



BOTANY

SOME IMPORTANT MEDICINAL TREES OF DISTRICT BIJNOR

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Abstract

Bijnor district of Uttar Pradesh (India) has a great heritage and rich in various green and semievergreen species. Till now, very little information exists on the district's flora in general, and medicinal species found within its limit in particular. Traditional medicine has its own great importance in Indian society. This communication presents information on the traditional uses of thirty trees collected from the various areas of district Bijnor (U.P.). The present study attempted to discern if traditional plant use and availability of important common medicinal plants are maintained in today's urban environment.

Keywords: Bijnor, Medicinal plants

Introduction

Traditional medicine based on herbal remedies has always played a key role in the primary health care system of our country. In India the native people are exploiting a variety of herbals for effective curing of various diseases. The plant parts used, preparation, and administration of drugs vary from one place to other. However, the knowledge of herbal medicine is gradually disappearing, although some of the traditional healers are still practicing the art of herbal healing effectively. Listed trees in this communication are frequently used by the local inhabitants of the area for treatment of various health ailments. Ethno-medicinal studies have offered immense scope and opportunities for the development of new drugs. The value and importance of traditional knowledge are now being increasingly acknowledged all over the world. The pharmaceutical industry continues to investigate and confirm the efficacy of many medicines and toxins used by traditional communities.

Materials and Methods

During the field visits, the plants were collected according to the list, which was prepared with the help of Vaidhyas, Tribes, Hakims (Noor-a-Elahi) and the native rural people of district Bijnor (U.P.). Some Vaidhyas (Digvijay Singh) and Tribes (Lakshaman) convinced for field trips to collect the plant species. They also revealed traditional knowledge of the collected plant species. After that, the list of medicinal trees was prepared from the list of collected medicinal plant species. The field survey covered different seasons

and various areas of Bijnor (U.P.). Hooker (1989) has worked on the flora of British India. Maheshwari (1962) studied on the Naturalized flora of India. Jain (1965) has studied on medicinal plant lore of the tribals of Bastar, Singh (1986) worked on Selected Indian Folk Claims for the cure of bronchial asthma, Rawat and Pangtey (1987) studied the ethnobotany of Alpine regions of Kumaon, Gaur (1999) has studied the flora of district Garhwal. For ethno-medicinal taxa, the literatures; Gupta and Chadha (1995), Singh (2000), Dhiman and Khanna (2001), Mukhopadhyay (1998) and Dikshit (1999) have been consulted.

Results and Discussion

The preventive, corrective and curative approaches of health are the basic strength of the Indian Systems of Medicine (ISM), which are mostly plant based. The study found that the trees recorded from the different sites of district Bijnor are highly valuable for medicinal uses. The study provides sufficient ground to believe that the traditional medicinal practice using native medicinal plants is alive well functioning in the study area. Many communities use wild plants for the primary healthcare, due to belief in its effectiveness, easy accessibility and lack of modern medicines.

Thirty medicinal trees belonging to nineteen families and twenty seven genera have been presented in table 1. These medicinal trees enumerated alphabetically in their botanical names followed by family, local name, flowering and fruiting period and folk medicinal uses.

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PLATE - 1



Some Medicinal Trees of District Bijnoor

Table 1: List of Some Medicinal Trees of District Bijnoor (U.P.)

S. No.	Botanical Name	Family	Local Name	Flowering & Fruiting	Folk Medicinal Uses
1.	<i>Aegle marmelos</i> Correa ex Roxb.	Rutaceae	Bel	April- May	Diabetes: Its fresh leaves are chewed by the diabetic patients to control the blood sugar.
2.	<i>Albizia lebeck</i> (Linn.) Benth.	Mimosaceae	Siris	April-September	Sprains: Stem bark paste is applied and bandaged with wet cloth and changed once an hour.
3.	<i>Alstonia scholaris</i> (Linn.) R. Br.	Apocynaceae	Chhativan	October- March	Body-Ache and Joint pains: The stem-bark of the plant with the leaves of Nirgundi (<i>Vitex negundo</i>) is used as poultice in body-ache and joints pains.
4.	<i>Azadirachta indica</i> A. Juss.	Meliaceae	Neem	March- July	Pyorrhoea: Bark and young branches are used as tooth-brush for curing Pyorrhoea.
5.	<i>Bauhinia variegata</i> Linn.	Caesalpiniaceae	Kachnar	November-February	Diarrhoea: The decoction of its bark is used in diarrhoea.
6.	<i>Butea monosperma</i> (Lamk.) Taub.	Fabaceae	Dhak, Palash	March-May	As antidote for Snake-bite: Its seeds are used as antidote for snake-bite.
7.	<i>Cassia fistula</i> Linn. (Fig 1)	Caesalpiniaceae	Amaltas	April-September	Jaundice and Blindness: The seeds are used in jaundice and the bark

8.	<i>Cordia dichotoma</i> Forest (Fig 2)	Ehretiaceae	Lassora	March-June	paste internally in blindness. Ulcers and Catarrh: Its leaves are applied to ulcers and the bark is used in catarrh.
9.	<i>Dalbergia sissoo</i> Roxb. (Fig 3)	Fabaceae	Shisham	March- August	Leprosy: The raspings of its wood are boiled in water until these become half, then mixed with 'Sharbat' of shisham are drunk about for forty days in leprosy.
10.	<i>Diospyros malabarica</i> (Desr.) Kostel	Ebenaceae	Gab	March-June	Leucorrhoea: Its fruit pulp about 10 gm is made into a paste in goat's milk which is given to cure leucorrhoea.
11.	<i>Drypetes roxburghii</i> (Wall.) (Fig 4) Hurusawa	Euphorbiaceae	Putranjiva	April- February	Cold and Fever and Dysentery: A decoction of the leaves, fruits and stones of fruits is used in cold and fever and its seeds are used as antidyenteric.
12.	<i>Eucalyptus citridora</i> Hook. (Fig 5)	Myrtaceae	Lyptis	March- September	Asthma and Chronic Bronchitis: The dried leaves in form of tincture is used in asthma and chronic bronchitis.
13.	<i>Ficus bengalensis</i> Linn.	Moraceae	Bargad, Bar	April- September	Spermatorrhoea: A powder of its fruits in shade is prepared and is taken with honey in the morning and evening for a week to cure spermatorrhoea.
14.	<i>Ficus recemosa</i> Linn. (Fig 6)	Moraceae	Gular	February- July	Dysentery and Diabetes: The juice of its roots is used in dysentery and its fruits is given as a vehicle to medicine in diabetes.
15.	<i>Ficus religiosa</i> Linn.	Moraceae	Pipal	April- September	Anal fistula and Inflammatory swellings: The dried bark in powdered form is used in anal fistula and in the form of a paste, as an absorbent in inflammatory swellings.
16.	<i>Ficus virens</i> Ait.	Moraceae	Pilkhan	July-May	Bronchitis and Scabies: Its fruits are used in bronchitis and scabies.
17.	<i>Helicteres isora</i> Linn. (Fig 7)	Sterculiaceae	Marorphali	June- September	Dogbite: One teaspoonful aqueous extract of its roots is given for 3-7 days for the treatment of dogbite.
18.	<i>Litsea monopetala</i> (Roxb.) Pers. (Fig 8)	Lauraceae	Meda Lakri	July- November	Pains, bruises and contusions: Its roots are applied externally on pains, bruises and contusions.
19.	<i>Mallotus philippensis</i> Muell. - Arg. (Fig 9)	Euphorbiaceae	Kamela, Rohini	September- May	As a Wormicide and in Stomachache: 'Kamela', the fruit powder of this plant along with curd is given as wormicide and with 'whey' in stomachache.
20.	<i>Mangifera indica</i> Linn. (Fig 10)	Anacardiaceae	Aam	March-July	Internal Haemorrhage and Nasal bleeding: The bark is used in internal haemorrhage and the juice of kernel to stop nasal bleeding.
21.	<i>Melia azedarach</i> Linn. (Fig 11)	Meliaceae	Bakain	March-July	Ulcers and Eczema: Decoction of leaves is antiseptic and used to wash ulcers and eczema.
22.	<i>Moringa oleifera</i> Lamk.	Moringaceae	Sahinjna	February- June	Rheumatism and Influenza: The crushed bark boiled in mustard oil is used as a balm in acute rheumatic pain and its leaves are cooked as vegetable curry and are eaten in influenza.
23.	<i>Morus alba</i> Linn.	Moraceae	Shahtoot	March-July	Fever and Soar Throat: The fruits are used in fever and as a remedy for soar throat.

24.	<i>Murraya koenigii</i> (Linn.) Spreng. (Fig 12)	Rutaceae	Kadipatta, Meetha Neem	March-July	Indigestion and Jaundice: Its leaves as curry are used in indigestion and jaundice.
25.	<i>Picrorhiza kurrooa</i> Benth.	Scrophulariaceae	Karu	May-August	Blood diseases and Cardiotoxic: The roots of the plant are used in blood diseases and are known to have cardiotoxic properties.
26.	<i>Saraca asoca</i> (Roxb.) De Wilde	Fabaceae	Ashok	March-September	Blood Dysentery, Diabetes and Syphilis: Its flowers are pounded and used in blood dysentery, diabetes and Syphilis.
27.	<i>Syzygium cumini</i> (Linn.) Skeets.	Myrtaceae	Jamun	April- July	To Increase Lactation: Its stem bark about 3 gm mixed with root powder about 10 gm. of Anantmool (<i>Hemidesmus indicus</i>) is given with water on empty stomach within 3 days of delivery to increase lactation.
28.	<i>Tectona grandis</i> Linn. f.	Verbenaceae	Sagon	August-December	Biliousness, Bronchities and Urinary Problems: The flowers are used in biliousness, bronchitis and urinary problems.
29.	<i>Terminalia arjuna</i> (Roxb.) W.&A.	Combretaceae	Arjun	April-November	Sores, Ulcers and Earache: The leaves are used as a cover on sores and ulcers and their juice is dropped in earache.
30.	<i>Zizyphus mauritiana</i> Lamk.	Rhamnaceae	Ber	September-March	Gout and Rheumatism: The juice of the root bark is applied externally to gout and rheumatism.

This study presents that these thirty medicinal trees are used to cure about 43 health ailments. Keeping the importance of the plants in consideration, large numbers of commercially important medicinal plants are over-exploited by persons involved in the trade.

Conclusion

The area of Bijnor represents now a large urban environment. Despite dense urbanization, medicinal plants still play a key role in the health care of the local population. Plants commonly used as traditional medicines in rural areas of this district could still be found in the city, and are collected and used by the local population. It is evident from the interviews conducted in different villages, knowledge of medicinal plants is limited to traditional healers, herbalists and elderly persons who are living in rural areas. Increasing attention is being paid to traditional knowledge of the plants. Therefore, efforts should be done for conservation and sustainable utilization of medicinal plants which may bolster in upliftment of the economy as well as long term security of traditional healthcare system.

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