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RESEARCH ARTICLE

OBSERVATION OF DIFFERENT TREES OF JHUMARGHAT NEAR INDORE, MP AND THEIR MEDICINAL USES TO HUMAN HEALTH

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Abstract

India has been a country of forests in ancient times. There is still a wealth of valuable trees and plants here. Atharvaveda is mainly the oldest source of ayurveda. Medicinal properties are found in abundance in every tree-plants found in country, which have been used by sages since ancient times for the treatment of various diseases. Even in the remote rural areas of India, people still rely only on herbs obtained from trees and plants. Presently is the Era of allopathic medicine, but allopathic medicines leave many side effects in the human body, so people have increased towards ayurvedic treatment in the country. A vast repository of traditional herbal medicine experiences is still found in the tribal and rural areas of the country. The present study has been done on trees located at jhumarghat in Mhow tehsil of Indore district of Madhya Pradesh 2022. Some unique trees have been found mainly in jhumarghat, which are rich in medicinal properties. In this research paper, I have studied mainly on kanakchampa (*Pterospermum acerifolium*), bael (*Aegle marmelos*), karanj (*Millettiapinnata*), semal (*Bombax ceiba*), Amla (*Phyllanthus emblica*) and mahua (*Madhucal longifolia*) to know their medicinal properties. All these trees are absolutely indigenous which are not easily found everywhere. All these trees are full of medicinal properties and some part of them are used by human's for their physical therapy and health.

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Introduction:-

As we know the tree are very important for our life. India has been a country of forest in ancient times. There is still a wealth of valuable trees and plants. Atharvaveda is mainly the oldest source of Ayurveda. Medicinal properties are found in country which have been used by sages since Ancient times for the treatment of various disease even in the remote rural area of India, people still rely only on herbs obtained from trees and plants.

Presently in the era of allopathic medicine but Allopathic medicines leave many side effects in the human body so people have increased towards Ayurvedic treatment in the country. A vast repository of traditional herbal medicine experiences is still found in the tribal and rural area of the country.

The present Study has been done on trees, which are located at jhumarghat Mhow Tehsil of Indore district of Madhya Pradesh 2021-22. some unique trees have been found mainly in jhumarghat, which are rich in medicinal

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properties. In this research paper I have studied mainly on Kanak Champa (*Pterospermum acerifolium*), bael (*Aegle marmelos*), karanj (*Milleliapinnata*), semal (*Bombaxceiba*) and Amla (*Phyllanthusemblica*) to know their medicinal properties. All these trees are absolutely indigenous which are not easily found everywhere. All these trees are full of medicinal properties and some part of them are used by humans for their physical therapy and health. In today's era man is finishing his surrounding tree, but Jhumarghat is a place where such valuable properties are safe.

Study area :-

Study area is Jhumarghat. It is located in the south west direction of Indore, Madhya Pradesh. It is a small hilly area. Now a days it has turned into a residential area. There is no pollution because there is very less vehicular movement. The weather here is very pleasant. Jhumarghat is covered with many types of trees, plants and greenery.

Observation, Identification and Medicinal uses :-

Trees observed during study were identified as following :-

1. Kanak champa
2. Bael
3. Karanj
4. Semal
5. Amla

1. **Kanak champa** :- I saw Kanakchampa tree in Jhumarghat, which is identified as Karnikara or Bayur tree. Its scientific name is *Pterospermum acerifolium*. Kanak champa is a Malvaceae family tree. It is mainly found in India and Burma. It is also known popular as the "dinner plate tree" in Punjab. Kanak champa is known by different names in different regions of India. The leaves are large size, height is near about 50 to 70 feet and fruits are like a capsule. Flowers are large, white, finger shaped. Its flowering and fruiting time is January – April. Kanak champa is used in treating cough, cold, ulcers, headache and wounds. Flowers are believed to cure tumors, leprosy, ulcer and blood diseases. It is also used as an insect repellent.



2. **Bael** :- Bael tree is completely Indian. Bael means wood apple. It is also known as stone apple, Golden apple and Bengal quince. Bael's scientific name is *Aegle marmelos*. It is a member of the family Rutaceae. It has been called a divine tree. It is also called bilva or shivadruma (The tree of Shiva). It is referred to as bell or bael or sripal (Kritikare and Basu, 1984). It is known as a holy tree in India. The height of the tree found at Jhumarghat is about 20 feet. It is used in different rituals of Indian culture. Bael tree leaves, fruits, seeds, bark and roots are used as a traditional medicine.

Bael trees are rich in phytochemicals, vitamins, minerals, protein and fibers. According to animal studies, oral intake or injection of Bael fruit extract might help to lower blood glucose and hemoglobin bound glucose levels. It might also help increase the level of insulin in the blood (Pharmacy Doctor panel). The methanolic plant extracts significantly reduced the induction time of diarrhea and total weight of the faeces (Shoba and Thomas, 2011). Bael has been used in the Ayurveda as a part of various formulations since ancient times to help with boils, dysentery, earaches, discharge from ears, cold and fever.



3. **Karanj** :- I have also seen a karanj tree in jhumarghat. The botanical name of karanj is *millettiapinnata*. Its family is *fabaceae*. Karanj known as pongam, Indian beech and Indian pongamia. Karanj is medium sized evergreen or briefly deciduous tree, usually about 8m high but that can grow to 15-25m.(sangwan et. Al; 2010,orwa et al; 2009). Karanj is used for skin disorders. All part of tree are used for medicinal purposes. It is used in managing constipation as it helps to improve gut motility and has a laxative property (Monalisadeka et al; 29 Aug 2022).



4. **Semal** :- Semal tree are also found in jhumarghat. The botanical name is *Bombaxceiba* and family is *malvaceae*. It is known as cotton tree, red silk cotton tree. The leaves like the five fingers of a palm, Bark with spikes, flowers bright red and fruits like a pouch shaped. I have seen fruits and flowers in march – april. In march – april, they enhance the beauty of jhumarghat. Semal tree has medicinal uses of human. It is used in the curing of

diarrhea. Semaltree are used to treat skin, urogenital, gynecological and gastrointestinal diseases. Many tribal communities consume semal because of its medicinal properties. The plant has antimicrobial, anti-inflammatory, antioxidant, analgesic and oxytocic properties. The root, stem, bark and seeds have the ability to prevent liver damage. Alcoholic extract of the bark and thorns are used to treat a snake bite. Being an antioxidant, semal helps reduce blood pressure and is also good for the heart (Sangeeta Khanna 28 Feb. 2017). Dr. SK Jain senior Ayurvedic doctor of Deharadun says that in Ayurveda, semal tree is considered to be full of medicine. This tree's different parts are used for the treatment of many types of health problems like tumor, dysentery, constipation, backache, increase milk and cough etc (Sanjay pokhariyal 2021).



5. **Amla** :- Amla is called gooseberry in English. The botanical name is *Phyllanthus emblica* and family *Phyllanthaceae*. It is a tree up to 20-25 feet tall. There are many gooseberry trees at Jhumarghat too. According to Vishnupurana, the amla tree is said to have germinated from the tears of Lord Vishnu himself. Amla fruits are very nutritious for human health. Indian gooseberry may promote heart health, provide anti-aging effects, improve immune function and reduce heart burn severity and cancer risk (Savanna Shoemaker 2020). Amla benefits include antibacterial and astringent properties which help improve the body's immunity system. It is used for eye care, hair care, stress reduction, blood purification, anemia treatment and diuretic.

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