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ا**لم الاسك** معه

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CONTENTS

Name of the Themes

Research Abstracts

CPA

a.

1

Challenges in production & availability of Millets

Page No

1-32

MHS G.

Role of millets in addressing food and for nutrition **security**

33-38

TCF

C.

	Promotion of Millet based convenience foods	39-70
FHN d.	Current status of functional foods in meeting the	51 01
	challenges of health and nutrition	71-81
РМР	Strategies for upscaling the production and	
e.	utilization of millets	82-87
11 Revi	iew Abstracts	88-159
III Auth	nor index	160-166
Article N	No Title	Page No.
27	Phytochemical screening and comparative study of	189
antimic	crobial activity & antioxidant activity of rhizomes of turmeric varieties collected from Tirunelveli district of Tamilnadu (India)	
28	Nutritive Properties of Some Seaweeds From Tuticorin	195

²⁹ Anticancer activity of leaf and bark of *Hugonia mystax* L. (Linaceae)

30	Antiinflammatory Activity of Seed Extracts of <i>Tiliacora acuminata</i> (Lan) Hook. F & Thomas	207
31	Isolation and characterization of bioactive compounds	211
32 Histocł	nemical Studies on <i>Asplenium</i> Species from Wayanad, Western Ghats, India	218
33	Leaf and Root extract mediated green synthesis of silver papoparticles from <i>Polygonum glabrum</i> Willd	

silver nanoparticles from *Polygonum glabrum* Willd: synthesis, characterization and toxicity analysis.

223

200

34

Histochemical Studies on *Laurencia pedicularioides* Borgesen and *Stoechospermum marginatum* C. Agar.

Evaluation of Total Phenolic and Flavonoid Content and In Vitro
Antioxidant activity of whole plant of Adiantum
latifolium Lam.

Evaluation of Antiinflammatory Activity of Ethanol	244
Extract of Aerial Parts of <i>Crotalaria longipes</i> Wight & Arn. in Albino Rats	211
37 Histochemical Studies on Maiden Hair Ferns of Wayanad, Western Ghats of India	249
38 Anti-enteric bacterial activity of the traditional medicinal plants of Kanyakumari coast, Tamilnadu, India	253
39 Weeds With Ethno- Medicinal Properties As Natural Herbal Medicines To Attain Health Security	

Weeds With Ethno- Medicinal Properties As Natural Herbal Medicines To Attain

Health Security

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Abstract

India is a treasure of ethno-botanical knowledge due to presence of tremendous wealth of medicinal plants and traditional indigenous healthcare system of ancient lineage, Plants are playing an important role in the health of millions of people's life, India has rich vegetation of 45,000 plant species of which 15,000-20,000 plants have medicinal values. Out of these only 7000-7500 plants are used for medicinal purpose by traditional communities. It is estimated that 70%-80% of the people worldwide rely chiefly on traditional herbal health care system. Weeds are highly valued in traditional medicine systems and have been used by rural people to address many of our today's major health problems. At present due to occurrence of dangerous diseases, people are running towards the synthetic chemical english medicines for quick results and neglecting the health security. The purpose of this article is to provide information about weeds as a source of medicine, to create awareness about the protection and sustainable use of weeds. Hence an attempt was made during B.Sc. (Agriculture) RAWE-Rural Agricultural Work Experience programme for a period of one month to gather information on traditional medicines and ethno-medicinal properties of local weeds used by the farmers in Kamatampalli village of Srinivaspura taluk, Kolar District, Karnataka. Keywords: Weeds, Ethno-medicines Traditional medicines

Introduction

Life on Earth mainly depends on plants and it is very important for survival of human beings. India is a treasure of ethno-botanical knowledge due to presence

of tremendous wealth of medicinal plants and traditional indigenous healthcare system of ancient lineage. India has rich vegetation of > 45,000 plant species of which 15,000-20,000 plants have medicinal values. Out of these only 7000-7500 plants are used for medicinal purpose by traditional communities. India is the largest producer of medicinal herbs and is appropriately called the botanical garden of the world. It is estimated that 70%-80% of the people worldwide rely chiefly on traditional herbal health care system. herbalhealth

India harbours greater number of weeds as compared to any other adjacent country. This is due to diverse array of ecological habitats, climatic, edaphic and topographical factors. Weeds are unwanted plant growing in places where they are not required. While the term "weed" generally has a negative connotation, many plants known as weeds have millions of beneficial medicinal properties. There are about 120 weed species in India used as medicinal purpose. Hence weeds are also called as "Beneficial plants or herbs", "Treasure of medicines", "Ethno-medicinal Plants", "Folk Medicine" and "Medicine bowl". Many

National Seminar on "Plant Genetic Resources: Utilization and Conservation" 265 Weeds With Ethno- Medicinal Properties As Natural Herbal Medicines To Attain Health Security

weeds contain chemical compounds which are biologically active and potentially useful for medical science. There is also good biochemical evidence that plants in disturbed areas are likely to have more chemicals in them for defense. According to An-derson (1954), "*History*

Of Weeds Is The History Of Man".

The use of traditional herbal medicine for the treatment of common ailments has great relevance today because of high cost of modern medicines, side effects of synthetic drugs, development of resistance to currently used drugs and unavailability of drugs. Contrary to this, plants used for medicinal purpose have been found to have little or no side effects. Unfortunately due to urbanization and development activities, much of the ancient knowledge and many valuable plants are being lost at an alarming rate. It is estimated that 10% of all plant species are currently endangered in India. Hence, there is an urgent need to record and preserve the traditional knowledge followed by rural people.

Material and Methods

The present study documents the traditional knowledge of medicinal properties of weeds in the Kamatampalli village of Srinivaspura taluk, Kolar District, Karnataka. Author has stayed in the *village* during B.Sc. (Agriculture) RAWE-Rural Agricultural Work Experience programme for a period of one month to gather information on different weeds as traditional medicines used by the farmers and information was obtained from local farmers through personal contact. Frequent field visits were organized for a period of one month. Collected data was confirmed and finalized by repeated visits to the same locality.

Results and Discussion

During the present Ethno botanical study 35 weed species belonging to 26 families were reported by the informants: Out of the 26 families a of 04 from 03 maximum plants Euphorbiaceae, plants from Amaranthaceae, 02 plants from Asclepiadaceae, Capparidaceae, Fabaceae, Lamiaceae and rest of the families were represented by single species (Fig. 1). These **35** plants were used to cure various ailments, *i.e.*, piles jaundice, cough, urinary bladder stone, fever, stomach trouble, skin diseases, blood pressure, rheumatism, cuts, dysentery, leprosy, cardiac disorders, wounds, gastric problems, blood purification, body heat control, ear ache, ulcer, itching, flu, colds, headaches, vitamin deficiency, asthma and lung inflammation *etc*, (Table. 1). Most remedies were taken orally followed by external applies. Various plant parts or products viz., stem and bark (1), leaf (22), root (9), seed (2), whole plant (3), tuber (1) were used to make different formulations.

National Seminar on "Plant Genetic Resources: Utilization and Conservation"

Gowthami. R, Raghavendra. K.V, Dhananivetha. M and Revathi. D

Table. 1. Weeds as medicines used by rural people of Kamatampalli village of of Srinivaspura taluk, Kolar District, Karnataka



Alternanthe ra Amaranthaceae Sessilis Honagone sop pu Leaves 7. Argemune mexicana Root 8 Acanthaceae Kalavanka 9. Basella alba Basellaceae Basale soppu 10. Boerhaavia diffuso Nyctaginaceae Komme gida IL Culotropis gigantea Asdepiadaceae Eda Root 12 Cassia fistula Caesalpiniaceae . Kakke mara Bark 13. Chenopodium album Sakothina soppu Leaves 14. Cloome gynandra Kadu sasive Leaves 15. Cleome viscOND Capparidaceae Kadu sasive Seed 16. Clitoria ternatea Fabaceae Bindi hoova Leaves 17 Crotoka na juncea Fabaceae Senabu Leaves Leaves 18. Cynodon dactylon Poaceae Garik 19. Cyperus rotundus... Meracie Tumage hullu Tuber ^{20.} Daturu nekal Solanaceae Dhattura Seed. 21 Euphorbia lunta Euphorbiaceae Akki gida Leaves Dysentery 22.

Gloriosa superha Amarillidaceae Gowri pushpa Root. Ples 23. Henudesmus indicus: Asdepiadaceae Root icer 24: Lantana conkira Var benaceae Chad uranga Leaves 25. Leucus aspera Lamiaceae Tumbe Leaves Wounds 26. Mimosa pudica Mimosacea Muttidare muni Root Colds, headaches, 27. Ocimum sanc Dini Lamiaceae Tulasi Leaves 28. Qualis corniculata Oxalidaceae Huli soppu Leaves 29 Pirylkandis ninais Nela nalli Root 30 Portulaca olema Leaves 31. Sauropus undrogymus sens Chakramuni Leaves Leaves 32. Tinosporu cordifold 33. Tribulis terrestri Leaves, Root 34 Tridax procumbens-35. Tylophora indicu Menispermaceae Zygophyllaceae Asteraceae Asdopiadoceae Amrutaballi Negailu Gabbu savanti Aadu muttada Whole plant Leaves Leaves, bark & roots Blood purification Body heat Dysentery. Stomach-ache. Ear ache Itching, colds& fever stomach disorders,

Jaundic Skin diseases Vitamin Blood pressure Kidney stones Wound s Asthma & lung pnflam mation

е

Mode of administration twice a day for weeks Leaves crushed with the leaves of Vitex negundo and ${\bf 3}$ drops of fresh juice administer ed orally and one drop instilled into eyes for a period of 3 days Leaf and tender shoot decoction is taken orally juice ofjel is taken Consu med as a curry with meals

is taken Extract from leaf and root Paste of leaves on cuts piles Root extract is taken orally Decocti on of whole plants <mark>ed, 1</mark>0 ml of for one month The root bark powder is consum ed along with table spoon of honey. Essenc e of the fresh choppe d stem bark is taken to relieve stomac h ache Consum ed as a leafy vegetable paste is

orally

Decocti on of seeds taken days. Leaf paste is applied around the neck to remove fish **bone** strucked in the thrcer Leaves are used to purify Leaf extract is taken thrice a day to reduce the body heat. Extact from the whole plant **is** taken orally Tuber paste applied twice a day for days Seed powd er mixed with warm cocon ut oil and applie

until are

is

once for 7

Whole sunlig ht and pound spoonf powde taken along tea spoon honey, twice daily for a week A pinch of dried powder with day powder mixed with warm The extract s prepare d from fresh leaves and highly effectiv е Paste of leaves of Leucas asperu and Land

d to car

> plant dried in

ed. One tea

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with one

Leaf extract mixed with hot water and given childre med as vegeta ble Root extract is taken in empty stomach for 2-3 weeks Leaf paste is applied to skin ar econsu med as leafy vegeta ble Leaf past mixed ia one cup of fresh cow's milk is taken twice a day Decocti on of leaf and root isconsu med orally

camera is applied edemally wil the wounds cured Decoction of root is taken orally once a day

is

to

n

The leaf paste is applied on wounds and **cuts-**Paste or powder of leaves is taken orally

National Seminar on "Plant Genetic Resources: Utilization and Conservation"

267

Weeds With Ethno- Medicinal Properties As Natural Herbal Medicines To Attain Health Security Fig. 1. Weeds as medicines used by rural people of Kamatampalli village of of

Srinivaspura taluk, Kolar District, Karnataka





Weeds receive more attention because 80% of the world population continues to rely mainly on traditional medicine systems. Many weeds possess phytochemicals which have been shown as a promising alternative to the synthetic drugs

and have been used by rural people to address many of our today's major health problems. But unfortunately these weeds are being destroyed during cultural operations in different crop fields and this may lead to the possibilities of losing the weed species. Even though these weeds affect the main crop in several ways, the rural folk can protect these weeds for future generation by collecting and preserving by following different preservation methods and also they can maintain in uncultivated and agriculturally not suitable fields. Conservation of weeds also helps in phytoremediation, reduced erosion, increased infiltration of rain water which recharges ground water table, enhance carbon sequestration. Hence these weeds can become an additional source of income for the farmers and at present the term weed is entirely changed to Beneficial Plants.

Acknowledgement

The author is thankful to the farmers of Kamatampalli village for sharing the information on different weeds as traditional medicines used by the farmers

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National Seminar on "Plant Genetic Resources: Utilization and Conservation" 269