

Medico-Religious Monocot Plants of Motihari

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Abstract - Plants are considered as prime importance to human life since time immemorial who depend on them for food, shelter, clothing and tools for fulfilling spiritual needs. Ayurveda is closely connected with the Vedic culture which is believed to have developed after the onset of Aryans in India. Man is using plant as source of medicine since ancient times. The plants like *Asparagus racemosus* (LILIACEAE), *Crinum asiaticum* (AMARYLLIDACEAE), *Curcuma longa* (ZINGIBERACEAE), *Cynodon dactylon* (POACEAE), *Dendrocalamus strictus* (POACEAE), *Desmostachya bipinnata* (POACEAE), *Saccharum officinarum* (POACEAE), contain effective amounts of active principal of pharmaceutical uses.

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Asparagus racemosus



Curcuma longa



Crinum asiaticum



Cynodon dactylon

*Dendrocalamus strictus**Desmostachya bipinnate**Saccharum officinarum*

INTRODUCTION

Plants as distinct life-forms on the planet represent a huge pool of natural resources that can produce various products and chemicals for the welfare of human beings. In the present study seven monocot plant species found growing at Motihari are sacred to the local people and duly used in the treatment of various human ailments. These plants are also called as medico religious plants (= Nakshatra plants) (R.C. Srivastava, 2006; N.K. Sharma, 2004; S.K. Jain and Rao, R.R. 1997; Nadkarni, AK, 1954)

MATERIALS AND METHODS

Excursion trips were organized to visit Motihari for collecting monocot plant species belonging to different families. The collected plant species were dried under herbarium press for one week under dried exposed environmental conditions. The dried plant species were poisoned with 5% mercuric chloride solution and mounted on herbarium sheet measuring 42 X 28 cm with the help of fevicol.

RESULTS AND DISCUSSIONS

The mounted plant species were identified with the help of available literatures e.g. Botany of Bihar and Orissa, I-VI volumes (1921-1924); Flora of Delhi by J.K. Maheshwari, 1963; Herbaceous Flora of Dehradun by C.R. Babu (1977). The details of all seven medico religious plants have been included in table-I below —

Table-I: Showing details of 7 medico-religious plants.

Name	Family	Local Name	Uses	Remarks
<i>Asparagus racemosus</i>	LILIACEAE	Satavar	Laxative, expectorant	Twiner
<i>Crinum asiaticum</i>	AMARYLLIDACEAE	Sudarshan	Earache, Skin disease	Perennial herb
<i>Curcuma longa</i>	ZINGIBERACEAE	Haldi	Cough, colds, Fever, Antibiotic	Rhizome
<i>Cynodon dactylon</i>	POACEAE	Dub grass	Diuretic, Astringent, genito-urinary	Runner
<i>Dendrocalamus strictus</i>	POACEAE	Bans	Menstrual cycle, Gonorrhoea	Unbranched tree
<i>Desmostachya bipinnate</i>	POACEAE	Kush	Laxative, Urina disease	Shrub
<i>Saccharum officinarum</i>	POACEAE	Ganna (Sugarcane)	Indigestion, cooling	Juicy intrnodes

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