



HERBAL PLANTS USED FOR SUSTAINABLE HEALTH AND NATURAL HEALING

Ayurveda

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ABSTRACT

Among ways to stay healthy over time, some look to nature instead of chemicals. From ancient traditions comes knowledge about plant powers - taste, texture, energy, after-effects, special actions, outcomes - all mapped out carefully. Plants such as Ashwagandha take center stage here; so do Tulsi, Amalaki, Guduchi, Neem, and more. Each one plays a role not just in fighting illness but also in building resistance and lasting strength. Because they work gently yet deeply, people rely less on lab-made medicines. Health care becomes lighter on Earth when choices grow from soil, sun, roots. A different rhythm begins.

KEYWORDS

Ayurveda , Dravyaguna, Herbal Medicine, Sustainable Health, Natural Healing ,rasayana ,medicinal Plants

Aim

Looking at how plant medicines support long-term wellness through traditional knowledge - rooted in Dravyaguna principles - opens paths to gentle recovery using nature's resources. A close view reveals patterns once known, now revisited, where body balance links directly to botanical traits. Instead of quick fixes, such methods favor steady return to strength by honoring substance qualities handed down across generations. Each herb brings distinct influence, shaped by taste, effect after digestion, and action on bodily systems. Through this lens, healing becomes less about attack, more about alignment guided by time-tested observation.

Objectives

To study important Ayurvedic herbal plants used in natural healing By using Dravyaguna ideas, we look at how their properties show up when studied this way. Through such methods, understanding grows clearer. What they do becomes known by these signs. Observation follows old guidelines closely

To understand their role in sustainable healthcare

INTRODUCTION

Health matters more when balance stays steady, says Ayurveda - one old system watching how bodies hold wellness. Fixing sickness comes next, yes, but keeping well feels central here. Today's lab-made medicines leave traces, cause trouble - so people turn back to plants. Nature steps in where chemicals fail, quietly drawing attention again toward roots and leaves. Medicinal plants take center stage in Dravyaguna Vigyana, where taste leads into qualities, then potency follows. Instead of just listing effects, this knowledge ties each herb to how it shifts energy after digestion, shaping its role in healing. Though actions matter most, post-digestive changes quietly guide long-term balance within the system. These green allies work broadly, aligning bodily humors while stirring inner resilience without force. Healing unfolds not through isolation but through harmony among plant traits and human nature.

Materials and Methods

Looking into old Ayurvedic writings like the Charaka Samhita, details emerged slowly. The Sushruta Samhita added further clarity, layer by layer. Then came Bhavaprakasha Nighantu, filling gaps without fanfare.

From a range of well-known healing herbs, those showing clear health benefits and restorative effects made the list. Not every plant fit the criteria - only ones backed by consistent results stayed in. Using Dravyaguna properties, researchers examined each plant's contribution to lasting well-being. What mattered most was how these qualities shaped long-term balance. Each assessment focused on natural function over time. Traits guided the review instead of lab results alone. Their effect on steady health formed the core look. Study methods leaned on traditional insight paired with observable outcomes.

Herbal Plants Review

1. Ashwagandha (*Withania somnifera*)
Rasayana, Balya, Adaptogen
Stress fades when the body gets stronger. Immunity climbs as tension slips away
2. Tulsi (*Ocimum sanctum*)
Antimicrobial, Kasahara
Useful in respiratory disorders
3. Amalaki (*Emblica officinalis*)
Rich in Vitamin C
Anti-aging and immunomodulator
4. Guduchi (*Tinospora cordifolia*)
Tridoshaghna, Jwaraghna
Enhances immunity and detoxifies
5. Neem (*Azadirachta indica*)
Blood purifier
Working well against problems of the skin
6. Haridra (*Curcuma longa*)
Anti-inflammatory
Healing of injuries along with skin conditions
7. Brahmi (*Bacopa monnieri*)
Medhya Rasayana
Improves memory and cognition
8. Shatavari (*Asparagus racemosus*)
Female reproductive tonic
Hormonal balance
9. Triphala
Detoxifier and digestive regulator
10. Arjuna (*Terminalia arjuna*)
Cardioprotective
Maintains heart health

DISCUSSION

Plants used in herbal medicine support long-term wellness because they come from nature, rarely cause harm, yet influence the whole body. Rather than just easing signs of illness like manufactured medicines often do, remedies rooted in Ayurveda dive deeper - fixing imbalances in Doshas while building up Agni and Ojas along the way. Long life and strong defenses come easier with herbs such as Ashwagandha, alongside Amalaki. Neem works quietly, its germ-fighting nature cutting back how often medicines are needed. Haridra steps in where germs linger, offering a plant-based shield instead of lab-made pills. Chronic illness visits less when these roots and leaves take root in daily care.

Herbal remedies grow alongside nature's rhythm, weaving diversity into farmland instead of stripping it. Because these practices take root, fewer synthetic drugs leach into soil and water. Sustainability isn't a goal here - it's how things have always moved. Prevention shapes daily habits, long before illness arrives.

CONCLUSION

Plants bring balance when used thoughtfully for well-being. From roots to leaves, Dravyaguna guides how Ayurveda sees their power clearly. Daily habits built around herbs often strengthen resistance slowly over time. Healing happens not apart from nature - rather alongside it quietly.. Integrating herbal medicine into daily life can strengthen immunity, prevent illness, and foster a balanced relationship between humans and nature, ultimately contributing to long-term well-being.

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