

# Medicinal Plants in Tribals of India

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Medicinal plants of forest origin hold great promise to enhance the health. Medicinal plants are important product found in forest area from plains to the hills. Remedies based on these plants often have minimum side effects. A culture that has successfully used nature to treat primary and complex ailments for over 3000 years. The most commonly used herbal drugs in the region are described :

1. *Acacia catechu* (Khair) - The bark of the tree is used in chronic diarrhea.
2. *Acacia nilotica* (Babul) - The extract of fresh bark is used as tonic.
3. *Aegle marmelos* (Bel) - Fruits are used in dysentery.
4. *Aloe-vera* (Gwarpatha)- The peelings of the leaves are used in skin burn, The gel of the plant is given orally in ulcers. The fleshy part is also used in facial creams.
5. *Azadirachta* (Neem) Seed oil used in skin diseases, Bark is useful in malarial fever.
6. *Bauhinia Variegata* (Kachnar) Bark is used in skin diseases, Pod is used in diarrhea.
7. *Brayonia-laciniosa* (Shivlingi) Seeds are used to cure sterility in women.
8. *Butea monosperma* (Palas) -Seeds are used to cure ring worms and skin diseases.
9. *Calotropis-procera* (Aak) - The latex of plant is applied to remove thorn from the body and also in boils.
10. *Catharanthus-roseus* (Sadabahar)- The leaves and white flowers are used to reduce sugar-level.
11. *Centella-asiatica* (Bramhi)- The leaves are used to improve memory.
12. *Clitoria ternata* (Aparajita) The root of the plant is used to remove stone in gall bladder.
13. *Curcuma amada* (Amahaldi) Used in sprains and brusies.
14. *Cuscuta reflexa* (Amarbel)- The extract of the plant is used in white spots and in dandruff.
15. *Datura metal* (Datura)- Smoke of seeds inhaled in bronchial troubles.
16. *Eclipta alba* (Bhring raj)- Applied with oil to reduce graying of hairs and hair loss.
17. *Emblica officinalis* (Amla) - Fruits are used in digestion and as tonic.

18. *Hedychium spicatum* (Kapur Kacchri)- Rhizome is used in pain in stomach.
19. *Ocimum sanctum* (Tulsi)- The leaves are used to cure cough & cold.
20. *Papaversomni ferum* (Afeem)- Flower, fruits and seeds have pain releasing and sleeping effects useful in imitating cough, pneumonia & ulcers.
21. *Syzygium cumini* (Jamun)- Seed powder is useful in diarrhea, dysentery and diabetics.
22. *Terminalia bellirica* (Baheda)- are use in digestion
23. *Urginea indica* (Jangli Pyaj)- The juice of the bulb is used in respiratory disorders.
24. *Withania Somnifera* (Aswagandha) The root powder is taken with milk to remove weakness and improve vigour.

It has been found that the tribal community of Central India is rich in ethno biological knowledge, which has been transmitted from one generation to another.

#### References

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