



**A SURVEY OF AYURVEDIC MEDICINAL PLANTS OF KUNJAPURI HILL
MENTIONED IN NIGHANTUS**

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ABSTRACT

In modern days there are Allopathic medicine are most widely used for general treatment. Herbal medicine are major remedy of traditional and Ayurvedic medicine system. Herbal or Ayurvedic medicine are less toxic or side effects. Ayurvedic medicinal plants playing an important role in the drug discovery and development of new molecule. Medicinal plants have been used from the vedic era. For thousands of years, they have been used to treat and prevent many types of diseases along with epidemic. Almost every parts of the plants has own medicinal properties. A large number of the plants are also reported to possess many functions like Anti-inflammatory, Diabetes, Constipation, Skin diseases, Bronchitis, Purgative, etc, also used widely by the tribal people all over the world. The Ayurvedic medicinal uses of 20 plants species belonging to different families are reported in this research article.

KEYWORD: Traditional medicine, Diabetes, Medicinal plants, Anti-inflammatory.

INTRODUCTION

Traditional use of herbal medicine refers to the long historical use of medicines, their use is well established and may be accepted by national authorities. It is obvious from the Rigveda and other Vedic works, that the Aryans were vigilant spectator of plants. They started studying the flora whole heartily with the purpose of finding out the proper utility of plants Ethno-medicine is a study or comparison of the traditional medicine based on bioactive compounds in plants and animals and practiced by various ethnic groups, especially those with little access to western medicines. Ayurveda places great emphasis on prevention and encourages the maintenance of health through close attention to balance in one life, right thinking, diet, life style and the use of herbs. Knowledge of Ayurveda enables one to understand how to create this balance of body, mind and consciousness and how to make life style change to bring about and maintain this balance Dravyaguna is the complete science of medicinal plants. It includes pharmacognosy, pharmacology and therapeutical forms to get with maximum therapeutic effects⁴. Dravyaguna is not classified under the eight branches of Ayurveda. However in Chikitsa Chatuspada, Dravya stated next to the physician in

importance, since it is the medium of treatment. Therefore it is apparent that the Acharyas never ignored Dravyaguna, in fact, they considered Dravyaguna as an integral part of therapeutics.^[5]

भिषग्द्रव्याण्युपस्थातारोगीपादचतुष्टयम् ।
गुणवत् कारणं ज्ञेयविकारव्युपशान्तये ॥ च०सू० १/३

First of all Raj Nigahantu placed the Dravyaguna in Astang Ayurveda and mentioned the importance of Nighantus (Lexicons).^[6]

द्रव्याभिधानगदनिश्चयकायसौख्यंशाल्यादिभूतविषग्रहबालवैद्य ।
विद्याद्रसायनवरंदृढदेहहेतुमायुःश्रुतेर्द्विचतुरङ्गमिहाहशम्भुः ॥
(रा०नि०रोगादिवर्ग 58)

Himalaya is the “treasure house” of natural wealth, particularly of medicinal herbs, which takes a lion’s share in the rich MateriaMedica of Ayurveda. The efficiency of Indian medicinal plants particularly of those growing in temperate and alpine Himalayas is fairly well known. Ayurveda has included many herbal drugs in its Material Medica, and quite a large number of them found in the Himalayas.

STUDY AREA OF SAMPLE COLLECTION

The Himalayan region of Uttarakhand known as the Central Himalayas represents the combined areas of Kumaon and Garhwal respectively. Kunjapuri Devi temple district Narendra Nagar Tehri Garhwal is the region of Central Himalaya, lies between 78.170⁰E and 30.280⁰N. Kunjapuri Devi temple is sacred temple of immense importance in Hindu religion. Located at an height of 1676 meter on a hill, Kunjapuridevi temple is one of the 52 Shaktipeeth in Uttarakhand. Here at Kunjapuri Devi temple, the chest of burned Sati had fallen. Kunjapuri Devi temple also offers panoramic views of snow capped mountains and peaks such as swarga Rohini, Gangotri, Banderpunch and Chaukhamba. Kunjapuri Devi temple is also completes the triangle of three Siddha Peeths lying on topmountains in TehriGarhwal district. Kunjapuri-Surkunda Devi-Chandrabadni makes the triangle of Siddha Peeths.

MATERIAL AND METHODS

An 'Ethno-medicinal study of selected medicinal plants of Kunjapuri Hill' Forest Division Narendra Nagar, District Tehri Garhwal, Uttarakhand, was conducted under the guidance of Supervisor and Co-supervisor during the period of Nov 2016 to March 2019 with a view to study the ethno-medicinal importance of plant

species of this area. Frequent field trips in and around the study area were undertaken in order to survey the inhabiting area of the local people and to collect plant specimens together with important information in context to ethno-medicinal practice.

Two basic approaches were carried out to study the traditional knowledge. The first approach, which is called "Inventory" was surveying of study area, collection of plant specimens and the second approach which is called 'Interview' involves asking questionnaire about the local name and medicinal uses of plants by the local dwellers of Kunjapuri hill. Questionnaire was planned to collect information on the local name of the plants, medicinal uses, part used, method of preparation of medicine, approximate doses for ailments, and collection for personal use or for selling. As most of the traditional healers were illiterate, structural interviews were conducted using a series of predetermined questions.

OBSERVATION AND RESULTS

The plants species are collected during the survey are arrange along with their Binomial name, family, Sanskrit name, English name, Local name and Ethno-medicinal uses in brief.



Malaxis acuminata D. Don.



Cissampelos pareira L.



Asparagus curillus BuchHam



Berberis lyceum Royle



Pinus wallichiana A.B. Jackson



Rubia cordifolia L.



Thalictrum foliolosum DC



Viola canescens



Didymocarpus pedicellata R.Br.



Rhus parviflora Roxb.



Hedachium spicatum Buch.-Ham



Buddleja asiatica Lour



Achyranthes bidentata Blume



Cinnamomum tamala



Solanum nigrum



Woodfordia fruticosa L.



Dioscorea bulbifera L



Cryptolepis buchanani Roem.& Schult

*Bauhinia semla**Prunus cerasoides D.Don*

IMPORTANT MEDICINAL PLANTS COLLECTED IN KUNJAPURI HILL WHICH ARE DESCRIBED IN NIGHANTUS

Malaxis acuminata D.Don.

- ❖ **Botanical Name** - *Malaxis acuminata D.DON.*
- ❖ **Natural order** - Orchidaceae.
- ❖ **Sanskrit Name** - Jeevak
- ❖ **English Name** - Not described.
- ❖ **Hindi Name** - Jeevak
- ❖ **Local Name** - Hari-musali, Jhatbhak
- ❖ **Part use** - Tuber.
- ❖ **Habit** - Herb.
- ❖ **Ethno-medicinal Uses** – bronchitis, Health tonic, purgative.

Cissampelos pareira L.

- ❖ **Botanical Name** - *Cissampelos pareira L.*
- ❖ **Natural order** - Menispermaceae.
- ❖ **Sanskrit Name** - Ambashtha, Patha.
- ❖ **English Name** - False pareira.
- ❖ **Hindi Name** - Padi.
- Local Name** - Kali-bel, Nirbishhi, Harjori

Part use - Leaf and Root.

Habit - Twining herb.

Ethno-medicinal Uses: - constipation and gastric troubles, snake or scorpion bite, cough and urinary troubles.

Asparagus curillus Buch-Ham apud Roxb

- ❖ **Botanical Name** - *Asparagus curillus Buch-Ham apud Roxb.*
- ❖ **Natural order** - Liliaceae.
- ❖ **Sanskrit Name** - Satawari.
- ❖ **English Name** - Asparagus.
- ❖ **Hindi Name** - Shatavari.
- ❖ **Local Name** - Shatavar, Jhiran, Karu
- ❖ **Part use** - Roots.
- ❖ **Habit** - Under shrubs.

Ethno-medicinal Uses :- Gonorrhoea, Diabetes and Dysentery, Diuretic and Urinary disorders.

Berberis lyceum Royle

- ❖ **Botanical Name** - *Berberis lycium Royle.*
- ❖ **Natural order** - Berberidaceae
- ❖ **Sanskrit Name** - Daruharidra, Darvi, Pachampacha, Kaliyaka
- ❖ **English Name** - Barberry.
- ❖ **Hindi Name** - Daruhaldi
- ❖ **Local Name** - Kilmodu, Kingora.
- ❖ **Part use** - Root and Stem.
- ❖ **Habit** - Shrub.

Ethno-medicinal Uses- Jaundice, Menorrhagia, Fever, Diabetes.

Pinus wallichiana A.B.Jackson in Kew Bull.

- ❖ **Botanical Name** - *Pinus wallichiana A.B.Jackson in Kew Bull.*
- ❖ **Natural order** - Pinaceae.
- ❖ **Sanskrit Name** - Sarala, Surbhidaruka.
- ❖ **English Name** - Chir-Pine, Long Leaved Pine.
- ❖ **Hindi Name** - Chira.
- ❖ **Local Name** - Chira, Kulaina, Kail (Blue Pine).
- ❖ **Part use** - Bark, Resin and Wood.
- ❖ **Habit** - Tree.

Ethno-medicinal Uses- Bronchial asthma, Scorpion sting, Sprain, Swelling and Bone fracture, Joint pain.

Rubia cordifolia L.

- ❖ **Botanical Name** - *Rubia cordifolia L.*
- ❖ **Natural order** - Rubiaceae
- ❖ **Sanskrit Name** - Manjistha, Viksa, Yojanvalli
- ❖ **English Name** - Indian Madder
- ❖ **Hindi Name** - Manjeetha
- ❖ **Local Name** - Manjeetha.
- ❖ **Part use** - Flower, Root and Stem.
- ❖ **Habit** - Climber.

Ethno-medicinal Uses- Diarrhoea and Dysentery, Blood purifier, Jaundice.

Thalictrum foliolosum DC.

- ❖ **Botanical Name-** *Thalictrum foliolosum DC.*
- ❖ **Natural order-** Ranunculaceae
- ❖ **Sanskrit Name-** Pitaranga,

- ❖ **English Name-** Indian Meadow Rue
 - ❖ **Hindi Name -** Piyaranga, Pilijada
 - ❖ **Local Name -** Makkar-ghas, Kirmuli.
 - ❖ **Part use -** Root.
 - ❖ **Habit -** Herb.
- Ethno-medicinal Uses-** Blood purifier, Abdominal pain, Leucoderma.

Viola canescens Wallich in Roxb.

- ❖ **B.N** - *Viola canescens Wallich in Roxb.*
- ❖ **N.O** - Violaceae
- ❖ **Sanskrit Name** - Vanapshika.
- ❖ **English Name** - Pansy violet.
- ❖ **Hindi Name** - Vanafsa.
- ❖ **Local Name** - Kauru.
- ❖ **Part use** - Flowers and Leaf.
- ❖ **Habit** - Herb.

Ethno-medicinal Uses- Malarial fever, Bronchitis and Asthma, Cuts and Wounds and cold and cough.

Didymocarpus pedicellata R.Br.

- ❖ **Botanical Name** - *Didymocarpus pedicellata R.Br.*
- ❖ **Natural order** - Gesneriaceae.
- ❖ **Sanskrit Name** - Shila pushpin.
- ❖ **English Name** - Stone flower.
- ❖ **Hindi Name** - Pathar-Phori.
- ❖ **Local Name** - Pathar-phori, Pathar-long.
- ❖ **Part use** - Leaf.
- ❖ **Habit** - Herb

Ethno-medicinal Uses- Kidney and Bladder stone.

Rhus parviflora Roxb.

- ❖ **Botanical Name** - *Rhus parviflora Roxb.*
- ❖ **Natural order** - Anacardiaceae.
- ❖ **Sanskrit Name** - Tintideek
- ❖ **English Name** - Not described.
- ❖ **Hindi Name** - Tung.
- ❖ **Local Name** - Tang, Tungla, Hinsar.
- ❖ **Part use** - Leaf, Root and Flower.
- ❖ **Habit** - Shrub.

Ethno-medicinal Uses- Cholera, Vermifuge, Stomachache.

Hedachium spicatum Buch.-Ham

- ❖ **Botanical Name** - *Hedachium spicatum Buch.Ham*
- ❖ **Natural Order** - Zingiberaceae.
- ❖ **Sanskrit Name** - Shatti, Karpura-kachali.
- ❖ **English Name** - Spiked ginger lily.
- ❖ **Hindi Name** - Karpur- Kachri.
- ❖ **Local Name** - Ban-Haldi, Sedua.
- ❖ **Part use** - Rhizome.
- ❖ **Habit** - Herb.

Ethno-medicinal Uses- Asthma, Tuberculosis, Cut, wound, Liver diseases, Rheumatism.

Buddleja asiatica Lour

- ❖ **Botanical Name** - *Buddleja asiatica Lour.*
- ❖ **Natural Order** - Buddlejaceae.

- ❖ **Sanskrit Name** - Not described.
- ❖ **English Name** - White Butterfly-bush.
- ❖ **Hindi Name** - Neemda.
- ❖ **Local Name** - Bhati, Sinwali, Angabyo.
- ❖ **Part use** - Leaf and Root.
- ❖ **Habit** - Shrub.

Ethno-medicinal Uses- Skin diseases, Abortifacient.

Achyranthes bidentata Blume

- ❖ **Botanical Name** - *Achyranthes bidentata blum.*
- ❖ **Natural Order** - Amaranthaceae.
- ❖ **Sanskrit Name** - Apamarga, Chirchira.
- ❖ **English Name** - Prickly chaff flower.
- ❖ **Hindi Name** - Chicheree, Latjira.
- ❖ **Local Name** - Apamarga, Latjira.
- ❖ **Part use** - Whole plants.
- ❖ **Habit** - Shrub.

Ethno-medicinal Uses- Malarial fever, Bronchitis, Facilitate delivery.

Cinnamomum tamala (buch-Ham)

- ❖ **Botanical Name** - *Cinnamomum tamala Buch-Ham.*
- ❖ **Natural Order** - Lauraceae.
- ❖ **Sanskrit Name** - Tamalaka.
- ❖ **English Name** - Indian cassia.
- ❖ **Hindi Name** - Tejpat.
- ❖ **Local Name** - Kirkiria, Guradra, Kirkina.
- ❖ **Part use** - Leaf and Bark.
- ❖ **Habit** - Tree.

Ethno-medicinal Uses- Dyspepsia and throat irritation, Cold and Cough, Bronchitis.

Solanum nigrum Linn

- ❖ **Botanical Name** - *Solanum nigrum Linn.*
- ❖ **Natural Order** - Solanaceae.
- ❖ **Sanskrit Name** - Kakmachi.
- ❖ **English Name** - Black night- shade.
- ❖ **Hindi Name** - Makoi.
- ❖ **Local Name** - Makoi, Ninoni, Kali makoi.
- ❖ **Part use** - Leaf, fruit, seed and Root.
- ❖ **Habit** - Herb.

Ethno-medicinal used- Liver, Piles and Dysentery, Fever, Spleen, Jaundice and dermatitis.

Woodfordia fruticosa L.

- ❖ **Botanical Name** - *Woodfordia fruticosa L.*
- ❖ **Natural Order** - Lytheraceae
- ❖ **Sanskrit Name** - Agnijwala, Dhataki.
- ❖ **English Name** - Fire flame bush
- ❖ **Hindi Name** - Dhaya
- ❖ **Local Name** - Dhali, Dhaul, Dhaula.
- ❖ **Part use** - Flower, root, bark and leaf.
- ❖ **Habit** - Shrub.

Ethno-medicinal used- Haemorrhoids, Cut and Wounds, Leucorrhoea.

Dioscorea bulbifera L

- ❖ **Botanical Name** - *Dioscorea bulbifera L.*
- ❖ **Natural Order** - Dioscoreaceae.

- ❖ **Sanskrit Name** - Varahikanda
 - ❖ **English Name** - Potato Yam
 - ❖ **Hindi Name** - Varahaikanda
 - ❖ **Local Name** - Ganthi, Gethi, Vangenthi.
 - ❖ **Part use** - Tuber.
 - ❖ **Habit** - Herb.
- Ethno-medicinal used-** Burns and Wounds, Check conception. Dysentery and Piles.

Cryptolepis buchanani Roem.& Schult.

- ❖ **Botanical Name** - *Cryptolepis buchanani Roem. & Schult.*
- ❖ **Natural Order** - Asclepiadaceae.
- ❖ **Sanskrit Name** - Medhasingi.
- ❖ **English Name** - Not described.
- ❖ **Hindi Name** - Jambu-patra sariva.
- ❖ **Local Name** - Dudil, Dudhi-bel.
- ❖ **Part use** - Whole plants.
- ❖ **Habit** - Climbing shrub
- ❖ **Ethno-medicinal used-** Rickets of children

Bauhinia semla Wunderlin

- ❖ **Botanical Name** - *Bauhinia semla Wunderlin.*
- ❖ **Natural Order** - Leguminosae.
- ❖ **Sanskrit Name** - Not described.
- ❖ **English Name** - Not described.
- ❖ **Hindi Name** - Kanda
- ❖ **Local Name** - Semla, Samlu, Kandlai.
- ❖ **Part use** - Leaf, Bark and Gum.
- ❖ **Habit** - Tree.

Ethno-medicinal used- Cholera and Diuretic

Prunus cerasoides D.Don

- ❖ **Botanical Name** - *Prunus cerasoides D.Don*
- ❖ **Natural Order** - Rosaceae.
- ❖ **Sanskrit Name** - Padmaka
- ❖ **English Name** - Himalayan wild -cherry
- ❖ **Hindi Name** - Padam
- ❖ **Local Name** - Paiyan, Phaja, Paya
- ❖ **Part use** - Bark.
- ❖ **Habit** - Tree.
- ❖ **Ethno-medicinal used-** Psychomedicine, Body swelling and contusions, Wounds, Cuts, Fever and Cough.

CONCLUSION

During the survey work 20 plants species were collected in kunjapuri hill, district Narendra Nagar Tehri Gaehwal. These 20 plants are mentioned in Ayurvedic lexions. These 20 plants species are arranged in their Bionomial name, Family, Sanskrit name, Hindi name, English name and Local name .In 20 plants species 9 plants are Herbs, 5 plants are Shrubs, 4 plants are Tree and 2 plants species are Climbers. The plants part which is use in max is Root, then leafs. These 20 plants species are present in 20 different family. Their Ethno-medicinal uses as well as their Ayurvedic uses are also described. Differents preparation of plants part use by local people are mentioned like Decoction, swaras, churna, lepa etc are also described. Generally fresh part are used as medicine

but dry part are also used as medicine in different form. There is a need of thorough study on ethno-medicine with comparative analysis to the Ayurveda to tap much more information from the folklore which will certainly enrich the Ayurvedic system of medicine. There is also a need to established herbal drug center for collection, processing and preparation of Ayurvedic medicine and to develop cultivation, farming and documentation of potential and promising Ayurvedic medicinal plants for improving the life and economy of the local dwellers. During the field visit it was observed that most of the young generation had no interest in traditional knowledge and it useless due to the increasing popularity of modern medicine. They are adapting new life style, technology and are unable to recognize their native culture. Century old traditional culture is changing as view of modern word and life style reach rural indigenou community. So regular program for awareness of Ayurvedic-medicine through workshop, seminar and training should be done at different time intervals.

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