

Green Remedies : Ethenobotanical and Phytochemical Treasures of Nature

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Abstract: *In the vast tapestry of the botanical world, myriad plants not only captivate us with their beauty but also offer potent medicinal benefits that have been harnessed across various cultures for centuries. This introduction explores the unique properties and applications of several remarkable plants: Tumba, Phog, Sargandha, Bryophyllum, Lasoda, Sahjan, Shatawari, Apāmārga, Giloy, and the Sausage Tree.*

Keywords: *botanical world.*

I. INTRODUCTION

In the vast tapestry of the botanical world, myriad plants not only captivate us with their beauty but also offer potent medicinal benefits that have been harnessed across various cultures for centuries. This introduction explores the unique properties and applications of several remarkable plants: Tumba, Phog, Sargandha, Bryophyllum, Lasoda, Sahjan, Shatawari, Apāmārga, Giloy, and the Sausage Tree. Each of these plants holds a special place in traditional medicine, offering solutions for everything from common ailments to complex health conditions. Their uses range from improving immune function and managing hypertension to treating skin conditions and enhancing reproductive health. Through a closer examination, we not only appreciate these plants for their therapeutic potentials but also understand their ecological and cultural significance, reflecting a blend of ancient wisdom and modern science.

TUMBA:

Common name= Tumba, Bitter apple fruit,

Botanical name= *Citrullus colocynthis*

Family= Cucurbitaceae

Medicinal Uses:

- *C. colocynthis* contains an abundance of nutrients. The peel of tumba helps in increasing the immunity of animals as well as used in ayurvedic medicines.
- It is used in the treatment of disease occurring in cows, sheep, goat and camels etc.
- It's helpful in to reduce swelling on the udders of animals, helps in increases the digestive power of the animal and purifies the blood.
- It is used for making pickle, candy, jam and powder these all are used for domestic uses as well as by selling it in the market.
- It is beneficial in cleaning the stomach, mental stress, jaundice and urinary diseases.



PHOG:

Common name= Phog, Fog

Botanical name= *Calligonum polygonoides* linn.

Family= Polygonaceae

Medicinal Uses

- Phog is a common plant of desert, it is a good sand binder and fodder of animals.
- Its flowers known as “phogalo” in Rajasthani and flowers are used to prepare “raita” or “phogalo raita”
- Due to the changing in farming methods, Phog has reached the verge of extinction. The phog is classified as an endangered species in the IUCN Red Data Book.
- In arid and semiarid zone, the dry branches and stem of calligonum are used as fuel.
- Its foliage is a good source of nutrition for animals so in semi arid or arid region phog used as fodder.
- The root system of calligonum is helpful in binding to soil so it prevents soil erosion and desertification.



SARPGANDHA:

Common name= Sarpgandha, Indian snack root

Botanical name= *Rauvolfia serpentina*

Family=Apocynaceae

Medicinal Uses

- *Rauvolfia serpentina* is helpful in hypertension management, it contains alkaloid reserpine which is regulate blood pressure, reserpine reduces the activity of sympathetic nervous system, it leads to vasodilation and decrease heart rate
- It is also used to treat insomnia and improve sleep quality due to its sedative properties.
- As a traditional medicine it is also used to reduce fever and inflammation.
- It is used to cure gastrointestinal issues such as indigestion, diarrhea and regulate digestive system.
- *Rauvolfia serpentina* has a analgesic properties due to this it is used as a pain reliever for headaches, migraine and muscle pains, it reduce pain intensity and improve overall comfort.
- It is also used to treat irregular menstruation; menstrual cramps and it can stimulate menstrual flow and regulate menstrual cycle.
- It is also used to manage certain mental health conditions like **schizophrenia** and **psychosis** and reduce symptoms such as hallucinations and delusions.



BRYOPHYLLUM

Common name=Miracle leaf life plant, mother of thousands

Botanical name=*Bryophyllum pinnatum*

Family=Crassulaceae

Medicinal Uses

- Bryophyllum is used as a uterine tonic to support women's reproductive health, it can stimulate menstrual flow. It is used to regulate menstruation and symptoms of menstrual irregularities.
- Its various parts of plants like leaves, stems and sometimes flowers are used to prepare herbal remedies.
- Extracts of Bryophyllum sp. are used to treat respiratory disorders like cough, cold, asthma, bronchitis.
- Extracts of Bryophyllum are used for wound healing and some skin conditions like burns, eczema, cuts, due to its anti-inflammatory and anti-microbial activity.
- Bryophyllum extracts are used as diuretics to promote urine production, this diuretic property is helpful in urinary tract infections.



LASODA

Common name= Lasoda, Lehsua, Indian cherry

Botanical name=*Cordia dichotoma*

Family=Boraginaceae

Medicinal Uses

- Lasoda is used in various traditional medicinal system for its therapeutic properties.
- *Cordia dichotoma* is mostly used in many respiratory disorders like cough, cold, asthma and bronchitis. It's helpful in expel mucus from the respiratory tract.
- The immature fruit are edible and used for making pickle.
- It is used to treat digestive disorders such as indigestion, diarrhea, dysentery and stomach ulcers.
- The leaves and bark of *cardia dichotoma* are used for wound healing, due to its antimicrobial and anti-inflammatory properties.
- *Cardia dichotoma* is helpful in regulate blood pressure, reduce cholesterol levels and improve overall cardiovascular function.



SAHJAN:

Common names - Sahjan/moringa/Drumstick tree

Botanical name - *Moringa oleifera*

Family – Moringaceae

Medicinal Uses

- It is widely cultivated for its young pods, flowers and leaves used as vegetables and for traditional herbal medicine.
- Moringa leaves are an excellent source of many vitamins and minerals including protein and antioxidants and bioactive plant compounds.
- Vitamins present are vitamin B1, B2, B3, B5, B6, B9, vitamin C.
- Minerals present are Ca, Fe, Mg, K, Na, Zn etc.
- Moringa leaves may reduce blood sugar level, reduces cholesterol and inflammation.
- Moringa leaves and seeds protect against arsenic toxicity.
- Moringa has antibiotics, antibacterial, antifungal and antivenom properties.



SHATAWARI

Common names- Shatamull/shatawari/satavar

Botanical name - *Asparagus racemosus*

Family - Asparagaceae

Medicinal Uses

- Asparagus plant is now considered "endangered" in its natural habitat.
- Asparagus tubers are anti diarrheic, nutritive tonic, aphrodisiac, appetizer and alterative.
- It is used in gynecological diseases like lack of milk after delivery, infertility, abortion etc. It is also beneficial in joint pain and epilepsy. It is also used to increase immunity power.
- It is also useful in disease of kidney, blood, liver, gonorrhea and rheumatism.
- The important chemical components found in it are polycyclic alkaloid called asmeramine A, steroidal saponin, chatevaroside A, chatevaroside B, filiaspaeroside C and isoflavones.



APĀMĀRGA

Common names - Apāmārga/Latzira/ Chirchita

Botanical name - *Achyranthes aspera*

Family – Amaranthaceae

Medicinal Uses

- *Achyranthes aspera* is used in piles, boils, asthma, in facilitating delivery, bleeding, bronchitis, debility, dropsy, cold, colic, cough, dysentery, earache, headache, leukoderma, renal complications, pneumonia, and skin diseases.
- Apamarga root paste is applied at the point of scorpion sting, dog bite, snake bite etc.
- It is one of the 21 leaves used in the Ganesh Patra Pooja done regularly on Ganesh Chaturthi day.
- Apamarga contains triterpenoid saponins which possess oleanolic acid as the aglycone. Ecdysterone, an insect molting hormone, and long chain alcohols are also found in Apamarga.



GILOY

Common names - Giloy/ amrita/guduchi /heart-leaved moonseed (Gulancha)

Botanical name - *Tinospora cordifolia*

Family – Menispermaceae

Medicinal Uses

- *Tinospora cordifolia* contains diverse phytochemicals, including alkaloids, phytosterols, glycosides, tinosporide.
- It is also useful in diseases of diabetes, dengue, rheumatism, urinary disease, bronchitis, indigestion, fever, cough, jaundice, asthma, anemia, skin disease, etc.
- It is also used to increase immunity power.
- Minerals present are Cu, Fe, Zn, Ca, Mn, etc.
- Giloy is known for its detoxifying properties. which can help purify the blood.
- Giloy are anti-inflammatory, anti-pyretic, anti-oxidant and anti-allergic properties.



SAUSAGE TREE

Common names - Sausage tree (balam khira)/ cucumber tree

Botanical name - *Kigelia africana*

Family – Bignoniaceae

Medicinal Uses

- The fresh fruit is poisonous to humans and strongly purgative. The fruits are prepared for consumption by drying, roasting, or fermentation (Joffe 2003; McBurney 2004).
- *Kigelia africana* has anti-inflammatory, anti-septic, anti-cancer, anti-oxidant, anti-microbial and anti-aging properties.
- The fruit, bark, and leaves of *Kigelia africana* have been used traditionally to treat various skin conditions such as acne, eczema, psoriasis, and fungal infections.
- Its seeds are used in the treatment of skin cancer in Africa.
- Its fruit is especially used in the treatment of stones.
- Its leaves, bark, flowers, fruits, seeds and roots are also used as medicine.
- its fruit is used in India for stomach ache and stones.



II. CONCLUSION

In conclusion, the study of these diverse medicinal plants—Tumba, Phog, Sargandha, Bryophyllum, Lasoda, Sahjan, Shatawari, Apāmārga, Giloy, and the Sausage Tree—reveals a rich heritage of natural remedies integral to traditional healthcare systems around the world. Each plant offers a unique set of phytochemicals and medicinal properties that have been recognized and utilized in various cultural contexts for their health-promoting effects. As we continue to explore and validate the uses of these botanical resources through scientific methods, it becomes increasingly crucial to also consider their conservation and sustainable use. This ensures that future generations can continue to benefit from their medicinal properties. Embracing both the wisdom of traditional medicine and the insights of modern science will undoubtedly enhance our ability to manage health and disease more effectively, promoting a healthier, more balanced relationship with the natural world.

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