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AVAILABILITY OF AYURVEDIC MEDICINAL PLANTS IN SAWAI MADHOPUR DISTRICT OF RAJASTHAN

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Abstract

A field survey was conducted in District Sawai Madhopur (Rajasthan) from September 14th to September 24th, 2011, to assess the availability of Ayurvedic medicinal plants. Among numerous plant species surveyed, a total of 138 Ayurvedic medicinal plants were identified for further study. These comprised 66 herbs, 19 shrubs, 18 climbers, and 35 trees. The availability of these plants was categorized as; common (26.81%), uncommon (12.31%), abundant (7.24%), sporadic (48.55%) and rare (5.07%). Plants that are abundantly available hold potential for widespread medicinal uses, whereas those categorized as rare need to be conserved and promoted for commercial cultivation in the region.

Key Words: Ayurvedic, Medicinal Plant, Survey, Sawai Madhopur, Rajasthan

Introduction

India is endowed with a rich abundance of medicinal plants; which played a significant role in the development of Indian Materia Medica, which is considered one of the earliest compilations of indigenous medical knowledge. Dating back to around 1000 BC the *Charak Samhita* described over 300 plant-based drugs. Over time, subsequent classical texts

have continuously expanded this repertoire, leading to a manifold increase in the number of plant based drugs and formulations.

Despite the efforts of cultivation, the majority of medicinal plants are still sourced from the wild region and these plants obtained from wild area meet the demands of the medical profession. The cultivation of these plants as field crops did not become a priority for farmers until the latter part of the 19th century. Consequently, the accurate identification of medicinal plants is also become crucial for avoiding misinterpretation or chances of adulteration.

The identification of medicinal plants is fundamental to ensuring that the correct raw materials are utilized in drug manufacturing, thereby guaranteeing the desired therapeutic effects. However, with the commercialization of Ayurveda, *Siddha* and *Unani* medicines, the issue of identification has become more pronounced. The separation of harvesting and trade activities often results improper identification of medicinal plants. Additionally, those involved in the trade may lack access to the entire plant, hindering accurate botanical identification.

Moreover, factors such as variations in morphology under different conditions and the use of diverse names for the same plant may leads misidentification of plant or parts of plant. To address these challenges, a comprehensive survey was conducted to identify medicinal plants growing abundantly, as well as those on the brink of extinction. The aim was to facilitate their proper commercialization and conservation. Furthermore, this survey may help to identify species that require cultivation in specific areas, thereby contributing to their preservation and sustainable utilization.

AIM & OBJECTIVE:

✓ To perform a survey on Ayurvedic medicinal plants available in Sawai Madhopur district & some part of Ranthambhore National Park of Rajsthan, India.

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- To collect medicinal plants from particular area and identify collected plants with the help of Floras and Ayurvedic literature.
- To conclude availability of Ayurvedic medicinal plants in Sawai Madhopur district of Rajasthan, India.

Demography of Study Region:

Sawai Madhopur District is situated to the eastern part of Rajasthan. The total area of Sawai Madhopur district is 5042.99 km² (including under rural and urban area). Sawai Madhopur town lies in the hill of Vindhyas and Aravali ranges.

The district stretches between North longitude 25°-45′ to 26°-41′to East longitude between 75°-59′ to 77°-0′. The average temperature range 37°C (max.)-23°C (min.) in summer and in winter 29°C (max.) – 9°C (min.). The type of soil in Sawai Madhopur is mainly alluvial red and black soil with sandy loam texture. Sawai Madhopur, Ranthambhor Wild Life Sanctuary having rich flora of medicinal plants.

Method:

The survey was conducted from 16 to 24 September 2011, which was the best time for survey to find maximum medicinal plant availability. Survey was conducted in all the direction of Sawai Madhopur District including some part of Ranthambhore National Park. Ayurvedic medicinal plants were collected from forest area and villages. Collected plants were identifying with the help of Floras and Ayurvedic literature. Collected plant specimens were preserved in herbaria of the Institute of CARI, Jhansi.

Result and Discussion:

District Sawai Madhopur is situated in the eastern part of Rajasthan with its varied topography with hills, valleys, rivers, streams and estuaries. Due to varied topography, Sawai Madhopur has varied diversity of Ayurvedic medicinal plants representing 138 species of 112 genera belonging to 52 families of angiospermic/pteridophytic plants (**Table 1**).

| S. No. | Botanical Name | Sanskrit Name | Family | Habit | Abundance |
|--------|---|-------------------|------------------|-------------------|-----------|
| 1 | Abrus precatorius L. | Gunja | Fabaceae | Climbing shrub | Sporadic |
| 2 | Abutilon indicum (L.) Naud. | Atibala | Malvaceae | Herb | Sporadic |
| 3 | Acacia catechu Willd. | Khadir | Fabaceae | Tree | Sporadic |
| 4 | Acacia leucophloea Willd. | Erimed bhed | Mimosaceae | Tree | Common |
| 5 | <i>Acacia nilotica</i> (L.) Willd. ex Del. | Babbul | Mimosaceae | Tree | Common |
| 6 | Acacia senegal Willd. | Swet babbul | Mimosaceae | Tree | Sporadic |
| 7 | Acalypha indica L. | Harit manjjari | Euphorbiaceae | Herb | Common |
| 8 | Achyranthus aspera L. | Apamarg | Amaranthaceae | Herb | Common |
| 9 | Actiniopteris radiata (Sw.) Link | Mayurshikha | Polypodiaceae | Herb | Sporadic |
| 10 | Adhatoda zeylanica Medik. | Vasa | Acanthaceae | Herb | Abundant |
| 11 | Aegle marmelos Corr. | Bilva | Rutaceae | Tree | Sporadic |
| 12 | Ailanthus excelsa Roxb. | Arlu | Simaroubaceae | Tree | Sporadic |
| 13 | Albizzia lebbeck Benth. | Shirish | Fabaceae | Tree | Sporadic |
| 14 | Alternanthera sessilis (L.) R. Br. | Matsyakshi | Amaranthaceae | Herb | Sporadic |
| 15 | Amaranthus excelsa Roxb. | Tanduliyak | Amaranthaceae | Herb | Common |
| 16 | Andrographis echioides Nees | Kalmegh bhed | Acanthaceae | Herb | Sporadic |
| 17 | Annona squamosa L. | Gandagatra | Annonaceae | Shrub | Sporadic |
| 18 | Anogeissus pendula Edgew. | Dhav bhed | Combretaceae | Tree | Sporadic |
| 19 | Argemone mexicana L. | Swarnakshiri | Papaveraceae | Herb | Sporadic |
| 20 | Aristolochia bracteolata Lam. | Kidamari | Aristolochiaceae | Herb | Rare |
| 21 | <i>Asparagus racemosus</i> var. <i>Javanicus</i> (Kunth.) Baker. | Shatavari | Liliaceae | Climber | Sporadic |
| 22 | Azadirachta indica A. Juss. | Nimba | Meliaceae | Tree | Common |
| 23 | Balanites aegyptiaca (L.) Delile | Ingudi | Simaroubaceae | Small tree | Sporadic |
| 24 | Barleria prionitis L. | Saireyek peet | Acanthaceae | Herb | Sporadic |
| 25 | Basella alba L. | Upodika | Basallaceae | Climber | Common |

Table 1: Ayurvedic Medicinal Plant Collected From Sawai Madhopur Dist., Rajasthan, India.

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| 26 | Bauhinia racemosa Lam. | Ashmantak bhed | Fabaceae | Tree | Sporadic |
|----|--|------------------------|-----------------|--------------------|----------|
| 27 | Boerhavia diffusa L. | Punarnava | Nyctaginaceae | Herb | Common |
| 28 | <i>Boswellia serrata</i> Roxb. | Shallaki | Burseraceae | Tree | Sporadic |
| 29 | Bryonopsis laciniosa (L.) Sw. | Shivlingi | Cucurbitaceae | Herb | Uncommon |
| 30 | <i>Butea monosperma</i> (Lam.) Kuntze | Palash | Fabaceae | Tree | Sporadic |
| 31 | Caesalpinia bonduc (L.) Roxb. | Kantaki karanj | Caesalpiniaceae | Shrub | Sporadic |
| 32 | <i>Canavalia gladiata</i> (Jacq.) DC. | Kolshimbi | Fabaceae | Shrubby climber | Uncommon |
| 33 | Capparis decidua Edgew | Karir | Capparidaceae | Shrub | Common |
| 34 | Capparis sepiaria L. | Himshra | Capparidaceae | Shrub | Common |
| 35 | Capparis zeylanica L. | Ahinsra | Capparidaceae | Shrub | Abundant |
| 36 | Cardiospermum halicacabum L. | Karnasphota | Sapindaceae | Climbing herb | Common |
| 37 | Carissa carandas L. | Karmard | Apocynaceae | Shrub | Sporadic |
| 38 | Cassia alata L. | Dadmari | Fabaceae | Shrub | Rare |
| 39 | Cassia fistula L. | Aaraghvadh | Fabaceae | Tree | Sporadic |
| 40 | Cassia occidentalis L. | Kasmard | Fabaceae | Herb | Common |
| 41 | Cassia tora L. | Chkramard | Fabaceae | Herb | Common |
| 42 | Celosia argentia L. | Shitivarak | Amaranthaceae | Herb | Uncommon |
| 43 | <i>Cissampelos pareira</i> L. var. <i>hirsuta</i> (BuchHam. ex DC.) | Patha | Menispermaceae | Climber | Sporadic |
| 44 | Citrullus colocynthis Schrad. | Indravaruni | Cucurbitaceae | Trailing herb | Sporadic |
| 45 | Cleome viscosa L. | Suvarchala (peet) | Capparidaceae | Herb | Common |
| 46 | <i>Clerodendrum multiflorum</i> (Burm.f.) Kuntze | Laghu Agnimanth | Verbenaceae | Shrub | Sporadic |
| 47 | Cocculus hirsutus (L.) Diels | Chilhint | Menispermaceae | Herb | Common |
| 48 | <i>Commicarpus chinensis</i> (L.) Heimeri | Punarnava bhed | Nyctaginaceae | Herb | Sporadic |
| 49 | <i>Corchorus depressus</i> (L.) Christensen | Chanchu (kshudra) | Tiliaceae | Herb | Sporadic |
| 50 | Corchorus olitorius L. | Chanchu brihat | Tiliaceae | Herb | Common |

| 51 | Corchorus trilocularis L. | Chanchu (Kshudra) | Tiliaceae | Herb | Common |
|----|---------------------------------|------------------------|----------------|------------|----------|
| 52 | Cordia dichotama Forst. f. | Sleshmatak | Boraginaceae | Tree | Uncommon |
| 53 | Cryptolepis buchanani Roem. & | Krishna | Asclepiadaceae | Climbing | Uncommon |
| | Schult. | Sariva | | shrub | |
| 54 | <i>Cuscuta reflexa</i> Roxb. | Akashvalli | Convolvulaceae | Herb | Uncommon |
| 55 | Dalbergia sissoo Roxb. | Shinshapa | Fabaceae | Tree | Sporadic |
| 56 | Datura innoxia Mill | Dhattur | Solanaceae | Herb | Common |
| 57 | Desmodium gangeticum DC. | Shalparni | Fabaceae | Herb | Uncommon |
| 58 | Desmostachya bipinnata Stapf. | Kush | Poaceae | Herb | Sporadic |
| 59 | Dichrostachys cinerea W.& A. | Virtaru | Fabaceae | Tree | Sporadic |
| 60 | Dioscorea bulbifera L. | Varahi | Dioscoreaceae | Climber | Sporadic |
| 61 | Diospyros melanoxylon Roxb. | Tindook | Ebenaceae | Tree | Sporadic |
| 62 | <i>Diospyros montana</i> Roxb. | Vish tindook bhed | Ebenaceae | Small tree | Sporadic |
| 63 | <i>Eclipta alba</i> Hassk. | Bhringraj | Asteraceae | Herb | Sporadic |
| 64 | Eugenia heyneana Sensu | Nadijambu | Myrtaceae | Tree | Sporadic |
| 65 | Euphorbia hirta L. | Doogdhika (brihat) | Euphorbiaceae | Herb | Common |
| 66 | Evolvulus alsinoides (L.) L. | Neel Shankhpushpi | Convolvulaceae | Herb | Sporadic |
| 67 | Ficus religiosa L. | Ashwattha | Moraceae | Tree | Sporadic |
| 68 | Ficus retusa L. | Kamboji | Moraceae | Tree | Sporadic |
| 69 | Flacourtia indica Merr. | Vikankat | Flacourtiaceae | Shrub | Sporadic |
| 70 | Gloriosa superba L. | <u>Langli</u> | Liliaceae | Climber | Uncommon |
| 71 | Gmelina arborea L. | Gambhari | Lamiaceae | Tree | Rare |
| 72 | <i>Grewia tenax</i> Fiori | Gangeruki | Malvaceae | Shrub | Sporadic |
| 73 | Grewia tiliaefolia Vahl. | Dhanvang | Malvaceae | Small tree | Uncommon |
| 74 | Helicteres isora L. | Avartani | Sterculiaceae | Shrub | Sporadic |
| 75 | Holoptelea integrifolia Planch. | Chirbilwa | Ulmaceae | Tree | Common |
| 76 | Hygrophila spinosa T. | Kokilaksh | Acanthaceae | Herb | Rare |
| 77 | Oryza rufipogon Griff | Nivar | Poaceae | Herb | Sporadic |
| 78 | Ichnocarpus frutescens (L.) R. | Sariva bhed | Apocynaceae | Climbing | Sporadic |
| | Br. | | | shrub | |
| 79 | Indigofera tinctoria L. | Nili | Fabaceae | Herb | Common |

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| 80 | Ipomoea aquatica Forssk. | Nadi | Convolvulaceae | Herb | Sporadic |
|-----|--|----------------------|----------------|---------------|------------------|
| 81 | Jatropha gossypifolia L. | Dravanti bhed | Euphorbiaceae | Herb | Common |
| 82 | <i>Lannea coromandelica</i> (Houtt.) Merill. | Jingani | Anacardiaceae | Tree | Common |
| 83 | Leptadenia pyrotechnica (Forssk) Decne | Swarna Jivanti | Asclepiadaceae | Shrub | Sporadic |
| 84 | Leucas cephalotes Spreng. | Dronapushpi | Lamiaceae | Herb | Uncommon |
| 85 | <i>Luffa acutangula</i> Roxb. var. Amara (Roxb.) Clarke | Kritvedhan tikt | Cucurbitaceae | Climber | Common |
| 86 | Luffa echinata Roxb. | Devdali | Cucurbitaceae | Climber | Abundant |
| 87 | <i>Mallotus philippensis</i> (Lam.) MuellArg. | Kamppilak | Euphorbiaceae | Tree | Sporadic |
| 88 | Marsilea minuta L. | Sunishannak | Marsileaceae | Herb | Sporadic |
| 89 | Martynia annua L. | <u>Kaknasa bhed</u> | Pedaliaceae | Herb | Uncommon |
| 90 | Mimusops hexandra Roxb. | Rajadan | Sapotaceae | Tree | Sporadic |
| 91 | Momordica balsamina L. | Karvellak bhed | Cucurbitaceae | Climber | Abundant |
| 92 | Momordica dioica Roxb. | Karkotaki | Cucurbitaceae | Climber | Abundant |
| 93 | Mucuna pruriens Bak. | Kapikacchu | Fabaceae | Climber | Common |
| 94 | <i>Mytragyna parvifolia</i> Korth. | Kadamba bhed | Rubiaceae | Tree | Sporadic |
| 95 | Nyctanthes arbortristis L. | Parijat | Oleaceae | Shrub | Sporadic |
| 96 | Nymphaea nauchali Burm. | Nilotpal | Nymphaeaceae | Herb | Sporadic |
| 97 | Nymphaea pubescens Willd. | Kumudani | Nymphaeaceae | Herb | Sporadic |
| 98 | Ocimum canum Sims. | Arjak | Lamiaceae | Herb | Common |
| 99 | Pedalium murex L. | Gokshur (brihat) | Pedaliaceae | Herb | Sporadic |
| 100 | Pentatropis spiralis Decne | Kaknasa bhed | Asclepiadaceae | Shrub | Fairly common |
| 101 | Pergularia extensa N.E.Br. | Vrishakali | Asclepiadaceae | Climbing herb | Common |
| 102 | Peristrophe bicalyculata Nees. | Kakjangha | Acanthaceae | Herb | Common |
| 103 | Phaseolus trilobata Ait. | Mudgaparni | Fabaceae | Herb | Uncommon |
| 104 | Phyla nodiflora (L.) E. Greene | Jalppippali | Verbenaceae | Herb | Sporadic |
| 105 | Plumbago zeylanica L. | Chitrak | Plumbaginaceae | Herb | Uncommon |
| 106 | Pongamia glabra Vent. | Karanj | Fabaceae | Tree | Sporadic |
| 107 | Prosopis cineraria (L.) Druce | Shami | Mimosaceae | Tree | Sporadic |

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| 108 | Psoralea corylifolia L. | Bakuchi | Fabaceae | Herb | Rare |
|-----|--|--------------------|----------------|---------|------------------|
| 109 | Ricinus communis L. | Erand | Euphorbiaceae | Herb | Common |
| 110 | <i>Rivea hypocrateriformis</i> (Desr.) Choisy | Phanjika | Convolvulaceae | Climber | Common |
| 111 | Saccharum bengalense Retz. | Shar | Poaceae | Herb | Abundant |
| 112 | Saccharum spontaneum L. | Kash | Poaceae | Herb | Sporadic |
| 113 | Salvadora oleoides Decne | Pilu brihat | Salvadoraceae | Tree | Common |
| 114 | <i>Sesbania bispinosa</i> (Jacq.) Fawett & Rendle | Itkat | Fabaceae | Herb | Sporadic |
| 115 | Sida cordata Burm.f. | Bhumibala | Malvaceae | Herb | Uncommon |
| 116 | Sida cordifolia L. | Bala | Malvaceae | Herb | Uncommon |
| 117 | <i>Sida ovata</i> Forssk. | Bala bhed | Malvaceae | Herb | Fairly common |
| 118 | Sida rhombifolia L. | Mahabala | Malvaceae | Herb | Sporadic |
| 119 | Solanum incanum L. | Brahati bhed | Solanaceae | Herb | Uncommon |
| 120 | Solanum virginianum L. | Kantkari | Solanaceae | Herb | Common |
| 121 | Syzygium cumini (L.) Skeels | Jamboo | Myrtaceae | Tree | Sporadic |
| 122 | <i>Telosma pallida</i> (Roxb.) Craib | Jivanti bhed | Asclepiadaceae | Climber | Sporadic |
| 123 | <i>Tephrosia candida</i> (Roxb.) DC. | Swet Sharpunkha | Fabaceae | Herb | Rare |
| 124 | Tephrosia purpurea (L.) Pers. | Sharpunkha | Fabaceae | Herb | Abundant |
| 125 | Tephrosia villosa Pers. | Swet Sharpunkha | Fabaceae | Herb | Common |
| 126 | Tinospora cordifolia (Willd.) | Guduchi | Menispermaceae | Climber | Uncommon |
| 127 | Tribulus terrestris L. | Gokshur | Zygophyllaceae | Herb | Common |
| 128 | <i>Trichodesma indicum</i> (L.) R. Br. ex Lehm. | Adhopushpi | Boraginaceae | Herb | Sporadic |
| 129 | Trichosanthes bracteata (Lamk.) Voigt. | Vishala | Cucurbitaceae | Climber | Sporadic |
| 130 | Trichosanthes cucumerina L. | Patol tikta | Cucurbitaceae | Climber | Common |
| 131 | <i>Urgenia indica</i> Kunth | Van palandu | Liliaceae | Herb | Sporadic |
| 132 | Vernonia cinerea Less. | Sahadevi | Asteraceae | Herb | Sporadic |
| 133 | Withania somnifera Dunal | Ashwagandha | Solanaceae | Herb | Sporadic |
| 134 | <i>Wrightia arboria</i> (Dennst.) Mabberley | Kutaj bhed | Apocynaceae | Tree | Rare |
| 135 | Wrightia tinctoria R.Br. | Kutaj bhed | Apocynaceae | Tree | Common |

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| 136 | Xanthium strumarium L. | Artgal | Asteraceae | Herb | Abundant |
|-----|-----------------------------|-----------|------------|-------|----------|
| 137 | Zizyphus nummularia W. & A. | Karkandhu | Rhamnaceae | Shrub | Abundant |
| 138 | Zizyphus xylopyra Willd. | Ghonta | Rhamnaceae | Shrub | Sporadic |

Study identified 138 Ayurvedic medicinal plants as mentioned in **Table 1**, out of which 47.82% was herb, followed by 25.36% trees, 13.76% shrub and 13.04% was found as climber (**Figure 1**). Most plants were sporadic with 48.55% followed by common with 26.81% followed by uncommon 12.31%, rare 5.07% and abundant 7.24% (**Figure 2**).



Figure 1: Habitant of Ayurvedic medicinal plants in Sawai Madhopur dist. (Raj.).



Figure 2: Abundance of Ayurvedic Medicinal Plants in Sawai Madhopur dist. (Raj.).

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The identification of medicinal plants is an important subject to ensure that right raw materials could be used in the manufacture of drugs to have desired therapeutic effects. The exploration of such types of medicinal plant which grow luxuriantly as well as those are rare and about to extinct were done. This study is helpful to make commercialization of those plants which are available abundantly and conservation of rare plants.

Conclusion

From the study it can be concluded that the plants which grow luxuriantly should be exploited under control and the plants which are rare should be conserved and cultivated according to the standard cultivation methods for the genuine material supply to the Ayurvedic industries.

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