



## PLANTS USED IN SOME COMMON DISEASES FOR CHILD CARE

<sup>1</sup>L.K. Dhumal\*, <sup>2</sup>P.R. Barve and <sup>3</sup>C.S. Arsule

<sup>1</sup>New Arts, Commerce and Science College Ahmednagar, 414001, M.S.India.

<sup>2</sup>Mahatma Gandhi Mission Dental College and Hospital, New Mumbai, Panvel.

<sup>3</sup>New Arts, Commerce and Science College Ahmednagar, 414001, M.S. India.

\*Corresponding Author:- [lata\\_dhumal@rediffmail.com](mailto:lata_dhumal@rediffmail.com)

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### ABSTRACT:

Children are the most susceptible to various types of viral diseases and infectious due to low immune system. There are many important diseases which are common in children worldwide such as gastrointestinal, respiratory, urinary, kidney disorders, liver, ear nose throat disease (ENT), eye infection, and dental anomalies. Immune system diseases as a result of nutrition deficiency are the key element for child diseases. India is a land of rich biodiversity and indigenous knowledge, particularly traditional ethnomedical practices. It is reported that the folk medicine system of India uses about 5000 different plant species with about 25,000 formulations as medicines for various ailments whereas the tribal healers use about 8000 wild plants with nearly 1,75,000 preparations. Various medicinal plants have been used by people for child care. Most of the commonly used plant part is root, stem, leaf, fruit, seed etc. There is a need to conduct clinical trials to support traditional claims and to analyse cellular and molecular mechanisms involved. Leaves and fruits are most used parts, herbs are most used life form, decoction method were used for administration, and oral ingestion was the main used route of application. Most of the species in the present study were used to cure gastrointestinal.

**Key words:** - Viral, Immune, Ethnomedical, Decoction, Traditional.

### INTRODUCTION:

Throughout the ages, humans have relied on nature for their basic needs, for the production of food, shelter, clothing, transportation, fertilizers, flavours and fragrances, and medicines (Cragg and Newman, 2005). Plants have formed the basis of sophisticated traditional medicine systems that have been in existence for thousands of years and continue to provide mankind with new remedies. Although medicinal plant therapy is based on the empirical findings of hundreds and probably thousands of years of use. The first records, written on clay tablets in cuneiform, are from Mesopotamia and date from about 2600 BC (Heinrich *et al.* 2004). Among the substances that were used are oils of *Cedrus species* (cedar) and *Cupressus sempervirens* (cypress),

*Glycyrrhiza glabra* (licorice), *Commiphora* species (myrrh) and *Papaver somniferum* (poppy juice), all of which are still in use today for the treatment of ailments ranging from coughs and colds to parasitic infections and inflammation. In ancient Egypt, bishop's weed (*Ammi majus*) was reported to be used to treat vitiligo, a skin condition characterized by a loss of pigmentation (Staniszewska, *et al.*, 2003; Beissert and Schwarz, 2002). More recently, a drug (methoxypsoralen) has been produced from this plant to treat psoriasis and other skin disorders, as well as T-cell lymphoma (Beissert and Schwarz, 2002).

The interest in nature as a source of potential chemotherapeutic agent continues. Natural and their derivatives represent more than 50% of all the drugs products in clinical

use in the world today. Higher plants contribute no less than 25% of the total (Farnsworth *et al.*, 1985; Cragg and Newman, 2005). In the last 40 years, many potent drugs have been derived from flowering plants.

The purpose of this review is to present few lesser known traditional Indian medicinal plants, their bioactive phytochemical, part of the plant used in various children diseases.

In present study the survey & documentation of 15 plants useful in child health care were studied.

Enumeration of plants includes botanical name, family, local names and uses with detailed formulation mode of use doses. These plant species are related to the various paediatric problems. These plants have been utilized as home remedies. Some plants are also in the product like “Balghuti”.

## MATERIALS AND METHODS:

### 1) Botanical Name-*Acacia nilotica* L.Corr.

Common name-Babhul

Family-Mimosaceae

Plant part use-Gum, Leaf.

Uses-

- 1) 5gm gum is dissolved in 1 cup of water and is given in the morning in empty stomach for 3 days to cure dysentery.
- 2) About 2ml leaf bud past mixed with a pinch of dried rhizome powder of *Zingiber officinale*. It is given with water twice a day for 2-3 day to cure diarrhoea.
- 3) Leaf paste is applied on affected area to reduce the swelling & pain.

### 2) Botanical Name-*Acorus calamus* Linn.

Common name-Vekhand, Bajho.

Family-Aracaceae.

Plant part use-Rhizome.

- 1) A paste prepared from fresh and dried rhizome is applied externally on skin disease and on the forehead during fever.
- 2) Rhizome paste (1-2gm) with water is given thrice a day for 2-3 days to cure Diarrhoea.
- 3) 5gm rhizome paste is applied twice a day up to 7 days on Chicken pox.
- 4) A pinch of rhizome paste is applied in side mouth, twice a day for 1-2 days or till cure mouth ulcer.
- 5) 5ml decoction of rhizome is given twice a day till cure cough and cold.

### 3) Botanical name-*Aegle marmelos* (L.) Corr.

Common name-Bel.

Family-Rutaceae.

Plant part use-Leaf, Fruit.

Uses-

- 1) Juice extracted from 2-3-fresh leaves with a pinch of salt is given on empty stomach for 2-3 days to cure fever.
- 2) Powder of dried green fruit pulp with water is given a for 3 days to treat dysentery and diarrhoea.
- 3) Ripen fruits pulp is mixed with water and juice is prepared and given for 7-8 days Constipation.

### 4) Botanical name- *Bacopa monnieri* (L.) Penn.

Common name-Nirbramhi.

Family- Scrophulariaceae.

Plant part use-Leaves.

- 1) 5-10 ml plant juice with ½ cup of cow's milk given once a day for 20-25 days as a brain tonic.
- 2) 10 ml juice of whole plant mixed with 25 ml mustard oil & 5 gm of black mung flour warmed & gently massaged over

chest to get relief from pain due to congestion.

- 3) 5 ml Plant juice with  $\frac{1}{2}$  cup of cow's milk given twice a day for 2-3 days to cure cold.

#### 5) Botanical name- *Ferula asafoetida* L.

Common name- Hing.

Family- Apiaceae.

Plant part use- Seeds.

1. Useful in dyspnoea of children.
2. It produces remarkable effects in the advanced stage of pneumonia & Bronchia's of children.
3. It is stimulant respiratory & nervous system & very effective.
4. The Ferula is used as maintain body temperature.

#### 6) Botanical name- *Trachyspermum ammi* (L.)

Common name- Onwa, Ajwain.

Family- Apiaceae.

Plant part used- Seeds.

Uses-

1. Administrative three drops of oil extracted from seeds treats gastrointestinal disorder.
2. Ajwain-kaphool treats for stomach ache.
3. Apply paste of ajwain on stomach.
4. Heated  $\frac{1}{2}$  teaspoon seeds in 30 ml milk filter & used as ear drop to reduce congestion & relief pain.

#### 7) Botanical name- *Rosa setigera* Michx.

Common name- Gulab.

Family- Rosaceae.

Plant part use- Flower.

Uses-

1. A syrup made from the flower is given to children for vitamin-c.

2. Syrup prepared from flower is used to treat ellipse & insomnia.

#### 8) Botanical name- *Ruta graveolens* L.

Common name- Satap.

Family- Rutaceae.

Plant part use- Leaves.

Uses-

1. The dried leaves used as a fumigator for children suffering from catarrh with catarrh powder & combination with aromatics they are given in dyspepsia.
2. In some parts of India, the juice is given to children as a remedy for worms.
3. The leaf juice is given to infants & children with convulsion & fits.
4. It is used in chronic diseases or bronchitis.
5. The bruised herb is placed in hollow teeth & the ears to relieve toothache & earache respectively.

#### 9) Botanical name- *Gardenia resinifera* Roth.

Common name- Dikamali.

Family- Rubiaceae.

Plant part use- Root.

Uses

1. The roots preparation of Gardenia is used as a remedy for ingestion of children.
2. Dikamali powder is safe to use for babies during teething.

#### 10) Botanical name- *Prunus amygdalus* L. Batsh.

Common name- Badam.

Family- Rosaceae.

Plant part use- Fruit.

Uses

1. The powder of Badam is mixed with milk to cure the problem of weakness.
2. The nutrients in almonds are essential to baby's brain development.

- The presence of a right amount of phosphorus in almonds enhances baby's bones and teeth as they grow.

**11) Botanical name- *Foeniculum vulgare L.***

Common name- Badishep.

Family- Apiaceae.

Plant part use- Seeds.

Uses

- Syrup prepared from fennel is use for chronic cough.
- It cures intestinal trouble when applied to the abdomen of children.
- The fennel ark is used for stomach ache & indigestion.
- Protection from different microbes.
- When infants suffer from constant respiratory issues and diseases such as bronchitis, asthma and cough.
- Relief from constipation.

**12) Botanical name- *Helicteres isora L.***

Common name- Murud sheng.

Family- Sterculiaceae.

Plant part use- Root, stem bark.

Uses

- 5 ml Decoction of bark and pods once a day is effective or diarrhoea.
- 3 m, bark decoction twice a day is for asthma and cough.
- Useful in the gripping of bowels and flatulence of children.

**12) Botanical name- *Vitis vinifera L.***

Common name-Draksh.

Family- Vitaceae.

Plant part use-Fruit.

Uses

- Grapes are useful in case of small pox and insomnia.
- The juice is used as the body temperature maintain.

**14) Botanical name- *Myristica fragrens L.***

Common name- Jaiphal.

Family-Myristicaceae

Plant part use- Seed, seed coat, oil.

Uses

- Giving jaiphal to baby may prove to be beneficial for his tummy.
- Inducing better sleep in babies because it is a natural sedative.
- It helps in building up a better appetite.
- It is anti- carminative and antispasmodic among remedies for children.

**15) Botanical name- *Embelia ribes L.***

Common name- Ambati, Vavding.

Family- Myrsinaceae

Plant part use- Berry.

Uses

- Powder mixed with honey or sugar is given on empty stomach to expel tape worms.
- The plant is widely used as anti-helminthic, anti-carminative, anti-bacterial, anti-inflammatory, anti-diuretic and anti-astringent.

**CONCLUSION:**

Today according to the World Health Organization (WHO), as many as 80% of the world's people depend on traditional medicine for their primary health care needs. There are considerable economic benefits in the development of indigenous medicines and in the use of medicinal plants for the treatment of various diseases. Ethnobotany is not new to India because of its rich ethnic diversity.

In the developed countries, 25 per cent of the medical drugs are based on plants and their derivatives. The plant parts used for treatment of child illness in this review was found to be root

followed by leaves and it was unlike with other ethno-botanical studies which were leaf was the dominant plant part used and the common route of administration was through orals.

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