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SURVEY OF MEDICINAL PLANTS OF TARAI DISTRICTS OF EASTERN UTTAR PRADESH AND ADJOINING AREAS OF NEPAL

S.K. Singh, S. Chand[1], B.P.S. Gautam, S.C. Verma and S.C. Gaur

Faculty of Agriculture, B.R.D.P.G. College, Deoria, D.D.U. Gorakhpur University, Gorakhpur (U.P.)

[1]Corresponding Auther ***E-mail : subashc7@gmail.com***

ABSTRACT

The present study was carried out in the Tarai districts of eastern Uttar Pradesh and adjoining areas of Nepal for inventorying and monitoring the medicinal plant populations. Harbal medicines are great importance in the primary health care of human beings. Keeping in view the importance of medicinal plant, this investigation was undertaken to document about the plants of this region. We were visited to Tarai district of eastern Uttar Pradesh (Districts-Maharajganj, Bahraich, Deoria) and adjoining areas of Nepal (Districts-Parasi and Kapilvastu). Different species of plants were examined. A list of medicinal plants used by different traditional peoples were arranged alphabetically followed by botanical names, families, local names, English names, flowering and fruiting seasons, taste, chemical constituents, action, parts use, medicinal uses. Many medicinal plant belonging to different species and families.

Key words : *Medicinal plants, Nepal, Survey and Tarai.*

About 50 medicinal plants belonging to 13 families of higher plants with herbs, shrubs, climbers and trees habits were listed. Populations of some medicinal herbs have been decimated. Highly important among these are *Terminaliachebula, T. bellirica, Buchnanialanjan, Nyctanthes arbor-tristis, Thevetiaperuviana, Rauwolfiaserpentina, Mucunapruriens, Cucurbitamoschata, Aeglemarmelos, Ficusbengalensis, Cassia fistula, Vincarosea, Mimusopselengii, Carrisacarandas, Terminaliaarjuna, Emblicaofficinalis, Buteamonosperma, Azadirachataindica* etc. Amorphophallus, Rauwolfia andChlorophytum are rare in this area (Santapau, H., 1993). Buteamonosperma, Amorphophallus, Rauwolfia, Chlorophytum, Streblusasper and Buchananialatifolia are rearing extinction in above areas. There is need to conserve them. Parthenium and Lantana are huge number in population. Population of Parthenium and Lantana are increasing enormously. There is an urgent need to rescue the vanishing populations of medicinal herbs. These plants have more importance related to human and animal health with future possibilities of commercial cultivation. Medicinal herbs where root is the economically important part, the decimation rate is high and they need special attention.

MATERIALS AND METHODS

The present study was carried out in the Tarai districts of eastern Uttar Pradesh and adjoining areas of Nepal for inventorying and monitoring the medicinal plant populations. Harbal medicines are great importance in the primary health care of human beings (Shelden *et al,* 1997). Keeping in view the importance of medicinal plant, this investigation was undertaken to document about the plants of this region. We were visited to Tarai district of eastern Uttar Pradesh (Districts-Maharajgang, Bahraich, Kushinagar and Deoria) and adjoining areas of Nepal (Districts-Parasi and Kapilvastu). Different species of plants were examined. A list of medicinal plants used by different traditional peoples were arranged alphabetically followed by botanical names, families, local names, English names, flowering and fruiting seasons, taste, chemical constituents, action, parts used and medicinal uses.

RESULTS AND DISCUSSION

Butea monosperma, Amorphophallus, Rauwolfia, Chlorophytum, Streblusasper and Buchanania latifolia are rearing extinction in above areas.There is need to conserve them. Parthenium and Lantana are huge number in population. Population of Parthenium and Lantana are increasing enormously.

There is an urgent need to rescue the vanishing populations of medicinal herbs. These plants have more importance related to human and animal health with future possibilities of commercial cultivation. Medicinal herbs where root is the economically important part, the decimation rate is high and they need special attention.

Table-1: Medicinal plants of tarai districts of eastern Uttar Pradesh and adjoining areas of Nepal.

S. N.	Botanical Name	English Name	Family	Chemical Constituents	Parts Used	Medicinal Uses
1.	Rauwolfia serpentina	Serpentina	Apocynaceae	Serpentine	Roots and Barks	High Blood Pressure
2.	Streblus asper	Shaora	Moraceae	Strebloside, Asperoside	Leaves, Seeds and Barks	Dysentery, Leucoderma and Fever
3.	Nyctanthes arbor-tristis	Harsinghar	Oleaceae	Beta sitosterol	Leaves, Flowers, seeds	Anti –bacterial,anti-inflammatory
4.	Butea monosperma	Palas Tree	Papilionaceae	-	Barks (Gum)	Chronic diarrhoea, Round Worm
5.	Cassia fistula	Amaltas	Caesalpiniaceae	Beta sitosterol	Fruit, Pulp and Roots	Stomach problems

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