

# Enthno Pharmaceutical Uses of Some Medicinal Plants: A Review

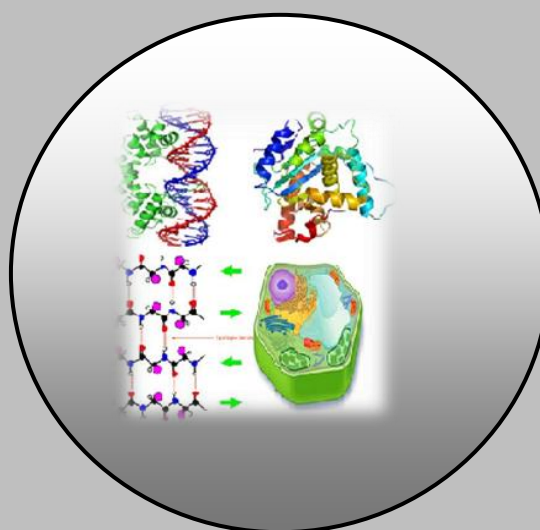
By  
S. Nazeer Haider Zaidi

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REVIEW ARTICLE

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# Entno Pharmaceutical Uses of Some Medicinal Plants: A Review

**S. Nazeer Haider Zaidi**

Department of Botany, Shia P.G. College, Lucknow, U.P., India

## ABSTRACT

*The present study was initiated to compile the information regarding plants which have potential medicinal uses. The information was collected with help of published ethno medicinal work and scientific literature search engines such as Scopus and Google scholar. Twenty-four were documented, majority of them are used in diabetes, gastrointestinal disturbances and skin disorders.*

**Keywords:** Medicinal plants, Diabetes, Gastrointestinal disturbances and Skin disorders.

## INTRODUCTION

The utilization of plants in the treatment of certain human diseases is evidence of man's ingenuity. The contribution of these plants to the therapeutic arsenal in the fight against disease dates back several centuries and has been documented by the ancient Chinese, Indian and North African civilizations. Currently, traditional medicine is widely practiced, especially in developing countries (Taylor et al., 2001).

The majority of the world population for thousands of years has utilized traditional medicine. Until the beginning of the 19th century, all medicines were traditional. Yet, in many developing countries, traditional medicine is the only primary or any other kind of health care available for rural population (Koita, 1990).

Although, extensive ethno medicinal research has been undertaken in various pockets of tribal community in India, however, such information has not been documented from the different pockets of India. Further, scientific evaluation of ethno medicinal information has not been carried out in majority of cases.

The present study was initiated to compile the information regarding plants which have potential medicinal uses.

**MATERIALS AND METHOD**

The regarding medicinal plants was compiled with help of published ethno medicinal work and scientific literature search engines such as Scopus and Google scholar (Singh and Pandey, 1998).

**RESULT AND DISCUSSION**

The information collected is presented in table (Table 1). The maximum numbers of plants are used for their anti diabetic property. Many of the plants that are used by the local people are also used in different medicinal systems such as, the Ayurveda and Unani. For example *Asparagus racemosus* is used by the local people for galactagogue and uterine tonic, Ayurvedic formulations ‘Shatavari Churna’ and ‘Trayodashanga guggulu’ are used for same purpose. Similarly *Aegle marmelos*, which the local people use for diarrhoea and enteric infections, is also used for diarrhoea and dysentery in Ayurveda. *Aegle marmelos* is one of key ingredient of ‘Gangadar churna’ and ‘Pushyanuga churna’ used for the treatment of diarrhoea and dysentery. *Plumbago zeylanica* (Chitraka) is used for gastrointestinal disturbance and wounds healing by tribal people, in Ayurveda formulation like ‘Chitrakadi churna’ and ‘Mahasudarshan churana’ contain *Plumbago zeylanica* as a key ingredients used for same purpose (Goyal et al., 2011).

**Table 1. List of herbal plants used for medicinal purpose.**

S. No.	Vernacular Names	Botanical Names	Family	Medicinal uses
1	Alarka	<i>Calotropis procera</i> (Aiton)	Apocynaceae	Antidiabetic, skin diseases
2	Amala	<i>Phyllanthus emblica</i> L.	Phyllanthaceae	Immune stimulant, antidiabetic, antioxidant
3	Andhijhara	<i>Achyranthes aspera</i>	Amaranthaceae	Asthma and cough. Gynecological purpose
4	Balpatara	<i>Aegle marmelos</i> L.	Rutaceae	Gastrointestinal diseases
5	Bhjaradanti.	<i>Barleria prionitis</i>	Acanthaceae	Fever, toothache and bleeding gums, bronchial asthma
6	Chirita	<i>Picrorhiza kurroa</i>	Scrophulariaceae	Anti diabetic
7	Chirmi	<i>Abrus precatorius</i>	Fabaceae	Urinary disorders, abortifacient and contraceptive., vitiligo and baldness
8	Chitraka	<i>Plumbago zeylanica</i> L.	Plumbaginaceae	Gastrointestinal disturbance. ailment.
9	Chitraka	<i>Plumbago zeylanica</i>	Plumbaginaceae	Gastrointestinal disturbance, skin ailment, wound healing
10	GhirtKumari	<i>Aloe vera</i> (L.) Burm. f.	Xanthorrhoeaceae	Skin diseases, antidiabetic
11	Gurmaar	<i>Gymnema sylvestre</i> (Retz.) R.Br. ex Sm.	Apocynaceae	Antidiabetic
12	Haldi	<i>Curcuma longa</i> L.	Zingiberaceae	Skin diseases, immune stimulant, anti diabetic
13	Jamun	<i>Syzygium cumini</i> (L.) Skeels	Myrtaceae	Antioxidant, gastrointestinal diseases, anti diabetic
14	Karelia	<i>Momordica charantia</i> L.	Cucurbitaceae	Antidiabetic

15	Katthaa	Acacia catechu	Mimosaceae	Wound healing. astringent and antidiarrhoeal, haemostatic
16	Ker	<i>Capparis decidua</i>	Capparidaceae	Gastrointestinal diseases, antioxidant, antidiabetic
17	Lasan	<i>Allium sativum L.</i>	Amaryllidaceae	skin diseases, antidiabetic
18	Methi	<i>Trigonella foenum-graecum L.</i>	Leguminosae	Antioxidant, immune stimulant, gastrointestinal diseases, antidiabetic
19	Neem	<i>Azadirachta indica A. Juss.</i>	Meliaceae	Skin diseases, antidiabetic
20	PaneerBandh	<i>Withania coagulans (Stocks) Dunal</i>	Solanaceae	Antidiabetic
21	Sadabhar	<i>Catharanthus roseus (L.) G. Don</i>	Apocynaceae	Immune stimulant Antidiabetic
22	Shataavari	<i>Asparagus racemosus Willd.</i>	Asparagaceae	Gynecological purpose
23	Tulsi	<i>Ocimum sanctum L.</i>	Lamiaceae	Immune stimulant
24	Tumba	<i>Citrullus colocynthis (L.) Schrad</i>	Cucurbitaceae	Antidiabetic, antioxidant

### CONCLUSION

Twenty-four were documented, majority of them are used in diabetes, gastrointestinal disturbances and skin disorders. There is immense possibility for utilization of medicinal flora for treatment of many diseases in man.

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Corresponding author: Dr. S. Nazeer Haider Zaidi, Department of Botany, Shia P.G. College, Lucknow, U.P., India  
 Email: [snhzaidi21@gmail.com](mailto:snhzaidi21@gmail.com)