

## THE UNIQUE ROLE OF MEDICINAL PLANTS IN PRIMARY HEALTH CARE

*Dr. E. Rajender Reddy*

*Assistant Director, Dr. Braou, RC, Karimnagar, SRR, Government Degree College, Karimnagar, Telangana, India*

### **ABSTRACT**

*Trees play an integral role in the lives of humans and animals. Trees can live without human intervention, but it is a literal truth that humans did not live without trees. In the modern world, herds and tribals use herbal remedies to reduce the spread of all kinds of diseases. Awareness of the tribals is that they are able to protect themselves from many diseases. The villagers use plants as their primary medicine and live without the need for medical facilities and hospitals. Due to their way of life, medicinal plants in nature are still protected from extinction.*

**KEYWORDS:** *Indivisible, Disease, Medicine, Tribes, Nature, Tribals, Basic Medicine*

---

### **Article History**

**Received: 15 Nov 2018 / Revised: 20 Nov 2018 / Accepted: 27 Nov 2018**

---

### **INTRODUCTION**

Humans use trees for every need they encounter in their way of life. It is also difficult to imagine human emergence without oxygen. It is not surprising to say that trees have helped man to reach civilization. He used the tree to hide his body, to protect it from insects and venomous snakes, and to protect it from temperature differences. Primitive man covered his body with leaves and vines. In the evolutionary process, garments are made using cotton / cotton fabrics. The tree is used to meet all the basic needs like habitat and food. The trees found in his surroundings were a support for the treatment of wounds and illnesses. Man used the compounds obtained from the leaves and bark of trees as a remedy for many ailments. Their research and experiments were based on finding out which plant was the cure for any disease. In addition to the diseases, different plant medicines were used to move towards prevention. Humans themselves live in different habitats and continue their primitive way of life as herds, tribes and tribes. Only one of them knows which plant is the key medicine for any disease. The person is measured by the Tandavas as Ojja, Vejju, Gurus and Pujars. That person is considered and valued as having supernatural powers. Different plant chemicals are used as drugs for the same disease in different tribes. They all live as hill people and jungle dwellers with different cultures, traditions and commitments and are treated in different ways.

There are no refinements in their medical procedures. Belief, who's healing can be continued only on the heels. They do not like to reveal details of plants that have medicinal values. Only their families or disciples are told about the trees, the medicinal properties, and the isolation of the chemicals, the dosage, the treatment and prevention of the disease. It will continue to be a secret education. One of the next generations of disciples or family will act as a doctor. The discovery made by the ancestors, their experiments, and the experiences thus gained turned out to be healing. The customs, customs, language, culture and beliefs of the people living in different places are different. Yet they all regard the supernatural as God, their protector. They adopt primitive occupations for their livelihood. All of them are referred to as folk groups or tribal groups. There are four hundred and fifty types of folk groups in India, numbering about sixty million. In Indian Territory, it is

estimated that they constitute fifteen per cent of the population.

There are no changes or additions in tribal medicine, because only one person in the herd has the knowledge of medicine. Do not discuss drugs. It remains a mystery. Plant products are used extensively as medicines, and animal products and salts are consumed sparingly. It is strongly believed that if the patient is aware of the medicinal plants used in this medicine, the drug will not work and the potency of the drug will decrease. So no one else is trying to find out about the medicine.

Tribal medicine is limited to their tribe. It is limited to a certain area. A drug cannot be consumed in the same way in different tribes. The same medicine is used in the prevention of different diseases in different tribes. Familiar plants are used in there, in their experience, in the prevention of different diseases.

Scientists in their research laboratory have chemically analyzed the medicines mentioned in tribal medicine and referred to them as "herbal medicine", "herbal medicine" and "eco-friendly medicine". Dr. who has done a lot of research on tribal medicine from our state. Koppula Hemadri" believes that many great medicines are used in tribal medicine. They is many herbal collected news from the tribes and published it in various books, articles and weekly magazines.

Although tribal medicine and folk medicine are almost identical, there are many differences in medical practices. Drugs, treatment, procedures, and dosages among the Tribals are limited to their tribe. But folk medicine is widespread. Our home medicine is also a part of folk medicine. In which there is no secrecy, no secrecy. Their healing tips are explained in the form of proverbs as well as poems. Tribal medical treatment is done by illiterate people, while folk medicine is done by people who are language literate and literate. However, both of these types of medicine use herbs.

### **Plants / Trees as Medicines; as Drugs**

It has long been used in many medical procedures as a pain reliever and pain reliever. Charakadu in his Ayurvedic practice used various types of plants and their components in different doses and as medicines to reduce different diseases. Charakadu, a disciple of Agniveshu, revised his teacher's book "Agnivesha Tantra" and wrote a book called "Charaka Samhita". This book is still known as the "Standard Book for Ayurveda". Seven hundred species of plants are described in this book with descriptions to identify them. The "Charaka Samhita", the "Sushruta Samhita" and the "Ashtanga Hridaya Samhita" are collectively known as the "Ayurvedic Old Trio". In Ayurveda, natural herbal medicines are given to the patient. These are served internally as powders, powders, pellets, decoctions, ashes, and leachate. The upper bouts featured two cutaways, for easier access to the higher frets. In most Ayurvedic and Siddha medicine, the herbs used for the same diseases are the same.

These days the use of herbal medicines in the form of infusions, powders and granules containing raw materials has decreased. Instead, modern methods use active chemicals in the form of refined drugs. It manufactures and sells synthetic drugs that have a chemical nature, instead of raw drugs. These have indirect effects on the patient's body. Traditional medicine is "probiotic". So purifying and putting into practice these traditional, tribal medical practices will give their people a healing that has no indirect effect, perfect health. Koppula Hemadri has made special efforts in this direction in our state.

## **OBJECTIVES**

**The Following Objectives were Set for this Study. They are**

- To access to traditional medicine, as well as create awareness / treatment without indirect effects / side effects.
- To study the role of plants used in primary health care and create awareness on medicinal importance and medicinal properties of native plants.
- To identify the role of medicinal plants in daily life, collection-description of medicinal properties of native plants.
- To study plant taxonomy and introducing raising non-harmful medical practices and awareness on affordable medicines.

**Research Method:** Content was collected through field visits for this study. The experts on herbs from different villages are enquired for the usage of the herbs.

**Secondary Resources:** Extracted from the Internet and Newspapers.

Plants are especially helpful in the primary health care of humans and other organisms. Traditional Indian medicine such as Ayurveda, Siddha, Unani and Homeopathy are mainly based on medicinal plants and other natural ingredients. The Greek physician Hippocrates, the father of medicine, stated: He also said that "the food we eat is our medicine." According to this, eating vegetables and fruits will help us to maintain good health. All the vitamins, minerals and antioxidants that we need for nutrition also enter our body through food.. They have high potency and can cure diseases when used in very small doses. This means that they are very powerful and useful as medicines. Garlic, for example, can lower blood cholesterol and promote blood circulation, as well as bacteria, viruses and yeast.

Herbal medicine relies on the notion that natural fruits, vegetables, grains, seeds, and nuts have medicinal properties. Experiencing the medicinal properties of these substances in different countries and further modernizing that knowledge have made them popular as a variety of traditional medicine.

There are several benefits to using herbs for basic health care. These drugs are available cheaply. Effectively prevent the disease and have no unwanted results. If the disease is not completely cured, it will not have any adverse effect on the human body.

**Aloe Vera:** When heated in the body two to five spoons of aloe vera paste mixed with a little sugar will subside if taken for ten to fifteen days. Boil on aloe vera for bruises and wounds and guard with it. If there is inflammation of the soles, put aloe vera paste on a cloth and tie it to the feet while sleeping at night. Relief is available in four to five days. Taking one tablespoon of white pulp every day for a month will reduce the hormonal imbalance.

**Neem Scientific Name: Azadirachta Indica**

Neem leaves are used to find out if there is venom when a snake bites. When a person is bitten by a snake, chewing neem leaves is known to be poisonous if it is sweet and not poisonous if it is bitter. Neem leaf is used to prevent postpartum fever. For measles and mumps, mothers lie down in neem leaves to soothe them. On the ninth day, rub the body with a little turmeric and bathe. Helps to reduce body heat and prevent infection.

The scientific name of Touch-menot: *Mimosa pudica*

An infusion made from the leaves of Attipatti can be used three days a month to increase fertility. In case of stomach

ache, boil ten grams of leaves in a cup of water, one cup of water and drink it for three days. Ball leaf scientific name: Those who have Tajitas petula should apply paste pus in the ear of two drops of ball leaf twice a day for five to ten days. In case of worms in cattle, the larvae are killed by crushing fifty grams of leaf and making a paste and placing it on the ulcer. By planting ball trees around the field, a chemical called tazitin in the ball flower and ball leaves can prevent nematodes from infesting the crop.

The scientific name of Cassia: *Cassia aruculeta*

Dandelion leaf is used to treat burns and wounds. Dandelion leaves dried in the shade can be dried and canned to treat wounds. Swelling and pain will be reduced if the leaves of the pale dandelion are left to dry without touching the saliva.

### **TuLasi Leaf**

**Scientific Name: *Ocimum Tenufolium*:** In case of fever, four or five leaves should be washed in clean water and chewed for three days in the morning and evening. Ten to fifteen leaves should be taken twice a day for four days when cold or cold. Those who have a cough should chew ten to fifteen leaves twice a day for three or four days. If the child is less than five years old and has a cough, mix the juice with a pinch of basil leaves, a pinch of oma and a pinch of salt and drink it once a day for two to three days. If there are ticks on the head, put the basil leaves in a white cloth, tie it around the head and keep it there till dawn.

**Basil (*Ocimum Bassilicum*) is also a Good Cosmetic.** Those with dark spots can apply a small amount of yellow, basil leaf juice on the face and wash off with cold water to gradually remove the spots. Those who get fever after getting wet in rain should eat cassava, lime and ten basil leaves in betel leaves. It should be eaten twice a day for four days.

### **Malabar Nut**

**Scientific Name: *Adatoda Xylonica***

Those with a cough should wash and dry the horizontal leaf, remove the peel from the leaves, crush the leaves and tie the pellets with peanuts. It should be used for three months at the rate of two tablets per day. Bruises, bruises, and swellings can be reduced by crushing the leaves and applying a poultice to them.

### **Redroot Pigweed (*Gutugutu Leaf*)**

**Scientific Name: *Amaranth Us Retroflex as***

For burns, crush the gutu gutu leaf with castor oil, place it on the burn and bandage it. If the bandage is cut for three days, the wound will heal. If a child has a cough, a spoonful of leaf extract should be mixed with avocado juice. Adults have a cough that subsides in two days if chewed on either leaf or flower betel. People with sore throat should take neem, mix it with a spoonful of milk, add aloe vera juice and drink it once in three days. If the dog bites, the poison will come out if the rule of thumb is cut off and placed on it. Keep for three consecutive days from the day of bite

### **Termaric**

**Scientific Name: *Curcuma Langa***

For those who have a cold or a cold, a pinch of turmeric in milk should be taken twice a day for three days. For wounds and bruises, the yellow should be moistened with water and applied as a poultice or ointment. In case of burns, immediately soak the burnt part in water for a while and then apply a thin layer of turmeric paste on the affected area to reduce inflammation. If the body is dry, swallow a pinch of yellow paste on the run. Due to the antibacterial properties of turmeric, it is used in Ayurvedic and Unani medicine for stomach ache, tonics and blood purification. Contains a

chemical called curcumin. It has anti-microbial properties and anti-inflammatory properties. Turmeric is also used as a special medicine in home medicine.

### **Chebulic Myrobalan**

#### **Scientific Name: Terminalia Chebula**

Cucumber powder is used to treat pimples. If the baby has a cough, dilute the crumbs and drink one or two drops of sandalwood on the run. Drink twice a day for three days. Cucumber fruits are used medicinally for acidity and gastrointestinal problems. These fruits are used as a medicine for diabetes and diarrhea. When the stalk leaf are pierced thorns of the wood manure is broken, add a little salt and turmeric to the stalk leaf, clean the thorny spot and bandage it for one or two days. If there are thorns, wood or pus, it comes out and the pain is reduced. Fifty grams of leaf can be crushed by adding turmeric and salt.

### **CONCLUSIONS**

The scientific study of tribal medicines is to use in therapies and the discovery of new medicines to protect against many of the new ailments and calamities caused by modern lifestyles, and conservation of rare, endangered plants and species. Tribal medicine, folk medicine is not limited to certain areas but expands the scope. Extraction of drugs not present in modern medicine from tribal medicine. Drought farming, protection of endangered plants due to new farming practices. The invention of drugs is that it do not have an indirect or adverse effect. Preparation of Inexpensive Drugs, Preservation of Traditional Medical Policy Bringing probiotic approaches closer to the public.

### **REFERENCES**

1. Vaidya Bhagwan Dash, *Agnivesa's Caraka Samhita Vol-3, reprint-2011, published by chowkhamba Sanskrit Series Office, Varanasi, printed by Chowkhamba press, Varanasi.*
2. Vaidya Bhagwan Dash, *Agnivesa's Caraka Samhita Vol-4, reprint-2012, published by chowkhamba Sanskrit Series Office, Varanasi, printed by Chowkhamba press, Varanasi.*
3. Srikantha Murthy K R, *Bhavaprakasha of Bhavamisra, vol 2(Madhya&uttara khanda), third edition-2005, published by chowkhamba krishnadas academy, Varanasi, printed by chowkhamba press, Varanasi.,*
4. Sharma P V, *Cakradatta, edition-2007, publisherschowkhamba, Varanasi, printed by tarun offsetpress, new delhi*
5. Srikantha Murthy K R, *Ashtanga samgraha of vagbhata, vol-1(sutra sthana), ninth edition-2005, reprint-2007, published by chowkhamba orientalia, gopal mandir lane, golghar, Varanasi, printed by charu printers, golghar, Varanasi*
6. Srikantha Murthy K R, *Ashtanga samgraha of vagbhata, vol-2(sarira, nidana, chikista, kalpa sthana), fifth edition-2005, published by chowkhamba orientalia, gopal mandir lane, golghar, Varanasi, printed by charu printers, golghar, Varanasi*
7. Premvat Tewari & Asha Kumara, *Vrundamadhava or siddha yoga, part-1, first edition-2006, published by Chaukhambha Visvabharati, gopal mandir lane, Varanasi, printed by Shreejee printers.*

