ISSN: 2574-1241
DOI: 10.26717/BJSTR.2018.09.001873
Preeti Singh. Biomed J Sci & Tech Res

BIOMEDICAL Journal of Scientific & Technical Research

Research Article Open Access

Ethnomedicinal Studies on Amritsar District (Punjab), India

Preeti Singh*

Researcher, Trans-Disciplinary University, India

Received: October 04, 2018; **Published:** October 10, 2018

***Corresponding author:** Preeti Singh, Researcher, Trans-Disciplinary University, Bengaluru, Karnataka, India

Abstract

The general population in and around zone of Amritsar region has been utilizing various herbs for remedial reason since time immemorial. Villagers predominantly rely upon the herbs for all maladies. They know about the plant solutions for regular afflictions like the runs, jaundice, ailment, dyspepsia, asthma, diabetes, looseness of the bowels, sickness and skin maladies. Pharmacological and clinical characteristics will help in the affirmation of the adequacy of the announced herbs. The utilization of the announced plant species were gathered from the territorial individuals, who utilize them as custom. In this way, it isn't prudent to utilize them without counseling an accomplished ayurvedic doctor. For the advantage of the group the recorded plant species ought to be dealt with and furthermore steps be taken for preservation and also development of these plant species.

Keywords: Ethnobotanical; Restorative Herbs

Introduction

India is the biggest maker of restorative herbs and is properly called as The Professional flowerbed of the world Utilization of plants as a wellspring of solutions has been acquired and is an essential segment of social insurance framework in India. The enthusiasm for customary prescriptions is developing exponentially in broad daylight, scholastic and government hovers because of the expanded occurrences of the antagonistic medication responses and the financial weight of the cutting-edge arrangement of medicine Individuals living in towns and inborn territories are utilizing indigenous plants as a wellspring of solutions for a long time. Therapeutic plants are living assets, modest if abused and manageable if utilized with care and knowledge. Their manageability is fundamental as it is one of the world's most established medicinal conventions, an extremely valuable heritage of the Indians-"The Ayurveda". A huge number of provincial families utilize restorative plants in a self-improvement mode [1]. The experts of the Indian frameworks of pharmaceutical, in the oral and classified streams, utilize therapeutic plants in preventive, primitive and therapeutic applications. Amid the most recent couple of decades, there has been an expanding enthusiasm for the investigation of therapeutic plants and their conventional uses in various parts of the world. This learning depends on individual encounters of the concerned people and the elderly individuals of the families in our general public. The Data is passed on orally from age to age. The Indian arrangement of prescription is tremendous to such a degree, to the point that it requires legitimate documentation and research on the current vegetation time to time.

Remembering the significance of therapeutic plants, been utilized as a part of different Ayurvedic arrangements, in and around region Amritsar, in different ayurvedic drug stores exhibit here and the crude meds been sold here from the nearby pharmaceutical market named majeeth mandi, the correct documentation has been started as my subject for the present investigation. Since Amritsar is a fare center point for restorative plants, countless plants being sent out from the area [2]. Thus, some therapeutically critical plant species are disposing of at a quick speed, so the region needs appropriate assurance for the protection and survival of bioresearches. There is a critical need to record the rundown of restorative plants and their utilization for the accommodation of nearby individuals, with the goal that these plants can be ensured through the preservation programs.

Materials and Methods

The Study Area

Amritsar is one of the fringe locale lying in the North-West boondocks of the Indian territory of Punjab. The city is situated at 310.63N740.87E. It has a normal height of 234m.(768ft.) and 27 km. from the global outskirt amongst India and Pakistan. The Amritsar region encounters extremes of climatic conditions i.e. summers are exceptionally sweltering (max.49.50c) and winters are extremely chilly (Min - 4oc). A yearly normal precipitation of around 541.9mm has been recorded here. Punjab isn't blessed in having a substantial woods cover. The parched and semiarid atmosphere of the state isn't positive for the development of backwoods. In any case, the

woods region of the Punjab is 9278 sq. m., of which 1916 sq. m. is saved and 4909 sq. m.is secured.

Out of Punjab, the Amritsar dist. has increased greatest timberland cover in the last 2 yrs [3]. The biennial India condition of woods report,2011, reveals that Amritsar, which is a non-backwoods locale, has picked up 16 sq. km of backwoods cover.

The zone is having characteristic fields with huge woods front of Shisham (Dalbergia sissoo) and Kikar (Acacia nilotica), Ber (Ziypus jujoba) and so on. Keeping in mind the end goal to randomize information accumulation and examining, the whole locale was isolated into four zones viz. North-East, North-West, South-East and South-West.

Six towns namely Raja Sansi, Khasa, Chheharta, Chabal Kalan, Jandiala and Majitha were chosen for testing and information accumulation.

Source Population and Study Population

The source populace for the present investigation contained the tenants of the Amritsar distt. Also, the previously mentioned towns and villas around these towns. Notwithstanding, the examination populace for information accumulation about the therapeutic plant riches was self-reviews and the data assembled from the elderly people about self-medicine for treating minor illnesses utilizing family unit arrangements of neighborhood herbs. Around 10 people (5 guys and 5 females) from every one of the six towns and 2-3 conventional healers were reached for gathering the information.

Study Design

The investigation was intended to cover the two unique yet reciprocal perspectives i.e. Meetings and introduction of the therapeutic plants.

Interviews and Data Collection

The people of the previously mentioned classes from the examination zone were met with respect to the data about the plants utilized regularly, the nearby/vernacular names of the therapeutic plants, part utilized, methods of planning, strategies for organization/application and the infirmities/ailments cured were obtained.

At times the dried or crisp plants were gotten and related to the assistance of sources [4].

Sampling and Collection of Material

They chose territory was gone by for test accumulation of the restorative plants amid various periods of the year to guarantee the total documentation of the therapeutic verdure (Feb.2015-Aug.2016) [5]. The standard strategies for drying, mounting and saving of plant examples were utilized to get ready herbarium sheets. The gathered plants were distinguished up to species level with the assistance of the herbarium kept up by Amritsar and Deptt. of Organic &Environmental sciences, Master Nanak Dev College, Amritsar.

Results and Discussion

(Table 1)

Table 1: List of Medicinal Plants.

Sl.No.	Plant Name	*Botanical name*	Type of Plant
1.	Arjuna	*Terminalia arjuna*	Tree
2.	Aragvadh	*Cassia fistula*	Tree
3.	Amra	*Mangifera indica*	Tree
4.	Arka	*Calatropis procera*	Herb
5.	Amalaki	*Emblica officinalis*	Tree
6.	Ashvagandha	*Withania somnifera*	Shrub
7.	Ashvath	*Ficus religiosa*	Tree
8.	Apamarg	*Achyranthus aspera*	Herb
9.	Ashvagol	*Plantago ovata*	Herb
10.	Ardaraka	*Zingiber officinale*	Herb
11.	Anjeer	*Ficus carica*	Tree
12.	Ajmoda	*Carum roxburghii*	Herb
13.	Atibala	*Abutilon indicum*	Shrub
14.	Akashvalli	*Cuscuta reflex*	Climber
15.	Alsi	*Linum usitatissimum*	Herb
16.	Arishtrak	*Sapindus saponeria*	Tree
17.	Bibhitak	*Terminalia bellirica*	Tree
18.	Bakul	*Mimusiops elengi*	Tree
19.	Bhringraj	*Eclipta alba*	Herb
20.	Bimbi	*Coccinia grandis*	Climber
21.	Brahmi	*Centalla asiatica*	Herb
22.	Balamkheera	*Kigelia pinnata*	Tree
23.	Babool	*Acacia arabica*	Tree
24.	Bilva	*Aegle marmelos*	Tree
25.	Bhoomyamalaki	*Phyllanthus urinaria*	Herb
26.	Bhanga	*Cannabis sativa*	Herb
27.	Badriphal	*Zizypus jujoba*	Tree
28.	Changeri	*Oxalis corniculata*	Herb
29.	Chitrak	*Plumbago zeylanicum*	Herb
30.	Chakramard	*Cassia tora*	Herb
31.	Chandershoor	*Lepidium sativum*	Herb
32.	Chincha	*Tamarindus indicus*	Tree
33.	Chukra	*Chukrasia tabularis*	Tree
34.	Cheeku	*Achrus sapota*	Tree
35.	Chaulai	*Amaranthus polygamus*	Herb
36.	Chanak	*Cicer arietinum*	Herb
37.	Draksha	*Vitis vinifera*	Climber
38.	Dugdhika	*Euphorbia thymifolia*	Herb
39.	Dadima	*Punica granatum*	Tree
40.	Dhatura	*Dhatura alba*	Shrub
41.	Durva	*Cynodon dactylon*	Herb
42.	Dhanyak	*Coriandrum sativum*	Herb
43.	Dhamasa	*Fagonia cretica*	Herb
44.	Erand	*Ricinus communis*	Shrub
45.	Erand karkati	*Carica papaya*	Tree
46.	Gunja	*Abrus prectorius*	Climber
47.	Guduchi	*Tinospora cardifolia*	Climber

48.	Ghritkumari	*Aloe barbendensis*	Herb
49.	Godhum	*Triticum aestivum*	Herb
50.	Gokshur	*Tribulis terrestris*	Herb
51.	Garjur	*Daucus carota*	Herb
52.	Gudhal	*Hibiscus rosa sinensis*	Shrub
53.	Genda	*Tagetes erecta*	Herb
54.	Haridra	*Curcuma longa*	Herb
55.	Haritaki	*Terminalia chebula*	Tree
56.	Harsingar	*Nyctnthes arbortristis*	Shrub
57.	Ikshu	*Saccharum officinarum*	Herb
58.	Jambu	*Syzygium cumini*	Tree
59.	Jati	*Jasminum officinale*	Climber
60.	Karvir rakta	*Nerium indicum*	Shrub
61.	Karvir peet	*Thevetia nerifolia*	Tree
62.	Kadali	*Musa paradisiaca*	Tree
63.	Karpas	*Gossypium herbaceum*	Shrub
64.	Karanj	*Caesalpinia crista*	Shrub
65.	Kamini	*Murraya panniculata*	Shrub
66.	Karmard	*Carissa congesta*	Shrub
67.	Karvellak	*Momordica charantia*	Climber
68.	Kanchanar	*Bauhinia varigata*	Tree
69.	Kaashtdaaru	*Polyalthia longifolia*	Tree
70.	Kamal	*Nelumbo nucifera*	Herb
71.	Kadamb	*Anthocephalus indicus*	Tree
72.	Kasmard	*Cassia occidentalis*	Herb
73.	Khatmi	*Althea officinalis*	Herb
74.	Koshataki	*Luffa actangula*	Climber
75.	Kushmand	*Benincasa hispida*	Climber
76.	Lonika	*Portulaca oleraceae*	Herb
77.	Lanka	*Capsicum annum*	Herb
78.	Lemongrass	*Cymbopogon citrates*	Herb
79.	Lajjalu	*Mimosa pudica*	Herb
80.	Mahanimb	*Melia azardirachta*	Tree
81.	Makoy	*Solanum nigrum*	Herb
82.	Motha	*Cyprus rotundus*	Herb
83.	Madyantika	*Lawsonia intermis*	Shrub
84.	Meetha neem	*Murraya koenigi*	Tree
85.	Mayurpankh	*Thuja compacta*	Shrub
86.	Malti	*Jasminum sambac*	Shrub
87.	Moolak	*Raphanus sativus*	Herb
88.	Mishreya	*Foeniculum vulgare*	Herb
89.	Methika	*Trigonella foenum-graecum*	Herb
90.	Munditak	*Sphaeranthus indicus*	Herb
91.	Masur	*Lens culinaris*	Herb
92.	Nimba	*Azadirachta indica*	Tree
93.	Nagdaman	*Sansevieria roxburghiana*	Herb
94.	Nimbuk	*Citrus limon*	Tree
95.	Nirgundi	*Vitex negundo*	Shrub
96.	Patol	*Tricosanthes dioica*	Climber
97.	Patrang	*Caesalpinia sappan*	Shrub
98.	Patha	*Caesamplos pariera*	Climber
99.	Palandu	*Allium cepa*	Herb
100.	Putiha	*Mentha spicata*	Herb
101.	Parushak	*Grewia subinaequalis*	Shrub
102.	Palash	*Butea monosperma*	Tree
103.	Parnabeej	*Bryophylum pinnatum*	Herb
104.	Pippermint	*Mentha Piperata*	Herb
105.	Pipali	*Piper longum*	Climber
106.	Peevari	*Abroma augusta*	Shrub
107.	Putranjeevak	*Putranjiva Roxburghii.*	Tree
108	Rason	*Allium sativum*	Herb
109.	Rakta erand	*Jatropha gossypifolia*	Herb
110.	Raasna	*Pluchea lanceolata*	Herb
111.	Shalmali	*Bombax ceiba*	Tree
112.	Shirish	*Albizzia lebbeck*	Tree
113.	Shatavari	*Asparagus racemosus*	Climber
114.	Shleshmatak	*Cordia dichotoma*	Tree
115.	Sanuhi	*Euphorbia neriifolia*	Shrub
116.	Safeda	*Eucalyptus globuluss*	Tree
117.	Saptaparna	*Alstonia scholaris*	Tree
118.	Sudershan	*Crinum latifolium*	Herb
119.	Sagon	*Tectona grandis*	Tree
120.	Sarshap	*Brassica compestris*	Herb
121.	Shobhanjan	*Moringa oleifera*	Tree
122.	Snay	*Cassia augustifolia*	Herb
123.	Sadabahar	*Vinca rosea*	Herb
124.	Saunf	*Foeniculum vulgare*	Herb
125.	Shinshpa	*Dalbergia sissoo*	Tree
126.	Shahtoot	*Morus indica*	Tree
127.	Suryuamukhi	*Helianthus annus*	Herb
128.	Sairayak	*Barleria prionitis*	Shrub
129.	Sarpagandha	*Rauwolfia serpentina*	Herb
130.	Til	*Sesamum orientale*	Herb
131.	Tumbi	*Lagenaria siceraria*	Climber
132.	Taruni	*Rosea centifolia*	Shrub
133.	Tulsi shwet	*Ocimum sanctum*	Herb
134.	Tulsi ram	*Ocimum grattisimum*	Herb
135.	Udumbar	*Ficus glomerata*	Tree
136.	Vat	*Ficus bengalensis*	Tree
137.	Vasa	*Adhatoda vasica*	Herb
138.	Vansh	*Bambusa bombos*	Shrub
139.	Vanplandu	*Urginia indica*	Herb
140.	Varuna	*Crateva nervula*	Tree
141.	Yuva	*Haredim vulgare*	Herb
142.	Yashtimadhu	*Glycirrhiza glabra*	Herb

Conclusion

The overall publics of in and around domain of Amritsar district have been using different herbs for accommodating reason since time immemorial. Villagers essentially depend upon the herbs for all ailments. They think about the plant answers for essential pains like free insides jaundice, solidness, dyspepsia, asthma, diabetes, detachment of the entrails, and contamination and skin sicknesses. Pharmacological and clinical attributes will help in the assertion of the ampleness of the declared herbs. The use of the declared plant species were accumulated from the commonplace people, who use them as custom. In this way, it isn't fitting to use them without guiding an achieved ayurvedic specialist. For the upside of the system the recorded plant species should be managed and moreover steps be taken for assurance and furthermore improvement of these plant species.

References

1. Anonymous (1950,1952,1956,1959,1962,1965,1962,1965,1972,1985,1986,1992,2000,2002 ,2003).
2. Aitchison JET (1869) A Catalogue of the plants of the Punjab and Sindh. London.
3. Aitchison JET (1868) Flora of Hoshiarpur District of Punjab 11: 17-22.
4. Aitchison JET (1864) On the vegetation of the Jhelum District of the Punjab. J Asiat J Linn Soc [Bot]33: 290-320.
5. Aitchison JET (1864) Flora of the Jhelum District of the Punjab J Linn Soc [Bot]. London 8: 55-75.

ISSN: 2574-1241

DOI: 10.26717/BJSTR.2018.09.001873

Preeti Singh. Biomed J Sci & Tech Res