

# Identification and Documentation of Medicinal Plants used in Traditional Medicine for Treating Various Respiratory Ailments in Nawalgarh Tehsil, Rajasthan

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**Abstract:** *This study aims to identify and document medicinal plants utilized in traditional medicine for treating viral diseases and respiratory ailments within Nawalgarh Tehsil, Rajasthan. Ethnobotanical investigations were conducted to gather indigenous knowledge on the utilization of plant-based remedies for managing these health conditions. The study involved field surveys, interviews, and participatory observations within local communities known for their reliance on traditional healing practices. A total of 17 informants, including traditional healers, herbalists, and community members knowledgeable about medicinal plants, were interviewed to compile a comprehensive list of plant species used in the region. Information regarding the vernacular names, parts used, preparation methods, and modes of administration of medicinal plants was documented. The findings reveal a rich diversity of medicinal plants employed for addressing viral diseases and respiratory ailments in Nawalgarh Tehsil. Plant species such as *Adhatodavasica*, *Asparagus racemosus*, *Azadirachtaindica*, *Bacopamonniari*, *Moringaoleifera*, *Oscimum sanctum*, *Sesamumindicum* and *Solanum virginianum* were commonly cited for their therapeutic properties against conditions such as asthma, common cold, cough, and respiratory infections. Various plant parts, including leaves, roots, fruits, and seeds, were utilized in the preparation of decoctions, infusions, pastes, and poultices. Furthermore, the study highlights the cultural significance and traditional knowledge embedded within local communities regarding the use of medicinal plants for healthcare needs. Despite the availability of modern medical facilities, traditional herbal remedies continue to play a vital role in healthcare practices among the inhabitants of Nawalgarh Tehsil. The documentation of medicinal plants and traditional healing practices serves as a valuable resource for conservation efforts, as many of these plant species face threats due to habitat loss and overexploitation. Moreover, the pharmacological screening of these plant extracts could provide insights into their potential therapeutic efficacy and contribute to the development of new antiviral and respiratory medications. This study underscores the importance of preserving and promoting traditional medicinal knowledge for sustainable healthcare practices in the region.*

**Keywords:** Viral diseases, Respiratory ailments, medicinal plants, Nawalgarh, Rajasthan