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A: Current Study on Plant Species which is used by Peoples to Treat Asthma Disease in Jhunjhunu District, Rajasthan, India

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ABSTRACT: The ethno botanical study extensively carried out the information of the uses of anti-asthmatic plants which are used by local community or peoples who survive in villages of Jhunjhunu District. A total of 31 medicinal plants species from different family report as used to treatment of Asthma Disease of human being. Ayurveda mention the medicinal uses of plants to cure various human ailments. Leaf, stem, bark, root, flower, fruit, seed even whole plant is also used to make herbal remedies.

Keywords: Asthma, Antiasthmatic plants, Herbal remedies, Medicinal uses, Jhunjhunu District.

I. INTRODUCTION

Asthma is a complex inflammatory and common disease that is rising in pervasiveness worldwide. Approximately 300 million people world widely affected by Asthma disease and it has been also estimated that a further 100 million will be affect by 2025[1], [2]. The current treatment or asthma therapy need adequate success due to poor effect, that's why patients are in search of complementary and alternative medicine to treating the asthma[3]. Now in days many research studies come out with the point that different plants are traditionally used for treatment of many diseases.

The medicinal plants have been used for millennium years by ethnic and tribal communities in whole world. Now in recent years the medicinal plants have concerned global attention as they constitute a rich foundation of cultural information and natural products, which confer health protection to millions of peoples in rural communities [4].

Now in these years this is noticeable that peoples renewed interest in natural medicines which are obtained from various plant parts or plant extracts. Approximately 40 percent or more part of the pharmaceuticals at this time used in the western countries is derived or at least partially consequential from natural sources [5].

II. MATERIAL AND METHODS

A. Study Area

The study area of survey is Jhunjhunu district(Rajasthan). The district lies 75.021 North and 76.065 East, longitudly and surround the area of 5928 sqkm. District is bordered by the other districts such as North and N. east side by Haryana state, on the south, S. east and S.westside by Sikar district, on the North and N. west by Churu district. The district Jhunjhunu is integrated in Shekhawati region[7].

B. Methodology of Study

A personal interview was conducted with different age class of persons of Jhunjhunu District through survey. A list of semi structured questionnaire was set and investigations were conducted to gather the important information regarding various medicinal plants like as name, uses, remedies method etc.The plant specimens are preserving and make a herbarium file in proper way.

III. RESULT AND DISSCUSION

The listed plant species are used to treat bronchitis Asthma by the peoples of Jhunjhunu District.

Sr.	Family	Plant species	Common name	Used part	Administration mode or form
1.	Simaroubaceae	Ailanthus excels	Tree of heaven	Dry bark	Powder (one spoon)

					add honey and zinger
2.	Liliaceae	Allium cepa	Onion	Whole plant	Decoction (30-50 gm)
3.	Papaveraceae	Argemonemexicana	Mexican Prickly Poppy	Whole plant	Boiled plant extract (one spoon) or aqueous extracts of stem
4.	Nyctaginaceae	Boerhaviadiffusa	Punarnava	Whole plant	Decoction (20ml)
5.	Crassulaceae	Bryophyllumpinnatum	Cathedral Bells	Leaves	leaves extract (45ml)
6.	Asclepidaceae	Calotropisprocera	Rubber bush	Flower	The flower powder add triphala (1:4 in ratio) and honey (one spoon of remedy)
7.	Iridaceae	Carthamustinctorius	Safflower	Flower stigma	Boiled Safflower (7-10 strands) with Milk
8.	Fabaceae	Cassia fistula	Golden shower	Leaves	Extract (5ml)
9.	Rutaceae	Citrus reticulata	Mandarin orange	Fruit	Extract (15 ml) add honey and salt
10.	Verbenaceae	Clerodendrumphlomidis	Arani	Root	Extract (5ml)
11.	Cucurbitaceae	Cocciniagrandis	Ivy gourd	Leaves	Extract (10ml) add honey
12.	Araceae	Colocasiaesculenta	Taro	Plant corm	As vegetable
13.	Boraginaceae	Cordial myxa	Assyrian plum	Fruit	Extract (15ml)
14.	Euphorbiaceae	Emblicaofficinalis	Gooseberry	Fruit	Extract (10-15ml)
15.	Euphorbiaceae	Euphorbia hirta	Asthma Weed	Whole aerial part	Extract of aerial part of the plant (3-5ml)
16.	Euphorbiaceae	Euphorbia thymifolia	Chhotiduddhi	Whole plant	Decoction (one-two full spoon)
17.	Moraceae	Ficusreligiosa	Pippal	Bark	Aqueous extract (half spoon)
18.	Poaceae	Hordiumvulgare	Barley	Seed	Decoction (10-15ml)
19.	Verbenaceae	Lantanacamara	Big-sage or Lantana	Leaves	Decoction (3-5ml)
20.	Apocynaceae	Lochnerarosea	Rosy periwinkle	Flower	Decoction (3-5ml)
21.	Cucurbitaceae	Luffaacutangula	Ridge gourd	leaves	Decoction (10-15ml)
22.	Moringaceae	Moringaoleifera	Drumstick tree	Root	Juice (5ml), add zinger
23.	Solanaceae	Nicotianatobacum	Tobacco	Leaves	Powder (450mg)
24.	Oleaceae	Nyctanhesarbortristic	Night-flowering	Leaves	Dry Powder (1-2 gm)

			Jasmine		
25.	Cactaceae	Opuntiaelator	Prickly Pear	Fruit cover	Powder (1.5 gm)
26.	Apocynaceae	Pergulariadaemia	Trellis-vine	Leaves	Juice (5ml)
27.	Arecaceae	Phoenix dactylifera	Date Palm	Fruit	Powder (1.5 gm)
28.	Solanaceae	Physalis minima	wild cape gooseberry / sun berry and pygmy ground cherry	Leaves	Decoction (3-5ml)
29.	Salvadoraceae	Salvedoraoleoides	Vann or jaal	Leaves	Decoction (10-15ml)
30.	Caesalpiniaceae	Saracaindica	Saracaasoca	Seed	Powder (40-50 gm)
31.	Combretaceae	Terminaliabelirica	Bahera/ Beleric and myrobalan	Fruit	Dry Powder (40-50gm)

Leaf, stem, bark, root, flower, fruit, seed even whole plant also used to make remedy. Remedies which made from these 31 medicinal plants are used to the treatment of Asthma disease.

IV. CONCLUSION

The survey signifies that, Tradition healers are used medicinal plants broadly to treat Asthma Disease.

It is clear from the interviews conducted in Jhunjhunu district that information of medicinal plants is limited to traditional healers and aged persons who are living in village. The ethno botanical survey also point out some specific medicinal plant species and their properties to the local inhabitants who are unknown from value of medicinal plants in the environment[6].

We should try to conserve these medicinal plant species for easily use in future without any efforts, cost and side effects.

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