

Govt. College, Solan

Assignment of History

B.A. IIIrd Year

DSE-I

CODE - HIST(A) 317

Topic: Medicinal plants

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Introduction: ↴

Medicinal herbs have been used for centuries across various cultures to promote health and treat illnesses. These natural remedies, derived from plants, offer a wealth of therapeutic benefits due to their active compounds, such as alkaloids, flavonoids, tannins, and essential oils. Unlike synthetic drugs, medicinal herbs often provide a holistic approach to healing, targeting the root causes of health issues & supporting overall wellbeing.

India has a rich tradition of using medicinal herbs, many of which are deeply rooted in Ayurveda, the ancient Indian system of medicine.



- **Tulsi** is known as the 'queen of herbs'. Tulsi is revered for its adaptogenic properties. It helps **reduce stress**, **boost immunity**, and promote **respiratory health**. It also has **anti-inflammatory** and **antimicrobial** properties.

Ocimum tenuiflorum
(TULSI)

Topic **thania Somnifera**



- A powerful adaptogen, **Ashwagandha** is used to combat stress, **anxiety**, and **fatigue**. It also improves energy levels, **enhances cognitive function**, and supports overall vitality.

Rich in **curcumin**, **turmeric** is widely known for its **anti-inflammatory**, **antioxidant**, and **antimicrobial** properties. It is used to treat **inflammatory conditions**, **boost immunity**, & **promote digestive health**.



Curcuma longa (Turmeric)

- **Neem** is known for its powerful **antibacterial**, **antifungal**, and **antiviral** properties. It is used to **purify the blood**, treat **skin disorders** and improve dental health.



Azadirachta indica (Neem)

Amala is a potent source of **vitamin C** and has **antioxidant** properties. It is used to **boost immunity**, improve digestion, & **promote hair & skin health**.



Phyllanthus emblica (Amala)



Glycyrrhiza glabra

(Mulethi)

- **Mulethi**, also known as licorice root, is a herb that has been used in traditional medicine. It is known for its sweet flavor & its uses such as soothing sore throat, boosting immunity, improving digestion, respiratory health, promoting healthy skin.

~~Black pepper is helpful in digestion, reduces inflammation & pain, an antioxidant and antibacterial. It has anti-cancer properties and help prevent neurodegenerative & respiratory problems.~~



Piper nigrum

(Black pepper)

Ficus religiosa

(Peepal tree)



- **Peepal tree** is considered an medicinal plant in Ayurveda. Its leaves are used to treat respiratory issues (asthma). Fruits to treat digestive issues. Roots for mouth ulcers, tooth aches etc. Has antiseptic and anti-inflammatory properties.

Brahmi (U.P.,Punjab, Haryana,
Bihar, Foothills of H.P.

(Uttaranchal)

Amemile(Uttarakhand,
Punjab, Lucknow,
Jammu, Assam).**Ashwagandha**(grows in North
western part of Madhya
Pradesh, Rajasthan, A.P.,
Gujarat, U.P etc).**Anti-anxiety /
Depression
Herbs****Passionate****Flower** (North-
east region of
India).**Lavender**(Bhadrachal, Jammu
is known as the
'lavender Capital
of India?')**Saffron**(90% of India's
saffron comes
from Kashmir)**(Passion flower)**

• **Passion Flower** is promoted as a dietary supplement of anxiety and **sleep problems**, as well as for pain, **heart rhythm problems**, **menopausal symptoms** & attention-deficit hyperactivity disorder.

• used for **depression, anxiety, Alzheimer disease, menstrual cramps, premenstrual syndrome** and many other conditions.

**(Saffron)**

Lavender is known to calm nervous system and improve mood. Can be used for anxiety, stress, pain, sleep, digestive issues, Hair loss etc.



Lavender



Chamomile

- **Chamomile** is used for skin conditions, gastrointestinal issues, anxiety, sleep and other conditions.

Brahmi is renowned for its cognitive-enhancing properties. used to improve memory, concentration & overall mental clarity. It also has calming effects & is used to reduce anxiety.



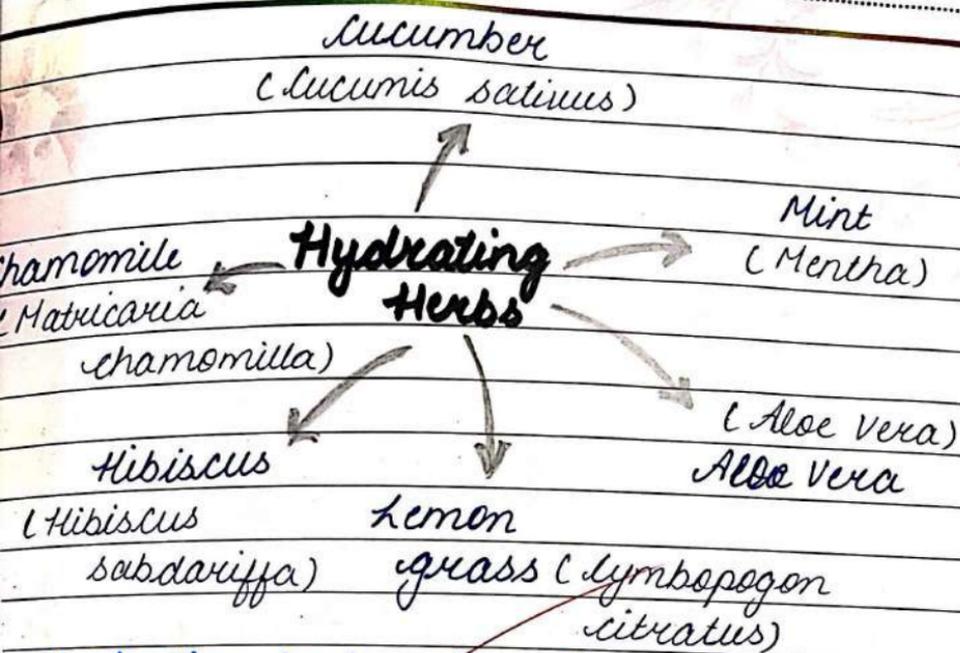
Brahmi

Bacopa monnieri



- **Yiley** is known for its immunoboostring, anti-inflammatory and antipyretic properties. It is used to treat fever, respiratory issues, and improve overall immunity.

(Yiley) Gynospora cordifolia



- Hydrating herbs are important as they provide a natural and refreshing way to increase fluid intake and support hydration.



(Lemon grass)

- Leaves of lemongrass and the oil can be used to make medicine. used for treating digestive tract spasms, stomach-ache, high blood pressure, cold, vomiting, fever and exhaustion. Also used to kill germs and as a mild astringent.

Mint help in reducing allergic symptoms, digestive health and soothing common cold symptoms. It is considered one of the essential herbs in Ayurveda.



(Aloe vera)

- Aloe vera is a medicinal plant with antioxidant and antibacterial properties. It contains chemicals that reduce swelling in skin, relieve redness and scaling, sooth itchy skin & promote growth of new skin cells, managing blood sugar

can be used to lower blood pressure, reduce levels of sugar & fat in blood, reduce swelling and work like antibiotics.



(Hibiscus flower)



(Cucumber)

- Cucumber flowers & cucumber plant as a whole have been used for many medicinal purposes including skin, liver disease, cancer, insomnia, anti-diabetic U.V protection, wound healing.



(Ginger)

Ginger helps to treat nausea and vomiting from motion sickness, pregnancy and cancer chemotherapy. Also used to treat mild stomach upset, to reduce pain of osteoarthritis and may even be used in heart disease.

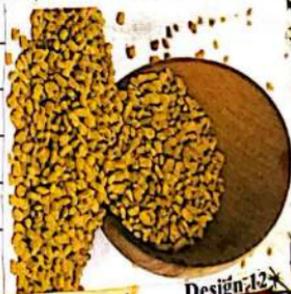
Triphala is a combination of three fruits - amla, Bibhitaki & Haritaki is used to promote digestive health, detoxify the body, and support healthy bowel movements.

(Triphala)
(Haritaki) (Bibhitaki) (Amla)

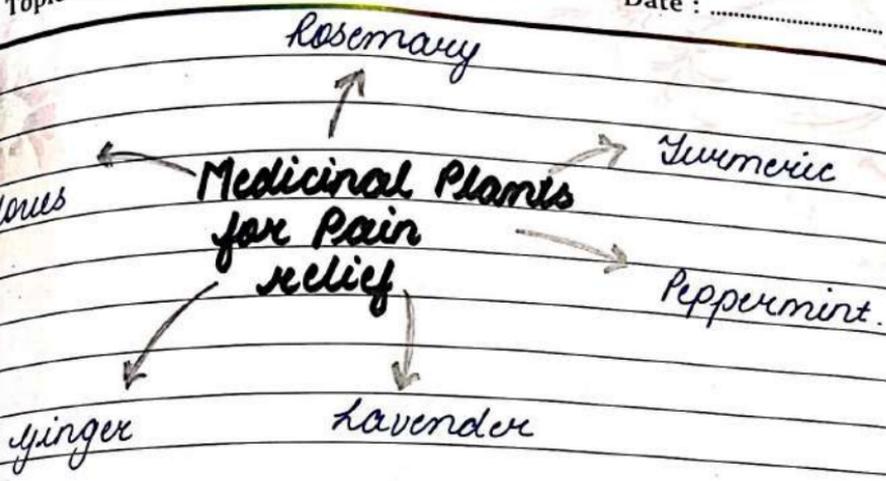
(Sandalwood)

- Sandalwood is known for its cooling & calming properties. It is used in skincare for its anti-inflammatory & anti-septic properties & is also used in aromatherapy to reduce stress & anxiety.

Fenugreek seeds are used to improve digestive system, control blood sugar levels, & promote lactation in nursing mothers. Also have anti-inflammatory & antioxidant properties.



(Fenugreek seeds)



(Clove)

Syzygium aromaticum

• Its dried flower buds are a popular spice and are also used in Chinese and Ayurvedic medicine. Clove buds, dried flower buds, leaves & stems are used to make medicine. Clove oil contains a chemical called eugenol that might help decrease pain & fight infections. Clove is a popular ingredient in cigarettes.

used for headache, stomach-ache, dysmenorrhea, rheumatic pain, improvement of memory, depression, as well as physical and mental fatigue.



Rosemary

Salvia



• **Marjitha** is known for its blood-purifying properties. It is used to treat skin disorders, detoxify the body, and promote healthy lymphatic drainage.



(Marjitha)
Rubia cordifolia

Endangered species:

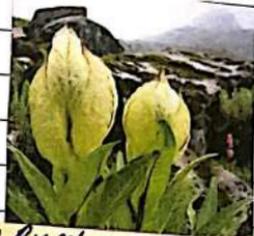
In India, several medicinal plants are facing the threat of extinction due to over exploitation & environmental changes. These plants are critical to traditional medicine systems like Ayurveda, Unani, and Siddha & are valued for their therapeutic properties. Here are some plants in India that are getting extinct:

Rauvolfia serpentina
(Sarpagandha)



- **Sarpagandha** is known for its sedative and antihypertensive properties. It is used to treat **high blood pressure, anxiety, & insomnia**. It is overharvested due to its demand in traditional and modern medicine.

Brahma Kamal is used in traditional medicine to treat cuts, bruises and cold-related ailments. It grows in high-altitude regions of Himalayas. Climate change and human activities have made it vulnerable.



(Brahma Kamal)
Saussurea obvallata



(Yuggul)
Commiphora wightii

- **Yuggul** is known for its anti-inflammatory properties and is used to treat arthritis, high cholesterol, obesity, overexertion for its resin & habitat degradation in arid region of Rajasthan and Gujarat have led to its decline.

Chirayita is traditionally used for fever, skin diseases and liver tonic. Overharvesting and habitat destruction in Himalayan regions.



Chirayita
Berberis aristata
Chirayita
Design: 16

Kuth is used in Ayurvedic medicine to treat **respiratory issues, digestive disorders, and skin problems**. Over-exploitation & habitat loss have endangered this plant which is native to Himalayan region.



(Kuth) *Saussurea laniata*



Mishmi teta)
Lepidium himalaicum

Mishmi teta is used in traditional medicine to treat **digestive issues, liver problems & infections**. It is a high altitude plant found in the Eastern-Himalayas, mostly in Arunachal Pradesh.

used for fever, **digestive disorders**, and as an **anti-inflammatory**.

Found in Himalayan region,

J&K, H.P, Uttarakhand.

(*Aconitum heterophyllum*)



(Aconitum heterophyllum)

Himalayan • The leaves & bark contain

Yew] paxitanol, a compound

Taxus used in **cancer treat-**

baccata -ment. Found in

temperate forests of the

Himalayas



Conservation Efforts :-

India is home to a vast array of medicinal herbs, and various conservation efforts are being made to protect them. It includes **in situ and ex situ** conservation, **sustainable harvesting**, cultivation, research, community engagement and policy making.

Examples of organisations involved in these efforts includes :-

National Medicinal Plants Board (NMPB) :- A govt. agency responsible for promoting the cultivation & conservation of medicinal plants.

Indian Council of Forestry Research and Education (ICFRE) :- A research organisation that works on the conservation & sustainable use of forest resources, including medicinal plants.

World Wildlife Fund (WWF) India :- An international organisation that works on conservation efforts, including the protection of medicinal plants and their habitats.



Conclusion is

Medicinal plants are a vital component of India's rich biodiversity, offering numerous health benefits & are playing a crucial role in traditional medicine. 70% of the Ayurvedic medicines rely on them. However, their populations are threatened by over exploitation, habitat destruction, and climate change. To address these challenges, concerted conservation efforts are necessary to protect & preserve medicinal plants for future generations. By adopting sustainable practices, supporting research & development, we can ensure the long term survival of these precious resources.

