



## Important Medicinal Plants in Kota District of Rajasthan

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### INTRODUCTION

Rajasthan is one of the largest states located in the North-western part of India and represents 10.41% of the country's total geographical area. Rajasthan state is a broadly divided into three main parts viz., Western Rajasthan, Central Rajasthan and South-east Rajasthan. It is estimated that nearly one third of about 15,000 higher plant species in India are used by the tribal's and poor people for cure of various diseases. Conservation of medicinal plants is receiving increased attention in view of resurgence of interest in herbal medicines for healthcare all across the globe. Recently, several studies have been conducted on Ayurvedic crude drugs for cure of digestive diseases. A medicinal plant is a plant that has similar properties as conventional pharmaceutical drugs. Humans have used them throughout history to either cure or lessen symptoms from an illness. Medicinal plants are distributed across diverse habitats and landscape. Around 70 per cent of India's medicinal plants are found in tropical areas. Mostly in the various forest types spread across the Western and Eastern ghats, the Vindhyas, Chota Nagpur Plateau, Aravallis and Himalayas. Although less than 30 per cent of the medicinal plants are found in the temperate and alpine areas and higher altitudes, they include species of high medicinal value. Previous studies showed that a larger percentage of the known medicinal plants occur in the dry and moist deciduous vegetation as compared to the evergreen or temperate habitats. One third is tree and an equal portion includes shrubs, and the remaining one third are herbs, grasses and climbers (Hada et al. 2015).

The present study is towards the importance of ethno medicinal plants and their medicinal uses by the people of Kota District Rajasthan. Kota area medicinal plants in Ber, Katsarria, Sathi, Pawand, Akashbe, Dhoob ghass, Dudhi, Bakuchi, Gorkhmundi, Arjun, Latjeera, Beal and Phalsa. These plants are commonly used

in vomiting, diarrhea, ringworm, gastric problem, stone, diabetes, liver diseases, Skin diseases, swelling of scrotum, Dental disease, Pregnancy, Leprosy, Arthritis, urine infection, Asthma, Jaundice etc. This will be very useful for pharmacologists, phytochemists and pharmaceuticals.

**Table 1: Ethno medicinal uses of plants by the rural people of Kota district of Rajasthan**

SN.	Common name	Botanical name	Family	Part used	Medicinal used
1	Deshi babool	<i>Acacia nilotica</i> L.	Mimosaceae	Leaf, Flower and Gum	Diarrhea, Ringworm, Jaundice and Gonorrhoea
2	Latjeera	<i>Achyranthus aspera</i> L.	Amaranthaceae	Stem, Root	Jaundice and Asthma
3	Katsarria	<i>Barleria prianitis</i> L.	Acanthaceae	Leaf and Root	Whooping cough, Toothache and Arthritis
4	Sathi	<i>Boerhavia diffusa</i> L.	Nyctaginaceae	Leaf and Root	Urine infection, Antidote, Cramp, Blond body and heart disease
5	Pawand	<i>Cassia tora</i> L.	Caesalpinaceae	Seed, Root and Leaf	Cough, Diabetes, Loose motion, Ringworm, Skin disease and Blood
6	Aprajitta	<i>Clitoria ternatea</i> L.	Papilionaceae	Leaf and Root	Bleeding and Eruptions blast
7	Amarbel	<i>Cuscuta reflexa</i> Roxb.	Cuscutaceae	Climber	Skin disease, liver disease, Swelling of Scrotum and Gastric trouble
8	Dhoob ghass	<i>Cynodon dactylon</i> (L.)	Poaceae	Leaf and stem	Kidney stone
9	Dudhi	<i>Euphorbia thymifolia</i> L.	Euphorbiaceae	Leaf, Stem and Latex	Antidote, Asthma and Ringworm
10	Mahendi	<i>Lawsonia inermis</i> L.	Lythraceae	Leaf, Flower	Leprosy, Headache and Ringworm
11	Bakuchi	<i>Psoralea carylifolia</i> L.	Fabaceae	Leaf, Root and Seed	Diarrhea, Dental disease, Pregnancy and Leprosy
12	Gorkhmundi	<i>Spaeranthus indicus</i> L.	Asteraceae	Fruit	Gastric problem and Anemia
13	Arjun	<i>Terminalia arjuna</i> Roxb.	Combretaceae	Bark	Bone fracture, Fever, Heart disease and Urine disease
14	Green amaranth	<i>Amaranthus viridis</i>	Amaranthaceae	Leaves	Fever, pain, asthma, diabetes, dysentery, urinary disorders
15	Kuppi	<i>Acalypha indica</i>	Euphorbiaceae	Whole plant	Brain weakness and Asthma
16	Satawari	<i>Asparagus racemosus</i>	Liliaceae	Pode, Root	Sexual weakness
17	Brahmi	<i>Centella asiatica</i>	Apiaceae	Leaves	Blood pressure and Urine problem
18	Datura	<i>Datura metal</i>	Solanaceae	Seed and leaves	Headache, Scortoum swelling
19	Gokhru	<i>Tribulus terrestris</i>	Zygophyllaceae	Fruits, seed	Asthama and skin diseases

20	Satyanasi	<i>Argemone maxicana</i>	Papaveraceae	Leaves	Gonorrhea and ring worm
21	Ber	<i>Ziziphus mauritiana</i>		Leaves, roots, bark, seeds	Chronic cough, eye diseases, hair care
22	Phalsa	<i>Grewia asiatica</i>	Tiliaceae	Fruit, leaves	Blood disorders, diarrhea
23	Bael	<i>Aegle marmelos</i>	Rutaceae	Leaves, fruit, flower	Diarrhoea, cholera, haemorrhoids
24	Karonda	<i>Carissa carandas</i>	Apocynaceae	Fruit, Stem bark	Skin diseases, digestion

### CONCLUSION

Kota area is an important area of plant wealth for healthcare in Rajasthan. These medicinal plants have been used by local people, tribal communities, vendors, and native doctors such as Ojhas, Bhagats, Bhopas and experts of Ayurvedic fields since long time in herbal and folk remedies. The present information on the ethno medicinal plants will help in developing idea for the cultivation of traditional medicine

and economic welfare of rural and tribal population.

### REFERENCES

- Hada, B.S. and Katewa, S.S. (2015). Ethno Medicinal Aspects of Some Medicinal Plants of Bundi District, Rajasthan. International Journal of Latest Trends in Engineering and Technology. 5(1): 28-36.