

Vernacular name:- Amla.

Plant is a tree and parts used are the root bark, leaves, flowers, dried fruits, fresh fruits and seeds.

Fresh fruits : Refrigerant, diuretic and laxative.

Green fruit: Very acidic and acts as carminative and stomachic.

Dry fruits: sour and astringent

Fruit used In combination with Chebolic(*Terminalia chebula*) and Beleric(*Terminalia belerica*) in the form of a decoction known as Triphala (as a cooling and drink and as an refrigerant drink and as an medicine in diarrhoea, haemoptysis, haematemesis and the like.

Bark ; Astringent.

Flower: cooling effect and stimulates evacuation of bowels.

Root : Astringent .