Medicinal Plants in Bolpur - Santiniketan

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ABSTRACT
Bolpur - Santiniketan has an interesting location of biodiversity. This survey was undertaken with an aim to document the indigenous knowledge of this area as new source of drug. The inhabitants of the area have always used medicinal plant, vegetable and fruits for various ailments and have for a long time been dependent on surrounding plant resources for their food, shelter, fodder, health care and other cultural purposes. However, encroaching industrialization and the accompanying changes in their life styles are responsible for the declining of practice in the local use of plants for medicine. This survey was conducted on the implications of healthcare using medicinal plants. The present study indicates that the people depend on the plant parts for cure health and diseases.

Keywords-- food, shelter, fodder, health care, cultural purposes

I. INTRODUCTION
India is one of the richest countries in the world in terms of biodiversity. India is the largest producers of medicinal herbs, fruit and vegetables. Several plants have been used as a medicine. Today, according to world health organization (W.H.O), 80% of the world population depend on traditional medicine for their primary healthcare. Medicinal plants are not only a major resource base for the traditional medicine and herbal industry but also provide livelihood and health security to a large segment of Indian population. The medicinally important plants synthesize several secondary metabolites like alkaloids, sterols, terpenes, flavonoids, saponins, glycosides, cyanogenics, tannins, resins, lactone, quinones, volatile oils etc. The medicinal plants have been used for treatment of illness and diseases. These medicinal plants consider a rich resources of ingredients which can be used in drug development. People are the ecosystem of nature and maintain a close link between man and environment. Not only plants have cure to numerous ailments but also way to further many life saving drugs.

II. MATERIALS AND METHODS

2.1 Study Area
Bolpur-Santiniketan located at 23°40'0" North , 87°43'0" East. Bolpur-Santiniketan subdivision is located at south border of birbhum district. Bolpur santiniketan is one of the smallest district of west Bengal which is floristically very rich.

2.2 Data Collection
The medicinal herbs, fruit and vegetables study was undertaken in some selected places in and around our university (santiniketan and sriniketan) campus. The survey was carried out during the year August 2017 to September 2017.

III. RESULTS
Some important medicinal plants found in Bolpur-Santiniketan:
1. Aloe vera (L.) Burm f.
Family: Aloaceae
Bengali Name: Ghrita kumari
Medicinal Use: The plant is used in the treatment of asthma, fissures, piles, dehydration, ulcer, eczema and tuberculosis.
Other Uses: A. vera has been widely grown for cosmetic use. The commonly used elements area leaf juice and leaf gel.
2. Allium cepa L.
Family: Liliaceae
Bengali Name: Piyaz
Medicinal Use: It also possesses diuretic, stimulant and expectorant properties.
3. Asparagus racemosus wild
Family: Liliaceae
Bengali Name: Satamuli
**Medicinal Use:** Bark is antibacterial and antifungal. It is also used in treating acidity and as hair tonic. The plant is also used in diabetes, jaundice and other urinary disorders. The oil extracted from the roots is used for rheumatic and nervous disorders.

4. **Azadirachta indica A.Juss**  
*Family:* Meliaceae  
*Bengali Name:* neem  
*Medicinal Use:* Various parts of the plant are used in inflammation of gums, fever (including malaria), smallpox, diarrhoea and cholera. The oil is used in the treatment of ulcers, chronic skin diseases and rheumatism.

5. **Allium sativum L.**  
*Family:* Liliaceae  
*Bengali Name:* Rasun  
*Medicinal Use:* The bulb yields an essential oil used as a tonic, vermifuge and as a stimulant to the stomach.

6. **Andrographis paniculata (Burm.f.)**  
*Family:* Acanthaceae  
*Bengali Name:* Kalmegh  
*Medicinal Use:* The plant possesses febrifuge, tonic, alterative, cholera, diarrhoea, diabetes, influenza, bronchitis, piles, malaria etc.

7. **Argemone maxicana L.**  
*Family:* Papaveraceae  
*Bengali Name:* Shial kanta  
*Medicinal Use:* Latex and extract are used in skin diseases, dropsy and jaundice. Latex is also used in warts, tumors, cancers and eye diseases.

8. **Calotropis gigantean (L.) R. Br.**  
*Family:* Asclepiadaceae  
*Bengali Name:* akand  
*Medicinal Use:* Extracts of roots and leaves are used against abdominal tumors, cancers, syphilis, tuberculosis, leprosy, skin diseases, piles.

9. **Cinnamomum tamala**  
*Family:* Lauraceae  
*Bengali Name:* tejpata  
*Medicinal Use:* The plant is used in the treatment of abdominal pain, chicken pox, hook worm infection and tuberculosis.

10. **Datura metel L.**  
*Family:* Solanaceae  
*Bengali Name:* Dhutra and Dutura  
*Medicinal Use:* Leaves are narcotic, anodyne and antispasmodic. They are smoked to relieve spasmodic asthma and used in rheumatic swellings, lumbago, painful tumors. Extracts of leaves, fruits and seeds are anticholinergic.

11. **Gmelina arborea Roxb**  
*Family:* Verbenaceae  
*Bengali Name:* Gamari and Gambar  
*Medicinal Use:* Ethanolic extract of bark and wood is hypoglycemic and antiviral. Juice of young leaves is used as demulcent. Flowers are used in leprosy and blood diseases.

Fruit is diuretic, tonic. Root and root bark are stomachic, laxative and used in fever, piles and abdominal pain.

12. **Saraca asoca (Roxb.) de wild**  
*Family:* Caesalpiniaceae  
*Bengali Name:* Ashok  
*Medicinal Use:* Bark is strongly astringent and uterine sedative, and used specially in menorrhagia, in bleeding haemorrhoids and haemorrhagic dysentery. Leaves possess blood purifying property, and their juice, mixed with cumin, is used in stomachache. Flowers are useful in biliousness, syphilis. It is also contains a powerful oxytocic principle.

13. **Spondias pinnata (L.f.) Kurz**  
*Family:* Anacardiaceae  
*Bengali Name:* Amrah  
*Medicinal Use:* Leaves are aromatic, acidic and astringent, and used in bilious dyspepsia. Bark is astringent and useful in dysentery, diarrhoea and vomiting. Gum is demulcent. It is also used in the treatment of anemia, asthma, hyper acidity and scurry.

14. **Tamarindus indica L.**  
*Family:* Caesalpiniaceae  
*Bengali Name:* Tentul  
*Medicinal Use:* The species has been widely used in ayurvedic medicine for the treatment of cancer, dermatological and gynaecological complaints, heart diseases and urinary disorders.

### IV. CONCLUSION

The traditional medicinal practice and culture is alive and functioning well in the study area. The study area is floristically rich. The study area is very effective medicine.

### V. ACKNOWLEDGEMENT

I thankful to my friends. I also thankful to my parents.

### REFERENCES

