

Identification and Traditional Uses of Certain Medicinal Plants and Its Conservation In Kawardha Area, Chhattisgarh State, India

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Abstract: In the plant Kingdom, there are thousands of plants known and unknown that yield to medicine or drugs of great use to men. The medicinal value of drug plant is due to presence of some chemical substances in the plant tissues which produce a definite physiological action on living biological body. This several species of medicinal plants such as, Aloe vera, Tulsi, Jangali Haldi, Dhatura, Drumstick tree, Tomato, Panchwati Plants, Putranjiva Bhui Amla, Papaya. The research is on the identification and traditional use of medicinal plants in Kawardha Area. The knowledge of this science is handed over to generation to generation but some of the plants and knowledge of there medicinal value is going down amongst the people and by this way these plants are being neglected. Due to environmental pollution, increasing population growth, and urbanization and especially over demand of medicinal plants people were harvesting without any knowledge of regeneration and conservation so the particular species are in threatened condition. It becomes our duty to know the plant and preserve it and make the people aware of it

Keywords:-Medicine, Medicinal plants, Chemical Substances, physiological, Environmental Pollution, Species, threatened, preserve.

I. Introduction

In ancient times the man has dependent so much on medicinal plants for health and needs and due to wide range of climatic condition and environment India belongs to one of the richest vegetation of the world. The tribal and the people of rural area of India have the great knowledge of medicinal uses of plants which are finding around them. In central region of India, the Chhattisgarh has the large numbers of plants were reported as medicine some plants are used singly and some are used in collectively. Some plants are affective only in one disease where as some are use affective on multiple diseases. The traditional use of medicinal plants in addressing certain health problems has been handed over from generation to generation. Ajero and Mbagwu (2005) reported how traditional herbalists use medicinal plants instead of pills, they use powered medicine instead of injection and they apply incision. Due to various natural and manmade reasons, environmental pollution increasing population growth and urbanization and specially over demand of medicinal plants people were harvesting without any knowledge of regeneration and conservation so the particular species are in threatened (Endangered, critically endangered, vulnerable or near threatened) level (IUCUN2004) Present study is done in kawardha district in Chhattisgarh was selected for study of some medicinal plants. Most of the part of Kawardha district is covered with dense forest and very rich in vegetation. The tribal people as well as villagers used these plants as food fodder and medicinal purposes; they have the good knowledge of medicinal plants and the way to use it.

But today most of the medicinal plants species due to man-made reason become threatened condition. Present study is therefore under taken to study the Ethno- Medicinal use of different medicinal plants species in the area of Kawardha Chhattisgarh.

II. Review Of Literature

Ethno botany is the scientific study of the relationships that exist between peoples and plants, according to Cotton(1996) it's the study of all forms of vegetation used by the tribal people of Kawardha area. In ancient times since the emergence of man in this planet.he gained the knowledge of useful and harmful plants. The study of Archeology, Paleobotany and ethnography shows the close relationship between plants and man.In India at Rig-Veda and Atharveda about the uses of plants; since then human being knows the importance of plants.

III. Medicinal Plants

In the plant kingdom, there are thousands of plants known and unknown, that yield medicine or drugs of great use to man. These are known as Medicinal or Drug plants. Medicinal plants may be defined as those plants that are commonly used in treating and preventing specific ailments and diseases and that are generally considered to be harmful to humans. (Anselem, 2004).

These plants are either “wild plant species” those growing spontaneously in self maintaining Populations in natural or semi-natural ecosystems and could exist independently of direct human actions or the contrasting “domesticated plants species” those that have arisen through human actions such as selection or breeding and depend on management for their existence. for example *Aloebarbadensis*(cowley,2002).

IV. The Nature Of Medicinal Plants

The medicinal value of drug plants is due to presence of some chemical substances in the plants tissue which produce a definite physiological action on the human body. The most important chemical substances are alkaloids, essential oils, fatty oil, resins, mucilage, tannin and gum etc. The human nutrition is based on the primary product of photosynthesis the carbohydrate, protein triglycerides (fats and oils) but in case of drugs herbs, ethno medicines, essential oils and cosmetics are derived from the secondary products of plant metabolism such as the alkaloids terpenoids such as the alkaloids terpanoids and flavonoids (Alaribe 2008) These substances have evolved as responses of plants to stress predation and completion constituting to what is regarded as the vast chemical library of biological systems. Thus, it is usually “extracts” not the plants themselves or their parts such as fruits, seeds leaves etc; that are used for medicinal effects. However, medicinal plants Possess what is referred to as pathological niche and they assume pathogenomic structure. This means that medicinal herbs can be used for different ailments with respect to its on human physiology.

V. Materials And Methods, Instruments For Data Collection

The study was conducted at some villages of Kawardha district of Chhattisgarh. Geographically Kawardha is located at between 21.32' to 22.28' north latitude and 80.48' to 81.48' east longitude. The most vital tools used in this investigation were resource persons such as known herbalists,

Local tribal peoples, villagers, the knowledgeable person, experienced people, medicine men (Vaidya) and local inhabitants of the village who have the knowledge of medicinal plants and their efficiency. Several visits were also made to the field with these resource persons who helped in identifying and naming of some of these plants and their medicinal uses. Some very common plants like well known trees were not collected for voucher specimens. Only information provided by the tribal people for these species was recorded. The first information is recorded during field visits to the study area. As per planned schedule the field work is done of field visit.

5.1 Methods Of Preparation

Different parts of the plant such as bark, leaf, seed, root, etc.,- may be used in different ways for preparing drugs for different health conditions. This mainly rely on specific properties of the plants and that of the desired extract (Umeobi 1994). Two methods of drug preparation were often mentioned in this investigation as INFUSION and DECOCTION.

5.1.1 Infusion:-This is a simple way of extracting active medicinal constituent of plants through the medium of hot water (boiling). The volatile components of the plant parts like roots leaves, bark, flowers, fruits, etc are extracted. It may require single part of the plant such as the leaf or a combination of other parts of the same plant, such as the leaves, bark and the seed. Depending on the active principles are mostly found in such plant it may also be a blend of different plant parts.

5.1.2 Decoction:-This involves the simmering of the thicker and less permeable part of the plant such as the roots, bark, fruit and seed, for easy extraction of their medicinal constituents. The plant material is cut into smaller pieces, the simmering pot is covered to avoid losing the volatile components of the decoction, and hence the solids are separated from the liquid.

VI. Data Presentation On Medicinal Plants Collected, Identification And Their Uses

The result of various data collected is presented in the following procedure:

6.1 Identification of the plants

The identification of the plants was done using the following references:-

- a. Flora of British India by Hooker (1875)
- b. Taxonomy of vascular plants by Lawrence George (1964)
- c. Herbaceous flora of Dehradun by C.R. Babu (1977)

1. Names of medicinal plant (Botanical and common)
2. Family name.
3. Description.
4. Preparation and administration

Aloevera



Description-Aloe vera is a stem less or very short-stemmed succulent plant. The leaf was found to be of high medicinal value and is used to treat intestinal issues and skin problems.

Family:-Liliaceae

Vernacular name:-Gheekunvar

6.2 Health Benefits-Aloe Vera is considered to be a miracle plant for its healing properties. The health benefits of Aloe vera include

6.3 Aids Digestion and treats intestinal issues-Aloe vera helps those who suffer severe constipation problems. It has a soothing effect on the stomach walls and relieves stomach ache.

6.4 Treats Inflammation, wounds and Burns- Aloe vera has been used in traditional medicine and general home remedies in the recent times to cure cuts, wounds, burns, skin Breakage. It fights bacteria that occur due to wounds. The cooling effect of the plant helps to regenerate the new cells and helps in rebuilding the damage tissue.

6.5 Stimulates Metabolism: Aloe vera juice also increases energy level and helps to maintain a healthy body weight. Drinking Aloe vera juice regularly stimulates the metabolism and helps the body to burn calories more quickly. So aloe vera keeps you slim naturally.

6.6 Treats Sunburns: Aloe vera contains two hormones “Auxin and Gibberellins” which have wound healing properties. Aloe vera with its powerful healing capability helps to treat sun burn at the epithelial level of the skin.

6.7 Traditional use:-From ancient times the tribal peoples use the Aloe vera gel for Arthritis . For this purpose the gel was added into flour and bread is prepared of it and then consumed.

Ocimum sanctum



Description- It is an aromatic plant in the family. It is an erect, many branched subshrub, 30–60 cm (12–24 in) tall with hairy stems and simple phyllotaxic green or purple leaves that are strongly scented. Tulsi has endless value. In Ayurveda, it is considered as the destroyer of all the doshas.

Family: -Labiatae

Vernacular name:-Tulsi

1.1 Health Benefits:-

1.1.1 Kidney Stones: Tulsi being a detoxifying agent can help to reduce uric acid level which is the main reason behind kidney stones. In case of renal stones, the consumption of juice of basil leaves mixed with honey helps to remove these stones through the urinary tract.

1.1.2 Headache:Tulsi leaves are a good medicine for headache. Leaves mixed with sandalwood paste can be applied on the forehead for relief from headache.

1.1.3 Pain Relief: Tulsi helps to ease inflammatory and neurological pain and has no side effects whatsoever. Tulsi is also used in the treatment of ulcers, cuts and wounds because of its beneficial antiseptic and healing properties.

1.1.4 Stress Reliever:The anti-oxidants present in Tulsi help in balancing different processes of the body. Drinking Tulsi extract daily smoothes the nervous system and helps to relieve stress.

1.1.5 Helps to Quit Smoking: Tulsi can also help you immensely if you are trying to quit smoking. It is more helpful than nicotine gums and candies which claim to keep you distracted from your need of smoking. The tulsi

juice will cool your throat just as the mint drops do and chewing will distract you. The anti-oxidant will actually help you to undo the damage done by years of smoking.

Curcuma aromatica



Description -The perennial foliage dies down in late autumn and the rhizomes remain dormant in winter. The inflorescence appears in early spring from the base of the rhizomes. It has Analgesic, Antifungal, Carminative Property, which has lots of health benefits

Family:-Zingiberaceae

Vernacular name:-wild turmeric, AamHaldi

1.1 Health Benefits:-To heal many health disorders like liver problems, digestive disorders, treatment for skin diseases and wound healing turmeric has long been used in Medicinal as an anti-inflammatory. Curcumin is the active ingredient in turmeric which has been shown to have a wide range of therapeutic effects. Turmeric gives the energy of the Divine Mother and grants prosperity of health. Turmeric is effectual for purification the chakras, as well as purifying the path of the subtle body."

1.1.1 Digestive disorder:-Wild turmeric, stimulating bile production in the liver and encouraging excretion of bile via the gallbladder. Wild turmeric improves the body's ability to digest fats. For chronic digestive weakness and/or congestion turmeric is recommended. Turmeric is beneficial for people who feel tired after consuming meals or who experience gas and bloating. Whatever way turmeric is consumed it is beneficial to both the digestive system and the liver.

1.1.2 Cancer:-Recent scientific research confirm that turmeric can cure various types of cancer. Turmeric is used for the treatment of skin cancer or pre cancerous skin conditions. Both topical and internal uses are beneficial.

1.1.3 Atherosclerosis:-Turmeric may helpful in preventing the blockage of arteries that can gradually cause a heart attack or stroke in one of two ways. Turmeric makes cholesterol levels low and inhibited the oxidation of LDL (bad cholesterol). Oxidized LDL deposits in the walls of blood vessels and contributes to the formation of atherosclerotic plaque

1.1.4 Osteoarthritis:-Turmeric may help relieve the symptoms of osteoarthritis because of its ability to reduce pain and disability.

1.1.5 Bacterial Infection / Wounds:-Turmeric is useful as an external antibiotic in preventing bacterial infection in wounds.

DaturametelL



Description;The plant is an annual herb growing up to 3 ft. high. It is slightly furry, with dark violet shoots and oval to broad oval leaves that are often dark violet as well. The seed capsule is covered with numerous conical humps and a few spines.

Family:-Solanaceae

Vernacular name: - Dhutra, Dhatura

1.1 Medicinal uses: There is evidence that Daturametel seeds have been used in ancient Indian medicine, modern Indian folk medicine, and Ayurvedic medical practices. The most common medicinal uses for Datura in these systems are for skin conditions, anxiety disorders, and respiratory ailments, along with a litany of other conditions. The seeds are also sometimes used as a substitute for opium (Ratsch 1998, 206).

In Java the seeds are inserted into cavities or chewed to relieve dental pain. The plant is also used to treat skin diseases, colds, and anxiety. The plant is used to treat asthma in all regions of the world, either as a smoke or incense (Ratsch 1998, 206-207).

1.2 Traditional use:- Seed: for treatment of leprosy; Leaf: in guinea-worms; Other uses of seed, leaf and root: in insanity, fever with catarrhal and cerebral complications, diarrhea, skin diseases and antideptic. It is narcotic, acrid, anodyne, antispasmodic, intoxicating, emetic and useful in asthma; Root: used for treatment of bites from rabbits; Poulitice made of leaf: used for epilepsy, ophthalmodynia, otalgia, lumbago, sciatica, neuralgia, mumps and painful swelling.

Moringaoliefera:-



Description; Moringaoleifera has an impressive range of medicinal uses with high nutritional value and medicinal benefits. Different parts of Moringa contain a profile of important minerals and are a good source of protein, vitamins, beta-carotene, amino acids and various phenolic. Moringa provides a rich and rare combination of zeatin, quercetin, beta-sitosterol, caffeoylquinic acid and kaempferol

Family: -Moringaceae.

Vernacular name: - Drumstick

1.1 Medicinal Use:-Moringa is of great medicinal value. The juice of the leaves is believed to stabilize blood pressure, the flowers are used to cure inflammations, the pods are used for joint pain, and the roots are used to treat rheumatism. The leaves are “rich food in vitamins A, C and D”. They are also used for medicinal purposes such as against headaches, “sore eye and wounds” for which “leaf-paste” is applied. Expressed juice of ripe leaves is used to treat high blood pressure (one teaspoon per day). The bark is used to treat rheumatism, diarrhea, as well as cough and gum diseases.

Solanumlycopersicum



Description; Tomatoes consist of a large number of antioxidants that have been proven to fight different forms of cancer. It is a rich source of vitamins and minerals and exerts a protective effect against cardiovascular diseases.

Family:- Solanaceae

Vernacular name:- Tomato, tamatar

1.1 Health Benefits-The health benefits of tomatoes have been known to mankind since ancient times. Tomatoes are rich sources of antioxidants that have been proven to be effective against many forms of cancer. Some of the other health benefits of tomatoes are as follows:

1.1.1 Abundant Source of Antioxidants: Tomato contains large amount of lycopene, an antioxidant that is highly effective in scavenging cancer causing free radicals. The lycopene in tomatoes defends against cancer and has been shown to be particularly effective in fighting prostate cancer, cervical cancer, cancer of the stomach and rectum as well as pharynx and esophageal cancers. It also protects against breast cancer and cancer of the mouth, according to studies published by the Harvard School of Public Health.

1.1.2 Reduces Cholesterol and Protects the Heart: The lycopene in tomatoes prevents serum lipid oxidation, thus exerting a protective effect against cardiovascular diseases. The regular consumption of tomatoes has been proven to decrease the levels of LDL cholesterol and triglycerides in the blood. These lipids are the key culprits in cardiovascular diseases and lead to the deposition of fats in the blood vessels.

1.1.3 Improves Vision: Vitamin A present in tomatoes, aids in improving vision, as well as in preventing night-blindness. Vitamin A is a powerful antioxidant that can be formed from an excess of beta-carotene in the body. A lot of vision problems occur due to the negative effects of free radicals, and vitamin A is a powerful antioxidant

1.1.4. Digestive Health: Tomatoes keep the digestive system healthy by preventing both constipation and diarrhea. It also prevents jaundice and effectively removes toxins from the body.

1.1.5 Healthy Skin: Tomatoes aid in maintaining healthy teeth, bones, hair and skin. Topical application of tomato juice is even known to cure severe sunburns. Daily consumption of tomatoes protects the skin against UV-induced erythema.

1.1.6 Prevents Gallstones: Regular consumption of tomatoes can also provide relief from gallbladder disease such as gallstones.

1.2 Panchwati Plants:

Pancha means five and Vati means tree, this includes the five plants of medicinal value i.e. *Ficus benghalensis* (Banyan), *Ficus religiosa* (Peepal), *Saraca asoca* (Ashok tree), *Aegle marmelos* (Bilva), *Emblia officinalis* (Amla). This combination of trees is mentioned in Ramayana, Muni Bharadwaja suggests the Ram to find out the place to live where these trees exist together during the period of 'vanvasa'. So as per his suggestion they later make a 'Parnashala' amidst these trees.

1. *Ficus benghalensis* - Banyan tree



Family:-Moraceae

Vernacular name:- Banyan tree

1.1 Health Benefits: Its Latex, bark, fruits, leaves, roots, buds all are have medicinal value. It is used for Local inflammations, Polyuria, Diabetes mellitus, darkening of face & around eyes, burns, Haemorrhages, Nausea, Ulcers in mouth

2.Ficus religiosa



Family:- Moraceae

Vernacular name:- peepal

1.1 Health Benefits: Ficus is used in the traditional medicine to relieve about 50 types of disorders which include diarrhea, diabetes, epilepsy, inflammatory disorders, and gastric problems, sexual and infectious disorders.

3.Saracaasoca



Family:-Caesalpinaceae

Vernacular name:-Ashoka Tree

1.1 Health Benefits: It is useful in menorrhagia (scant menses), dysmenorrhea (painful menses, menstrual cramps), depression, bleeding hemorrhoids, uterine fibroids, considered a uterine sedative and tonic. Useful in Leucorrhoea. In general sacrasaasoca is considered as best fe

4. Aeglemarmelos



Description, AegleMarmelos grows up to a height of 7.5 meters. It has sharp spines on its branches, large leaves and greenish-white, sweet smelling flowers. Ripe fruits of this tree are green-white and sub-spherical having a woody and tough outer coat.

Family:-Rutaceae

Vernacular name:-Stone apple, Bael.

1.1 Therapeutic Use Of AegleMarmelos-Many parts of this tree including unripe and ripe fruits; fruit-pulp, rind of ripe fruits, bark, roots and bark of roots are used in various medicinal preparations

1.1.1 Green fruits: These possess effective digestive, astringent and stomachic properties. They are used in preparing 'murabbas'.

1.1.2 Ripe fruits: Relieves chronic dysentery and diarrhea. They act as tonic for brain and heart. They also relieve bacillary dysentery and assist in relieving of ulcerated mucosa of intestine.

1.1.3 Roots: In the decoction form, roots relieve intermittent fever, melancholia and palpitation of heart. It is also an ingredient in preparing an Ayurvedic medicine called, 'dashmool'.

1.1.4 Leaves: Bitter tasting leaves act as febrifuge. 'Poultice' prepared using them relieves ophthalmic disorder and ulcer. Fresh leaves are used to relieve conditions like weak heart, beri-beri and dropsy.

5. Emblica officinalis



Family:-Euphorbiaceae

Vernacular name:-Amla

Description, Immunity booster: The tree is small to medium in size, reaching 8 to 18 m in height, with a crooked trunk and spreading branches. Multiple studies have shown significant increases in white blood cell counts and other measures of strengthened immunity in rodents given Amla.

1.1 Health Benefits:-

1.1.1 Diabetes: Due to its high vitamin C content, is effective in controlling diabetes. A tablespoon of its juice mixed with a cup of bitter gourd juice, taken daily for two months will stimulates the pancreas and enable is to secrete insulin, thus reducing the blood sugar in the diabetes.

1.1.2 Ageing: It improves body resistance and protects the body against infection. It strengthens the heart, hair and different gland in the body.

1.1.2 Memory Enhancing Effects of EmblicaOfficinalis:It reversed the amnesia induced by scopolamine and diazepam. Amlachurna may prove to be a useful remedy for the management of Alzheimer's disease due to its multifarious beneficial effects such as memory improvement and reversal of memory deficits.

Putranjiva roxburghi



Family:-Putranjivaceae

Vernacular name:-Putranjiva, lucky bean tree.

Description Moderate sized evergreen tree, height is up to 12m with pendant branches dark grey bark having horizontal lenticels.

1.1 Health Benefits:-Putranjiva tree is a medicinal tree. Its leaves, fruits and stone/seeds are used for medicinal purpose. The leaves of tree are refrigerant, analgesic, antipyretic and anti-inflammatory and used to treat fever, and sterility. The leaves are also used to treat allergic red pimples on the bodies. Decoction of leaves is used for treating cold, fever, and rheumatism. For swollen and inflamed joints, the leaves of tree are used externally. The crushed leaves are applied to swollen throat of animals. The seeds are sweet, acrid, refrigerant, laxative, anti-inflammatory, aphrodisiac, and diuretic. The seed paste is useful against headache and powdered seed used for knee pain

Phyllanthus niruri



Family:-Phyllanthaceae.

Vernacular name:-Bhuiamla,

Description It grows 50 to 70 centimeters tall and bears ascending herbaceous branches. The bark is smooth and light green. It bears numerous pale green flowers which are often flushed with red. The fruits are tiny, smooth capsules containing seeds.

1.1 Health Benefits

- 1.1.1 For Jaundice and other liver related problems, Dry Bhuiamla fruits in shade. Now grind them and take 10 gms of it in 400 ml water. Boil this mixture till water reduces to 100 ml. Filter this decoction. Give 50 ml of this to patient twice a day empty stomach.
- 1.1.2 Grind 10 gm of its root and give it with 250 ml milk every morning and evening empty stomach for liver fitness.
- 1.1.3 Inflammatory ulcer, wound tie paste of its leaves prepared in water on the ulcer.
- 1.1.4 On Itching make paste of leaves, mix salt and apply on affected area.
- 1.1.5 In Chronic diarrhoeatake whole plant of bhuiamla. Wash it to remove dirt. Now boil 50 gm of plant in 400 ml water till it reduces to 100 ml. Add 5 gm fenugreek seeds in it. Give little amount of the decoction to the patient.
- 1.1.6 For Abdominal pain boil 20 gm leaves in 200 ml water. Filter the solution and give in little amounts.
- 1.1.7 In diabetes take bhuiamla plant and dry in shade. Grind it to make powder. Give 15 gm powder with 20 black peppers 2-3 times a day.
- 1.1.8 To treat Bronchitis, bronchial asthma, coughs boil 50 gms of the entire plant in 500 ml water till it is reduced to 125ml. Give 1 teaspoon to patient twice a day.
- 1.1.9 To treat Syphilis give 1 teaspoonful juice with cumin seeds and sugar

Carica papaya:



Family:-Caricaceae

Vernacular name:-Papaya

Description: The papaya is a large, tree-like plant, with a single stem growing from 5 to 10 m (16 to 33 ft) tall, with spirally arranged leaves confined to the top of the trunk.

1.1 Health Benefits:-

- 1.1.1 Cholesterol & Papaya- As it is a fruit that is rich in fiber it lowers blood cholesterol levels. It contains enzymes that help prevent oxidization of cholesterol, which in return helps to prevent heart-attacks.
- 1.1.2 Intestinal Worms & Papaya- The seeds of papaya too possess medicinal properties. They are very good in treating intestinal worms in the body.
- 1.1.3 Constipation & Papaya- Papaya helps in preventing constipation and aids in digestion. The enzyme papain is a digestive enzyme that helps in natural digestion.
- 1.1.4 Osteoporosis & Papaya- It contains anti-inflammatory enzymes that help in relieving pain for those who are suffering from arthritis, edema and osteoporosis, and it also possesses anti-cancerous properties that can help prevent cancer.
- 1.1.5 Immunity & Papaya- It is rich in Vitamin A and Vitamin C that help in boosting the body's immunity and hence is very good for those who are suffering from fever, cold or flu.
- 1.1.6 Prevents cancer- Papaya is a rich source of antioxidants, phytonutrients and flavonoids that prevent your cells from undergoing free radical damage. Some studies have also linked the consumption papaya to reduced risk of colon and prostate cancer.

VII. Discussion

A number of medicinal plants have been studied. Some exist in the wild, while others are domesticated. The basic active ingredients used for treating various diseases are present in the different parts of plants such as leaves, root, bark, seeds and sometimes the fruits. The extraction of these active ingredients requires different methods such as infusion, decoction, chewing of the plant part such as the seed, fruit or even the leaves. The different methods of preparation depend on the part of the plant by which these active ingredients are found. Infusion was particularly used on leaf extracts while decoction was used on roots, bark and certain seed extracts. Some herbs were discovered to have the ability of curing a number of diseases while some are specific on a

particular disease. This buttresses the pathogenomic essence of medicinal plants whose various parts specifically affects the various human anatomy.

Environmental And Developmental Constraints.

In kawardha district in Chhattisgarh one of the most common problems of use to medicinal plants is that the vast majority of medicinal plants grow in the wild and are under threat as a result of Agricultural and anthropogenic interference, however few are domesticated with or without the knowledge of their efficiency for treating most common diseases in the area.

Maintenance Of Medicinal Plant Resources

Medicinal plants are the part of natural ecosystem and their exploitation affect the biodiversity leading to loss of some rare plant species. Utilization should be promoted among the people but by ensuring sustainability and conservation of the resources. Such means or measures include:

1. Non-destructive harvesting.
2. Setting aside, reserve areas and cultivation of botanical gardens
3. Conservation and recovery of threatened medicinal plant species.
4. Introduction of new species into cultivation to take the pressured off wild species population.
5. Establishment of conservation stock and collection of seeds or other propagates for exsitu germplasm.
6. Proper management of the populations of endemic species to maintain their demographic integrity and genetic variability (Emereonye 2007).

VIII. Conclusion And Recommendations

It has been seen in some cases the modern science is not able to cure some chronic disease, where the traditional medicine works. So still we are dependent on traditional method of medicine. Most of the medicinal plant species due to over harvesting and environmental pollution become threatened. Even the youth taking less interest in this science, the knowledge of traditional medicine become forgotten. In the present investigation it has been observed the traditional doctors (vaidya) who has the knowledge of traditional medicine have cross the age of 70-75 years. If we not take step urgently to retrieve this precious knowledge, then the day will come when this science will be lost irretrievably with passing away of such people. Thus it is expected that this investigation will be helpful to conserve the heritable knowledge in the field of herbal treatment and general uses of plants in village ecosystem.

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