

Study of Medicinal Plants Used for Nervous Disorders



Science

KEYWORDS : Nervous disorders, medicinal plants

Susmita Sahoo

N V Patel College, Anand, Gujarat, India

ABSTRACT

Use of plants for curing human ailments –an ancient practice. Recently there is revival of interest. Ethnobotanical field surveys have been done from different parts of developing countries of the world. It reflects concern about the possible loss of valuable information on traditional medicine. Neurological disorders are often not considered common diseases. They are mental illness like epilepsy which is the most serious chronic disorder affecting millions of people. Others like Parkinson's, Alzheimers, Meningitis & Stroke. Nervous disorders also affects speaking, movement, breathing, mood & memory.

Herbal medicines are a holistic medium. Growing of these important herbs will add to the terrestrial diversity of the ecosystem and help in conservation of Biodiversity. *Centella asiatica*, *Avena sativa*, *Lagerenia sicerana*, *Cassia tora*, *Cassia fistula* are some of the important plants used in nervous disorders.

The above mentioned different plant varieties to be studied with biochemical parameters and a taxonomic classification can be made based on medicinal uses and on the biochemical relationship drawn. Tissue culture studies also to be done.

Important germplasm of the above mentioned plants will add to the terrestrial biodiversity and the most effective medicinal plant used for nervous disorder can be obtained.

Introduction:

Use of plants for curing human ailments –an ancient practice.

Recently there is revival of interest.

- Ethnobotanical field surveys have been done from different parts of developing countries of the world.
- It reflects concern about the possible loss of valuable information on traditional medicine.
- Neurological disorders are often not considered common diseases.
- They are mental illness like epilepsy which is the most serious chronic disorder affecting millions of people. Others like Parkinson's, Alzheimers, Meningitis & Stroke. Nervous disorders also affects speaking, movement, breathing, mood & memory.
- Neurological disorders affect the brain and spinal cord.
- There are 600 neurological diseases.
- Most population depends on traditional medicine for primary health care, So study of medicinal herbs is essential.

Review of important plants in nervous disorders:

- *Centella asiatica*, *Avena sativa*, *Lagerenia sicerana*, *Cassia tora*, *Cassia fistula*, *Mucuna puriens*
 - *Melissa parviflora*, *Aegle marmelos*, *Annona muricata*, *Embilica officinalis*, *Justicia purpurea*
 - *Rosmarinus officinalis*, *Lavender*, *Clitoria ternatea*, *Albizia*, *Celanthus paniculatus*, *Loranthus falcatus*, *Evolvulus alsinoides*, *Loranthus longiflorus*
 - *Acorus calamus*, *Equisetum*, *Benincasa hispida*, *Coriandrum sativum*,
 - *Panax ginseng*, *Bacopa monieri*, *Valeriana officinalis*, *Aconitum napellus*, *Hyoscyamus niger*,
 - *Strychnos nux vomica*, *Papaver somniferum*, *Datura metel*, *Doronicum hookare*, *Ferula asafoetida*
 - *Cassia occidentalis*, *Magnolia*
 - • *Doroconium falconeri*- root, aromatic tonic,
 - *Datura metel*-root, cerebral complication,
 - *Cassia occidentalis* – hysteria,
 - *Cassia fistula* – epilepsy,
 - *Loranthus longifera* – increases brain power,
 - *Aegle marmelos* – palpitation of heart,
 - *Embilica officinalis* – mental disorders,
 - *Annona muricata* – sedative, hypnotic, rapid heart beat.
- Papaver somniferum* –dried juice, latex of unripe capsules, narcotic, sedative, induce sleep.

Strychnos nux vomica –seeds, nervous disorders, paralysis

Hyocyanus niger –leaves, flower tops, sedative, hypnotic,

Valeriana officinalis-essential oil, relieves nervous actions,

Panax ginseng –stimulant,

Aconitum napellus-tuberous roots, neuralgia,

Bacopa monieri-extract, nervine action, for impaired memory,

wheat germ- anxiolytic activity,

Rosmarinus officinalis –cardiotonic, mental illness,

Avena sativa –nervine, for cardiac insufficiency

Objectives:

Use of plants for curing human ailments –an ancient practice.

- Recently there is revival of interest.
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- It reflects concern about the possible loss of valuable information on traditional medicine.
- Neurological disorders are often not considered common diseases.
- They are mental illness like epilepsy which is the most serious chronic disorder affecting millions of people. Others like Parkinson's, Alzheimers, Meningitis & Stroke. Nervous disorders also affects speaking, movement, breathing, mood & memory.
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Materials & Methods:

1. Collection of sufficient literature on medicinal plants used in nervous disorders
2. Study of parts used of the plants studied for medicinal use.
3. Medicinal plant garden with planting of various germplasm
4. Growth of plants monitored
5. Parts of plants taken for biochemical study
6. Some biotechnological approach done on the plants.

Result & Discussion:

- Medicinal value present in tissues produces physiological action on body. Alkaloids (in the form of C, H, O, N) & Glucosides- essential oils, fatty oils, resins, mucilages, tannins, gums.
- Different plant varieties to be studied with biochemi-

cal parameteres and a taxonomic classification can be made based on medicinal uses and on the biochemical relationship drawn.

- Important germplasm of the above mentioned plants will add to the terrestrial biodiversity and the most effective medicinal plant used for nervous disorder can be obtained.

References:

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