

Study of Ethno-Medicinal Plant's Use Increasing Immunity

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Abstract: The present paper reported with Ethno-medicinal plant use for increasing immunity in rural area of Vidisha district, Madhya Pradesh. Total 28 plants belonging to 17 families were identified which were being used by people of the study area. The information about the plants for immunity booster was gathered from rural area people, Hakims, Local Vaidya etc. if our immune system is not properly taken care of, it can result in disease.

Keywords: increasing immunity, Ethno-medicinal, Plants, Vidisha, District.

Introduction - In India medicinal plants have long been used to treat different kinds of disease. People living in the developing countries rely quite effectively on traditional medicine for primary health care (Sullivan and Shealy 1997; Singh, 2002).

Indian tradition medicine is based on different system such as Ayurveda, Siddha and Unani used by various communities (Gadgil, 1996).

Medicinal plants are main ingredients of local medicine and are of vital importance in traditional healthcare. Villagers have a good knowledge about these plants since ancient times. Atharvaveda is oldest word literature on the plants used against several diseases. Moreover, there are considerable economic benefits in the development of medicine and in the use of medicinal plants for treatment of various diseases.

There is still much that researchers do not know about the intricacies and interconnectedness of the immune response. Nature has blessed mankind with abundant medicinal herbs which provide timely and adequate remedies to several health disorders. Several medicinal plants have been used since times immemorial for treatment of enhance immune system. Some Special plants like Giloy, Tulsi, Ginger, Cinnamon, Turmeric, Clove, Kali Mirch, Amla, Lemon, have been used of increasing immunity plants in rural area of vidisha district. Even today, in many villages of this district, so much ethno-medicinal plants are being used to increase immunity boosting.

Study area-The present paper on 28 selected Ethno-medicinal plants (belonging to 17 families) of Vidisha district, with correct identification, Botanical Names, Family, Local names, parts used in diseases, by tribal and rural population. For centuries plants have been an important source of drugs.

Vidisha district is one of the most important and centrally located district of M.P. The total area of the district is about 7,433sq K.M. which lies between 23°21' and 24°22'N latitude and 77°15.30' and 78°18'E longitude forming eastern part of Malwa region. The forest cover is about two fifth of the total area in the district (fig.1). Vidisha district is inhabited by tribals like Sahariya, Bhil, Meena. The area is very rich in indigenous ethno-medicinal plants. These are collected by local inhabitant for the preparation of medicines. Perusal of literature (Jain 1995, Ghanghat and Sahu 2006,) revealed that no specific study on ethno-medicinal uses of plants in Vidisha district has been carried out.

Fig.1 Map (vidisha district)



Research Design and Methodology-The following methods were adopted by the author during the-

1. The study was conducted in the rural area of Vidisha district in Madhya Pradesh.
2. The survey was conducted to collect the information forest department and local people specially Sahariya,

- tribes in Vidisha district.
3. The information about plants was gathered during filed visit by contacting and interviewing traditional healers and other rural people, Vaidya, Hakims for immunity booster. with Help of local medical practitioners was also taken.
 4. Plants were identified by referring to Flora of Bhopal by Oommachan,M.(1977) and Flora of M.P. from Wikipedia.

Enumeration- In the following enumeration, plant names have been arranged alphabetically in botanical name wise. (Table-1)

Table -1 (see in last page)

Results and Discussion-A total of 28 ethno-medicinal plants for enhance immunity booster distributed in 17 families are documented in Table-1.

The people of studied area still had strong belief in ethno-medicinal herbal plants treatment. Herbal treatment is cheap. convenient and easily available in local areas. In the present study, it was found that plants commonly used in immunity booster in rural areas were still found in urban areas of Vidisha. It is essential that ethno-medicinal plants investigation should persistently be carried on and efforts. should be made for proper protections cultivation and conservation of these precious medicinal plants on large scale. Consequently, natural products derived from medicinal herbs are potential candidates for immune boosting therapeutic drugs. if not as the main, then as the accompanying therapy in combination with medications, aimed at boosting immunity for prevention.

Conclusion- In summary, We should make people aware about the usefulness of these plants as well as their conservation so that a healthy society can be created. To maintain a strong immunity, we should use plants in which we can get all the multivitamins and we are not prone to disease. Many plants are used to enhance the immune system, which are given in table No.1. But some are mainly used Giloy, Tulsi, Garlic, Ginger, Dalchini, Turmeric, Tejpatana, Clove, Kali Mirch, Mint, Mithi Neem, Sahijanetc. Alone with this, plants from which vitamin C is obtained such as Amla, Guava, Lemon, Orange are also prominent. By using these plants, can increase our immune system, so that we will be healthy and we will not get any disease.

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Plants pictures



Muraya leaves



Neem leaves, fruits



Munga leaves, drumstick



Amla fruit



Kali Mirch Seeds



Mint leaves



Ashwagandha seeds



Tulsi leaves, manjri



Mulethi stem



Bahera fruits



Giloy roots



Gokhuro seeds



Harra seeds



Pipli Fruits

Table -1 : Ethno- medicinal plants Useincreasing immunity

| S. | Botanical Name | Family | Local Name | Part used |
|-----|------------------------------------|-----------------|-------------|------------------------------|
| 1. | <i>Allium sativum</i> | Liliaceae | Lehasun | Bulb |
| 2. | <i>Aloe vera</i> L. | Liliaceae | Ghritkumari | Gel inside the leaves |
| 3. | <i>Azadirachta indica</i> | Meliaceae | Neem | Leaf, |
| 4. | <i>Cassia tora</i> | Caesalpiniaceae | Puar | Leaves |
| 5. | <i>Cinnamomum tamala</i> | Lauraceae | Tej Patta | Leaves |
| 6. | <i>Cinnamomum verum</i> | Lauraceae | Dalchini | Bark |
| 7. | <i>Citrus limon</i> | Rutaceae | Nimboo | Fruit |
| 8. | <i>Citrus reticulata</i> | Rutaceae | Santra | Fruit |
| 9. | <i>Curcuma longa</i> | Zingiberaceae | Haldi | Rhizomes |
| 10. | <i>Emblica officinalis</i> Gaert. | Euphorbiaceae | Amla | Fruit |
| 11. | <i>Eugenia jambolana</i> | Myrtaceae | Jamun | Fruit |
| 12. | <i>Glycyrrhiza glabra</i> | Fabaceae | Mulethi | Stem |
| 13. | <i>Mentha arvensis</i> | Lamiaceae | Pudina | Leaves |
| 14. | <i>Moringa oleifera</i> Lam. | Moringaceae | Sahijan | Leaves, flower, seed, Fruit. |
| 15. | <i>Murrayakoenigii</i> | Rutaceae | Meethi Neem | Leaves |
| 16. | <i>Ocimum sanctum</i> | Lamiaceae | Tulsi | Leaves |
| 17. | <i>Piper longum</i> | Piperaceae | Pippli | Fruit |
| 18. | <i>Piper Nigrum</i> | Piperaceae | Kali Mirch | Seed |
| 19. | <i>Psidium guayava</i> | Myrtaceae | Amrud | Leaves, Fruit |
| 20. | <i>Punica granatum</i> | Lythraceae | Anar | Seed |
| 21. | <i>Solanum nigrum</i> | Solanaceae | Makoi | Leaves, Fruit. |
| 22. | <i>Syzygium aromaticum</i> | Myrtaceae | Long | Bud |
| 23. | <i>Terminalia bellarica</i> | Combretaceae | Bahera | Fruit |
| 24. | <i>Terminalia chebula</i> | Combretaceae | Harra | Fruit |
| 25. | <i>Tribulus terrestris</i> | Zygophyllaceae | Gokhru | Fruit, Seeds |
| 26. | <i>Tinospora cordifolia</i> | Menispermaceae | Giloy | Leaves, Stem, Root |
| 27. | <i>Withaniasomnifera</i> (L) Dunal | Solanaceae | Ashwagandha | Whole plant, mainly root |
| 28. | <i>Zingiber officinale</i> Roscoe. | Zingiberaceae | Adrak | Rhizome |
