

A Review on Biological Properties of Medicinal Plants

Karanbir Singh

Biotechnology, Chandigarh University, Punjab

Abstract - Plants play a very important role in Ayurvedic and herbal medicines. Every plant that is found in the environment has its own benefits. Common plant which is found in every kitchen Garden is Tulsi. Tulsi is used by people for immunity booster. Tulsi plant has Anti-cancer properties. From Ancient times plants have been used to treat health disorders and to conserve and flavor the food. These plants are used as antioxidant, insect repellent, antibiotic properties etc. Each and every plant has its own medicinal values. Healing with healthful plants is a very recent method from history. In ancient times vaid and Hakkims used different plants to make medicine for treating health issues of people .

Index Terms - Medicinal plants ,their uses, botanical name, family .

INTRODUCTION

Plants that are used in treatment of various health problems are known as medicinal plants. From Ancient times medicinal plants are used. Proof that the Indian vaid, Hakims ,and Ayurvedic experts are using plants as herbs over more than 4000 years ago. Recent Surveys of WHO (World health organisation) defines that 80% of world population depend on herbal medicine. Around 21000 species of plants have been used as herbs.

Safe treatment can be done with medicinal plants which has no side effects on human body.

Plants commonly used in our homes for treating various health issues are Tulsi, Aloe vera, Turmeric, Ginger, Neem etc.

Medicinal plants are not only used as medicines, but it is also used as ,healthy foods, as perfumes for room fresheners and in Temples for poojas and hawans.

IMPORTANCE OF SOME HERBS AND PLANTS WITH THIRE MEDICINAL VALUES

1. Herbs used to heal wounds are Aloe, ginseng, bayberry, red clover, sandal wood, myrrh, cinnamon, black pepper.

2. In many home remedies Turmeric is used for treatment of wounds and cuts because of its antibiotic properties .

3. Some of these herbs are used as blood purifiers .

4. Many plants like barberry ,Aloe vera , are used as mild tonics. Due to its bitterness in taste toxins are reduced in blood. These plants also help to destroy infection.

5. Herbs like Aloe vera is mainly used in treating skin problems.

6. To treat the poison caused by snake bites some plant remedies are followed.

7. Apple mint ,Thyme ,basil ,Rosemary , are most important medicinal plants which can be grown in kitchen area. These plants can be easily grown, taste, looks beautiful, attractive fragrance for bees and butterflies.

8. Plants such Neem is used for storage of grains. Neem leaves are also used for mosquito repellent .

9.Plant such as Tulsi is used as immunity booster.

10.Tulsi plant also have spiritual value because many people pray of Tulsi plant at home .

BOTANICAL NAME OF MEDICINAL PLANTS WITH THEIR USES

1. Atropa:

Botanical name : Atropa belladonna Linn.

Family : Solanaceae .

Plant part used : Leaves and Roots.

Use:

- From the leaves the drug is obtained which is very powerful and contains alkaloids like atropine, homatropine, and scopolamine etc.
- Atropine is sedative, and antispasmodic and myotriative in eye problems.
- Mainy used part is roots and leaves as diuretic, sedative, narcotic.
- Berries are highly poisonous.

2. Camphor :

Botanical name : *Cinnamomum camphora* Nees and Eberm.

Family: Lauraceae

Plant part used: Flowers, leaves, tender parts etc.

Uses:

- For cold and diarrhoea it is best.
- It is Sedative , antispasmodic and anthelmintic.
- It is applied externally for bruises, inflammation.

3. Cinchona:

Botanical name: *Cinchona* sp.

Family: Rubiaceae

Plant part used: Bark

Uses:

- To treat the Maly fever as antipyretic the bark is used because it has alkaloid like quine, quinidine cinchonine etc.
- For the treatment of heyfever , whooping cough , septic fever etc.

4. Eucalyptus:

Botanical name: *Eucalyptus citriodora* Hook

Family: Myrtaceae

Plant part used : Leaves

Uses:

- From the leaves of eucalyptus essential oil is extracted which have antiseptic , stimulant , anthelmintic properties.
- For the treatment of digestion problem it is very good because it increases flow of saliva , gastric and intestinal juice .
- It helps in lower arterial tension and increases heart beat .

5. Isapgol:

Botanical name: *Plantago ovata* Forsk.

Family: Plantaginaceae.

Plant part used: Fruit , Seed coat and husk.

Uses:

- For the treatment of Chronic constipation, gastrointestinal problems.
- It acts as cooling ,expectorant.

6: Peppermint:

Botanical name: *Mentha piperata* Linn.

Family: Limiaceae

Plant part used: Volatile oil of plant.

Uses:

- Mainly it is used for treatment of normal Headaches.

- From this plant volatile oil obtained which is used as antiseptic, carminativeand stimulant.

- It is also used for treatment of vomitting,sickness, nausea etc.

7. Papaver(opium):

Botanical name: *Papaver somniferum*L.

Family: Papaveraceae.

Plant part used: Latex of unripe fruits.

Uses:

- In controlled doses it is very effective medicine as Hypnotic drug.
- It is best painkiller if consumed in proper quantity.
- For the treatment of diarrhoea,dysentery poppy heads are used.
- For tonic Roasted seeds are used.
- After surgery ,delivery it used for reliving pain.

8. Dhatura:

Botanical name: *Datura alba*.

Family: Solanaceae.

Plant part used: Seed, Root, Leaves.

Uses:

- Seeds are given in elephantasis ,discharge from ear.
- For treatment of pain swellings, boils and tumors extracts of leaves or seed oil is used.

9. Tulsi

Botanical name: *Ocimum tenuiflorum*

Family: Lamiaceae

Plant part used: Leaves

Uses:

- Leaves are used as immunity booster.
- Dried leaves of tulsi are used ifor repellent of insects in stored grains.

CONCLUSION

The above information tell us that plants play important role in human life . Because every part of plant has its own uses. From Ancient times plants are used as medicines by Unanis and Hakkims .In this Review project we studied about 9 medicinal plants which play very important role in healing various

health problems . These plants are used for the treatment of Diarrohea, Tumors, Chronic constipation, Fever,Headaches , Digestion issues, Immunity boosting,Antiseptic etc. These plant species can be grown in fields or can be obtained wild.These are the parts of plants which can be used as medicinal purposes are leaves , stems, bark, roots, flowers etc.

REFERENCE

- [1] <https://nurserylive.com/blogs/sustainable-living/32-medicinal-plants-to-keep-at-your-home-always>
- [2] https://en.wikipedia.org/wiki/Medicinal_plants
- [3] <https://www.sciencedirect.com/topics/pharmacology-toxicology-and-pharmaceutical-science/medicinal-plant>
- [4] Mahesh B and Satish S. Antimicrobial activity of some important medicinal plant against plant and human pathogens. WJAS, 2008
- [5] Handbook of Ayurvedic Medicinal Plants Herbal Reference Library By – L.D . Kapoor
- [6] Database on Medicinal Plants used in Ayurveda Book , Vol 5
- [7] PAU Magazines and Research papers
- [8] A handbook of Naïve America herbs .
- [9] Sharma A, Singh H, Kumar N. Studies on Traditional Knowledge of Medicinal Flora and its Contribution to Livelihood Enhancement in the Doon-Valley, Utrakhhand (India). Int. J. Life. Sci. Scienti. Res., 2017.