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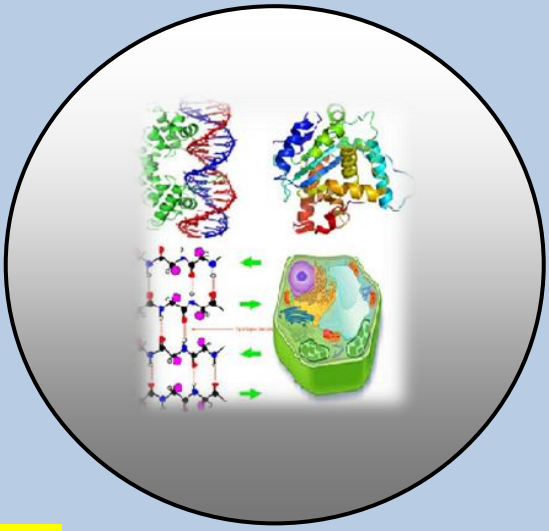

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RESEARCH PAPER

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Conservation of Ethnomedicinal Plants of Nagaur District (Raj.)

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ABSTRACT

The tribal depend on the plants around them which made them acquire knowledge of medicinal properties of many plants by trial or error method. Consequently they become the store house of knowledge of many useful as well as harmful plants. Many valuable drugs of our modern medicine have been discovered by knowing that a particular plant is used for the treatment of particular ailment. The traditional medicines are enjoying an upsurge in popularity because of their law or no side effects. With proper management ethno medicinal plants can be now sustainable ensuring their use for our future generations. The ethnic people have emotional and symbiotic relationship with biodiversity which they have been protecting and conserving since ancient times.
Key words: Ethnomedicinal, Conservation, Treatment and Sustainable.

INTRODUCTION

The folklore medicine culture is still vital in Nagaur district. Some medicines have remained endemic to certain tribal pockets of this district. So, to protect or conserve such type of plants, the study of ethnobotany is necessary today. It is the study of relationship between plants and people. It depicts how plants have been or are used, managed and perceived in human societies and includes plants used for food, medicine, cosmetics, dyeing, textiles, social life and building tools. Indian people have tremendous passion for medicinal plants and they use them for wide range of health related applications. The demand for medicinal plants is increasing in both developing and developed countries and the bulk of their material trade is still from wild harvested plants. It is important since the traditional knowledge is dying out with the decline of rural communities and the migration of the population into the cities. Although plants have

been harvested since time immemorial for making medicines, however, their collections were for domestic use, which was a sustainable practice unlike existing practice of mass collection of medicinal plants for commercial purposes. The traditional use of plant as herbal remedies has further declined due to a scarcity of species, which is caused by adverse human effects on climate like droughts and overgrazing by domestic animals in the state thus threatening the diversity of the herbal medicines available. So, after gaining the knowledge of ethno-medicinal plants, people save the plant diversity as it is important for the improvement of their primary health. A perusal of the literature reveals that, although a lot of ethno medicinal work has been done in this region but some ethno botanical gaps in knowledge exist in this region. The present research is towards a complete probe on the role of plants in medicines, occupations, magic-religion, ceremonies, decoration and adornment by the people of Nagaur district in the developing countries due to lack of or limited modern health services, folk medicines play the key role as most of the people reside in rural areas. The important component of this indigeous knowledge is the medicinal uses of plants.

Main objectives

(i) To meet the requirements for fuel wood, fodder, forest products, health care for rural and tribal populations.

(ii) Identification of biodiversity of the study area.

(iii) Survey of the area for identification of plants which are used for medicinal purposes.

(iv) To increases the productivity of forest and forest resources.

MATERIALS AND METHODS

To collect the data, tribal, rural dominating areas of Nagaur district were surveyed. Two types of interviews were taken, firstly of individuals and secondly of groups. During field-work, plant specimens and materials (e.g. roots, bark, fruits, seeds, grains, gum etc.) were collected with detailed information regarding their use by the local people of Nagaur district. The method of collecting information about the plants were based on personal interview with tribal and backward people of various age groups residing in rural, semi-urban and urban areas of the region. During collection of medicinal plants, village headman, spiritual leader, *Ojha*, *Vaidhya*, *Hakims*, priest and other people who could give correct information about the use of plant, mode of use and with their collaboration, to know-how administrate the plant, were collected. The data collected was compared and cross linked with already available data to ascertain its validity and integrity.

RESULTS

Ethnomedicine is survived only folklore in certain human societies, particularly among the primitive and rural societies. Ethnobotany is worldwide interest in folklore about medicinal herbs for lead to new sources of drugs. Like this ethno pharmacology is a multi-disciplinary area of research based on botany, chemistry, pharmacology, archaeology, anthropology, history etc and is contributing to the search for new natural products with one or other biological activities.

A large number of modern medicinal properties are known to possess one or other medicinal properties and are in use in the indigenous system of medicines. Plants have been an integral part of Indian life and culture and hence all aspects of folk literature, namely folk songs, folk tales and folk proverbs of our country have profuse reference to trees, shrubs, climbers and their flowers and fruits.

There is evidence of the fact that many valuable drugs of our modern medicine have been discovered by knowing that a particular plant was used by the ancient folk healers in one or more of the ancient cultures of the world for the treatment of particular ailment. Also a particular plant which has been in used by traditional healers since antiquity for one ailment may be of considerable value in other ailments too.

The continuing search for new drugs has seen researchers looking to the natural world for potential products. On the other hand the traditional medicines are enjoying an upsurge in popularity because of their low or no side effects. Efforts should be made to conserve the ethno medicinal plants for sustainable future.

Ethnomedicinal Plants of Nagaur District

S.No.	Botanical name	Local name	Family	Plant parts used	Ailments
1.	*Acacia nilotica*	Babul	Fabaceae	Bark, twig, root, pod	Diabetes, gonorrhoea, leucorrhoea, diarrhoea, dysentery
2.	*Aegle marmelos*	Bael, Bilva	Rutaceae	Fruits, leaves	Dyspepsia, sinusitis, tuberculosis, chronic constipation
3.	*Aloe vera*	Gwarpatha	Liliaceae	Leaves	Fever, cold, wounds, diabetes, ulcer, hepatitis, abdominal cramps, diarrhoea, skin
4.	*Argemone mexicana*	Satyanashi	Papaveraceae	Seeds, whole plant	Kidney pain, headache, sedative, malaria
5.	*Asparagus racemosus*	Satavari	Asparagaceae	Root, flowers, fruits	Gastric ulcers, dyspepsia, nervous disorders, diarrhoea, dysentery, cold
6.	*Azadirachta indica*	Neem	Meliaceae	Seed, leaves, flowers, bark	Fever, dental, skin, stomach pain
7.	*Calotropis procera*	Aak	Asclepiadaceae	Leaves, latex, flowers, root bark	Rheumatism, filariasis, wounds, swellings, eczema, skin inflammations, syphilis, asthma, cough, leprosy, bronchitis, joint pain, toothache, fever
8.	*Capparis decidua*	Kair	Capparidaceae	Fruits, flowers	Swelling, chronic and foul ulcers, cough, asthma,

					vomiting, hemorrhoids, intermittent fevers, arthritis, lumbago, dyspepsia, flatulence, constipation, intestinal worms, cardiac disability, gout, amenorrhoea
9.	*Cassia fistula*	Amaltas	Fabaceae	Leaves, root, bark, flowers, fruits	Insects bite, rheumatism, jaundice, piles, eczema, chest pain, purgative, leprosy, diabetes
10.	*Citrullus colocynthis*	Tumba, Bitter Apple	Cucurbitaceae	Fruit, root	Stomach pain, dental, edema, amenorrhoea, constipation, purgative
11.	*Citrus limon*	Nimbu, Lemon	Rutaceae	Leaves, flowers, fruits	Cough, fever, gastric disorders, epilepsy, chlolera, dyspepsia, gum, burns
12.	*Cordia myxa*	Lasura, Gonda	Boraginaceae	Leaves, fruits, bark	Chest Pain, skin, sore throat, wounds, ulcers, colic pain
13.	*Dalbergia sissoo*	Sisham	Fabaceae	Leaves, bark	Blood dysentery, gonorrhoea, dysentery, diabetes, toothache
14.	*Datura inoxia*	Datura	Solanaceae	Leaves, fruits	Pain releaver, hyperthermia, tachycardia, amnesia
15.	*Embilica officinalis*	Aamla	Euphorbiaceae	Fruits, bark, leaves	Common cold, diabetes, Gastrointestinal disease, blood pressure, sinusitis, falling of hair, piles, abdominal pain, cough, rejuvenator, migraine, scurvy
16.	*Ficus benghalensis*	Bargad, Bar	Moraceae	Bark, leaves, latex	Swelling, pain, purgative, diarrhea, dysentery, piles, sterility, teeth, skin
17.	*Ficus religiosa*	Peepal	Moraceae	Bark, leaves, latx, fruits	Astringent, stomatitis, ulcers, leucorrhoea, aphrodisiac, gum disease, vomiting, heart disease, scabies
18.	*Jatropha*	Ratanjot	Euphorbiaceae	Leaves, seeds	Purgative, contraceptive,

	curcas				anti obesity, wound healing
19.	*Lawsonia inermis*	Heena, Mehndi	Lithraceae	Leaves, flowers	Cooling agent, skin disease, toothache, cold
20.	*Mangifera indica*	Aam, Manogo	Anacardiaceae	Leaves, bark, fruits	Oxidant, diabetes, inflammation, hepatoprotective, allergy, cancer, obesity
21.	*Ocimum sanctum*	Tulsi	Lamiaceae	Leaves, skin,	Bronchitis, cold, cough, fever, earache, heart, asthma
22.	*Pedalium murex*	Bara gokhru	Pedaliaceae	Seeds, root, fruits	Cooling agent, aphrodisiac, urinary disorders, cough, asthma, pain, heart, piles, gums, leprosy, appetizer, gonorrhoea
23.	*Prosopis cineraria*	Khejri	Fabaceae	Bark, leaves, pods	Leprosy, dysentery, bronchitis, asthma, leucoderma, piles, cough, rheumatism, diarrhoea, skin
24.	*Psidium guajava*	Amrud	Myrtaceae	Leaves, bark, fruits, flowers	Vomiting, stomach pain, mouth sores, bleeding gums, wounds, ulcers, skin, cough
25.	*Ricinus communis*	Arundi	Euphobiaceae	Leaves, seeds	Healing of wounds, skin, fever, constipation
26.	*Salvadora oleiodes*	Jall	Salvadoraceae	Leaves, fruits, root bark, stem bark, seeds	Tonic to liver, diuretic, analgesic, antihelmintic, piles, scabies, leukoderma, teeth, antidote, scurvy, rheumatism
27.	*Syzygium cumini*	Jamun	Myrtaceae	Bark, seeds, leaves, fruits	Anti-inflammatory, anemia, diabetes, dysentery, gums, diarrhoea, fever
28.	*Tecomella undulata*	Rohida, Marwar teak	Bignoniaceae	Bark, flowers	Urinary disorders, enlargement of spleen, gonorrhoea, leucoderma, liver diseases
29.	*Terminalia arjuna*	Arjuna	Combretaceae	Bark, leaves	Dysentery, earache, antitoxidant, cardiac muscle, heart failure, diuretic, asthma
30.	*Withania somnifera*	Ashwagandha	Solanaceae	Leaves, fruits, root, seeds	Tuberculosis, arthritis, bronchitis, rheumatism,

					dropsy, skin, sexual weakness
31.	*Ziziphus nummularia*	Jhariber	Rhamnaceae	Fruits	Cooling agent, scabies, cough, tachycardia

CONCLUSION

The floristic survey of ethnomedicinal plants occurring in the rural areas of Nagaur district was conducted to assess the potential of plant resources used in common ailments. 31 wild plants are studied with their great importance in primary healthcare system of rural people; they used these plant resources in their routine life by various means. The plants are noted with their local name and family for proper identification.

According to the findings of present research work it can be concluded that the forest resource of Nagaur district has very special position not only as vegetation but also on the basis of medicinal value. So, by this study we pass the great information about medicinal utility of these plants from present to the future generations as well as save the diversity of this region. Thus this piece of work proposes that it is our moral duty to save this natural resource for the benefit of present life and more importantly for our upcoming generations as it is fast eroding due to the high rate of development.

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