

# Ethno Medicinal plant in our Area

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## ABSTRACT

Ethnomedicinal plants are an important part of traditional healthcare systems and have been used by local communities since ancient times for the treatment of various diseases and health disorders. The present study entitled “Ethnomedicinal Plants in Our Area” was conducted to document and analyze medicinal plants commonly found and used in the selected locality. Information was collected through field surveys, direct observation, informal interviews with local residents, traditional healers, and available literature. The study recorded several ethnomedicinal plant species belonging to different families and growth forms such as herbs, shrubs, trees, and climbers. These plants are traditionally used for the treatment of common ailments including cough, cold, fever, digestive disorders, skin diseases, wounds, diabetes, and inflammation.

Different plant parts such as leaves, roots, bark, flowers, fruits, and seeds were found to be utilized in the preparation of herbal remedies. The study highlights the rich traditional knowledge preserved among local people and emphasizes the need for proper documentation and conservation of medicinal plant resources. Increasing urbanization and changes in lifestyle may lead to the loss of valuable ethnomedicinal knowledge. Therefore, efforts should be made to conserve both medicinal plant diversity and indigenous knowledge for future generations. The findings demonstrate the significant role of ethnomedicinal plants in supporting primary healthcare and sustainable utilization of natural resources.

**Keywords:** Ethnomedicinal Plants, Traditional Medicine, Indigenous Knowledge, Medicinal Plant Diversity, Herbal Remedies, Ethnobotany, Plant Conservation, Local Healthcare, Biodiversity, Folk Medicine.

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## INTRODUCTION

Plants have been an integral part of human civilization since ancient times, serving as sources of food, shelter, fuel, clothing, and medicine. Among their various uses, medicinal applications hold special significance because plant-based remedies formed the foundation of traditional healthcare systems long before the development of modern medicine. Even today, many rural and semi-urban communities rely on locally available plants to treat common ailments such as fever, cough, digestive disorders, skin diseases, wounds, and general weakness. The present study, entitled “**Ethnomedicinal Plants in Our Area,**” focuses on documenting plants traditionally used by local communities for medicinal purposes. Ethnomedicinal plants are those utilized in folk healthcare practices and traditional healing systems. These plants may be cultivated in home gardens or found naturally in fields, roadsides, village surroundings, wastelands, forests, and other habitats. Knowledge regarding their medicinal uses has been passed orally from one generation to another through observation, experience, and cultural traditions.

Ethnomedicine refers to the traditional medical knowledge and healing practices of a particular community. It forms an important component of ethnobotany, the branch of science that studies the relationship between people and plants. Local communities often possess valuable information regarding the collection, preparation, and use of different plant parts such as leaves, roots, bark, flowers, fruits, and seeds for healthcare purposes. However, rapid urbanization, modernization, habitat destruction, and changing lifestyles have contributed to the gradual loss of this traditional knowledge. Therefore, systematic documentation of ethnomedicinal plants has become increasingly important.

India possesses a rich heritage of medicinal plant use through systems such as Ayurveda, Siddha, Unani, and folk medicine. Common ethnomedicinal plants found in many localities include Tulsi (*Ocimum tenuiflorum*), Neem (*Azadirachta indica*), Aloe vera (*Aloe vera*), Giloy (*Tinospora cordifolia*), Amla (*Phyllanthus emblica*), and Bael (*Aegle marmelos*). Several wild herbs and weeds also possess ethnomedicinal significance. These plants are valued not only for their traditional therapeutic uses but also for their cultural, educational, ecological, and conservation importance.

The present study aims to identify, document, and analyze ethnomedicinal plants occurring in the selected locality. Information regarding botanical names, local names, families, habitats, plant parts used, and traditional medicinal applications has been collected and organized scientifically. The study also emphasizes the conservation of medicinal plant diversity and the preservation of traditional knowledge. By preparing a systematic record of local ethnomedicinal resources, the research contributes to ethnobotanical understanding, biodiversity conservation, and future scientific investigations related to medicinal plants.

## REVIEW OF LITERATURE

The review of literature provides the scientific and academic foundation for the present study entitled “*Ethnomedicinal Plants in Our Area.*” Ethnomedicinal plants are those plant species traditionally used by local communities for the treatment of various ailments. The study of these plants forms an important branch of ethnobotany, which explores the relationship between people and plants. Ethnomedicinal knowledge is generally transmitted orally from one generation to another and represents a valuable component of cultural heritage

The use of medicinal plants dates back to ancient civilizations. In India, traditional healthcare systems such as Ayurveda, Siddha, and Unani have relied extensively on medicinal plants for disease prevention and treatment. Besides these formal systems, rural and tribal communities have developed their own folk medicinal practices based on locally available plant resources. Traditional knowledge has played a significant role in identifying plants with therapeutic value and continues to contribute to healthcare in many regions.

Numerous ethnobotanical studies conducted across India have documented the medicinal uses of plants by different communities. These studies generally record local names, botanical names, plant families, habitats, plant parts used, methods of preparation, and ailments treated. Researchers have emphasized that local knowledge varies from region to region and therefore requires systematic documentation. Such studies also contribute to biodiversity conservation and cultural preservation. Literature reveals that a wide variety of herbs, shrubs, trees, climbers, and grasses are used in traditional medicine. Common ethnomedicinal plants include tulsi (*Ocimum tenuiflorum*), neem (*Azadirachta indica*), aloe vera (*Aloe vera*), giloy (*Tinospora cordifolia*), amla (*Phyllanthus emblica*), bael (*Aegle marmelos*), and ashwagandha (*Withania somnifera*). Herbs are often reported as the dominant life form due to their abundance and ease of collection.

Different plant parts such as leaves, roots, bark, fruits, seeds, stems, and latex are used in traditional healthcare. Leaves are the most frequently utilized plant part because they are easily available and can be harvested sustainably. Traditional preparations include decoctions, juices, powders, pastes, infusions, and external applications. The method of use varies according to local customs and the nature of the ailment. Several studies have highlighted the growing threat to medicinal plant diversity due to habitat destruction, overharvesting, urbanization, and loss of traditional knowledge. Conservation through sustainable harvesting, cultivation, home gardens, and medicinal plant gardens has been widely recommended. Researchers have also stressed that not all medicinal plants are completely safe. Some species may be toxic if misidentified or used improperly, making scientific identification and safety awareness essential.

The reviewed literature indicates that ethnomedicinal plants play a significant role in traditional healthcare and biodiversity conservation. Documentation of local medicinal plant knowledge is important for preserving cultural heritage, supporting future scientific research, promoting conservation, and creating awareness about the sustainable and safe use of plant resources. The present study has therefore been undertaken to document and scientifically record ethnomedicinal plants found in the local area.

## MATERIALS AND METHODS

The present study entitled “**Ethnomedicinal Plants in Our Area**” was conducted as a field survey-based descriptive and ethnobotanical investigation. The study aimed to document medicinal plants used traditionally by local communities and to record their botanical identity, habitat, plant parts utilized, and ethnomedicinal applications. The work combined botanical surveys with ethnobotanical documentation to collect reliable information regarding medicinal plant diversity and traditional healthcare practices.

The survey was carried out in **Dhanupur, Prayagraj District, Uttar Pradesh**, during the period from **September 2025 to April 2026**. Various habitats including home gardens, agricultural field margins, roadsides, temple surroundings, pond sides, hedges, and wastelands were selected to ensure maximum representation of ethnomedicinal plant diversity. These sites were visited repeatedly during different seasons to observe the occurrence and availability of medicinal plants.

Field investigations were conducted using a field notebook, pen, mobile camera, hand lens, measuring scale, sample collection bags, labels, newspapers, gloves, herbarium sheets, and standard botanical literature. Photographic documentation and specimen collection were carried out whenever necessary for proper identification and record maintenance. Plant occurring naturally or cultivated within the study area were observed and documented. Species traditionally known for medicinal uses were selected for detailed study. During field visits, information regarding habit, habitat, morphology, flowering condition, and local abundance was recorded. Photographs were taken in natural habitats, and representative specimens were collected carefully without causing unnecessary damage to plant populations.

Collected specimens were identified using morphological characteristics such as stem type, leaf arrangement, flower structure, fruit type, and other diagnostic features. Identification was verified with the help of standard floras, taxonomic literature, and medicinal plant references. Botanical names and families were recorded according to accepted taxonomic nomenclature.

Ethnomedicinal data were gathered through informal interviews and discussions with elderly persons, farmers, gardeners, household members, and traditional healers. Information regarding local names, plant parts used, methods of preparation, medicinal applications, and associated precautions was recorded. Data obtained from informants were cross-checked with available literature for verification. The collected data were classified according to plant family, habit, habitat, plant parts used, disease category, and safety status. Simple descriptive statistics and percentage analysis were employed for interpretation. Traditional knowledge was documented with respect and confidentiality, and all medicinal information was recorded strictly for academic purposes without recommending therapeutic use. The study did not include laboratory validation of medicinal properties, and therefore the reported uses represent traditional knowledge and literature-based information only.

#### RESULT AND DISCUSSION

The present investigation on “**Ethnomedicinal Plants in Our Area**” revealed that the study area possesses a rich diversity of medicinal plant species that are traditionally used by local communities for healthcare purposes. A total of **20 ethnomedicinal plant species** belonging to **16 different plant families** were recorded during the field survey. The diversity of families indicates the broad taxonomic representation of medicinal flora in the locality.

Analysis of growth habits showed that **herbs constituted the dominant group (35%)**, followed by trees (30%), shrubs (15%), climbers (10%) and grasses (10%). The study also demonstrated that **home gardens were the most important habitat** for medicinal plants, serving as reservoirs of commonly used species such as tulsi, aloe vera, mint, curry leaf and lemongrass. Other habitats including roadsides, temple surroundings, agricultural field margins, pond sides and wastelands also supported valuable medicinal species.

The findings revealed that **leaves were the most frequently utilized plant part**, followed by fruits, roots, stems, bark and whole plants. Traditional medicinal uses were mainly associated with the treatment of **digestive disorders, respiratory problems, fever, skin diseases, wounds, urinary ailments, hair care and general health maintenance**. Plants such as tulsi, neem, aloe vera, amla, giloy and moringa were widely recognized and commonly used by local inhabitants.

The study further highlighted the existence of traditional knowledge among elderly people, farmers and household members, although such knowledge appears to be gradually declining among younger generations. Certain species, including **Dhatuira metel** and **Calotropis procera**, were identified as toxic or cautionary plants requiring careful handling and expert guidance.

The present study revealed that the selected area possesses considerable ethnomedicinal plant diversity and rich traditional knowledge associated with plant-based healthcare practices. A total of twenty ethnomedicinal plant species belonging to different botanical families were documented from various habitats including home gardens, roadsides, temple surroundings, field margins, moist places and wastelands. The diversity of recorded species indicates that medicinal plants form an important component of local biodiversity and continue to support traditional healthcare systems.

Herbs constituted the dominant life form among the recorded species, followed by trees, shrubs, climbers and grasses. The predominance of herbs may be attributed to their easy availability, rapid growth and frequent use in household remedies. Home gardens emerged as the richest habitat, highlighting their significant role in the conservation and utilization of medicinal plants. Plants such as tulsi, neem, aloe vera, amla, giloy, mint and moringa were widely recognized and commonly used by local people for various health-related purposes.

The study further showed that leaves were the most frequently utilized plant part, followed by fruits, roots, bark and stems. The preference for leaves is ecologically important because their collection generally causes minimal damage to the plant. Traditional uses of the documented species were mainly associated with respiratory ailments, digestive disorders, skin diseases, wound healing, urinary problems and general health maintenance. The findings also emphasize the cultural significance of several medicinal plants. Species such as tulsi, neem, bael and peepal are protected due to their religious importance, which indirectly contributes to their conservation. However, the study indicates that knowledge regarding some lesser-known medicinal plants is gradually declining among younger generations.

Safety considerations are equally important, as certain plants such as dhatura and calotropis possess toxic properties and require expert supervision. Overall, the study demonstrates that ethnomedicinal plants represent a valuable link between biodiversity, traditional knowledge and community healthcare, emphasizing the need for their documentation, conservation and sustainable utilization.

### SUMMARY AND CONCLUSION

The present study entitled “**Ethnomedicinal Plants in Our Area**” was conducted to document and analyze medicinal plants traditionally used by local communities. Ethnomedicinal plants represent an important link between biodiversity, traditional knowledge, and healthcare practices. Since ancient times, people have relied on plants for treating common ailments, and many of these practices continue to be followed in rural and semi-urban areas.

The study was based on field surveys, direct observation, photographic documentation, and informal interactions with local residents. Information collected from local sources was verified with available botanical and ethnomedicinal literature. A total of **20 ethnomedicinal plant species** belonging to **16 botanical families** were recorded from different habitats, including home gardens, roadsides, temple surroundings, agricultural field margins, wastelands, and moist areas. The documented plants included Tulsi (*Ocimum tenuiflorum*), Neem (*Azadirachta indica*), Aloe vera (*Aloe vera*), Giloy (*Tinospora cordifolia*), Amla (*Phyllanthus emblica*), Bael (*Aegle marmelos*), Arjun (*Terminalia arjuna*), Ashwagandha (*Withania somnifera*), Punarnava (*Boerhavia diffusa*), Bhringraj (*Eclipta prostrata*), Shatavari (*Asparagus racemosus*), Moringa (*Moringa oleifera*), Mint (*Mentha* spp.), Lemongrass (*Cymbopogon citratus*), and several others. Herbs constituted the dominant growth form, followed by trees, shrubs, climbers, and grasses. Home gardens emerged as the most important habitat for medicinal plant conservation.

Analysis revealed that **leaves were the most frequently used plant part**, followed by fruits, roots, bark, stems, seeds, flowers, and latex. The recorded plants were traditionally used for treating respiratory disorders, digestive problems, skin diseases, wounds, fever, urinary ailments, pain, inflammation, and general health-related conditions. Some species such as Tulsi, Neem, Amla, Aloe vera, Mint, and Moringa were widely recognized, whereas knowledge about plants like Punarnava, Apamarg, Bhringraj, and Shatavari was mostly confined to elderly individuals and traditional users. The study highlights the importance of preserving ethnomedicinal knowledge, which is gradually declining due to modernization and changing lifestyles. It also emphasizes the need for proper identification, sustainable utilization, and conservation of medicinal plants. Special caution is required while handling toxic species such as *Datura metel* and *Calotropis procera*.

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