

Ethno-Medicinal Plant use for Immunity Booster in Rural Area of Shivpuri District, Madhya Pradesh

Dr. Ramdayal Jatav

Department of Botany, Govt. S.G.S. P.G. College, GanjBasoda District- Vidisha (M.P.), India

drrd.jatav0212[at]gmail.com

Abstract: *The present paper reported with Ethno-medicinal plant use for immunity booster in rural area of Shivpuri district, Madhya Pradesh. Total 15 plants belonging to 11 families were identified which were being used by people of the study area. The information about the plants for immunity booster was gathered from rural area people, Hakims, Local Vaidyas and etc. if our immune system is not properly taken care of, it can result in disease. Immunodeficiency happens when the immune system becomes inactive, and in turn causes the body to be vulnerable to many life-threatening diseases. It is very important for us to take special care of our bodies.*

Keywords: Immunity booster, Ethno-medicinal, Immunodeficiency, vulnerable

1. Introduction

The immune system is our most pivotal ally, and its main function is to keep us healthy and robust. If we use such plants so that our immune system can be strengthened. With which we can get vitamin, mineral and enzyme more quantity. The immune system is a complex network of cell and proteins that defends the body against infection. The immune system keeps a record of every microbe. It has ever defeated so it can recognize and destroy the microbe quickly if it enters the body again. To function well, it requires balance and harmony. There is still much that researchers don't know about the intricacies and interconnectedness of the immune response. Nature has blessed mankind with abundant medicinal herbs which provide timely and adequate remedies to several health disorders.

Medicinal plants are main ingredients of local medicine and are of vital importance in traditional healthcare. Villagers have a good knowledge about these plants since ancient times. Atharvaved is oldest word literature on the plants used against several diseases. Moreover, there are considerable economic benefits in the development of medicine and in the use of medicinal plants for treatment of various diseases.

Several medicinal plants have been used since times immemorial for treatment of enhance immune system. Some Special plants like Gilo, Basil, Garlic, Ginger, Cinnamon, Turmeric, Clove, Celery Pepper, Amla, , Lemon, Papaya, have been used of immunity booster plants in rural area of Shivpuri district. Even today, in many villages of this district, so much ethno-medicinal plants are being used to increase immunity boosters.

Study site

The study conducted during (2020-21) at Shivpuri district. It is located nearly 102 km. from Gwalior (M.P). The District is bounded on the North by Morena, Gwalior and Datia district on the East by Jhansi district of U.P, on the West by Kota district of Rajasthan and on the south by Guna district. It covers the total area of 10298 sq. kms. The district is located at 24.6⁰ to 25.6⁰ latitude and 77.0⁰ to 77.0⁰ longitude. Shivpuri district is mostly deciduous forest. Where are

mixes and cool and dry temperature. In summer temperature is extended to 42⁰c. The average annual rainfall is 875 MM.

2. Material and Methods

The study was conducted in the rural area of Shivpuri district in Madhya Pradesh. The survey was conducted to collect the information forest department and local people specially Sahariya tribes in Shivpuri district .The information about plants was gathered during filed visit by contacting and interviewing traditional healers and other rural people, Vaidyas, Hakims for immunity booster. Plants have been identified with the help of local people and flora of Shivpuri, Madhya Pradesh (1983), by J.P. Kaushik 1941. A detail of plants are mentioned in Table-1

3. Results and Discussion

A total of 47 ethno-medicinal plants for enhance immunity booster distributed in 27 families are documented in Table-1. The people of studied area still had strong belief in ethno-medicinal herbal plants treatment. Herbal treatment is cheap, convenient and easily available in local areas.

In the present study, it was found that plants commonly used in immunity booster in rural areas were still found in urban areas of Shivpuri. It is essential that ethno-medicinal plants investigation should persistently be carried on and efforts should be made for proper protections cultivation and conservation of these precious medicinal plants on large scale. Consequently, natural products derived from medicinal herbs are potential candidates for immune boosting therapeutic drugs. Medicinal plants have great potential for use as alternative medicines and are the basis for the discovery of natural compounds for the development of therapeutic agents in pharmacology. Herbs are traditionally used in many therapeutic practices, if not as the main, then as the accompanying therapy in combination with medications, aimed at boosting immunity for prevention.

The results obtained indicating that the 47 species were recorded in the study area. The largest family was Rutaceae 4, Apiaceae 3, Fabaceae 3, Lamiaceae 3, Myrtaceae 3, Piperaceae 3, Zingiberaceae 3, Combretaceae 2, Lauraceae

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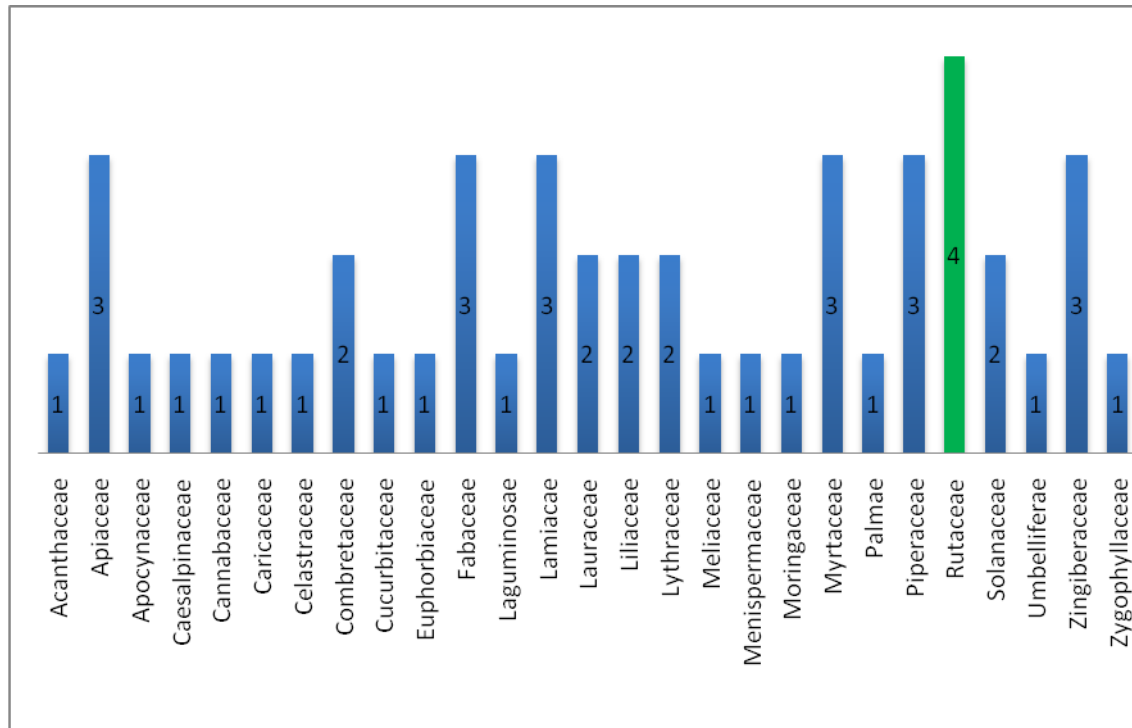
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2, Liliaceae 2, Lythraceae 2, Solanaceae 2, And some family are found in less number as Acanthaceae 1, Apocynaceae 1, Caesalpinaceae 1, Cannabaceae 1, Caricaceae 1, Celastraceae 1, Cucurbitaceae 1, Euphorbiaceae 1, Leguminosae 1, Meliaceae 1, Menispermaceae 1, Moringaceae 1, Palmae 1, Umbelliferae 1, Zygophyllaceae 1. (Table-2)

Table 1: Plants with Botanical Name, Common Name, Family and parts used in Immunity Booster

S.N.	Common Name	Botanical Name	Family	Plant part used
1	Babul	<i>Acacia nilotica</i>	Fabaceae	Leaves, Poddy
2	Lehsun	<i>Allium sativum</i>	Liliaceae	Bulb
3	Guvarpata	<i>Aloe vera</i>	Liliaceae	Leaves
4	Neem	<i>Azadirachta indica</i>	Meliaceae	Leaves, Fruit
5	Bhang	<i>Cannabis sativa</i>	Cannabaceae	Leaves
6	Papita	<i>Carica papaya</i>	Caricaceae	Fruit
7	Karonda	<i>Carissa carandas</i>	Apocynaceae	Fruit
8	Puanr	<i>Cassia tora</i>	Caesalpinaceae	Leaves
9	Jeera	<i>Cimium sanctum</i>	Apiaceae	Seed
10	Tejpatta	<i>Cinnamomum tamala</i>	Lauraceae	Leaves
11	Dalchini	<i>Cinnamomum verum</i>	Lauraceae	Bark
12	Nibu	<i>Citrus limon</i>	Rutaceae	Fruit
13	Santra	<i>Citrus reticulata</i>	Rutaceae	Fruit
14	Dhaniya	<i>Coriandrum sativum</i>	Apiaceae	Leaves, Fruit
15	Haldi	<i>Curcuma longa</i>	Zingiberaceae	Root
16	Seesam	<i>Dalbergia latifolia</i>	Leguminosae	Leaves
17	Ilaychi	<i>Elettaria cardamomum</i>	Zingiberaceae	Seed
18	Jamun	<i>Eugenia jambolana</i>	Myrtaceae	Fruit
19	Kaintha	<i>Feronia elephantum</i>	Rutaceae	Fruit
20	Heeng	<i>Ferula asafoetida</i>	Umbelliferae	Fruit
21	Mulethi	<i>Glycyrrhiza glabra</i>	Fabaceae	Stem
22	Baikal	<i>Gymnosporia montana</i>	Celastraceae	Leaves
23	Mehandi	<i>Lawsonia inermis</i>	Lythraceae	Leaves
24	Pudina	<i>Mentha arvensis</i>	Lamiaceae	Leaves
25	Pudina	<i>Mentha pulegium</i>	Lamiaceae	Leaves
26	Karela	<i>Monordica charantia</i>	Cucurbitaceae	Fruit
27	Sahajan	<i>Moringa oleifera</i>	Moringaceae	Leaves, Poddy
28	Meethi Neem	<i>Murraya koenigii</i>	Rutaceae	Leaves
29	Tulsi	<i>Ocimum sanctum</i>	Lamiaceae	Leaves
30	Khajoor	<i>Phoenix sylvestris</i>	Palmae	Fruit
31	Avla	<i>Phyllanthus emblica</i>	Euphorbiaceae	Fruit
32	Pippli	<i>Piper longum</i>	Piperaceae	Fruit
33	Kalimirch	<i>Piper Nigrum</i>	Piperaceae	Seed
34	Paan	<i>Piper betle</i>	Piperaceae	Leaves
35	Amrud	<i>Psidium guajava</i>	Myrtaceae	Leaves, Fruit
36	Anar	<i>Punica granatum</i>	Lythraceae	Seed
37	Makoi	<i>Solanum nigrum</i>	Solanaceae	Leaves, Fruit
38	Long	<i>Syzygium aromaticum</i>	Myrtaceae	Flower
39	Baheda	<i>Terminalia bellarica</i>	Combretaceae	Fruit
40	Harra	<i>Terminalia chebula</i>	Combretaceae	Fruit
41	Gulbel	<i>Tinospora cordifolia</i>	Menispermaceae	Leaves, Stem
42	Ajwain	<i>Trachyspermum ammi</i>	Apiaceae	Seed
43	Gokharu	<i>Tribulus terrestris</i>	Zygophyllaceae	Fruit
44	Methi	<i>Trigonella foenum-graecum</i>	Fabaceae	Seed
45	Ashwagandha	<i>Withania somnifera</i>	Solanaceae	Leaves
46	Adusha	<i>Withania somnifera</i>	Acanthaceae	Leaves, Roots, Flowers, Bark
47	Adhrak	<i>Zingiber officinale</i>	Zingiberaceae	Rhizome

Table 2: Family description



Tinospora cordifolia



Phyllanthus emblica



Zingiber officinale



Psidium guajava



Cinnamomum verum



Mentha pulegium

*Citrus limon**Piper Nigrum**Allium sativum*

4. Conclusion

In summary, to maintain a strong immunity, we should use plants in which we can get all the multivitamins and we are not prone to disease. In the end, I would say that we should make people aware about the usefulness of these plants as well as their conservation so that a healthy society can be created.

Many plants are used to enhance the immune system, which are given in table No.1. But some are mainly used Gilo, Basil, Garlic, Ginger, Cinnamon, Turmeric, Tejpataa, Clove, Celery Pepper, Mint, Sweet Neem, Moringa etc. Alone with this, plants from which vitamin C is obtained such as Amla, Guava, Capsicum, Lemon, Papaya, Grape, Orange are also prominent. By using these plants, can increase our immune system, so that we will be healthy and we will not get any disease.

In summary, take all the above foods for maintaining a robust immunity defense as well as reaching a healthy weight. Also, do take multivitamins and mineral supplements as appropriate; exercise at least 30 minutes each time, 4 times a week, and sleep 7-8 hours every night. A good night's sleep detoxifies the body as well as burns excess fat.

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