



Review Article

PERSPECTIVE IMPORTANCE OF MEDICINAL PLANTS IN MCH AND RCH CARE IN PRESENT SCENARIO – A BIRD’S EYE VIEW

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ABSTRACT

Medicinal plants are emerging issue in global scenario now. The plants are used for various disease conditions from time immemorial before upcoming of modern medicine. Though today modern medicine is capable to control major issues in medical emergencies but leaves certain lacunae due to its post management hazardous situations. Several fields are still unattended completely by modern medicines. Interestingly, traditional system of medicine like Ayurveda, Siddha etc., plays a vital role till today in remote areas for managing several medical issues exclusively by using medicinal herbs as a tradition of Ayurveda and Siddha. Both the systems advocate, numerous medicinal plants for various disease conditions. It was the interest to document the medicinal plants used for Reproductive Child Health (RCH) along with Mother and Child Health (MCH) as a small component of great Ayurvedic and Siddha Ocean. Usually these medicinal plants have important role in the management of RCH & MCH issues. Such claims are advocating its perspective importance possibly to meet the need by extensive research in future. We do not claim its positive assessment but such prevailing claim are only documented here for future research. Medicinal plants have been presented here with scientific preview in every RCH & MCH issues.

KEYWORDS: Medicinal Plants, Reproductive Child Health (RCH) Along With Mother and Child Health (MCH).

INTRODUCTION

Ayurveda is famous for the herbal kingdom without which no medicine or management could be possible^[3]. Every plant has got its own curing potency for selected disease conditions. Moreover, though the different parts of a single plant are also used for different conditions but the documentation of administration in such cases of much importance. Practically it is seen in folklore practices where the knowledge is still in force and similarly also scattered in classical texts the human civilization has always remained dependent on plant kingdom for their food and medicines. India is famous in the world for its variety of flowers and medicinal herbs for which it is called a medicinal garden of the World and at present in use of 5000 species approximately. In Ayurvedic texts, almost 1500 varieties of herbs and plants have been utilized for various ailments^[5]. In recent years there has been a demand and necessity of changing the policy of the Government of India for an approach to primary healthcare particularly focusing to family welfare, not only to solve the problems of population

inflation rather a safe guard policy for child and women through intervention of herbal drugs. Recently, Govt. has launched national Reproductive and Child Health (RCH) programme taking together with the potentialities of herbal components Ayurveda is very systemic and scientific. Equally promising herbs and dietetic therapy have been kept parallel while the management was focused on pregnancy care, childcare, labor, cord care, and post natal care etc. Ayurveda has centuries old rich heritage but has always been suppressed by the dominance of system of modern medicine during pre-independence rule but little bit explored in the last 2/3 decades. However the real essence is buried under the prevalence of modern medicines at present which needs to be unmasked urgently. According to Ayurveda, special attention should be given to the physical and mental wellbeing of a mother when conceives and delivers the child. The present scenario of our govt. on RCH is also similarly focused with a high intention to revitalize the health system

through unmasking the hidden potentialities. The time has taken the pulse of integration of ISM in national RCH programme on the known clinical, documented and folklore applications available throughout India. Till today approximately 60% of the rural areas are dependent on traditional medicines varying in may be in culture and customaries in India. Keeping this view, the policy makers of national population policy 2000, has suggested the optimum utilization of village tribal practices in RCH & MCH programmes in future looking its practical abilities. Acceptability and strength, specific categorization has been made to enable free launching of herbal use.

Mostly three important classifications are in RCH along with MCH.

- A. *Garvini Carya* or antenatal care.
- B. *Sisu /Bala / Kumara charya* or child health.
- C. *Matru/ Prasuta charya* or post natal care and management of mother's health.

A child is the most valuable and cherished possession of parents. It is therefore the paramount duty of the parents to bring up a healthy and good child. During its growth, the child gets diseases due to natural and artificial causes. It cannot, in fact, be avoided. The parents are supposed to have basic knowledge of the art of healing, besides the medicinal aspects of diet. We have a rich tradition in medicine, passed down over thousands of years. It is best equipped intellectually to show the world its strengths. The most fundamental Indian System of Medicine is that it is a divine art. This assumption has the capacity of producing unshakable faith not only in the treatment but also in the physician who is seen as conduit of divine grace. Today we have lost the culture of the past and run to the doctors for minor ailments.

We spend not only time in queues but also our hard earned money. About two million children worldwide either die or suffer permanent brain damage from birth complications every year, According to Nigeria's Health Minister Mr.Olikoyo Ransomekuti, The Minister, who was chairman of the Executive Board of the United Nations Children's Fund (UNICEF), spoken at the Royal Society of Arts in London. "Little or no attention is being given to the baby at childbirth, he observed. "The glare of the whole world is on maternal health. Because of this, every 30 seconds a child dies or gets mentally handicapped because childbirth is supervised in villages, homes and churches by attendants untrained to perform simple resuscitative procedures on the baby immediately after birth. "Breast-fed infants, who have not started on any other form of food, are prone to suffer from

diarrhoea and it can become severe. It is not unusual for such infants to have 6-12 bowel movements in a day. When the diarrhoea becomes uncontrollable or alarming the infants are sometimes hospitalized in most of these cases, the mother's breast milk is discontinued on the advice of child specialists. Strong drugs and antibiotics are administered for subsequent days to arrest the diarrhoea.

MATERIAL AND METHODS

According to Ayurveda & Siddha, the health of the new-born is completely dependent on that of the mother, and health problems of the new-born are passed on from the mother through her breast milk^[1,4]. For any ailment of infants who are fed solely on the mother's breast milk, the main treatment is aimed at the mother; medicines are administered to the mother depending on the disease of the infant. In most cases, there is no need to give any medicines to the infant. Pediatric in Indian medicine describes diseases according to age. Starting from early infancy to take childhood, treatment varies with each disease. Many herbs, minerals and animal products are commonly used for the preparation of medicine. At present the information to the context of the subject matter has been short listed for the use of physicians, workers, volunteers, students, teachers, researchers, paramedical staff and mothers and for layman in general. Almost all the conditions are submerged under the above categories. According to present socio-economic scenario in India; more emphasis is being given on contraceptive without sliding down the hope for infertility. However, though not practical so textual references are mostly available, still various formulae are in folk/clinical practices and the results are also encouraging and limited to special types of community like Dongoras kind of tribes of Koraput districts of Odisha etc. However, efforts are also taken to make them documented as for as possible and presentable. In recent years or so to say from the last decade, so many infertility clinics are run in metros of India with a high expectation values in practical also. Similarly in Ayurveda some method of sexual activities, drugs, diets and rituals have been described. In fact unexpected results are also documented. In this context, efforts have been taken to make them documented here as could be possible and practicable after identifying the herbs in general. The important aspect also lies with the various clinical/sub-clinical conditions faced by the practitioners and traditional healers which are all categorically presented according to RCH and MCH classification along with the herbs meant for, certain attempt has been taken to explore the classical manuscripts and books along with documenting the folklore claims on different aspects of RCH and MCH.

Different types of signs and symptoms are met in clinical practice for management of mother. Generally a lot of cases are met in our daily practices like mother related, child related including gynecological problems, acute natal problems, post natal problems, neo natal problems, pediatric problems etc. So far in mother related problems, the problems include puberty related menstrual problems, menstrual disorders like dysmenorrhoea are important. Similarly reproductive tract infections like vaginitis, cervicitis, endometritis, leucorrhoea, D.U.B, backache, protozoal, mucosal, RIT's piles, fistulae, Anaemia, habitual abortion, contraceptive problems, morning sickness, constipation etc. Out of which several issues are met well by herbal derivatives apart from such MC issues specific ante natal problems like problems like oedema feet, hypertension, albiminorrhoea, anaemia, morning sickness are very common. Similarly post natal problems are also of emergent issues like use of antibiotics, post partum

haemorrhage, blood transfusion/fluid supplements physiotherapy and use of galactogogues etc are highly medical issues which are to be managed tactfully. After delivery the child's neo-natal problems like conjunctivitis, excess crying, neo-natal jaundice, tetanus and immunization comes with mortality threats a par from pediatric problems like diarrhoea, upper respiratory worms, nocturnal emesis, constipation, Though all above conditions are important issues for medical emergencies to fatalities still in certain areas management through Ayurveda and Siddha preparation keep its role apart from reserved modern applications^[3,6]. These above mentioned conditioned are managed with some specific herbs/ plants individually according to the conditions as per documented claims there on.

Several drugs have been identified for various disease conditions which are enumerated here as under.^[7]

A. Herbs used in different conditions of *Garvini paricarya* or Antenatal care

| Sanskrit Name | Botanical Name | Parts used |
|--|-------------------------------|------------------|
| Apasmara (Fits/Epilepsy) | | |
| <i>Aparajita</i> | <i>Achyranthes aspera</i> | Root, fruit |
| <i>Vaca</i> | <i>Acorus calamus</i> | Tuber |
| <i>Amla</i> | <i>Phyllanthus emblica</i> | Fruit |
| <i>Vrahmi</i> | <i>Bacopa monieri</i> | Whole plant |
| <i>Manduka prani</i> | <i>Centella asiatica</i> | Whole plant |
| <i>Jatamansi</i> | <i>Nardostachys jatamansi</i> | Fibrous rhizomes |
| Krumi (Worms/helminthiasis) | | |
| <i>Yavani</i> | <i>Carum roxburghianum</i> | Seed |
| <i>Dadima</i> | <i>Punica granatum</i> | Leaf |
| <i>Dronapuspi</i> | <i>Lucas aspera</i> | Fruit, flower |
| <i>Ghreeta kumari</i> | <i>Aloe vera</i> | Leaf, pulp |
| <i>Tulsi</i> | <i>Ocinum sanctum</i> | Leaf |
| Kostavadhata (Constipation) | | |
| <i>Drakhya</i> | <i>Vitis vinifera</i> | Fruit |
| <i>Brahmi</i> | <i>Bacopa monieri</i> | Leaf |
| <i>Haritaki</i> | <i>Terminalia chebula</i> | Fruit |
| <i>Sunthi</i> | <i>Zingiber officinale</i> | Tuber |
| Rajasrava/Garvasrava (Abortion/Miscarriage) | | |
| <i>Vata</i> | <i>Ficus bengalensis</i> | Bark |
| <i>Bala</i> | <i>Sida rotula</i> | Whole plant |
| <i>Aparajita</i> | <i>Achyranthes aspera</i> | Root, flower |
| <i>Asvagandha</i> | <i>Withania somnifera</i> | Root |
| <i>Kamala</i> | <i>Nelumbiyam spicicum</i> | Petal |

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| <i>Vidari</i> | <i>Ipomea digitata</i> | Tuber |
| <i>Bhumi amla</i> | <i>Phyllanthus niruri</i> | Whole plants |
| <i>Satavari</i> | <i>Asparagus recemosus</i> | Root tuber |
| <i>Durva</i> | <i>Cynodon dactylon</i> | Whole plant |
| Kasa (Cough, Cold and Coryza) | | |
| <i>Drakhya</i> | <i>Vitis vinifera</i> | Fruit |
| <i>Katuki</i> | <i>Picrorrhiza kurroa</i> | Root |
| <i>Kantakari</i> | <i>Solanum xanthocarupm</i> | Fruit, leaf |
| Kamala (Jaundice) | | |
| <i>Drakhya</i> | <i>Vitis vinifera</i> | Fruit |
| <i>Chireita</i> | <i>Swertia chirata</i> | Whole plant |
| <i>Bhumi amla</i> | <i>Phyuanthus niruri</i> | Whole plant |
| Mutrakrichra (Dysuria) | | |
| <i>Gokhura</i> | <i>Tribulus terrestris</i> | Seed |
| <i>Bhadra</i> | <i>Erua lanata</i> | Seed |
| <i>Ela</i> | <i>Eletaria cardamom</i> | Seed |
| <i>Dhanyaka</i> | <i>Coriandrum sativum</i> | Seed |
| Citodvega (Psychological offsetting) | | |
| <i>Sankhapuspi</i> | <i>Cunvulvus pluricaulis</i> | Whole plant |
| <i>Vaca</i> | <i>Acorus calamus</i> | Tuber |
| <i>Vrahmi</i> | <i>Centella asiatica</i> | Whole plant |
| Vilambita prasava (Delayed labour) | | |
| <i>Bhadra</i> | <i>Elataria cardamom</i> | Dried fruit, Seed |
| <i>Sunthi</i> | <i>Zingiber officinale</i> | Tuber |
| <i>Punarnava</i> | <i>Boerhavia diffusa</i> | Whole plant |
| Garvakalina Visamayata (Pre eclamsic toxemia) | | |
| <i>Anantamula</i> | <i>Hemidesmus Indicus</i> | Leaf |
| <i>Vansalocan</i> | <i>Bamboos bamboi</i> | Stem pulp |
| <i>Tulsi</i> | <i>Ocinum sanctum</i> | Leaf |
| Dourvalaya (Weakness) | | |
| <i>Drakhya</i> | <i>Vitis vinifera</i> | Fruit |
| <i>Asvagandha</i> | <i>Whithania somnifera</i> | Root |
| <i>Vidarikanda</i> | <i>Pureria tuberosa</i> | Whole plant |
| <i>Satavari</i> | <i>Asparagus recemosus</i> | Root tuber |
| <i>Musali</i> | <i>Curculigo orchioides</i> | Root tuber |
| <i>Guduchi</i> | <i>Tinospora cordifolia</i> | Stem |

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| Jwara (Fever) | | |
| <i>Drakhya</i> | <i>Vitis vinifera</i> | Fruit |
| <i>Yavani</i> | <i>Carum roxyburgianum</i> | Seed |
| <i>Kantakari</i> | <i>Solanum xanthocarpum</i> | Fruit |

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| <i>Guduchi</i> | <i>Tinospora cordifolia</i> | Stem |
| <i>Chireita</i> | <i>Swertia chirata</i> | Whole plant |
| <i>Tulsi</i> | <i>Ocinum sanctum</i> | Leaf |
| <i>Bala</i> | <i>Sida rotula</i> | Whole plant |
| Vamana/Utklesa (Vomiting/Nausea) | | |
| <i>Dadima</i> | <i>Punica granatum</i> | Fruit, twig |
| <i>Ela</i> | <i>Eleteria cardamom</i> | Fruit, seek |
| <i>Dhanyaka</i> | <i>Coriandrum sativum</i> | Fruit |
| <i>Vata</i> | <i>Ficus bengalensis</i> | Bark, twig |
| <i>Bilva</i> | <i>Eagle marmelous</i> | Fruit, pulp, leaf |
| Sotha (Oedema) | | |
| <i>Guduchi</i> | <i>Tinospora cardifolia</i> | Stem |
| <i>Gokhura</i> | <i>Tribulus terrestris</i> | Fruit |
| <i>Punarnava</i> | <i>Boerhavia diffusa</i> | Whole plant |
| <i>Sunthi</i> | <i>Zingiber officinale</i> | Tuber |
| Dourvalaya (Weakness) | | |
| <i>Drakhya</i> | <i>Vitis vinifera</i> | Fruit |
| <i>Asvagandha</i> | <i>Whithania somnifera</i> | Root |
| <i>Amla</i> | <i>Phyllanthus emblica</i> | Fruit |
| <i>Kantakari</i> | <i>Solnum xanthocarpum</i> | Fruit, Flower |
| <i>Patha</i> | <i>Cissamplelos pareira</i> | Whole plant |
| <i>Bala</i> | <i>Sida rotula</i> | Whole plant |
| <i>Musali</i> | <i>Curculigo orchioides</i> | Root, Tuber |
| <i>Prusniparni</i> | <i>Uraria picta</i> | Whole plant |
| Atisara (Diarrhoea) | | |
| <i>Dadima</i> | <i>Punica granatum</i> | Fruit |
| <i>Bilva</i> | <i>Eagle marmelous</i> | Fruit, pulp |
| Tvak Roga (Skin diseases) | | |
| <i>Ananta moola</i> | <i>Hemidesmus indicus</i> | Root |
| <i>Ela</i> | <i>Eletaria cardamom</i> | Fruit |
| <i>Asvattha</i> | <i>Ficus religiosa</i> | Bark |
| <i>Haldi</i> | <i>Curcuma longa</i> | Tuber |
| <i>Yasthimadhu</i> | <i>Glycerrhiza glabra</i> | Stem |
| Kamala (Jaundice) | | |
| <i>Drakhya</i> | <i>Vitis vinifera</i> | Fruit |
| <i>Dronapuspi</i> | <i>Lucus aspera</i> | Leaf |
| <i>Guduchi</i> | <i>Tinospora cordifolia</i> | Stem |
| <i>Chiraeta</i> | <i>Swertia chirata</i> | Whole plants |
| <i>Parpata</i> | <i>Fumeria perviflora</i> | Whole plants |
| <i>Sunthi</i> | <i>Zingiber officinale</i> | Tuber |
| <i>Punarnava</i> | <i>Boerhavia diffusa</i> | Whole plant |

B. Herbs used in different conditions of Sisu/Bala/Kumara charya or Child health

| Sanskrit name | Botanical name | Parts used for medicine |
|---|--------------------------------|-------------------------|
| Apasmara (Fits) | | |
| Vaca | <i>Acorus calamus</i> | Tuber |
| Jeera | <i>Syngium cumini</i> | Seed |
| Bharangi | <i>Clerodendron serratum</i> | Leaf |
| Karna, Nasa, Galavikara (E.N.T) problems | | |
| Asvagandha | <i>Withania somnifera</i> | Root |
| Bilva | <i>Eagle marmelous</i> | Fruit |
| Vaca | <i>Acorus calamus</i> | Tuber |
| Tulasi | <i>Ocinum sanctum</i> | Leaf |
| Pratisaya (Coryza) | | |
| Tulasi | <i>Ocinum sanctum</i> | Leaf |
| Harasingara | <i>Nictanthes arbortristis</i> | Leaf |
| Bharangi | <i>Clerodendron serratum</i> | Leaf |
| Atisara (Dehydration) | | |
| Yavani | <i>Carum roxyburghianum</i> | Seed |
| Ativisha | <i>Aconitum heterophyllum</i> | Root |
| Dadima | <i>Punica granatum</i> | Fruit bark |
| Jaiphala | <i>Myristica fragrans</i> | Fruit |
| Jiraka | <i>Syzigium cumini</i> | Seed |
| Dhanayka | <i>Choriandrum sativum</i> | seed |
| Sunthi | <i>Zingiber officinale</i> | Tuber |
| Dhatri | <i>Phyllanthus emblicus</i> | Fruit |
| Vaca | <i>Acorus calamus</i> | Tuber |
| Bilva | <i>Eagle marmelous</i> | Fruit pulp |
| Mutha | <i>Cyperus rotondus</i> | Tuber |
| Amara | <i>Mangifera Indica</i> | Fruit sheath |
| Krimi (Worm infestation) | | |
| Yavani | <i>Carum roxyburghianum</i> | Seed |
| Dadima | <i>Punica granatum</i> | Bark fruit |
| Dronapuspi | <i>Lucus aspera</i> | Leaf |
| Tulasi | <i>Ocinum sanctum</i> | Leaf |
| Vaca | <i>Acorus calamus</i> | Tuber |
| Jvara (Fever) | | |
| Drakhya | <i>Vitis vinifera</i> | Fruit |
| Yavani | <i>Carum roxyburghianum</i> | Seed |
| Dadima | <i>Punica granatum</i> | Bark fruit |
| Dronapuspi | <i>Lucus aspera</i> | Leaf |
| Katuki | <i>Picrorrhiza kurroa</i> | Root |
| Kantakari | <i>Solnum xanthocarpum</i> | Whole plant |

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| <i>Guduchi</i> | <i>Tinospora cordifolia</i> | Stem |
| <i>Chiraita</i> | <i>Swertia chirata</i> | Whole plant |
| <i>Tulsi</i> | <i>Ocinum sanctum</i> | Leaf |
| <i>Parpataka</i> | <i>Fumeria perviflora</i> | Whole plant |
| <i>Asvattha</i> | <i>Ficus religiosa</i> | Stem bark |
| <i>Vaca</i> | <i>Acorus calamus</i> | Tuber |
| <i>Bharangi</i> | <i>Clerodendron serratum</i> | Leaf |
| <i>Pippali</i> | <i>Piper longum</i> | Fruit |
| <i>Mutha</i> | <i>Cyperus rotundus</i> | Tuber |
| <i>Sankhapuspi</i> | <i>Cunvulus pluricaulis</i> | Flower, plant |
| <i>Vrahmi</i> | <i>Centella asiatica</i> | Leaf |
| Agnimandhya (Indigestion) | | |
| <i>Yavani</i> | <i>Carum roxyburghianum</i> | Seed |
| <i>Dadima</i> | <i>Punica granatum</i> | Seed |
| <i>Jatiphala</i> | <i>Myristica fragrance</i> | Fruit |
| <i>Dhanayka</i> | <i>Coriandrum sativum</i> | seed |
| <i>Bharangi</i> | <i>Clerodendron serratum</i> | Leaf |
| Vamana (Vomiting) | | |
| <i>Yavani</i> | <i>Carum roxburghinum</i> | Seed |
| <i>Ativisha</i> | <i>Aconitum heterophyllum</i> | Root |
| <i>Katuki</i> | <i>Picrorrhiza kurroa</i> | Stem |
| <i>Tulsi</i> | <i>Ocinum sanctum</i> | Leaf |
| <i>Pippali</i> | <i>Piper longum</i> | Fruit |
| <i>Ela</i> | <i>Eleteria cardamom</i> | Whole plant |
| <i>Sunthi</i> | <i>Zingiber officinale</i> | Tuber |
| <i>Punarnava</i> | <i>Boerhavia diffusa</i> | Whole plant |
| <i>Vaca</i> | <i>Acorus calamus</i> | Tuber |
| <i>Yasthimadhu</i> | <i>Glycerrhiza glabra</i> | Stem book |
| Apasmara (epileptic/ fits) | | |
| <i>Sankhapuspi</i> | <i>Cunvulus pluricaulis</i> | Whole plant |
| <i>Bala</i> | <i>Sida rotula</i> | Whole plant |
| <i>Brahmi</i> | <i>Centella asiatica</i> | Leaf |
| Tvak Roga (Skin Diseases) | | |
| <i>Anantamula</i> | <i>Hemidesmus indicus</i> | Leaf |
| <i>Sankhapuspi</i> | <i>Cunvulus pluricaulis</i> | Leaf |
| <i>Asoka</i> | <i>Saraca asoka</i> | Bark, Flower |
| <i>Asvatha</i> | <i>Ficus religiosa</i> | Bark, Flower |
| <i>Durva</i> | <i>Cynodon dactylon</i> | Whole plant |

C. Herbs used in different conditions of *Matru/Prasuta charya* or post natal care and management or mother's health

| Jvara (fever) | | |
|--|-------------------------------|---------------|
| <i>Katuki</i> | <i>Picrorrhiza kurroa</i> | Stem |
| <i>Chiraeta</i> | <i>Swerita chirata</i> | Whole plants |
| <i>Guduchi</i> | <i>Tinospora cordifolia</i> | Stem |
| Udavarta (flatulence) | | |
| <i>Jeeraka</i> | <i>Syzigium cumini</i> | Seed |
| <i>Bharangi</i> | <i>Clerodendran serratum</i> | Leaf |
| <i>Lata Karanja</i> | <i>Cessalpinia Bonducella</i> | Seed |
| Mutravaha Sankramana (U.T.I) | | |
| <i>Goksura</i> | <i>Tribulus terrestris</i> | Seed |
| <i>Bhumi amla</i> | <i>Phyllanthus niruri</i> | Whole plants |
| <i>Bhadra</i> | <i>Erua lanata</i> | Seed |
| Udara sula (Abdominal pain) | | |
| <i>Jeeraka</i> | <i>Syzigium cumini</i> | Seed |
| <i>Bhargi</i> | <i>Clerodendran serratum</i> | Leaf |
| <i>Methi</i> | <i>Trigonum phenugraecum</i> | Seed |
| <i>Sunthi</i> | <i>Zingiber officinale</i> | Tuber |
| <i>Yavani</i> | <i>Carum roxburghianum</i> | Seed |
| Anga madra (Body pain) | | |
| <i>Guduchi</i> | <i>Tinospora cordifolia</i> | Stem |
| <i>Asvagandha</i> | <i>Whithania somnifera</i> | Root |
| <i>Lata Karanja</i> | <i>Cessalpinia Bonducella</i> | Seed |
| Atyartava/Kastartava (Metrorrhagia/Menorrhagia) | | |
| <i>Usira</i> | <i>Vertiberia zizinoids</i> | Root |
| <i>Aparajita</i> | <i>Achyranthes aspera</i> | Root |
| <i>Asoka</i> | <i>Saraca asoka</i> | Flower, bark |
| <i>Dhataki</i> | <i>Woodfordia fruticosa</i> | Flower |
| <i>Asvatha</i> | <i>Ficus religiosa</i> | Bark and leaf |
| <i>Bala</i> | <i>Sida rotula</i> | Whole plant |
| <i>Musali</i> | <i>Curculigo orchoides</i> | Root tuber |
| <i>Satavari</i> | <i>Asparagus recemosus</i> | Root tuber |

| Trisna (Thirst/Dehydration) | | |
|------------------------------------|-----------------------------|------------|
| <i>Drakhya</i> | <i>Vitis vinifera</i> | Fruit |
| <i>Usheera</i> | <i>Vertiveria zizinoids</i> | Root |
| <i>Satavari</i> | <i>Asparagus recemosus</i> | Root tuber |
| <i>Lodhra</i> | <i>Symplocus recemosa</i> | Bark |
| <i>Gokhura</i> | <i>Tribulus terrestris</i> | Seed |
| <i>Salmali</i> | <i>Malberia salmalika</i> | Stem bark |

| Pradara (White discharge P/V) | | |
|--------------------------------------|----------------------|-------------|
| Anantamula | Hemidesmus Indicus | Leaf |
| Ashoka | Saraca asoka | Bark |
| Dhatri | Phyllanthus emblica | Fruit |
| Asvatha | Ficus religiosa | Bark |
| Mandukaprani | Centela asiatica | Leaf |
| Musali | Curculigo orchioides | Tuber |
| Durva | Cynodon dactylon | Whole plant |
| Satavari | Asparagus recemosus | Tuber |
| Dourvala (Weakness) | | |
| Drakhya | Vitis vinifera | Fruit |
| Asvagandha | Withania somnifera | Root |
| Bidarikanda | Pureria tuberosa | Tuber |
| Mudga | Phaseolus mungo | Seed |
| Satavari | Asparagus recemosus | Tuber |
| Stanya Hrasa (Poor lactation) | | |
| Asvagandha | Withania somnifera | Root |
| Bhadra | Erua lanata | Seed |
| Jeerka | Syzigium cumini | Seed |
| Patha | Cissampelos pareira | Bark |
| Bidarikanda | Pureria tuberosa | Tuber |
| Mutha | Cyperus rotundus | Root |
| Satavari | Asparagus recemosus | Tuber |
| Hridroga (Cardiac Diseases) | | |
| Patha | Cissampelos pareira | Bark |
| Yasthimadhu | Glycerrhiza glabra | Stem bark |
| Apatyamarga sankramana (RTI) | | |
| Asvagandha | Withania somnifera | Root |
| Haridra | Curcuma longa | Tuber |
| Amlaki | Phyllanthus emblica | Fruit |
| Bibhitaki | Terminalia belerica | Fruit |
| Haritaki | Terminalia chebula | Fruit |
| Sigru | Moringa olefera | Fruit |
| Gugglu | Balsomodendron mukul | Gum |
| Vasa | Adhatoda vasica | Leaf |
| Rasna | Pluchea lansolata | Leaf |
| Guduchi | Tinospora cordifolia | Stem |
| Valya (Tonic) | | |
| Drakhya | Vitis vinifera | Fruit |
| Asvagandha | Withania somnifera | Root |
| Vidarikanda | Pureria tuberosa | Tuber |

| | | |
|--|----------------------------|-------|
| <i>Musali</i> | <i>Curculigo orchoides</i> | Tuber |
| <i>Satavari</i> | <i>Asparagus recemosus</i> | Tuber |
| Rutu/Artava/Visamata (Menstrual Disorder) | | |
| <i>Vasa</i> | <i>Adhatoda vasica</i> | Leaf |
| <i>Rasna</i> | <i>Plucea lansolata</i> | Leaf |

CONCLUSION

Till today 60% people of the village areas depends on the various traditional systems of medicines like Ayurveda. Unani, Sidha etc., for almost all sorts of problems until otherwise serious conditions can occur. Though specific scientific studies have not been established on each issue the folk preparations which have brought the attention of modern medical sciences today to find out the possibilities of their efficacy as being claimed so. Today the hunt for traditional cures/herbals is prime concern for which different steps like collection, documentation, standardization, and implementation are essential to explore the possibilities of a better alternative in progress. Moreover, the time has come to save the plant kingdom from destruction and as much as possible to help in growing more medicinal plants to encourage observational studies on the plants so described for various disease conditions and it is expected, in near future a lot of such outcomes and derivation of herbal products would save a lot of lives.

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Cite this article as:

Debashree Priyadarshini, Binodini Tripathy, Gopal C.Nanda. Perspective Importance of medicinal plants in MCH and RCH care in present scenario - A bird's eye view. International Journal of Ayurveda and Pharma Research. 2020;8(9):86-95.

Source of support: Nil, Conflict of interest: None Declared

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