

Indigenous Use of Medicinal Plants for Health Care

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ABSTRACT Plants have been used for health care at household level both in processed and unprocessed form since remote past. Their identification, validation and documentation can help to pass this knowledge to the future generations. The efforts made under the extension component of All India Coordinated Research Project on Home Science yielded data on plants used for health care. The data on the pharmacognosy status of the eleven identified medicinal plants used in the state of Punjab for eight problems reveal that parts of trees, herbs and shrubs such as margosa, onion, sacred basil, turmeric, soap nut, Indian gooseberry asparagus, saffron and almond were used to prevent and cure problems related to aches and pains, eye infection, fever, weakness, dog bite, boils and wounds and hair fall. The most used part for treating the disorders were leaves followed by bulbs and fruits. These plants were used as they possessed properties which proved effective for health care purpose. This information needs to be disseminated through planned strategies for extensive use by the masses.