

# **"ROLE OF MEDICINAL PLANTS IN HUMAN LIFE"**

**JIGNASA STUDENT STUDY PROJECT**

**In**

**BOTANY**

**Submitted to the  
Commissioner Collegiate Education  
Government of Telangana**

**By**

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**Under the guidance of  
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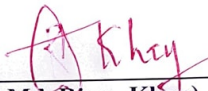


SCNM GDC NARAYANPET  
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(Research Supervisor)


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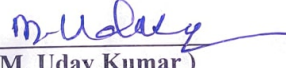
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**DECLARATION**

We are hereby declare that the study Project “ Role of Medicinal Plants In Human Life” is a record of work done by us Under the Supervision of G. Snageetha, Department of Botany, Sri Chittam Narsireddy Memorial Government Degree College, Narayanpet. The project has not been previously done by any others in this college and any other college.

Varsha Kumari *Varsha*  
K. Sai Madhuri *Sai Madhuri*  
P. Sindhu *Sindhu*  
D. Ragini *Ragini*  
K. Sirisha *Sirisha*  
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*G. Sangeetha*  
**G. Sangeetha**  
Supervisor

## **CERTIFICATE**

This is to certify that the Original genuine investigation work has been carried out to Investigate about the subject matter collection and investigation has been completed Group sincerely and satisfactorily by B.Sc. Students, Sri Chittem Narsireddy Memorial Government Degree College, Narayanpet regarding their project titled “Role of medicinal Plants in Human life”

**Supervisor**  
( G.Sangeetha )

**Jignasa coordinator**  
( Dr. Riyaz Khan M )

**Principal**  
( Dr.Mercy Vasantha )

## *ACKNOWLEDGEMENTS*

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# INTRODUCTION

- Indian traditional medicine is based on different systems such as Ayurveda, Sidda and Unani used by various communities. In India local people and tribals are using plants in originated health care for over 5,000 years.

The use of medicinal plants is found in almost all cultures. These medicinal plants are safe, readily available and cost less. This medicinal system is also accepted naturally as it has no side effects. Ministry of Environment and Forests, Government of India carried out a Survey and reported that 8000 species of plants are available in our country.

- **OBJECTIVES**

- Understand the importance of medicinal plants in Primary health care.
- Know the plants commonly used in primary health care.
- Understand the quality, safety and efficiency of using herbal medicine for treatment.
- Find out whether or not herbal medicine should be used in this contemporary society.
- Particularly those plants efficiency in cure of Covid symptoms.



## **Review of Literature**

- Robert J. Shulman) He had studied about Indian Medicinal plants in his Research in 1998.
- (Dr. Belvotagi Venkatrao )He had studied about importance of Ayurvedic plants in his Research in 2001.
- (Shradha Sahu) She had studied about importance of medicinal herbs in her Research in 2003.
- (Susan J. Hewlings) He had studied about indian Medicinal herbs in his Research in 2006.
- ( Charu Saxena)She had conducted a Survey on Ayurvedic plants in her Research in 2008.

## MATERIALS AND METHODS

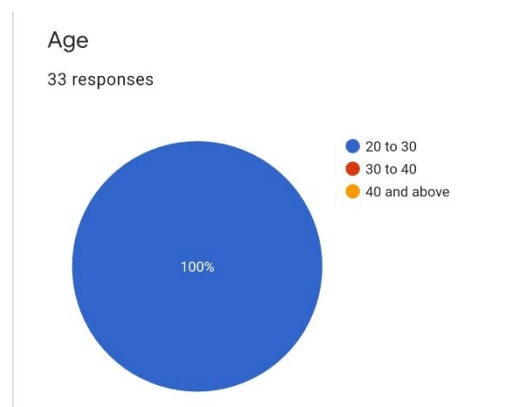
- The present study aims that which plants are commonly used in relief from the Covid symptoms.
- An Ethnobotany survey conducted on medicinal plants to prevention from Covid pandemic.
- The information was gathered using various techniques such as open and structured interviews and discussions.
- Plants were identified using relevant scientific literature.
- Herbal explorations were conducted intensively with the involvement of UG III year students of Botany.
- The herbal plants collected, prepared specimens and preserved in the Department of Botany.
- An attempt has been made into study the parts used and method of usage in folk medicine of each plant and the relevant information is documented.

### Age Group

20 to 30 = 33

30 to 40 = 0

40 and above = 0



## Are you effected by Covid Virus

Negative = 1 person

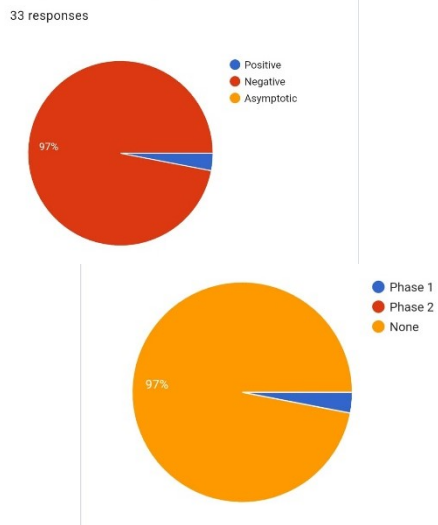
Positive = 32 persons

If yes in which phase effected

Phase I = 1

Phase II = 0

None = 32



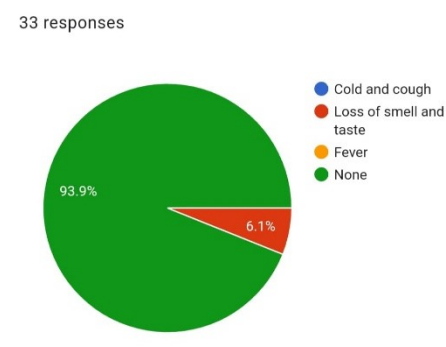
## Symptoms you had

Cold and cough = 0

Loss of smell and Taste = 02

Fever = 0

None = 31



## Are this medicinal plants useful

even if you are negative

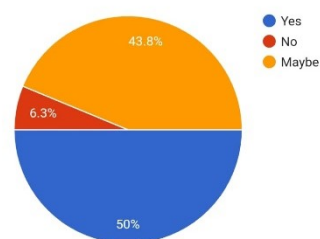
Yes = 16

May be = 14

No = 02

Are these medicinal plants useful even if you are negative

32 responses

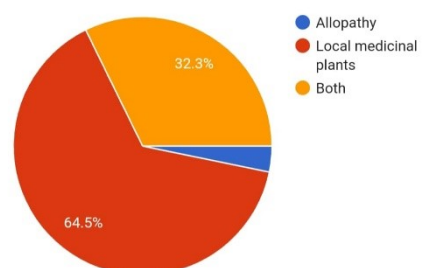


## Medication taken

Local medicinal plants = 22

Medication taken

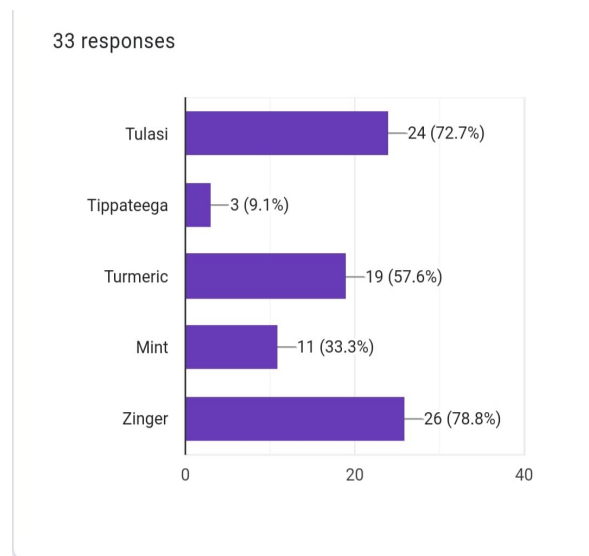
31 responses



Allopathy = 01

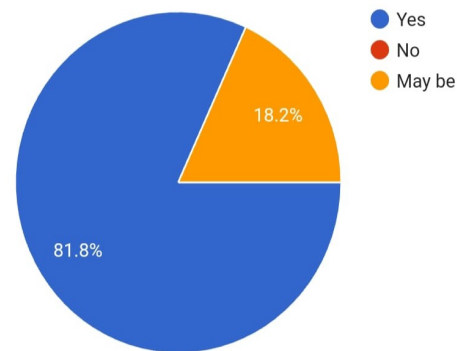
Both = 10

## Medicinal plants used



## Are medicinal plants helpful

33 responses



## RESULTS AND DISCUSSIONS

- In the present study ethnobotanical information of 5 plants belongs to 3 families was compiled from various habitats.
- *Mentha pipernata* and *Ocimum sanctum* belongs to Lamiaceae family.
- *Zingiber officinale* and *Curcuma longa* belongs to Zingiberaceae family.
- *Tinospora cordifolia* belongs to Menispermaceae family.
- The study shows that in this Covid pandemic situation the people commonly used the plants to preventive from Covid.
- These plants are very helpful, fight against to covid symptoms like fever, cold, cough, and body pains.

# Pippermint

Scientific name: *Mentha piperinta*

Common name: Mint

Family: Lamiaceae

Useful part: Leaves



- The leaf and oil are used as medicine.
- Pippermint is used for the common cold, cough, inflammation of the mouth and throat, sinus infections and other respiratory infections.
- Pippermint oil is promoter for topical use(applied to the skin) for problems like headache, muscular aches, joint pain and itching.
- Pippermint oil as menthol limonene which are ingredients that naturally have healing powers. People suffering from joint pains or for rheumatoid arthritis can find relief from pains & stiffness because of the analgesic anaesthetic and anti inflammatory properties found in this oil.

# Tulsi

Scientific name: *Ocimum Sanctum*

Common name: Tulasi

Family: Lamiaceae

Useful part: Leaves



- Tulsi is undeniably one of the best medicinal herbs on the planet,
- Tulsi leaves extract increases the T- helper cells (a type of white blood cells) and natural killer cells, boosting immune system.
- Tulsi leaves are helpful in build immunity to fight Covid.
- Tulsi can increase lung capacity and reduce laboured breathing. It is commonly under in asthma bronchitis rhinitis and other respiratory conditions.

# Ginger

Scientific name: *Zingiber officinale*

Common name: Ginger

Family: Zingiberaceae

Useful part: Rhizome



- Ginger modulates oxidative stress and prostaglandins as harmful factors in Covid-19.
- Unbalanced responses of effectors T-cells contribute to the Covid-19 pathogenesis.
- Ginger spice comes from the roots of the plant. It's used as a food flavoring and medicine.
- Ginger contains chemicals that might reduce nausea and swelling.
- Chemicals of ginger seems to work in the stomach & intestine and also the help the brain and nervous system to control nausea.



# Turmeric

Scientific name: *Curcuma Longa*

Common name: Turmeric

Family: Zingiberaceae

Useful part: Rhizome



- Turmeric has been describe in Sidda literature, especially for the treatment of respiratory disease and inflammatory disease.
- It has wide spectrum biological actions including anti infections, anti inflammatory, anti viral, immuno- modulator, anti microbial and anti oxidant activity.
- Covid-19 is an infectious disease caused by a newly discover corona virus.
- Turmeric is well tolerated at high doses without any toxic effects.
- Recent studies have proven the medical uses of turmeric for respiratory disease, liver disease, diabetes, cancer and Alzheimer’s disease.

# Giloy

Scientific name: *Tinospora Cordifolia*

Common name: Guduchi, giloy

Family: Menispermaceae

Useful part: Leaves, Root, Stem



- Giloy is ancient herb that is packed with an array of benefits.
- in ayurveda, giloy is considered one of the best medicine to treat various fevers and other conditions.
- Giloy can boost immunity, hence it may be useful for various fevers specifically for viral fevers like corona infections.
- Giloy is very useful in heavy fever also known as allergic rhinitis. It reduces the symptoms like runny nose, sneezing, nasal obstruction, watering of eyes.

## Summary & Conclusion

- Medicinal plants can be a good alternative for many diseases and Conditions .
- They are low cost , and tend to have fewer side effects Moreover , they can be bought
- In health food shops, pharmacies and one-line without the need of prescription However ,
- Herbal medicines can still have unwanted health effects especially when used in combination
- With other drugs if you are using more than one consult with a naturopath or established
- herbalist .Its also important to tell your physician that you are using an alternative medicines to prevent Drug interaction

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