



A study of select medicinal plants in Beed District: A Reading

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ABSTRACT

A survey of present research paper is conducted in Beed district for the study of select medicinal plants. This study documents 10 medicinal plant species, most commonly found in Beed District. A total of 10 medicinal plants, distributed in 10 species and 10 different families, were collected and identified. Being a researcher, it comes to know that today medicinal plant is more important for human being instead of allopathic. The word medicinal herbs often lead to the thought of some miraculous and supernatural cures. In an ancient time, a medicine prescribed by a *Vaidya* (hermit) earned more favor and reputation than the one based on test and experience. It is possible that such beliefs suited the conditions and mental attitudes of those times. Now a day, the status and efficacy of medicinal plants is a subject more of arguments and speeches than of actual research work.

Key words: Ayurveda, Medicinal Plant and Medicinal Use.

INTRODUCTION

India has one of the richest and longest traditions of Medicinal plant since *Vedic* period. The information about medicinal plants and their beneficial values which are available in folk medical practices has helped to strengthen classical Indian medical systems. That this vast rural folk knowledge was held in prestige by the authors of classical Indian medical systems is evident from many couplets occurring in the classical texts. Today medicinal plant is more important for human being instead of allopathic. The words medicinal herbs often lead to the thought of some miraculous and supernatural cures (Jain, 2003). In olden days, a medicine prescribed by a hermit earned more favor and reputation than the one based on test and experience. It is possible that such beliefs suited the conditions and mental attitudes of those times." (Jain, 2003) Now days, however, the status and efficacy of medicinal plants is a subject more of arguments and speeches than of actual research work.

Significance of the Study:

The select list of medicinal plants would have used in healthcare since an ancient time. It plays a vital role in the utilization of human psyche. It provides the major source of molecules with medicinal properties due to presence of natural compounds. It is very useful for curing human diseases and plays an important role in healing due to presence of phyto chemical constituents. Ayurveda and other Indian literature have mentioned the use of plants in treatment of various human ailments. Hence, the present research focuses on the awareness of medicinal uses of plants

and the scientific investigation to confirm their medicinal values.

Methodology:

The present research paper in which the researcher took different tools like Survey fields, conversation with local residents of the study area. The methodology of this research work is field surveys, personal interviews and talks with local residents, *vaidyas*, and experienced citizens are organized to gather vital information of locally available medicinal plants in Beed District.

Personal interviews and talks with local residents:



Photo plate 1: The researcher has talks with local residents, *vaidyas*, and experienced citizens and makes research on select medicinal plant. A. GPS photo, there is Mr. Keshav arjunrao Ghuge, plant lover, lives in Beed. He has given detail information about medicinal plant especially Korphad, Neem and Awala. B. GPS photo, there is Mr. Shau Bhagwan Ghatul, plant observer, lives in Massajog. He has, small nursery, given medicinal use of Panphuti, Varun, and bel. C. GPS photo, there is a senior citizen Mr. babasaheb Sonaji Karpe, a resident of Kaij Taluka. He has also talks about medicinal plant and their medicinal properties. He has a good knowledge about Tulsi, Sadaphuli, Adalusa and Gulvel. Hence, the discussion with above said people was beneficial for research.

Role and medicinal use of select medicinal plants in Beed District:

However, the select list of medicinal plant with their medicinal use is given bellow:

Sr. No	Family	Botanical Name	Regional Name	Species	Meditational Use
1.	Asphodelaceae	<i>Aloe vera</i> Linn (Liliaceae)	<i>Korephad</i>	genus Aloe	Aloe vera is a medicinal plant, which has been used since ancient times. It has many medicinal properties. From ancient time, it has been used for its medicinal, health, beauty, and skincare effects. It has been used for several reasons in dermatology.
2	Meliaceae	<i>Azadirachta indica</i>	<i>Neem</i>	A. indica	Neem has many uses and is a valuable medicinal plant that has been used in India for thousands of years. Neem, which is

					inflammatory and digestive, is effective in treating many ailments like fever, typhoid fever, inflammation and wounds. Consumption of Neem reduces phlegm and heat in the body. Neem protein, also known as disinfectant, is also used to control cancer.
3.	Phyllanthaceae	<i>Emblica officinalis</i> see Phyllanthus - Euphorbiaceae	<i>Awalla-Amla</i>	<i>P. emblica</i>	Amla is a great medicine, but because of its delicious properties, it is also used in the kitchen. Amla is cool and easy to digest. Beneficial in fatigue, constipation, flatulence etc. in addition, amla is Useful for eyes, skin and hair. Amla fruit is mainly used in medicine, but amla seeds and <i>sal</i> also have medicinal properties.
4	Crassulaceae	<i>Bryophyllum pinnatum</i>	<i>Panphuti</i>	<i>K. pinnata</i>	Due to its medicinal properties, the leaf of <i>Panphuti</i> is called Miracle Leaf and in medical language it called <i>Bryophyllum pinnatum</i> . <i>Panphuti</i> Leaves are used for many health problems. The leaves are used to cure stomach disorders, bladder problems, kidney stones, hemorrhoids and wounds.
5	Capparaceae	<i>Crataeva adansonii</i>	<i>Varun (Vaivarn Plant)</i>	<i>C. nurvala</i>	The plant is used for ornamental purpose. It is used as antioxidant as well as to cure renal calculi, helminthiasis, dysuria, inflammations, abscesses, to remove bladder stone and kidney stone.
6	Rutaceae	<i>Aegle marmelos</i>	<i>Bel -Bael</i>	<i>A. marmelos</i>	Bell cures all ailments from stomach ache to diabetes. According to health experts, "it is possible to stay healthy by drinking bel syrup daily on a hot day." It is used to control Diabetes and Endocrine blisters, relief from indigestion, elimination of anemia, prevention of diarrhea as well as useful for pregnant women.
7	Lamiaceae	<i>Ocimum tenuiflorum</i>	<i>Tulsi</i>	<i>O. tenuiflorum</i>	The anti-inflammatory principle in Tulsi keeps you away from contagious diseases. The combination of basil and milk is an antioxidant which strengthens your immune system and protects against diseases like cancer. It slowly destroys kidney stones by reducing uric acid in the body. Basil leaves have anti-bacterial, anti-viral, anti-inflammatory properties. Due to the many properties of Tulsi, not only the leaves of Tulsi but also its stems, flowers and seeds are used for treatment in Ayurveda and Naturopathy.
8	Apocynaceae	<i>Catharanthus</i>	<i>Sadaphuli</i>	<i>C. roseus</i>	The value of this plant is used as medicine in case of excessive bleeding during menstruation in women. The bark of this plant is used to treat certain mental disorders such as hypertension, insomnia and depression. This skin is also painful. The leaves of this plant

					have bactericidal properties. Therefore, leaf juice is used as a treatment for many types of infections.
9	Acanthaceae	<i>Adhatoda vasica</i>	<i>Adulsa</i>	J. adhatoda	Adulsa is very effective against asthma, cold, phlegm and tuberculosis (TB). Adulsa juice works against many deadly viruses kills them and protects the body. It is extremely beneficial in skin diseases. Vaseline and Vasinone help reduce the risk of heart attack. It is a very effective medicine for blood flowing in the menstrual cycle.
10	Menispermaceae	<i>Tinospora cordifolia</i> (Willd.)	<i>Gulvel</i>	T. cordifolia	Gulvel is called Amrita in Ayurveda. It is used for diabetes, rheumatoid arthritis, boosts immunity, relieves stress, relieves jaundice, relieves hard earwax, treats fever blisters, hemorrhoids, improves digestion, improves digestion, corrects liver damage, enhances libido, urinary incontinence.

Suggestions and Findings:

Being a researcher, the suggestions are as given bellow,

1. Cultivation of medicinal plant is an initial important stage for the development of the medicinal plants.
2. For the development of the medicinal plant, there is a need to develop the research, cultivation, collection, storage, processing, manufacturing and marketing.
3. Farming medicinal plants is also good mechanism to encourage medicinal plant studies.

CONCLUSION

The use of medicinal plants is differing with each plant. There are 10 species has been taken for the observation. It is notable that all the species referred to in the paper are common and traditionally used frequently as Indian folk medicines for various therapeutic treatments. It is said that, "A medicinal plant is any plant which, in one or more of its organs, contains substances that can be used for therapeutic purposes or which are precursors for the synthesis of useful drugs." (Abayomi Sofowora, <https://www.ncbi.nlm.nih.gov>). Home remedies are often used to relieve disease, infection, sickness and weakness. Ayurveda contains lifelong information on many medicinal plants which can cure you at home.

Conflicts of Interest: The authors declare no conflict of interest.

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