



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

STUDIES OF SOME HERBAL RELIGIOUS PLANTS OF BUDDHISM

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Abstract

The present paper deals with the “studies of some herbal religious plants of Buddhism” during-2017-19. To document the medicinal and other utility of plants with traditional uses of 05 plants species along with correct botanical identification, local names, past used and mode of administration in respect to different applications. The documented religious plants are mostly used to cure **hair loss, treats cough, respiratory health , urine retention, Improves digestion , blood pressure, cold, cough, flu and asthma , Relives menstrual pains and digestive distress.**

Keywords : Herbal Plants, Tulsi, Mint, Methi, Turmeric, Aloe vera.

Introduction

Buddhist ritual healing and medical therapies included care for domestic animals, such as the horse. In pre-modern Japan, equine medicine was not restricted to the treatment of military horses, it was also practiced in a religious context deals with total direct relationship between man and plants. Many currently widely used plants owe the origin of their use to religious plant knowledge. The search for new sources of drugs, food, and other life support species has compelled man to back again at nature. It has been considered necessary and useful to seek clues from people living closer to nature. There has been resurgence of interest in direct relationship between man and plants all over the world during the last 50 years. The flora of India is rich. The total number of species of higher and lower plants is estimated to be about 45000(higher plants 15000). The man who live around the forest region, the forest provides complimentary source of food, medicines and other materials. They are also engaged in seasonal collection of minor forest products like gums, regins, spices, medicinal plants etc. However, the shrinkage of forest areas and degradation of resources due to increasing population and over exploitation by the civilized world have threatened their very existence.

Methodology

STUDY AREA:- Buddhism adjoining area viz, Gaya (S1), Bodh-Gaya (S2), Bakror (S3), Rajgrih (S4) and Nalanda (S5). The most important herbs of this area are **Tulsi, Mint, Methi , Turmeric , Aloe vera** are the common flora across the flora of Buddhism . An religious plant survey for using different respects by peoples of above Buddhism area was carried out during 2017-19.

Result and Discussion

The information on plants used as traditional medicines, food, clothes, sacred views was gathered on semi structured interviews with local people, vaidyas, ojhas nuts, involved in traditional herbal medicine practices. The medicinal property of plants was confirmed by similar uses from at least 20 informants. Plants specimens collected from the field with help of regional and local floras.

1. *Ocimum tenuiflorum* (Tulsi)

The next in line is Tulsi or the Queen of medicinal plants. This plant holds immense significance in the Hindu religion. But it has so much more to itself than just religious significance. The strong aroma of Tulsi is good enough to keep bacterial growth at bay. It is known for its healing properties, and all it requires for growth is water. Here's a list of the uses and healing properties of Tulsi:

- - It gives you strength to fight stress
- - Promotes a longer life
- - Treats cough
- - Treats indigestion
- - Anti-cancer
- - Good for hair loss, heart diseases, diabetes, etc.

2. *Mentha arvensis* (Mint)

This freshly fragrant medicinal plant serves a wide variety of purposes. From enhancing your mood to treating indigestion, mint can do it all. This plant requires a lot of water to grow. So you must sow its seeds and keep watering it. The best part about mint is its ability to repel pest and insects so your home will be a clean environment. Take a look at the uses of this medicinal plant:

- - Keeps the digestive system running
- - Boosts immunity
- - Enhances mood
- - Expels cough from the body
- - Benefits respiratory health
- - Keeps mosquitoes away

3. *Trigonella foenum-graecum* (Methi)

Methi is an important ingredient of an Indian kitchen. Its leaves, seeds and powder of the seeds, everything is beneficial for your health. It adds a distinct flavor to your food and has a wide variety of medicinal properties. Here's how coriander keeps you healthy:

- - Prevents the food from spoiling
- - It is rich in antioxidants
- - Cures diabetes
- - Improves digestion
- - It regulates your menstrual cycles
- - Treats acne

4. Curcuma longa (Turmeric)

It is the root solution for a wide variety of health problems. All you need to do is sow the **Turmeric** root in your garden and it a few days it will grow it in a few days. It does not require much care. It is an important ingredient of Indian food due to its distinct flavor, and of course, its benefits for your overall health. Here's how **Turmeric** benefits your overall health:

- -Treats indigestion
- - Eases headaches
- - Controls blood pressure
- - Treats cold, cough, flu and asthma
- - Relives menstrual pains and cramps

5. Aloe vera (Dhritkumari)

In Ayurveda, aloe vera is known as the 'King of medicinal plants.' It holds water in its fleshy leaves which is why it can sustain in extremely dry conditions as well. So, growing aloe vera in your garden will not require you to take extra care of the plant every now and then. However, it surely can treat a wide variety of health problems. These include:

- - Constipation
- - Digestive distress
- -Acne
- - Poor body immunity

CONCLUSION

Local people, vaidyas, ojhas were confirmed the medicinal property of herbal Plants. This herbal plants viz **Tulsi, Mint, Methi, Turmeric, Aloe vera** were use full for human helth. It cure hair loss, , diabetes, , treats cough, heart diseases, respiratory health , urine retention, Improves digestion , blood pressure, cold, cough, flu and asthma , Relives menstrual pains and digestive distress.

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