

Himalayan Herbal Plant: Bhramkamal

Arti Sharma, Ranjeet Singh

Abstract: Medicinal plants have been greatly used as natural medicines. Medicinal plant contains various chemical constituents which are used in various medicines and in the synthesis of useful drugs. *S.obvallata* found in Himalayas and Uttarakhand, himachal Pradesh. *S. Obvallata* is medicinal herb and also used for religious purpose. It has bitter taste and entire plant is used. *S.obvallata* is perennial plant and hermaphrodite plant. Bhramkamal plant bloom in mid monsoon mainly blooms in august to September month. Due to excessive use of bhramkamal plant for medicinal and religious purpose major is cause to decline in its population. Many type of action can be taken in the favour of conservation and sustainable use of medicinal plant.

Keywords: Medicinal plant, Bhramkamal, Overuse, Religious

1. Introduction

India has enormous diversity of medicinal plants. Medicinal plants have been greatly used as natural medicines. Medicinal plant contains various chemical constituents which are used in various medicines and in the synthesis of useful drugs.

Saussurea obvallata is a species of flowering plant in the Asteraceae. It is native to the Himalayas and Uttarakhand, India, Northern Burma and Southwest China. In the Himalayas, it is found at an altitude of around 4500m. It is state flower of Uttarakhand.

Saussurea obvallata is a perennial growth to 0.3m (1 ft). The flowers are hermaphrodite (have both male and female organs) and are pollinated by Insects flower bloom in mid-monsoon (July-August).

Bhram Kamal is a medicinal herb. The plant is considered on herb in Tibetan Medicine. Its name is (Sah-du-Gah-Ghoo). It has bitter taste. The entire plant is used. It is an endangered because people are cutting it down for their own use. It is found in the region of the Himalayas. It is also used to Cure Urogenital Disorders.

Bhram Kamal is an endangered but high value medicinal plant from temperature and cold climatic zone of world. It's over exploitation poses serious threat toward its extinction

Distribution

Bhram Kamal is distributed from Indian Himalayas to Bhutan, Nepal and China. In India, it is grow in Himalayan region between 3000-4800m above sea level. In India it is commonly found in Uttarakhand, Assam, Arunachal Pradesh, Manipur and Jammu-Kashmir. In Himachal Pradesh, it is found in Kullu, Chamba and Lahaul-Sptiti. It is also present in the hilly areas of Shri Khand Mahadev,

Kinner Kailash and Rakat Shira in Sainj Valley regions of district Kullu.

Morphology

Saussurea Obvallata is a perennial growth to 0.3m (1ft). The flowers are hermaphrodite (have both male and female organs) and are pollinated by Insects. Bhram Kalam flower bloom in mid-monsoon (July-August). Amongst the Rocks and grasses of the hillside at an altitudinal range 3800-4800m. Flower head are purple, hidden from view in layers of yellowish – green pappery bracts, which provide protection from the cold mountain environment. The flowers can be seen till mid October, after which the plant perished, becoming visible again in April.

Myth of Bhram Kamal Plant

The story of the birth of Ganesha is a popular one. When Shiva attached the head of an elephant on Ganesha's body, he was bathed with water that was sprinkled from a Brahma Kamal. That is why this lotus is given the status of a live-restoring flower of the gods. To evaluate it in terms of modern science, this flower has many medicinal properties.

It is long held belief that anybody who sees this rare flower blooming will have all his or her wishes fulfilled. It is not easy to watch it bloom because it blooms in the late evening and stays only for a couple of hours. Also the fact that it is supposed to bloom once in 14 years makes it a very rare sight.

Ehtnobotanical Uses

Roots are used in preparation applied to wounds and cuts. The floral bracts boiled in water are used as fomentation in hydrosele. Flowers are kept between wollen clothes to protect these against Insects.



Bhramkamal Plant Photo



Bhramkamal Plant Photo

Classification:

Kingdom: plantae
 Order: Asterales
 Family: Asteraceae
 Genus: Saussurea
 Species: S.obvallata

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2. Threat and Conservation

Due to overuse various plant along with s.obvallata are vulnerable to extinction. So it is important to conserve all medicinal plants. Due to excessive use of the parts of plant of s.obvallata for medicinal purpose and religious purpose is major cause in decline in its population.

Many type of action can be taken in favour of the conservation and sustainable use of medicinal plants. Some of these are undertaken directly at the places where the plants are found, while other are less or direct such as some of those relating to commercial systems, ex situ conservation and in situ conservation.

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