

Herbal Resources of India and Nepal

Tonic, Memory Boosters and Mood Swing

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(Tonic, Memory Boosters and Mood Swing)

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Preface

Since time immemorial, plants have played an integral part in the development of human civilization. Undoubtedly, India holds a prominent position in utilization of its time-tested traditional herbal knowledge for overall well-being of mankind. Unfortunately, most of the age-old plants based traditional practices developed over years of quest through trials and errors are vanishing consequent to the assault of modern civilization into tribal areas and changes in sustenance economy, and needs to be popularized with the present and future generations. For doing so, one of the main tasks for the scientific community is to develop sound database on their ethnobotanical prudence. Viewed in this context, the preparation of this comprehensive invaluable manual has been necessitated for which no efforts have been made till date with all earnest efforts to provide up-to-date information on botanical names, synonyms, family, English, Hindi and Sanskrit names, distribution, reproductive cycle, part/s used, folk use(s) and active constituents of tonic, memory boosters and mood swing promising herbal resources of India and Nepal, the need for which has long been felt by biotechnologists, phytochemists, nutritionists, food scientists, pharmacologists, students and researchers of these disciplines and laymen alike in today's stressful and competitive world. Such a valuable baseline data offers tremendous scope for its effective bio-prospecting and hopefully, be put to use for welfare of mankind all over the world for its commercial exploitation. No institutional library in India and abroad should be without it.

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The work does not pretend to be complete; suggestions for improving it, if any, are most welcome.

S.K. Sood
Rakesh Thakur

Abbreviations

Al	Aluminium	Me	Methyl
Alc.	Alcohol	mg	Milligram
α	Alpha	Mg	Magnesium
&	And	ml	Millilitre
A.P.	Andhra Pradesh	Mn	Manganese
As	Arsenic	M.P.	Madhya Pradesh
β	Beta	N.	North/Northern
C.	Central	Na	Sodium
Ca	Calcium	N.E.	North East
Cl	Chlorine	N.W.	North West
CNS	Central Nervous System	OH	Hydroxy
Co	Cobalt	P	Phosphorous
Cu	Copper	%	Percentage
Δ	Delta	Ψ	Psi
δ	Delta	S	Sulphur
E.	East/Eastern	S.	South/Southern
Eng.	English	Sans.	Sanskrit
<i>et al.</i>	<i>et alii</i> (and other authors)	S.E.	South East
<i>etc.</i>	<i>et cetera</i> (so on)	Sp.	Species
EtOH	Ethanol	Si	Silicon
Fe	Iron	Sub sp.	Sub Species
γ	Gamma	Syn.	Synonymous
g	Gram	tsp.	Tea Spoon
I	Iodine	U.P.	Uttar Pradesh
i.e.	<i>id est.</i> (that is)	U.S.	United States
<i>in vitro</i>	In Glass	var.	Variety
<i>in vivo</i>	In Living Tissue	viz.	<i>Vide licet</i> (namely)
J. & K.	Jammu & Kashmir	Vol. (s)	Volume (s)
K	Potassium	W.	West/Western
m	Metre	W.H.O.	World Health Organisation

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