

SCIENCE DAY

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I thank you for inviting me to speak on this occasion.

Respected Members on the dias and Friends,

Permit me to make a small introduction to my talk on Herbal Medicines. To-day you are celebrating Science Day.

If we look up the meaning of the word "Science" in the Oxford dictionary it says

SCIENCE - Systematic and formulated knowledge
- any branch of such knowledge

HERBAL MEDICINE SCIENCE
- the pursuit of the knowledge of herbs
and their use as medicines

SCIENTIST - A person learned in one of the sciences.

In India we have many such scientists, though we may not recognise them as such because they do not know to read and write.
They are the VAIDUS / BHOGTUDYA who live in our villages and whom we need to RESPECT.

It is because of these '*bhogtudya*' who through the ages have studied the herbs and made use of them to cure various illnesses that to-day there exists such a vast knowledge of herbal medicines. We could rightly call them scientists - bare-foot scientists - if we want to use that term.

In fact, Ayurveds of old went to these TRIBAL bhogtudya to learn from them and exchange with them their own knowledge.
Unfortunately this abundance of knowledge which exists in an oral tradition has not been recorded and very soon will be lost to future generations because of the impact of Allopathy and the lack of respect we have for persons who are not literate.

Another fact is that allopathy and doctors have gained a stronghold in our lives Earlier our mothers or grandmothers would treat many minor illnesses with home remedies. To-day for these minor illnesses we go to doctors. And these doctors often give un-necessary antibiotics, vitamin tablets and syrups just to please the patient.

So I am grateful for this occasion to share with you some of what I have learnt from these vaidus and which I have found very effective. I hope that when you go back to your homes and villages you will use these remedies and learn even more from the bhogtudyas, if they are willing to teach you.

Having made this rather long introduction let us go on to seeing and recognising some common medicinal plants.

- | | | | |
|--------|---|--------------------|----------------|
| A 01 | Aloe barbadensis | Korphad | Dedki |
| | 1. Cuts, wounds, burns 2. Abscesses 3. Infected wounds | | |
| A 02 | | | |
| T 04 | Cyperus rotundus | Nagarmotha | Gundyon |
| | 1. Fever - tubers, Hot infusion 1 cup water 15 minutes bd 2. Watery stools - crushed, decoction 1 cup bd x 3d. | | |
| A 22 | Cynodon dactylon | Durva | Dorudon |
| | 1. Bleeding - juice 1 tsf to 1 cup, od to tds 1 day to month | | |
| A 38 | Cymbopogon citratus | Gavti chaha | |
| | 1. Fever with no sweating - Hot infusion 1 cup tds 2. Cold - with Tulsi and Paanova - Hot infusion | | |
| L 33 | | | |
| X L 34 | | | |
| X L 35 | | | |
| L 37 | | | |
| L 38 | | | |
| L 34 | Ocimum sanctum | Tulsi | |
| | 1. Cold 2. Fever with shivering - 1/2 cup juice + powder of 4 pepper | | |

| | | | |
|--------|--|------------------|-----------------|
| L 35 | Coleus aromaticus | Paanova | Paanozma |
| | 1. Cold | | |
| | 2. Headache - temporary relief | | |
| A 46 | Zingiber officinale | Aalem | Aadrak |
| | 1. Indigestion | | |
| A 50 | Cuminum cyminum | Jeera | |
| | 1. Indigestion with diarrhoea - roast, crush, hot infusion | | |
| C 04 | | | |
| C 05 | Caesalpinia crista | Sagargota | Kaachkom |
| | 1. Abd. colic - roasted, crushed, + black salt or rock salt | | |
| C 14 | | | |
| C 15 | Abrus praecatorius | Gunj | Tinglee |
| | 1. Sore throat - leaves chewed | | |
| D 06 | Ocimum basilicum | Sabza | Morvom |
| | 1. Earache - juice | | |
| | 2. Diarrhoea in children - seeds | | |
| E 01 | Lawsonia inermis | Mendi | Mehedi |
| | 1. Burning hands and feet - juice | | |
| | 2. Athlete's foot(chiklyom) - paste | | |
| T 01 | Calotropis gigantea | Ruee | Ruvandi |
| | 1. Earache - leaf, heated, juice drops in ear | | |
| T 032. | 2. Boils - latex mixed using twig with mud from root | | |
| E 05 | Ricinus communis | Erand | Ondom |
| | 1. Joint pains - leaf heated oil applied | | |
| | 2. Broken tooth, toothache - 1 tsf oil, pinch salt, glass water, gargle bd x 4 days | | |

| | | | |
|------|--|--------------------------------|--------------|
| G 23 | <i>Moringa oleifera</i> | Shevga | Hegvo |
| | 1. Night blindness - tender leaves, flowers juice /vegetable | | |
| T 06 | 2. Weakness - pods (sheng) vegetable | | |
| T 07 | <i>Moringa concanensis</i> | Kadu Shevga | Kodvom hegvo |
| | Paralysis - bark strip - tied | | |
| M 25 | | | |
| T 05 | <i>Achyranthes aspera</i> | Aaghaada | Chinjudom |
| | Kshaar - cough with phlegm | (kafache khokla) x 3 night | |
| | caried teeth | (keedlela dat) | |
| | wax in ears and ache | (kaanaat mul aalyane dukne) | |
| | scorpion sting | (vinchu dansh) danshavar lavne | |

A few trees you may recognise and need to be conserved - not destroyed

| | | | |
|--------------------|-----------------------------------|-------|-------|
| G 06 | <i>Terminalia belerica</i> | दांडी | दांडी |
| G 12 | <i>Madhuca indica</i> | मिंदी | मिंदी |
| G 18/19 | <i>Gmelina arborea</i> | रिंदी | रिंदी |
| H 6 | <i>Butea monosperma</i> | वेदक | वीरक |
| H 14/15 | <i>Pongamia pinnata</i> | फरु | फरु |
| H 19 | <i>Holarrhena antidysenterica</i> | दंडी | दंडी |
| H 20 | <i>Sapindus trifoliatus</i> | रिंदी | |
| H 31 | <i>Sesbania malabarica</i> | मींदी | मींदी |
| H 32 | <i>Cassia fistula</i> | मींदी | मींदी |