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Herbal Remedies from the Sandstone Regions of Northwestern Rajasthan

Neha Seth
Department of Botany
Mewar University, Chittorgarh

Abstract

India is among the world's most biodiverse nations. Plants used for medicine, fragrance, and colour may be abundant in India. The herbal remedies of the kingdom of Rajasthan state, India, that are employed in the traditional Indian medical system have been extensively surveyed and organized. Valuable medicinal herbs in the Dholpur area of eastern Rajasthan have been the focus of the current investigation. Traditional medicine extensively uses the abundant flora in the Chambal valleys and sandy stone regions.

***Keywords**: Herbal remedies, Chambal valleys, Medicinal plant species, Conservation, Biodiversity preservation, Community empowerment*

Introduction

There are roughly thirty thousand kinds of medicinal plants around the globe, distributed among some 5,500 taxa and 1,500+ families. Approximately 4,800 plant species in India have been used in traditional medicine. Without doing an exhaustive study across various indigenous and other people, recent estimates show that more than 8000 plants have known therapeutic usage across a wide range of cultures and regions. The World Health Organisation estimates that 4.3 billion people get their primary care from traditional organic medicines. As more and more people learn about the benefits of using natural remedies, their desire for botanical products is on the rise. The state of Rajasthan is home to a wide variety of flora, some of which are highly prized for their therapeutic properties. Bhandari and Sharma have assembled a flora of Rajasthan. However, there is a lack of knowledge regarding the medicinal properties of their catalogued plants. The sedimentary rocks and Chambal canyons of the Dholpur district are well-known in the region under investigation here. The sections of Karauli and Bharatpur are to its west, while Uttar Pradesh's north and Madhya Pradesh state to its east and south form its borders. Local communities hold Indigenous information and may be described as the accumulated experience of those who have grown up and raised their families in a particular area. This information is preserved in the work of doctors of herbal medicine. Some have stated that ancestral tradition provides the impoverished a reliable means to ensure their health, food, and economic stability.

Methodology

This analysis was based on previous research, surveys, and interviews with neighbourhood residents-information about medicinal plants gathered in the Dholpur district's Chambal valleys and sandstone areas. Flora and bibliographies were used to determine the species of plants. In-depth discussions with neighbourhood people yielded ethnomedical data on the plants.

Results and Discussion

Information such as biological name, regional name, family, traditional medication administration for various diseases, and data on indigenous herbal remedies are offered. These medicinal plants may be found in multiple environments, including ravines, abandoned lots, woodlands, fallows, and crop fields. Leaves, roots, branches, bark, seeds, fruits, rubber, and saliva are only some of the plant elements utilized for therapeutic purposes. People in this field often turn to herbal remedies rather than modern medicine when feeling under the weather. Boils, reductions, swellings, burning, dermatitis, ringworm, etc., are treated externally by applying extract or paste. When a person has a sore throat, a toothache, or mouth sores, they may choose to chew on or swallow certain herbs. The current research on medicinal plants will aid in developing strategies for preserving and cultivating ancient remedies and improving the quality of life for people in the countryside.

Describes the pharmacological value of several plants found in the gorges and sandstone regions of the Dholpur Region in northeastern the Indian state of Rajasthan.

Abrus precatorius, also known as Ratti or Rosary Pea, is a Fabaceae plant species with a history of traditional medicinal use. It is traditionally employed for treating tetanus and preventing rabies, while its leaves are utilized to cure fever, cough, and cold.

Chaulai (Amaranthus viridis), a plant species from the Amaranthaceae family, is traditionally valued for its medicinal properties. It is recognized for its antipyretic effects and is utilized in the treatment of inflammation, ulcers, diabetes, asthma, and hyperlipidemia.

Bacopa monnieri, or Brahmi, is a medicinal plant from the Plantaginaceae family. It is traditionally used to treat epilepsy and asthma and is recognized for its cognitive-enhancing properties, specifically in improving memory and learning abilities.

CONCLUSION

In conclusion, the region being discussed possesses a rich and diverse flora that can serve as a valuable resource for medicinal purposes and additional income for the local population. This presents a promising alternative for rural communities, particularly those facing poverty, as it offers employment opportunities through the collection of medicinal plants. By engaging in sustainable practices and conserving these resources, the benefits can extend to future generations, ensuring the preservation and availability of these natural medicines. The utilization of the region's flora supports economic development and contributes to the overall conservation of biodiversity and the promotion of traditional healing practices. This holistic approach holds great potential in improving livelihoods, fostering community empowerment, and safeguarding the natural heritage for the well-being of both present and future generations.

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