



PROFILING OF SACRED PLANTS OF BAREILLY REGION OF UTTAR PRADESH, STATE OF INDIA WITH SPECIAL REFERENCE OF MEDICINAL VALUES.

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ABSTRACT

The present research paper describes the sacred plants of the Bareilly Region of Uttar Pradesh, State of India. several Extensive Surveys were carried out to find the definite role and importance of 20 sacred plant species in the Bareilly Region of Uttar Pradesh, India in the life style religious activities and health care. These sacred plant are used in variety of ceremonies in various way throughout the year by the people of study area. Furthermore, these plants are considered as sacred due to their medicinal, aesthetic and natural qualities. Thus, our ancestors linked various God and Goddess with several Plants For their conservation and named as sacred plants.

KEYWORDS : Sacred Plants, Medicinal Value, Bareilly Region, Uttar Pradesh State.

Introduction

In India, Many religious festivals are celebrated by the people from Kashmir to Kanyakumari as India is known for its diversity like religion, Customs, Myths, Languages, culture etc. Furthermore, all people celebrate religious festivals with scientific background and use one or several plants or plant parts in their ceremonies. The various parts of plants have been used as a source of medicine by man from Ancient to modern era (Bisht & Badoni 2009, Mehra *et al.* 2014, Kumaran Citarasu 2015, Truyen *et al.* 2015, Bajpai *et al.* 2016). Man Secured his life from diseases by using various Parts of medicinal Plants. So, Probably this became the basis of conserving Plants and might have started worshipping plants (Sharma & Joshi 2010, Mehra *et al.* 2014). on the basis of ancient scriptures, a wide variety of plants like *Ficus religiosa* L, *Azadirachta indica* A. Juss., *Ocimum sanctum* L. etc. has divine qualities, therefore used in number of religious activities, marriages and other ceremonies (Robinson and Cush 1997). Hindu scriptures tell us that a wide range of Plants like *Ficus religiosa*, *Azadirachta indica*, *Ocimum sanctum*, *Curcuma domestica* and *Cynodon dactylon* has divine qualities hence used in a number of religious activities and rituals from marriage, baptism to health care systems (Robinson & Cush, 1997). In this paper some of the plants species which have divine qualities for human health and medicinal practices but held sacred in the

Bareilly Region of Uttar Pradesh, State of India was discussed.

Materials and Methods :

Study Site :- Bareilly Region (28.3670° N, 79.4304° E, Rainfall 50 – 150 mm) is a western part of Uttar Pradesh State. located on the Ramganga plain, geographical region of rohilkhand. It is surrounded by Pilibhit & Shahajhanpur (East), Rampur (West), U.S Nagar Uttarkhand (North) & Budaun to the South side. Bareilly Region is also known as Nath Nagri (Known for the four Lord Shiva temples located in the four corners of region – Dhopeswar Nath, Madni Nath, Alakha Nath and Trivati Nath).Ala Hazrat Shah Sharfat Miyan and Khankahe Niyazia (Derived the famous Muslim Mausoleum). The City also Known as Bans – Bareilly. The present study is based on extensive field surveys during 2016-2017. Identification of the collected sacred plants specimens were done at Herbarium of Bareilly college, Bareilly. The present information regarding sacred plant was collected through consulting the local people, villagers, traditional medicine practitioners and priests of the temples to know the local name, sacred value and medicinal importance of mentioned plants.

Table No – 1 Sacred Plant of Bareilly Region of Uttar Pradesh and their Utility

S. No.	Local Name /Common Name	Botanical Name	Family	Utility of Sacred Plants
1	Bel/Holy Fruit Tree	Aegle marmelos Corr.	Rutaceae	Leaves are offered to please Lord Shiva. In many ayurvedic formulation, its ripe fruit are used as laxative, Unripe fruit used for chronic Diarrhea and dysentery infusion of leaves are found to be effective in peptic ulcer. Roots are used for curing ear problems
2	Kadamba	Anthocephalous cadamba(A).Rich	Rubiaceae	It is symbolizes God Radha and Krishna. They love play in hospitable and sweet scented shade of the kadamba tree. The all parts of plant used in anemia, ulcers anesthetic, blood disorders and snake bite etc.
3	X - Mas Tree	Araucaria araucana Juss	Araucariaceae	It is holy plant of Christian Religion and associated with the celebration of Christmas. Its chemical constituents are believe to have anti inflammatory, antiseptic, expectorant and sedative effects.
4	Neem	Azadirachta indica A.Juss	Meliaceae	It is symbolizes Goddess Sheetla Mata (The Goddess of Small pox). In the eastern Costal of Odisha The famous Jagannath temple duteis are made up of neem heart wood along with some other essential oils and powder.
5	Bans	Bamboo	Poaceae	It is symbol for friendship in India. Used in auspicious ritual on the day of marriage in India.health benefits of bamboo include treating wounds and ulcer due to its antibacterial properties.mainly used in Diarrhoea.
6	Dhak/Palash	Butea monosperma (Lam.)Taub.	Fabaceae	The flower of Dhak specially used in the worship of Lord Shiva on occasion of Shiv Ratri. It is state flower of Uttar Pradesh, the tree is form of Agni, God of fire. Palash is Considered anti-inflammatory, antimicrobial, Diuretic, Antitumor and antidiabetic . It Roots are used to treat night blindness.
7	Dub grass/ Bermuda grass	Cynodon dactylon (L.)Pers.	Poaceae	It is symbolizes Lord Ganesha. (the elephant head God). It is used in all religious worships. It is most important Ayurvedic medicine for diuretic, anthelmintic, astringent & stimulant.
8	Haldi/Turmeric	Curcuma domestica Linn.	Zingiberaceae	Powder of Rhizome is considered as a good against scabies, itches, boils, cough, cold and also acts as carminative. the haldi powder used in auspicious ritual on the day of marriage.

9	Rudraksha	Elaeocarpus ganitrus Roxb.	Elaeocarpaceae	Rudraksha (Shiva's Eye) is a seed traditionally used as prayer beads in Hinduism. Rudraksha associated with lord Shiva. Lord Shiva himself wears Rudraksha garlands. It is associated with electromagnetic properties, which is good in controlling of blood pressure & release heat from the body.
10	Banyan tree/Bargad	Ficus bengalensis Linn.	Moraceae	Banyan tree symbolizes Lord Shiva. Its used in hair vitalizer and increases fertility in Male.
11	Peepal	Ficus religiosa Linn.	Moraceae	Leaf extract is used as ear drop. Paste of bark is used in inflammation and glandular swelling of neck. Fruits are used as laxative and against asthma.
12	Mahua	Madhuca indica (J.konig)	Sapotaceae	The bark of tree is used rheumatism, diabetes, mellitus, bleeding and spongy gums. The fruits are also edible and used to treat ulcer, in acute and chronic tonsillitis and pharyngitis.
13	Aam/Mango	Mangifera indica Linn.	Anacardiaceae	Associated with planet Venus. Its leaves are also used in making string for doors on every auspicious occasion to attract positive power of nature. Wood is used in worship and to perform fire sacrifice (Hawans). used in diarrhoea and dysentery.
14	Kela/Banana	Musa paradisa Linn.	Musaceae	This sacred plant is worshiped mainly on Thursday. The fruit is mainly used in dysentery, cardiac problems, hypertension and diabetes.
15	Kamal/Lotus	Nelumbo nucifera Gaertn	Nelumbaceae	It is symbolizes Goddess Laxmi. all parts of the kamal plants are edible and used in treatment of sunstroke, cough, epistaxis, blood vomiting, burning sensation and uterine disorders. Nelumbo nucifera contain the alkaloids nuciferine.
16	Tulsi	Ocimum sanctum Linn.	Lamiaceae	Tulsi tree symbolizes Lord Vishnu. It is the most holy plant growing in front of almost all indian houses as an auspicious point of view or a symbol of peace and worshiped by woman. Used in antispasmodic, carminative and stomach diseases.
17	Dhan/Paddy	Oryza sativa Linn.	Poaceae	It is also used for auspicious mark (Tilak) on forehead with turmeric in hindu religion. the rice water is used as nourishing drink.
18	Anvala	Phyllanthus emblica Linn.	Phyllanthaceae	It is symbolize God Vishnu. The tree is worshiped on amalaka ekadashi. all part of the plant used in various ayurvedic/unani medicine and herbal preparation.
19	Shami	Prosopis cineraria (L). Druce	Fabaceae	Shami is a sacred tree. The sacred tree is considered as an intuitive form of mother Parvati, because through fire it has borne the brilliance of Lord Shiva for some time. mainly used in bronchial asthma, stomatitis loose motion, herpes and leucorrhoea.
20	Ber	Zizyphus jujuba Mill.	Rhamnaceae	It is symbolizes Lord Shiva. Ber is viewed with reverence by the Sikhs because Guru Nanak Dev planted a sapling of it on the banks of the river. mainly used in intestinal diseases.

Result and Discussion:-

A Total 20 species of sacred plants were identified and reported from Bareilly region of Uttar Pradesh State of India which are depicted in Table – 1 these sacred plants are often have medicinal values in various ways because their body parts (barks, leaves, fruits, shoots and roots) care using to treat different types of human diseases. Haldi : used for treatment of itches, boils, cough and cold; Banyan tree leaves and fruits, for vitalizer and increases fertility in males; Tulsi : antispasmodic, carminative, stomach diseases etc; Bel : chronic disorders and dysentery; Mango : Diarrhoea and dysentery; Ber : for treatment of various intestinal diseases; Rice : a good source of carbohydrate and starch; Dub grass : diuretic, cut and wounds; Anvala : used in various ayurvedic unani medicines; Kadamba : treatment of anemia, ulcers, diarrhoea, blood disorders often used in snake bite; Neem : as antiseptic repellents, bark is used in pimples and ringworms; Bamboo : treating wounds, ulcers and diarrhoea; X-mas tree : as antiseptic and sedative effects; Dhak : as diuretic, antitumour and antidiabetic; Rudraksha : as blood pressure, blood purifier and reduce heat from the body.

Except above described sacred plants some of the species of sacred plants are used to cure different type of serious diseases as described under : Leaves and fruits of peepal tree are used for the treatment of asthma; all plant parts of kamal are used against cough, cold, burning and blood vomiting; the fruits of banana are used to curing the dysentery cardiac problems hypertension and diabetes; the bark of mahua tree is using for the treatment of diabetes, rheumatism, bleeding and spongy gums; whole plant of kadamba are having good effects for the treatment of anemia, ulcer and used for the treatment of snake bite. and shami plants also have good utility as medicines for curing different diseases such as bronchial asthma, loose motion and leucorrhoea etc.

Recently, Raghav *et al.* (2016) have described 14 sacred angiosperm species in Bareilly district. they have discussed the ecological behaviour with associated ethno botanical details of these plants. The ancient literature also describes the importance of the

medicinal value of this tree. Its bark has folkloric reputation to possess anti-inflammatory, antirheumatic, tonic, and vermifuge properties. It is also used in the treatment of anxiety, asthma, bronchitis, dyspepsia, fever, dysentery, leprosy, piles, wandering of the mind, and tremors (Rani *et al.* 2013). The medicinal importance of the plants is mentioned by several researchers in their studies Kumar *et al.* (2012, 2013); Pandey and Pandey (2016); Gadgil (1987, 2000); Gadgil & Rao (1998); Sharma & Joshi (2010); Dhiman (2003); Tiwari (1995); Bussman & Sharon (2006); Shirazi & Morowatisharifabad (2009); Dhar *et al.* (2002); Taneja *et al.* (2014) and Kumari & Charantinath (2011). Previous workers have also concluded that the various parts of plants have been used as a source of medicine by man from ancient to modern era - Bisht & Badoni (2009), Mehra *et al.* (2014), Kumaran & Citarasu (2015), Truyen *et al.* (2015), Bajpai *et al.* (2016). man secured his life from diseases by using various parts of medicinal plants. So, probably this became the basis of conserving plants and might have started worshipping plants (Sharma & Joshi 2010, Mehra *et al.* 2014).

Conclusions:-

Thus it may be concluded that above described (a total 20 plants) sacred plants of Bareilly region of Uttar Pradesh state of India have considered as sacred plants due to their medicinal and other qualities on one hand and our ancestors linked various God and Goddess with the described sacred plants on the other. Therefore, everybody should try to protect these sacred plants for us, our next generation for better survival and for environmental conservation too.

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