

ANALYTICAL STUDY OF GREEN LEAFY VEGETABLE IN AYURVEDIC MEDICINAL PLANTS : A NATURAL MEDICINE MAKING PROCESS

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ABSTRACT

Medicinal plants have been used from the ancient civilization of the society. Traditional Indian medicine (Ayurvedic) is becoming increasingly popular, with much chronic condition responding to it well. From thousands of years these plants have been used to treat and prevent many types of disease along with epidemic. Every portion of the plant has medicinal properties. A detailed knowledge of the action of food spices and medicinal plant is need in order to understand their potential influence fully. The Ayurvedic medicine are based on natural herbal materials, majority of regular cultivated as well as wild vegetables have medicinal property and can be used to treat common ailments. In the present paper attempts were made on ethno-medicinal properties of some cultivated and wild vegetables from, published research articles and books. On the basis of available ethno-botanical information and Ayurvedic used of vegetables through published literature studies. It observed that 24 vegetables from 12 families. These may be cultivated or wild are very useful. Various parts of the vegetables that is root, stem, bark, leaves, flowers, fruits or seeds may be used in Ayurvedic treatment for curing to the diseases. The vegetables plant part being used for both internal and external. Different disease like, diabetes, rheumatism, dysentery, dyspepsia, gastritis, constipation, urinary disorders, are mostly treated by these cultivated as well as wild vegetables. These are easily available in natural habitat cheap and excellent source of nutrients but it is needed to understand the Ayurvedic prospective of these vegetables.

Key words: Green Vegetable, Medicinal, Leaf, Ayurvedic potential, Diseases, Treatment, Plants.

Introduction

Traditional knowledge of wild food is largely transmitted through participation of individuals helps for future generation to obtain inexpensive food resources. Knowledge related to wild edible plants is rapidly eroding because they are largely ignored by the people. As compared to medicinal plant there is limited documentation of traditional knowledge regarding wild edible plants. The vegetables are natural habitat and easily available from surrounding. These are excellent source of nutrients like proteins, carbohydrates iron, vitamins, minerals and some other secondary metabolites. Regular use of these vegetables may indirectly act as alternative sources of medicinal drugs along with nutritional benefits. Near about 3900 plant species are used as food by tribal, out of which 145 species comprise of root and tubers, 521 of leaf vegetable. India secured second position in the world, next to China, in vegetable production. Although 175 major and minor vegetables crops are grown in India including 82 leafy vegetables there is challenge to achieve the target of 160 million tons of vegetables to fulfill

the recommended requirement by 2020. These wild and cultivated edible vegetable not only serve as alternative to staple food during periods of food deficit but they play as a valuable supplement for nutritionally balanced diet. Plants have an important role in maintaining health and improving quality of human life. Many medications have side effects and withdrawal symptoms that, if the medications are later discontinued, can become problematic. In such circumstances, Ayurveda has much to offer. Approximately 90% of Ayurvedic properties are plant based. Ayurvedic plants have a stronger action on the body than either food or spice. Such action enables the plant to reverse patho-physiological processes and stabilize the Dosha. There is misconception that Ayurvedic preparations being natural are always safe. This is untrue Charaka Samhita note that Ayurvedic medicines have adverse effects when prepared and / or used inappropriately, so it is important that when taking Ayurvedic treatment it should take under the expert in Ayurveda. There is very little known about the Ayurvedic medicinal prospective of the vegetable, therefore in the present studies effort has been made to understand the Ayurvedic medicinal importance of vegetables.

Research Methodology

Research articles from various ethno-botanical journals, Ayurvedic magazines and books were referred to gather the information regarding the traditionally used vegetables and their medicinal uses. The data obtained is critically reviewed and arranged systematically with reference to their botanical identity and Phytochemicals.

1. Abelmoscus esculentus Linn
2. Allium cepa Linn
3. Allium sativum Linn
4. Anethum graveolens (Linn.) Benth
5. Amaranthus spinosus Linn
6. Amorphophallus conopsea
7. Benincasa hispida
8. Beta vulgaris
9. Brassica oleracea var. botrytis
10. Brassica oleracea var. capitata
11. Brassica sativus var. caudatus
12. Canavalia gladiata
13. Capsicum frutescens
14. Cassia tora
15. Cicer arietinum Linn
16. Citrullus colocynthis
17. Clerodendrum serratum
18. Coccinia grandis
19. Colocasia
20. Coriandrum sativum, Linn
21. Daucus carota Linn

Above mentioned all plants are crucial in present medicinal and food industry as results as fame in medicine industry & Food is itself medicine and it is possible to make a person disease free with a proper diet. In order to maintain a good relationship between the diet, health and disease a well-balanced nutritious diet is important. Vegetable's plant has maintaining health and improving the health quality of human. They provide vitamins and minerals. Different traditional and regular vegetables used for medicinal purpose from different group of families. vegetables are identified

which having medicinally important biochemicals. Analysis of the ethno botanical information revealed that one or the other parts of vegetables belong to about 24 species of 12 families are used as Ayurvedic prospective in India. Mostly vegetable are herbs and they have contains vitamin, steroids, glycosides, flavonoids etc. the vegetables as Ayurvedic importance. Ayurvedically these vegetables showed different Rasa and Virya, some vegetables showed pungent, strong or Tikta or sweet Rasa, with Sheeth (cool) or Ushan (hot) potency. Different Part of these vegetable plants are used as medicinal valuable mostly root, leaf, stem and seed are used for curing different disease and disorders. Overlapping between food and medicine is wee known in traditional societies and represent an often neglected field in ethno pharmaceutical research. No clear dividing line between food and medicinal plant usually exists especially in indigenous and local tradition. Food can be used as medicine and vice versa.

CONCLUSION

Edible and medicinally valuable vegetables can provide healthy alternatives to highly processed food and pharmaceuticals. The present review indicates that regular use of wild and edible vegetables is helpful in prevention and management of wide range of diseases conditions. So, there is a need for making aware to the society for understands to this indigenous knowledge. Scientific studies of all these vegetables are highly desirable to establish their efficiency for safe medicinal use.

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