Ethnomedicinal Studies on Amritsar District (Punjab), India

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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, ailments, 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 an extent, 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 bioreresearches. 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 31.63N74.087E. 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). Ayearly 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 (Zizyphus jujuba) 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)

| 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    | Aegranthus aspera | Herb         |
| 9.     | Ashvago    | Plantago ovata   | Herb         |
| 10.    | Ardaraka   | Zingiber officinale | Herb  |
| 11.    | Anjeer     | Ficus carica     | Tree          |
| 12.    | Ajnodha    | Carum roxburghii | Herb         |
| 13.    | Atihala    | Abutilon indicum | Shrub        |
| 14.    | Akashwali  | Cassia reflex    | Climber      |
| 15.    | Aksi       | Linum usitatissimum | Herb  |
| 16.    | Arishtrak  | Sapindus saponeria | Tree      |
| 17.    | Bibhitak   | Terminalia bellirica | Tree |
| 18.    | Bakul      | Mimusips elengi  | Tree          |
| 19.    | Bhringraj  | Eclipta alba     | Herb         |
| 20.    | Bimbi      | Coccinia grandis | Climber      |
| 21.    | Brahmi     | Centella asiatica | Herb     |
| 22.    | Balamkheera| Kigelia pinnata  | Tree          |
| 23.    | Babool     | Acacia arabica   | Tree          |
| 24.    | Bilva      | Aegle marmelos   | Tree          |
| 25.    | Bhoomyamalaki| Phyllanthus urinaria | Herb |
| 26.    | Bhangla    | Cannabis sativa  | Herb         |
| 27.    | Badriphal  | Zizyphus jujuba  | Tree          |
| 28.    | Changeri   | Oxalis corniculata | Herb |
| 29.    | Chitrak    | Plumbago zeylanicum | Herb |
| 30.    | Chaknmard  | Cassia tora      | Herb         |
| 31.    | Chandreshoor| Lepidium sativum | Herb |
| 32.    | Chincha    | Tamarindus indicus | Tree |
| 33.    | Chukra     | Chukrasia tabularis | Herb |
| 34.    | Cheeku     | Achras sapota    | Tree          |
| 35.    | Chaulai    | Amaranthus polygamus | Herb |
| 36.    | Chanak     | Cicer arietinum  | Herb         |
| 37.    | Draksha    | Vitiis vinfera   | Climber      |
| 38.    | Dugdhika   | Euphoria 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 precortius | Climber      |
| 47.    | Gudsuhi    | Tinospora cardifolia | Climber |

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| 48. | Ghrismukari | Aloe barbendensis | Herb |
| 49. | Godhum | Triticum aestivum | Herb |
| 50. | Gokshur | Tribulus 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 | Nyctrothes arbortristis | Shrub |
| 57. | Ikshu | Saccharum officinarum | Herb |
| 58. | Jambu | Syzygium cumini | Tree |
| 59. | Jati | Jasminum officinale | Climber |
| 60. | Karvir raktu | Nerium indicum | Shrub |
| 61. | Karvir peet | Thevetia nerifolia | Tree |
| 62. | Kadali | Musa paradisiaca | Tree |
| 63. | Karpas | Gossypium herbaceum | Shrub |
| 64. | Karanj | Caesalpinia crist | Shrub |
| 65. | Kamini | Muraya paniculata | Shrub |
| 66. | Karmard | Carissa congesta | Shrub |
| 67. | KarveBak | Momordica charantia | Climber |
| 68. | Kancham | Bauhinia variegata | Tree |
| 69. | Kaashdaaru | Polyalthia longifolia | Tree |
| 70. | Kamal | Nelumbo nucifera | Herb |
| 71. | Kadam | Antchoephalus indicus | Tree |
| 72. | Kasmard | Cassia occidentalis | Herb |
| 73. | Khatmi | Althea officinalis | Herb |
| 74. | Koshataki | Luffa acutangula | Climber |
| 75. | Kusmand | Benincasa hispida | Climber |
| 76. | Lonika | Portulaca oleracea | Herb |
| 77. | Lanka |Capsicum annum | Herb |
| 78. | Lemongrass | Cymbopogon citrates | Herb |
| 79. | Lajjula | Mimosa pudica | Herb |
| 80. | Mahanimb | Melia azadirachta | Tree |
| 81. | Makoy | Solanum nigrum | Herb |
| 82. | Motha | Cypris rotundus | Shrub |
| 83. | Madyantrik | Lawsonia internis | Shrub |
| 84. | Meetha neem | Murraya koenigi | Tree |
| 85. | Mayurpankh | Thuya compacta | Shrub |
| 86. | Malti | Jasminum sambac | Shrub |
| 87. | Moolak | Raphanus sativus | Herb |
| 88. | Mishreyat | Foeniculum vulgare | Herb |
| 89. | Methika | Trigonella foenum-gravecum | Herb |
| 90. | Munditak | Sphaeranthus indicus | Herb |
| 91. | Masur | Lens culinaris | Herb |
| 92. | Nimba | Azadirachta indica | Tree |
| 93. | Nagdaman | Sansevieria roxburghiana | Herb |
| 94. | Nimbud | Citrus limon | Tree |

| 95. | Nirgundi | Vitex negundo | Shrub |
| 96. | Patol | Tricosanthes dioica | Climber |
| 97. | Patrang | Caesalpinia sappan | Shrub |
| 98. | Pata | Caesamplos pariera | Climber |
| 99. | Pandalu | Allium cepa | Herb |
| 100. | Putiha | Mentha spicata | Herb |
| 101. | Parushak | Grewia subinaequalis | Shrub |
| 102. | Palash | Butea monosperma | Tree |
| 103. | Parnabeyj | Brouphylum pinnamum | Herb |
| 104. | Pippermint | Mentha Piperata | Herb |
| 105. | Pipali | Piper longum | Climber |
| 106. | Peeveri | Abroma augusta | Shrub |
| 107. | Putranjeevak | Putranjiva Roxburghii | Tree |
| 108. | Rason | Allium sativum | Tree |
| 109. | Raatka erand | Jatropha gossypifolia | Herb |
| 110. | Raasna | Pluchea lanceolata | Herb |
| 111. | Shalmai | Bombax ceiba | Shrub |
| 112. | Shirish | Albizzia lebbeck | Tree |
| 113. | Shatatari | Asparagus racemosus | Climber |
| 114. | Sheshmataik | Cordia dichotoma | Tree |
| 115. | Sahu | Euphoria neriifolia | Shrub |
| 116. | Safeda | Eucalyptus globulus | Tree |
| 117. | Saptaparna | Alstonia scholaris | Tree |
| 118. | Sudershan | Crinum latifolium | Herb |
| 119. | Sagon | Tecoma grandis | Tree |
| 120. | Sarharp | Brassica comperstri | Shrub |
| 121. | Shobhanjan | Moringa oleifera | Tree |
| 122. | Sny | Gassia augustifolium | Herb |
| 123. | Sadabahar | Vinca rosea | Herb |
| 124. | Saunf | Foeniculum vulgare | Herb |
| 125. | Shenop | Dalbergia sisoo | Tree |
| 126. | Shataiott | Morus indica | Tree |
| 127. | Suryamukhi | Helianthus annuus | Herb |
| 128. | Sairyakh | Barleria prionitis | Shrub |
| 129. | Sarpagandha | Rauwolfia serpentina | Herb |
| 130. | Til | Sesumum orientale | Herb |
| 131. | Tumbi | Lagenaria siceraria | Climber |
| 132. | Taruni | Rosea centifolia | Shrub |
| 133. | Tukishwet | Ocimum sanctum | Herb |
| 134. | Tsuli ram | Ocimum grattissimum | Herb |
| 135. | Udunbar | Ficus glorermata | Shrub |
| 136. | Vat | Ficus bengalensis | Tree |
| 137. | Vasa | Adhatoda vasica | Herb |
| 138. | Vansh | Bambusa bombea | Shrub |
| 139. | Vanplandu | Ucina indica | Herb |
| 140. | Varuna | Crateva surgum | Tree |
| 141. | Yuva | Haredim vulgare | Shrub |
| 142. | Yashimadhav | Glycirhiza 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 amleness 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.

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