

## Medicinal Plants and Its Needs in Saran District (Bihar)

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**Abstract**

Saran is situated between 25°-36° degree and 26° to 13° degree North latitude and 84° to 24° and 85° to 15° degree East longitude in the southern part of the Saran division, North Bihar. Saran district has got a very important place in Bihar for ethno-botanical significant biodiversity. Different plants have different properties so; all the plants have a special importance. These are used in cure of a lot of diseases. Local people in this region are basically dependent on medicinal plants for their healthcare. People apply different parts of the plants in different type of diseases. The present paper focuses on the importance and use of medicinal plants in this region. Some important plants and their special uses with botanical names, Parts used and mode of treatment are given in the paper.

**Keywords:** Saran district medicinal plants, needs of medicinal, plants uses and importance of medicinal plants

## INTRODUCTION

Medicinal plants have been identified and used throughout the human history. Medicinal plants have the ability to synthesize a wide variety of chemical compounds that are used by a traditional doctor in local area. Its biological function helps in prevention against attacks from predators such as insects, fungi and herbivorous mammals. The study of traditional human uses of plants is recognized as an effective way to discover medicines for future. Medicinal plants are considered as rich in ingredients that are used in the manufacturing of drugs development of human cultures all over the world. Some plants such as ginger, tulsi, dates, etc. are considered as important sources of nutrition and as a result of that these plants are recommended for therapeutic values. The local people have a long history with traditional plants and they know the usage of medicinal plants. It is said that these plants are used for medicinal purposes right from 5000 BC.

## METHODOLOGY AND RESULT

### Description of the study area:

The study area is city Chapra and villages near Chapra, Saran district occupies an area of 2,641 square kilometers (1,020sqm) (9).

Saran is situated between 25- 36 and 26 -13 North latitude and 84- 24 and 85 - 15 East longitude in the southern part of the Saran division, North Bihar. The Ganga river is the southern boundary of the district, beyond which lie the Bhojpur district and Patna, in the North of Saran there lie the districts of Siwan and Gopalganj. The Gandak River forms the dividing line from the Vaishali and the Muzaffarpur district. In the West of Saran there lie the districts of Siwan and Balia (Uttar Pradesh), the Ghaghra river forms a natural boundary between Saran and Balia. The district is triangular.

### Sampling procedure and data collection:

Interviews and discussions based approach.

### Saran district medicinal plants:

The present study is based on one year extensive exploration of the study area with the help of villagers and medicine men. They shared knowledge about medicinal plants and their properties. They told us how to identify their rich and superior variety.

The villagers know very well about all the medicinal plants in the area. Almost 80% people depend on medicinal plants for their primary healthcare and basic treatment. All the medicinal plants used by villagers are listed below.

Plants/tree name	Botanical Name
1. Neem.	Azadirachta Indica.
2. Dhatura.	Dhatura, stramonium.
3. Tulsi.	Ocimum sanctum.
4. Anar.	Punica, granatum.
5. khjoor.	Phoenix, dactylifera.
6. Methi.	Trigonella, foenum.
7. Peepal.	Ficus religiosa.
8. Ajwain	Thymus.
9. Bael.	Aegle marmelos L.
10. Mango.	Mangifera Indica.
11. Akavan.	Calotropis gigantea.
12. Papaya.	Carica papaya.
13. Ashwagandha.	Withania somnifera.
14. Arjuna.	Terminalia Arjuna.
15. Tamarind.	Tamarindus Indica.
16. Mahua.	Madhuca longifolia.
17. Gauva.	Passiflora guajava.
18. Jamun.	Eugenia jambolan.
19. Pudina.	Mentha, piperata.
20. lemon.	Citrus Limon.

### Needs of medicinal plants:

A lot of medicinal plants such as garlic, ginseng, ginger, ginkgo, phlogocimum sanctum, aloe vera, karela, amla are popularly used for the treatment a lot of diseases.

Nowadays, there have been a revival of interest in the consumption of herbal medicines in the form of standardized extracts, partly because of their less side-effects and also because of high cost of patentable chemical drugs.

Medicinal plants are a source of wide variety of natural antioxidants and are used for the treatment of diseases, throughout the world. Some of these properties are antimicrobial, anticancer, anti diabetic, anti atheroscler- atherosclerosis, immunomodulatory and even Reno-protection or hepatic-protective effects.

Most of the medicinal plants have specific compounds other than anti-oxidants ,which are effective in the treatment of diseases. In this regard, medicinal plants have also been a reliable source for preparation of new drugs. Nowadays, researches more than before are dependent on medicinal plants for invention of new drugs with fewer side effects.

#### **Uses and importance of medicinal plants:**

Traditional system of medicine is still widely practiced on many accounts. As per data available, over three-quarter of the area population rely mainly on plants and plants extracts for their health care needs. More than 32% of the entire plants drugs constitute as much as 25% of the total drugs while in fast developing area it is as much as 80% thus, the economic importance of medicinal plants is much more in Chapra than in rest of the Saran district.

Treatment with medicinal plants is considered very safe as there is no or, minimal side - effects. These medicines are in sync with nature, which is the biggest advantage .The golden fact is that , the use of herbal treatment is growing in popularity across the globe. Those herbs that have medicinal qualities provide rational means for the treatment of many internal diseases which are considered difficult to cure .

#### **Importance of some herbs with their medicinal value:**

- (1) Herbs such as black pepper cimmamom, myrrh aloe, sandalwood, tulsi, pudina, coriander, turmeric, ginger, garlic, ajwain etc. are used to heal wounds , sores and boils. Many herbs are used as blood purifiers to after or change a long standing condition by eliminating the metabolic toxin. These are also known as blood cleansers. Certain herbs improve the immunity of the person thereby reducing condition such as fever.
- (2) Some herbs are also have antibiotic properties. Turmeric is useful in inhibiting the growth of germs, harmful microbes and bacteria. Turmeric is widely used as a home remedy to heal cuts and wounds.
- (3) Sages are known to have remedies from plants which act against poisons from animals and snake bites .
- (4) A wide variety of herbs including aloe, tulsi, religosa, semal, carica, golden apple etc. are used as medicine. They can also be nutritive and can rejuvenate a healthy as well as diseased individual.
- (5) Honey turmeric can effectively treat a fresh cut wound and they are termed as vulnerary plants.

#### **CONCLUSION**

These medicinal plants are today the symbol of safety in contrast to the synthetic drugs that are regarded as unsafe to human beings and environment. Although, medicinal plants have been prized for their medicinal , flavouring and aromatic qualities for centuries. The synthetic products of the modern age have surpassed their importance for a while. However, the blind dependence on synthetics is now over and people are returning to the nature with hope of safety and security. So, it's time to promote them widely.

Medicinal plants and their needs are totally dependent on the knowledge of traditional medicinal plants. So, there is need to save traditional knowledge in theoretical form. Because, today people believe in modern culture and they avoid using traditional theory. So, they should be encouraged to use herbal medicinal plants, and plants products.

We should also try to encourage people to save our traditional valuable medicinal plants, and their knowledge of treatment because without knowledge they will be useless.

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