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Research Article

STUDY OF MEDICINAL PLANTS FOUND IN YAMKESHWAR BLOCK DISTRICT PAURI, AND THEIR THERAPEUTIC USES, UTTARAKHAND, INDIA WITH REFERNCE TO BHAVAPRAKASH NIGHANTU: A REVIEW

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ABSTRACT

The prolific plant diversity of Uttarakhand hills has provided an initial lead to the local people to look for various plant species for the purpose of food, medicine, spices and perfumes. Medicinal plants found in Pauri district at Yamkeshwar block Uttarakhand, India have resulted in the documentation of medicinal, aromatic and spice plant species. These species were distributed over various life forms, like tree, shrub and herbaceous forms. The plants species were collected and arranged in their botanical name family, Sanskrit name, local name and their habit pattern. The leaves root, stem bark and whole plants were the mostly used. The traditional knowledge of medicinal plants gathered from local healers at Yamkeshwar block transmitted orally one generation to another generation but not documented. Now new generation is not interested in traditional knowledge of medicinal plants due to modernization, so there is an urgent need to document ethnomedicinal plants before the knowledge become extinct. Conservation and sustainable utilization of these valuable medicinal plant species is essential to protect the traditional knowledge regarding plants and plant based healing practices. In this article made an effort to document such information, especially the plants found in that region and use of plants for medicine, and made an effort to enlist the medicinal plants mentioned in *Bhavaprakash Nighantu*.

INTRODUCTION

Since the prehistoric times, human civilization got interested in the study of medicinal plants. India is rich in medicinal plants with all the three levels of biodiversity such as species, genetic and habitat diversity. The rich reserve of plant species holds tremendous potential for domestication that can be an important option for sustainable livelihood of the hilly people. Uttarakhand has received significant attention for diversity of medicinal plants throughout the ages in curing various chronic ailments (Kala, 2007). The Yamkeshwar block located in Pauri district of Uttarakhand is covered with forest where there is rich diversity of flora and fauna.

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Dravyaguna is the complete science of medicinal plants. It includes Pharmacognosy, Pharmacology and therapeutical forms to get with maximum therapeutic effect. There are seven basic aspects considered in this branch viz., *Dravya*, *Rasa*, *Guna*, *Virya Vipaka*, *Prabhava* and *Karma*. Initially *Dravyaguna shastra* was not mentioned as a separate branch of Ayurveda. But all of these treatises and other main *Nighantus* belong to medieval period and modern era contain elaborate description about the herb there properties and indication. Among the *Nighantus* first of all *Raj Nighantu* (14-15 AD) placed the *Dravyaguna* in *Ashtanga Ayurveda* and mentioned the importance of *Nighantus.*

द्रव्याभिधानगदनिश्चयकायसौख्यंशाल्यादिभूतविषग्रहबालवैद्य।
विद्याद्रसायनवरंदूदढदेहहेतुमायुःश्रुतेर्द्विचतुरद्रूगमिहाहशम्भुः॥
(रा० नि० रोगादिवर्ग ५८

Bhavaprakash Nighantu, written in 16th century by Bhavamishra because the Lexicons which are found to be developed later on are based upon *Brihatrayi* and

Bhavaprakash is deemed to develop this from all Samhita and scientifically used for various classifications of the drugs found in ancient drug related text of Ayurveda. In this article a detailed review on these medicinal plants have been made from various texts.

Study Area

The study was carried out in Yamkeshwar block located in Garhwal Himalayas of Pauri district of Uttarakhand. The Yamkeshwar is located approximately 60km from Rishikesh. The topography of the area is hilly with gradual slopes. On the Yamkeshwar block is situated the famous temple of Yamkeshwar Mahadev Temple. Mahadev Temple is a Hindu temple dedicated to an aspect of Lord Shiva.

Figure 1. Map showing India, map of Uttarakhand state (brown) and district Pauri garhwal covered in study (blue)

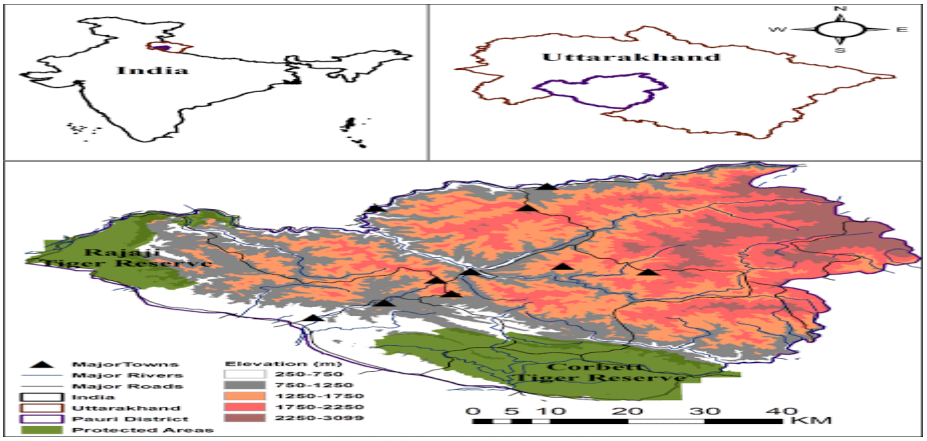


Figure 2– Image of study area

Table 1: List of medicinal plants found in Yamkeshwar block along with their Therapeutic effect and reference in *Bhavprakash Nighantu*

Plants	Habit	Common name/ Hindi name/ Sanskrit name	Botanical name	Family	Part used	Therapeutic use	Reference	Varga/ Gana
Jalvetas	Tree	*Vanjul*	*Salix tetrasperma*	Salicaceae	Bark/ Leaves	*Kustha*, Fever, *Raktaatisar* [1]	3/137	*Guduchiyadi Varga*
Sapium insigne	Tree	*Khinna*	*Falconeria insignis*	Euphorbiaceae	Latex	Wounds, boils, snake bites, eczema		
Tintideeka	Shrub	*(Samakdana)*	*Rhus parviflora*	Anacardiaceae	Fruit	*Grahani, Atisara, Pravahika*[2]	6/142	*Aamradi Phala varga*[3]
Rumex hastata	Shrub	*Khatti Buti*	*Rumex hastatus*	Polygonaceae	Leaves	Wounds, and cuts to check bleeding.		

Variety of *Mudagparni*	Shrub	*KsudraSaha, Vanamunga*	*Phaseolus trilobus*	Leguminosae	*Panchanga*	*Ksaya, Prameha pitika, Grahani*[4]	3/53	*Guduchiyadi Varga*[5]
Xanthium strumarium	Herb	*Gokharu*	*Xantium strumarium*	Asteraceae	Fruit	Fruits are rich in Vitamin C and are used as tonic, diuretic, diaphoretic		*Parisista 1*[6]
Chalmoda plant								
Jambupatra sariva	Climbing shrub	*Krishna sariva* variety, *Karanta*	*Cryptolepis buchanani*	Asclepiadaceae	Root	*Visama Jvara*- Decoction of *Patola*, *Sariva, Musta, Patha* is useful. [7]	3/238	*Guduchiyadi Varga*[8]
Pogostemon benghalensis	Shrub	*Ishwar jata*	*Pogostemon benghalensis*	Lamiaceae	Whole plant	Leaves are used as poultices to clean wounds and promote their healing. Fever.		
Vikantaka	Herb	*Kantaki,*	*Flacourtia ramontchi*	Flacourtiaceae	Fruit	*Kalka* prepared with *Vikankata* and *Aragvadhadi gana* is applied externally in *Kaphaj Granthi, Kamla*[9]	6/88	*Aamradi Phala varga*[10]
Swarnakshiri	Herb	*Pitadughdha, piladhatura*	*Argemone mexicana*	Paveraceae	Root, Latex, oil	*Vrana, Pandu*- *Svarnakshiri, Trivrt, Syama, Devadaruu* are pounded in cow's urine (160ml) and used.[11]	1/176	*Haritakyadi varga* [12]
Species of Lagerstroemia	Tree			Lytheraceae				
Kosamra	Tree	*Kusuma*	*Schleichera trijuga*	Sapindaceae	Stem Bark	*Vrana- Kalaya* leaves and *Kosamraasthi* (seed coats) are made into paste and applied locally. [14]	6/23	*Aamradi phala varga*[13]
Dhava	Tree	*Dhora*	*Anogeissus latifolia*	Combretaceae	Bark	*Kustha- Dhava sara* is applied locally. *Visarpa*- The stem bark is made as paste and applied locally. [15]	5/60	*Vatadi varga*[16]

Sughandha vastuka	Herb	*Vathuya*	*Chenopodium ambrosioides*	Amaranthaceae	Seed, oil	*Plihodara, Arsas, Raktapitta*[17]	9/7	*Sakavarga*[18]
Amarbel	Climber	*Aakashvalli*	*Cuscuta reflexa*	Convolvulaceae	Oil, Whole plant	Decoction is used as abortificient in Punjab,[19]*Ama vata, Grahani* Mix some sesame oil and apply in hairs for curing hair fall.	3/259	*Guduchiyadi Varga*[20]
Variety of Karmard	Shrub	*Karonda*	*Carissa opaca*	Apocynaceae	Fruit, Root	*Mutra krccha*, *Trsna* [21]	6/81	*Aamradi phala varga*[22]
Stree Kutaj	Tree	*Sweet Indrajava*	*Wrightia tomentosa*	Apocynaceae	Leaves,	*Kustha*- Paste of *Lodhra, Dhataki, Indrayava*, *Karanja* is applied locally. [23]	3/118	*Guduchiyadi Varga*[24]
Kathbel	Tree	*Beli*	*Limonia crenulate*	Rutaceae	Bark, Roots	Boils, rheumatism[25]		
Colebrookea oppositifolia	Shrub	*Pansra, Binda*	*Colebrookea oppositifolia*	Lamiaceae	Leaves	Dermatitis, nose bleeds, bleeding.		
Bauhinia Vahlii	Climber	*Malu*	*Bauhinia Vahlii*	Leguminosae	Root, Seed	Fever, *Atisar, Kshya*	3/245	*Guduchiyadi Varga*[26]

RESULTS

In the present study out of 21 plant species 01 species belongs to Salicaceae, Euphorbiaceae, Anacardiaceae, Polygonaceae, Asteraceae, Asclepiadaceae, Flacourtiaceae, Paveraceae, Sapindaceae, Combretaceae, Amaranthaceae, Convolvulaceae, Rutaceae, Lytheraceae, 02 species belongs to Leguminosae, 02 species belongs to Apocynaceae, 02 species belong to Lamiaceae family. Among the reported ethnomedicinal plant species 07 species were Tree, 06 were shrub, 04 were herb, 03 were Climber.

Photographs of 21 medicinal plants are presented in Yamkeshwar block (Plate 1-21) as an evidence of study material

Salix tetrasperma

Sapium insigne

Rhus parviflora

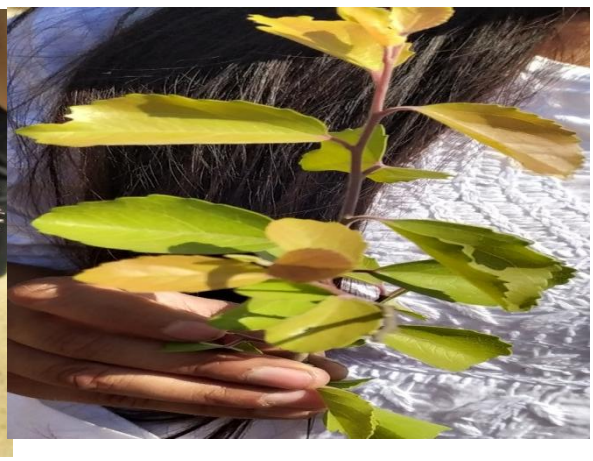
Rumex hastatus

Mudagparni

Xanthium strumarium

Chalmoda plant

Jambu patra sariva (Cryptolepis buchanani)



Pogostemon benghalensis

Flacourtia ramontchi

Argemone Mexicana

Species of Lagerstroemia

Schleichera trijuga

Anogeissus latifolia

Chenopodium ambrosioides

Cuscuta relexa

Variety of *Karmard (Caricca opaca)*

Wrightia tomentosa

Limonia crenulate

Colebrookea oppositifolia

Bauhinia Vahlii

DISCUSSION

Drugs from *Bhavaprakash Nighantu* were screened for the action *Kustha*, fever etc. Obtained data were presented with respect to herbal, mineral and animal origin drugs which belong to different *Vargas* with corresponding reference. Out of 21 plants 06 belong to *Guduchiyadi Varga*, 04 belong to *Aamradi phala varga*, 01 belongs to *Haritakyadi* varga, *Vatadi varga* and *Saka Varga*. 01 belong to *Parisista 1*. The use of medicinal plants as medicine of Yamkeshwar block, District Pauri Garhwal, Uttarakhand, had chosen practice in this region throughout history, the knowledge of which was gathered through experience of many generations. It was found during the study that traditional healer of more age having good traditional knowledge about the uses of medicinal plant of study area.

CONCLUSION

The present review on Yamkeshwar block medicinal plants found in of *Bhavaprakash Nighantu* is original of its kind. In some plants specific part, i.e., root, leaf, bark, fruit etc. are specifically used as *Kusthagna, Jvarghna* etc. A detailed clinical study is required to understand the mode of action of these plants. In the rural areas of Uttarakhand, practice of plant based medicine and local traditional knowledge plays a vital role in people's lives, and such knowledge is widespread. This knowledge is becoming even more important in the primary health care system of the rural mountainous areas where there is a huge scarcity of registered medical practitioners. This data of medicinal plants accentuated the importance of preservation and documentation of traditional knowledge for various disease conditions and for additional elaborative scientific research on these as well as other plants for the evaluation of their therapeutic efficacy and safety.

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