

# HAND BOOK OF INDIAN MEDICINAL PLANTS



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# Handbook of INDIAN MEDICINAL PLANTS

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# PREFACE

This is a very handy reference book for students and teachers of Ayurveda, Pharmacy botany. The industries engaged in herbal preparations and the common man interested in medicinal plants.

It contains nearly 1000 plant species either used as main sources of the drugs in Indian systems of Medicine or as their substitutes and adulterants. The names of the plants (of main sources) have been given family-wise following the Bentham & Hooker's system of classification. Cryptogams are very few and are given after the Monocots. The general information about the plants i.e. name, habit, part(s) used in medicine, main properties/uses and broadly the name of area(s) where they naturally occur has been given in tabular form so that one can see it at a glance. Where there are - substitutes and adulterants of the drugs, their names have also been provided. In this regard it is to mention that there is no fixed limit of these, therefore, which are commonly mentioned in various Ayurvedic texts and other published literature have been given here.

The names of the drug plants have been given under two categories viz. A & B. The plants under A category are considered as important, means - more efficacious, used in more formulations and have market. While the plants under B are considered as less important. This is just as a reference for those who are interested to know. This is not an ascertained matter and simply based on experiences.

The Sanskrit and botanical names of the drug plants have been given in bold letters while their synonyms and the names of substitutes and adulterants are in italics. Synonyms of Sanskrit names are given under bracket.

There is no claim to originality in any matter in preparation of this book. It is totally a compilation work done in a manner in which it would prove useful to the readers. The names of books, journals, papers etc. consulted for names, uses, substitutes, adulterants etc. have been given after the descriptive part.

At the end two indexes one of botanical names and families and other of Sanskrit names have been given. It is hoped that the book will be found useful by students, teachers, researchers and others related with medicinal plants.

In preparation of this book, I express my sincere thanks to Shri Y.R. Vachharajani, C.C.R.A.S. Project, Jamnagar for providing me some literature and in proof reading. During the course of writing. The encouragements and suggestions received from Dr. P.N.V. Kurup, ex Vice-Chancellor of Gujarat Ayurved University, Jamnagar, Prof. M. Daniel, Dept. of Botany, M.S.U., Vadodara, Prof. S.D. Sabins, Vadodara, Prof. V.K. Joshi, B.H.U., Varanasi and Dr. Giriraj Gohil, Jamnagar, I am thankful to all these thanks are also due to Shri P.D. Solanki for typing the manuscript.

I can not forget to express my thanks to my wife Smt. Geeta Joshi, who incited me to write this book.

Lastly, I am very much thankful to Shri Pawan Kumar Sharma, Scientific Publishers (India), Jodhpur for his valued co-operation in publishing this book.

Inspite of utmost care during preparation of the book, there are chances of errors in any format any place, which I humbly accept. For the improvement, suggestions and pointing out any type of mistakes from the readers will be thankfully accepted.

**( Dr. M.C. Joshi )**

Date : 8.2.2006

Place : Vadodara

# HINTS

(a) The Sanskrit and botanical names of the medicinal plants are in bold letters. Their synonymus and names of substitutes and adulterants in italics.

(b) Plants given under A are considered as important while under B are as less important.

For the economy of space the following abbreviations have been used at certain places.

Him.	=	Himalayan
M.	=	Height above sea level in metres.
EN.	=	An endangered plant.
Dec.	=	Deciduous
Cultd.	=	Cultivated
Var.	=	Variety
E.	=	East
S.	=	South
W.	=	West.



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