

Kazi Nazrul
University

Raniganj Girls' College

Department of Geography

B.Sc Honours 1st Semester

Session: 2021 - 2022

TOPIC: Medicinal Plants of India

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CODE: AEE 101

Raniganj Girls' College

Course Name: Environment Studies

Course Code: AEE101

Topic of the project: QUALITATIVE STUDY OF MEDICINAL PLANTS

A Project Report

Submitted by Semester-I students

(Academic Year 2021-22)

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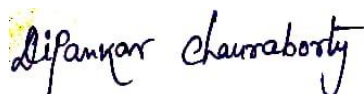
CERTIFICATE

This is to certify that this project titled “QUALITATIVE STUDY OF MEDICINAL PLANTS” submitted by the students for the award of degree of B.A. Honours/ Program is a bonafide record of work carried out under my guidance and supervision.

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Place: Raniganj

Date: 07.03.2022



State Aided College Teacher-II, Department of Geography

Signature of the supervisor with designation and department



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REGISTRATION CERTIFICATE

This is to certify that **ANINDITA SAMANTA**

Son/Daughter of **TARUN SAMANTA**

of **RANIGANJ GIRLS' COLLEGE**

is registered as a student of this University,

His/Her registration number is **113211220025 of 2021-22**



Registrar

ACKNOWLEDGEMENT

1

I would like to express my special thanks of gratitude to our respectful teacher Mr. Dipankar Chakraborty - Department of Geography, Raniganj Girls' College for his sincere support and co-operation in the preparation of this project of B.Sc. honours in Geography, Semester-1,

Date :- 07.03.2022

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INTRODUCTION

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The term "medicinal Plant" include various types of Plants used in Herbalism ("herbology" or "herbal medicine"). It is the use of plants for medicinal purposes, and the study of such uses.

The word "herb" has been derived from the Latin word, "herba" and an old French word "herbe". Now a days, herb refers to any part of the plant like fruit, seed, stem, bark, flower, leaf, stigma or a root, as well as a non-woody plant. Earlier, the term "herb" was only applied to non-woody plants, including those that come from trees and shrubs. These medicinal plants are also used as food, flavonoid, medicine or perfume and also in certain spiritual activities.

Plants have been used for medicinal purposes long before Prehistoric Period. Ancient Unani manuscripts Egyptian Papyrus and Chinese writing described the use of herbs. Evidence exists that Unani Hakims, Indian Vaid and European and Mediterranean cultures were using herbs for over 4000 years as medicine. Indigenous cultures such as Rome, Egypt, Iran, Africa and America used herbs in their healing rituals, while other developed traditional medical systems such as Unani, Ayurveda and Chinese Medicine in which herbal therapies were used systematically.

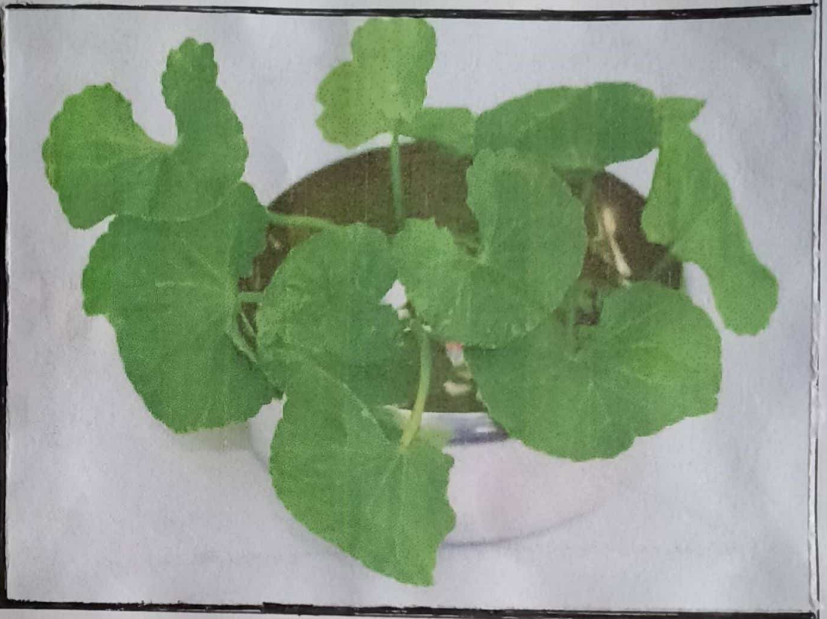
2.1

DEFINATION

Centella grows in temperate and tropical swampy areas in many regions of the world. The stems are slender, creeping stolons, green to reddish-green in colour, connecting plants to each other. It has long stalked, green, rounded apices which have smooth texture with palmately netted veins. The leaves are born on Perichladiol Petioles around 2 cm (0.79 inch).

The rootstock consists of rhizomes, growing vertically down. They are creamish in colour and covered with root hairs.

The flowers are white or crimson in colour, born in small,



rounded bunches (umbels) near the surface of the soil. Each flower is partly enclosed in two green bracts. The hermaphrodite flowers are minute in size, less than 3 mm (0.12 inch) with five to six corolla lobes per flower. Each flower bears five stamens and two styles. The fruit are densely reticulate, distinguishing it from species of Hydrocotyle which have smooth, ribbed or warty fruit. The crop matures in three months, and the whole plant, including the roots is harvested manually. The plant is a highly invasive plant, rated as "high risk".

HABITAT

Centella asiatica is indigenous to the Indian Subcontinent Southeast Asia, and wetland regions of the southeastern US. Because the plant is aquatic, it is especially sensitive to biological and chemical pollutants in the water, which may be absorbed into the plant. It can be cultivated in drier soils as long as they are watered regularly enough.

TRADITIONAL MEDICINE

In traditional medicine, Centella asiatica has been used to treat various disorders and minor wounds, although clinical efficacy and safety have not been scientifically confirmed. Contact dermatitis and skin irritation can result from topical application. Drowsiness may occur after consuming it. The herb may have adverse effects on liver function when used over months.



Centella Asiatica (Thun Kuni)

2.4

BENEFITS

- a. It may help boost cognitive function
- b. It may help treat Alzheimer's disease
- c. It may help reduce anxiety and stress
- d. It may act as an antidepressant
- e. It may improve circulation and reduce swelling
- f. It may help ease insomnia
- g. It may help reduce appearance of stretch marks
- h. It may promote wound healing and minimize scarring
- i. It may help relieve joint pain
- j. It may have a detox effect

CONCLUSION

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Medicinal Plants are considered as a rich resources of ingredients which can be used in drug development either Pharmacopoeial, non-Pharmacopoeial or synthetic drugs. Apart from that these Plants play a critical role in the development of human culture around the whole world.

So, steps must be taken for the conservation of these medicinal plants. Conservation of medicinal plants can be accomplished by the ex-situ or in-situ cultivation.

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Name: → Anindita Samanta.

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Plant: → Thankuni?
(Centella Asiatica)

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