



## Review Article

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# Commonly used Medicinal Plants in Tehsil Bangana, District Una, Himachal Pradesh

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## ABSTRACT

Himachal Pradesh is located in Western Himalaya, is a store house of medicinal plants. Most of the population lives in villages and use various plants for their basic needs such as food, fodder, wood and to treat various diseases. The present study is carried out in 7 villages of district Una of Himachal Pradesh located in the range of Shivalik Hills of outer Himalaya, regarding the ethno medicinal plants used by the locals in their own traditional health system. This study reveals the status of ethno-medicinal plants and their importance preserved by locals of Distt Una. The paper encompasses the 43 medicinal plants. These plants were collected from different villages of Una Distt and information was collected from locals peoples.

**Keywords:** Ethan medicinal Plants, Traditional uses, Public Health.

## INTRODUCTION

Traditional folklore knowledge is a treasure of India, plays an important role in rural Population. Traditional medicines are used by our ancestors since time long for their well being and transmitted orally from one generation to another. Traditional medicines are used by our ancestors since time long for their well being and transmitted orally from one generation to another. It provides systematic knowledge about tradition, culture and other aspects in social life <sup>[1]</sup>. Western Himalaya is a reservoir of many natural resources, of which vegetational aspect is predominant <sup>[2]</sup>. Today about 65% of Indian population depend on the traditional system of medicine <sup>[3]</sup>. They diagnose and cure different diseases through their own traditional knowledge <sup>[4]</sup>. Una is located in the southwestern part of Himachal Pradesh, with the beautiful Shivalik hills of the Himalayas gently rolling on one side. Local healer and villagers of Una Distt use numerous plants for their health care needs. Till date, no ethno botanical study has been undertaken. Hence, the study was undertaken and documented.

## MATERIALS AND METHODS

During the survey all plant specimens were collected, identified. The present study was conducted in seven villages of Distt Una. The information regarding the plants was gathered by the personal interview with experienced local persons, and with the help of various ayurvedic books. The plant specimens were collected and pressed in the blotting paper for removal of moisture, then the herbarium sheet is prepared. Data related to each ethno botanical aspects were collected from local people of that area. After gathering the complete information on ethno- medicinal plants the data were analyzed and compiled with related literature and then the report was documented.

## RESULT

Total 43 medicinal plants were studied in Distt Una forest, are very valuable medicinal plants which are already known for their medicinal values. Most of them were commonly cultivated in crop field; some were found in village surrounding, forest area and wasteland. These plants are used commonly in every house. Among these plant species, the maximum plants were use for cough and cold, skin problems, in inflammation, burns, cut and wounds, and some plants species in addition to their medicinal importance are of cultural and religious importance. Plants used by locals were tabulated in alphabetical order of family, botanical name, uses and using procedure (Table 1) and shown in (Figure 1)

## CONCLUSION

Plants have been used for health and medicinal purpose for several thousand years. In olden days folklore

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based ethno botanical knowledge has been used widely to treat disease. A majority of the world population in developing countries still relies on herbal medicines to meet its health needs, even in areas where modern medicines are available, the interest on herbal medicines and their utilization have been increasing rapidly in recent years. Medicinal plants were playing a vital role in curing health.

Vaidhyas and other knowledgeable persons have been keeping huge traditional as well as indigenous knowledge about medicinal plants in perspective of their identification, ethno-medicinal uses and using procedures since long time. Hence, there is an urgent need to conserve their indigenous as well as traditional through documented literature and proper interaction with younger generation.

**Table 1:** List of Plants <sup>[5-8]</sup>

| S No | Plants Name                    | Family         | Local Name         | Uses  |
|------|--------------------------------|----------------|--------------------|---|
| 1.   | <i>Abelmoschus esculentus</i>  | Malvaceae      | Bhindi             | Fresh seeds are grounded and applied on wounds externally. And used as vegetable.   |
| 2.   | <i>Acacia catechu</i>          | Leguminosae    | Kher               | For manufacturing of Katha.   |
| 3.   | <i>Achyranthus aspera</i>      | Amaranthaceae  | Puthkanda, Apamarg | Crushed seeds applied on bleeding piles. Fresh stem is chewed for toothache.  |
| 4.   | <i>Acorus calamus</i>          | Araceae        | Bach, Bare         | Roots used in cold and caught, used to cure headach, and as anti-inflammatory.  |
| 5.   | <i>Adhatoda vasica</i>         | Acanthaceae    | Basuti             | Leaves used during headache and during skin problems.   |
| 6.   | <i>Aegle marmelos</i>          | Rutaceae       | Bil                | Antifungal, antiulcer, anti-inflammatory  |
| 7.   | <i>Aloe barbadensis</i>        | Liliaceae      | Aloe vera          | Juice of aloe vera applied on skin during sunburns, burns, pimples.   |
| 8.   | <i>Allium cepa</i>             | Alliaceae      | Pyaz               | in indigestion.   |
| 9.   | <i>Allium sativum</i> Linn.    | Amaryllidaceae | Lahsun             | Bulb used Joint pain, skin diseases and in GIT disorder.  |
| 10.  | <i>Bauhinia variegata</i> Linn | Fabaceae       | Karale             | Young flowers bud are used as food material.  |
| 11.  | <i>Bryophyllum pinnatum</i>    | Crassulaceae   | Patharchat         | 2-3 leaves taken in empty stomach to evacuate kidney stones and after 30-45 minute drink much water.  |
| 12.  | <i>Burchellia bubalina</i>     | Rubiaceae      | Dadu               | The roots provide an infusion and used as food material   |
| 13.  | <i>Cannabis sativa</i>         | Cannabaceae    | Bhang              | Whole plant used as Narcotics, Sedative, anti-inflammatory. Leaves are used for religious purposes  |
| 14.  | <i>Curcuma longa</i>           | Zingiberaceae  | Haldi              | Boiled with mustard oil and used topically for wound healing  |
| 15.  | <i>Citrus aurantifolia</i>     | Rutaceae       | Kagji Nimbu        | Juice of Kagji neebo mixed with water after adding a pinch of salt and sugar given during summer season to cure dysentery, sun or heat stroke |
| 16.  | <i>Citrus limonis</i>          | Rutaceae       | Nimbu              | Juice is taken orally for indigestion, and as facial purpose.   |
| 17.  | <i>Coriandrum sativum</i>      | Apiaceae       | Dhaniya            | Fresh juice applied on scalp to treat dandruff. And used in cooking   |
| 18.  | <i>Curcuma longa</i>           | Zingiberaceae  | Haldi              | Wound healing and in inflammation, paste of fresh rhizome mixed with warm water is given to heal up internal wounds, treatment of acne.       |
| 19.  | <i>Dioscorea deltoidea</i>     | Dioscoriaceae  | Taradi             | Anti-inflammatory, dietary modulator and as food material.  |
| 20.  | <i>Euphorbia helioscopia</i>   | Euphorbiaceae  | Dudhali            | Skin eruption, cholera, and having anticancer activity.   |
| 21.  | <i>Fennel</i>                  | Umbelliferae   | Sounf, Dhansoya    | Help in digestion, and also used as flavoring agent   |
| 22.  | <i>Mallotus philippensis</i>   | Euphorbiaceae  | Kaamal             | Fruit hairs mixed with mustard oil and applied topically on burns.  |
| 23.  | <i>Mentha sylvestris</i>       | Lamiaceae      | Pudina             | Juice in diarrhoea, indigestion, remove bad smell of mouth, antispasmodic.  |
| 24.  | <i>Momordica charantia</i>     | Cucurbitaceae  | Karela             | In diabetes, good for skin health   |
| 25.  | <i>Morus nigra</i>             | Moraceae       | Sehtoot, chimu     | Hallucinogenic  |
| 26.  | <i>Murraya koenigii</i>        | Rutaceae       | Gandala, Karripata | As Flavoring agents in food and branches used for cleaning of teeth.  |
| 27.  | <i>Musa paradisiacal</i>       | Musaceae       | Kela               | Fruit is taken orally as a mild laxative  |
| 28.  | <i>Ocimum sanctum</i>          | Lamiaceae      | Tulsi              | Cough and cold; leaves boil with water and used as green tea, which effective in reducing stress.   |
| 29.  | <i>Phyllanthus emblica</i>     | Euphorbiaceae  | Amla               | Source of vitamin c,  |

|     |                               |                |              |  |
|-----|-------------------------------|----------------|--------------|--|
|     |                               |                |              | Fruits used as food, dried fruits grind and used for cleaning hairs.                                 |
| 30. | <i>Pinus roxburghin</i>       | Pinaceae       | Chil         | Skin problems, cough, ulcers, wounds, cold influenza.  |
| 31. | <i>Prunus persica</i>         | Rosaceae       | Aru          | Astringent   |
| 32. | <i>Psidium guajava</i>        | Myrtaceae      | Amrud        | Branch lets used as toothbrush, fruit is used in controlling blood pressure.                         |
| 33. | <i>Rosa alba</i> Linn         | Rosaceae       | Gulab        | Decoction in eye inflammation  |
| 34. | <i>Rubus hypargyus</i>        | Rosaceae       | Aakhe        | Laxative   |
| 35. | <i>Rumex nepalensis</i>       | Polygonaceae   | Jungli palak | Purgative, swollen gums  |
| 36. | <i>Sesamum indicum</i>        | Pedaliaceae    | Til          | For strengthening for muscles, reduce the stress, for purpose of "Hawan"                             |
| 37. | <i>Solanum tuberosum</i> Linn | Solanaceae     | Aalu         | Crushed tubers applied on sun burn   |
| 38. | <i>Syzygium cumini</i>        | Myrtaceae      | Jamun        | In diabetes  |
| 39. | <i>Tagaus minuta</i>          | Asteraceae     | Marigold     | Gastritis, skin infection and internal worms.  |
| 40. | <i>Terminalia chebula</i>     | Combretaceae   | Harad        | In cough, and in stomachache   |
| 41. | <i>Tinospora cordifolia</i>   | Menispermaceae | Gilyoe       | Joints pain, tonic, antiperiodic.<br>Dried stem are also used for religious purposes called "Hawan". |
| 42. | <i>Viola sepens</i>           | Violaceae      | Banfsha      | In cold and cough  |
| 43. | <i>Ziziphus mauritiana</i>    | Rhamnaceae     | Ber          | Fruit is eaten raw, pickled. Rich in Vitamin C   |



*Abelmoschus esculentus* (Bhindi)



*Acacia catechu* (Arjuna Bark)



*Achyranthus aspera* (Puthkanda)



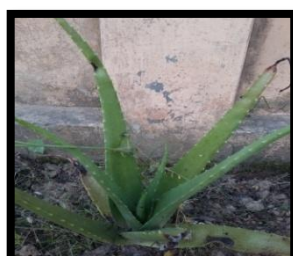
*Acorus calamus* (Bach)



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*Curcuma longa* (Haldi)



*Euphorbia helioscopia* (Dudhali)



*Fennel* (Sounf)



*Mallotus philippensis* (Kaamal)



*Mentha sylvestris* (Pudina)



*Momordica charantia* (Kerela)



*Morus nigra* (Chimu, sehtoot)



*Murraya koenigii* (Karipata)



*Musa paradisiacal* (Kela)



*Ocimum sanctum* (Tulsi)





*Phyllanthus emblica* (Amla)



*Pinus roxburghii* (Chil)



*Prunus persica* (Aru)



*Psidium guajava* (Amrud)



*Rosa alba* (Gulab)



*Rubus hypargyrea* (Aakhe)



*Rumex nepalensis* (Jungli palak)



*Sesamum indicum* (Til)



*Solanum tuberosum* (Alu)



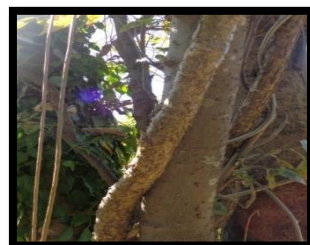
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**Conflict of interest** – None declared.

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