

THERAPEUTIC EFFICACY OF USED AND TESTED POTENTIAL MEDICINAL PLANTS FOR COMMON AILMENTS

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The survey in Rayalaseema region is under taken to list out used and tested formulations of potential medicinal plants for common ailments and to reveal the same for usefulness of mankind. Most of the local practitioners and vaidas are consulted and their formulations are cross checked comparing with the published scripts for knowing the therapeutic efficacy. More than 30 plants are mentioned in the present paper, which are useful in Jaundice, Tuberculosis, Migrane, scorpion bite etc.

Keywords: Efficacy; Medicinal plants; Survey; Used and tested.

Introduction

Since the dawn of civilization man has been in the race to find cure for his ailments. He learnt from nature many ways and means of cure for his health problems. One of it is the herbal medicine. The allopathic medicine because of its quick response, though cost effective, dominated the medical field.

The traditional herbal medicine, though having guaranteed remedy for many ailments and being practiced by our ancestors, lost significance in the past is now reversed. Due to the side effects of allopathic, medicine the herbal medicine is now being practiced even in western countries. Most of the knowledge of herbal medicine was buried along with the death of the herbal practioners or vaidas who never revealed the secrets of cure to others nor published their work for posterity. In this connection the present paper is prepared with a random survey in Rayalaseema region where some people from generation to generation are curing people with their house hold herbal remedy (Nusqa or Chitkas). The data presented here are based on first hand information by personal contact with the practitioners. The special feature of the paper is that the author himself used and practiced some of it and observed positive responses and also compared the therapeutic efficacy of it with that of allopathy in case of some ailments. Because of its no side effect or least side effect people in the west are preferring herbal medicine to allopathy. Because of which it is gaining significance in recent years. China and India are the two treasure troves of medicinal plants. Because of the eco friendly feature and being within reach of the poor, these have become more significant. The research in this field is also gaining

momentum every year. There are more than 30 plants enumerated with their medicinal properties which are used and tested by people.

Material and Methods

Visits were made to local healers for information and standard texts and herbal manuscripts are also consulted to cross check the efficacy of all the listed plants, which are given in the Table 1. Most of the formulations are cross checked and compared with the important publications¹⁻⁵, API, IHP, BHP, CCRAS and also personally used by authors. In case of some ailments case studies and addresses are also noted for future correspondence.

Observation and Discussion

During survey it has been observed that the people are preferring herbal medicine for curing and healing ailments like jaundice, scorpion bite, migrane, fractures, sprain, viral fevers. For jaundice plant products are in use rather than animal and mineral products. As we know there is no cure for diabetes people are using herbal medicine for its control. Further it has been observed that in case of chronic fever and diabetes compound formulations are proved more effective than single drug treatment. Out of 30 plants enumerated in the table leaves are in maximum usage (16) followed by seeds and roots (4) and other parts. The decoction and juice is in usage than powder and paste.

Thus, to keep up the old used formulations plant taxonomists, chemists, Hakeems and vaidas should come forward and popularize this for the benefits of common people. Because all of these formulations are within their reach. The authors with an intension to spread this message at national and international level have undertaken this

Table 1. Summary of information on used and tested potential medicinal plants.

SL. N.	Botanical name	Family	Used Part/ Parts	Ailment	Dosage	Mode of administration
1	<i>Andrographis paniculata</i> wall ex Nees(IHP)	Acanthaceae	Whole plant	Jaundice	50-100ml decoction	2-times 7-days
2	<i>Cajanus cajan</i> Millsp(API)	Fabaceae	Leaves	Jaundice	5-10 leaves paste	2 times 5 -days
3	<i>Boerhaavia diffusa</i> Linn.(IHP)	Nyctaginaceae	Roots/shoots	Jaundice	20-25 mg paste	2-times 7-days
4	<i>Corchorus capsularis</i> Linn	Tiliaceae	Leaves	Jaundice	15-20 ml juice	2times a day 7 days
5	<i>Phyllanthus amarus</i> schm&thawn API	Euphorbiaceae	Leaves	Jaundice	3 to 6 grams powder	3times 7days
6	<i>Aloe vera</i> (L.) Burm.f	Liliaceae	Leaf	Diabetes	10to 20ml juice	Once 6 days
7	<i>Cissampelos pariera</i> Linn	Menispermaceae	Root	Diabetes	5 g powder	40 days
8	<i>Hemidesmus indicus</i> (L.)R.Br API	Asclepiadaceae	Root	Diabetes	15ml extract	9 days
9	<i>Aegle marmelos</i> + <i>Azadirachta indica</i> + <i>Ocimum tenuiflorum</i> CCRAS	Rutaceae Meliaceae Lamiaceae	Leaves/Bark	Diabetes	15 gm powder	3 times 40 days
10	<i>Trigonella foenum-graecum</i> + <i>Curcuma longa</i> + <i>Anacyclus pyrethrum</i> + <i>Rosa damascena</i>	Fabaceae Zingiberaceae Asteraceae Rosaceae	Seeds Rhizome Root Petals	Diabetes	5-grams+1-pinch of all the three	Early in the morning empty stomach
11	<i>Syzygium cumini</i> Linn	Lythraceae	Seed power	Diabetes Poly urea	5-10 grams	Twice a day
12	<i>Pterocarpus marsupium</i> Roxb API VOL-111	Fabaceae	Bark	Diabetes	Infusion 5-10 ml	Twice a day
13	<i>Cissus Quadrangularis</i> Linn	Vitaceae	Stem paste	Bone fracture	Bandage	Twice in a week
14	<i>Dodonea viscosa</i> API VOI-111	Sapindaceae	Leaves	Sprain	Bandage	Daily for 5 days
15	<i>Cassia occidentalis</i> L	Caesalpinaceae	Leaves	Fracture	Bandage	Once in a week
16	<i>Equisetum debile</i> +salt+calcium BHP	Equisetaceae	Whole plant	Fracture	Extract internally	15 days
17	<i>Piper longum</i> Linn	Piperaceae	Fruits	Cough	5 mg powder	1 time 7 days
18	<i>Trigonella foenum-gracum</i> Linn	Fabaceae	Seeds	Cough	5 mg powder	1time daily 5 days
19	<i>Adathoda vasica</i> Nees API	Acanthaceae	Leaves	Asthma	5 ml decoction	1 time 1 month
20	<i>Acalypha indica</i> Linn	Euphorbiaceae	Leaf juice	Scabies	External application	2-days
21	<i>Tinospora cordifolia</i> + <i>Andrographis paniculata</i> + <i>Piper longum</i> IHP CCRAS	Menispermaceae Acanthaceae Piperaceae	Bark Leaves Fruits	Chronic Fever Viral Fever	5 to 10 ml decoction	1 time 1 month
22	<i>Atylosia scarabaeoides</i> Benth	Fabaceae	Seeds	Fever	5-mg powder	5-days 1-time
23	<i>Tridax procumbense</i> Linn	Asteraceae	Leaves	Wound	Juice	External application
24	<i>Ageratum conyzoides</i> Linn	Asteraceae	Leaves	Wound	Juice	External application
25	<i>Cassia senna</i> Linn	Caesalpinaceae	Leaves	Constipation	Paste	1-time
26.	<i>Centella asiatica</i> (Linn) Urban	Apiaceae	Leaves	Tuberculosis Leucoderma Hypertension	Leaf powder Juice	1-3-leaves External application
27	<i>Brassica nigra</i> Linn	Brassicaceae	Seed powder	Migrane	Juice	3-Drops in Opp. nostril
28	<i>Synadenium grantii</i>	Euphorbiaceae	Leaves Latex	Scorpion bite	5-6 leaves	External application
29	<i>Chrozophora rotleri</i> Klotz	Euphorbiaceae	Leaves	Leucoderma	4-leaves	Chewing daily 15- days neel Powder External application
30	<i>Actinopteris radiata</i>	Actinopteridaceae	Whole plant	Dandruff	Powder	External application

API =Ayurvedic pharmacopia of India.; IHP=Indian herbal pharmacopia; BHP=British herbal pharmacopia.
CCRAS=Central council for research in ayurveda and siddha.

work which helps in taking right decision in solving health problems. The information collected by the authors is a positive step in preparing data base of medicinal plants which are already in use in Unani, ayurvedic and siddha systems of medicine since the dawn of civilization

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