



# Vedic and Ancient Knowledge: Trends towards Life Sciences and medicinal microbiology.

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**Abstract:** Vedas are considered Ultimate Source of Knowledge and the most ancient written literature of the world. All great ancient thinkers and Philosophers. From Brahma down to Jaimini opine that the Vedas are as old as the advent of man and believe that the Vedas are Revelation. The natural outcome of the. Optimistic and robust outlook, which the ancient Indians had on life, was a keen desire to live a long and healthy life of a hundred years. They advocated the theory "Prevention is better than cure". The changing climate biotechnological "error" and manipulation with respect to microbial Physiology. Biochemistry and genetics; and other factors have favoured Pathogens. Infectious diseases and its forms emerging infectious diseases and reemerging infectious diseases are now a great challenge for modern microbiologists. Traditional knowledge of is medicinal Plant and their treatment, method is rooted in classical literatures and unscripted dialects of people in India. Medicinal Plants are assuming greater importance in Present time because of various side effects of modern medication and due to fewer side effects Indian medicinal plants. There are innumerable medicinal herbs available in India and the Scholars and Physicians have been making use of the same.

It is impossible to cover the entire medical. This Paper deals with some important herbs, which have been used to cure the diseases from the very early times to the modern time. This Paper seeks to analyze and emphasize that medicinal Vedic microbiology has Capability to deal with the infectious diseases and its forms.

**Keywords - Vedas, Life science, medicinal microbiology, herbs, diseases, Ayurveda.**

## INTRODUCTION :

Vedic civilization is the oldest thriving culture more than 17,50,000 (17 lakh 50 thousand ) years old by revealed by the Scientists of NASA obviously, our Vedic forefathers had successfully dealt with microbial diseases. This idea & confidence for obviousness is due to availability of grand old human guiding texts - Vedas, Ayurveda and other allied Sanskrit literature. An examination of the ancient literature would reveal that the Vedic Aryans owed allegiance to the cult of Shiva (Rudra) and the worship of the Phallus (Linga) which was later on absorbed by, and incorporated into the Vedic Culture. It is interesting to note that the Rig Veda Praises God Rudra as the ablest Physician who Prepared all medicines with his beautiful hands. The Rudra Adhyaya of Yajurveda Praises the god of the first Physician Both Atharvaveda and Yajurveda refer to herbal plants used for medicines.

Ayurveda's greatest treasures are its theories of health and diseases, which are remarkably Compatible with the models espoused by modern medical thinkers. Charaka Samhita is the earliest still most important of all ayurvedic texts and gives description of the material medica know to the ancient Hindus. Sushruta Sanhita is the most famous surgical text and Contains a Comprehensive chapter on therapeutics. Jivika is the Court Physician of Bimbisara was an extent in Ayurvedic medicine and was appointed to supervise the health of Buddha and his followers (Robert E. Sovoboda, 1992). Buddha himself was impressed with the treatment given by Jivika. Ashtanga Sangraha in 7th century and Ashtanga Hridaya in 8th century are the condensations of Charaka and Sushruta's work with some more diseases and therapies. The Sharngadhara Samhita introduce the new syndromes and treatments which observed in 14th Century. The Vedic literature bounds in plant wealth. In the days of yore, our Aryan forefathers settled in the land of five rivers, as the Pioneer heralds of civilization. They used to recite the Vedic hymns in Praise of the Supreme Creator for his merciful manifestations in the medicinal Plants. Which were important for restoration of public health. The earliest reference to the medicinal use of Plants can be traced to Rigveda perhaps the oldest repository of human knowledge. Ayurveda discusses the remedial Properties of various drugs in detail.

During the British rule, the Eastern western medicine was favoured and the indigenous form lost its glory. The translation of Sushruta's work in to German in the 19th century opened the eyes of the Physicians and researchers towards Ayurveda. The Plastic surgery of modern times has its roots in that skin grafting and operations for cataract and bladder stone were Performed by the Indian Ayurvedic Surgeons in the 18th Century.

The Charaka Samhita State the System of Ayurvedic medicine which written by Rishi Charaka at some 2500 years ago. It consists of 120 chapters in eight sections on surgery, eye and head treatment, therapeutics, toxicology, Pediatrics, Pharmacology and medicine Preparation, mental diseases and treatment of reproductive systems. Charaka is the first to Point out that effects of diet and activity on the mind and body. He also understood the fundamentals of genetics, and how to determine the sex of a child being carried in the

mother. He also established how birth defects in the mother or father, but to the ovum or sperm of the Parents. He also counted 360 bones in the human body, including teeth. The Rishi Charka also explained that nature Provides all the natural medicines in the area a Person lives. The Rigveda also names over 1000 herbs and Plants used for medical purpose. Thus, a person must investigate the Plants and Vegetables around oneself and use them. The Atharvaveda contain 20 kandas, 731 Suktas and 5977 mantras and in it 135 Plants find Place in 264 mantras of 63 Suktas of 10 kandas. The Charaka Samhita talks about 341 Plant-generated medicines, another 177 from animals, and 64 from minerals. The Sushruta Samhita also discusses 385 Plant-generated, 57 animal-generated and 64 mineral generated medicines and how to use them. All kinds of Powders, distilled, decoctions, mixtures, gels, and various other kinds of medicines were produced from these.

There is lot of Proof of Indian herbs in Curing many diseases and realization of herbal Charms led to the develop Ayurvedic medicinal system. Charaka and Sushruta Samhita Constitute two important Sections dealing with drug Plants of ancient India. In this reference some medicinal Plants are described as follows :

[1] **Amalaki (*Emblica officinalis*) :**

It used to cure respiratory problems and it makes a good hair oil against greying and baldness. It has rich antioxidant and iron content Its fruit contain high levels of Vitamin C which helps to reduce hair fall. Charaka says, it is the best medicine for preventing ageing. It helps to increases the volume and frequency of urination, which improves the elimination of toxins from body. The whole Plant has therapeutic value.

[2] **Shallaki (*Boswellia serrata*) :**

It is frequently used as a fumigant, its fumes of agreeable odor wards of all diseases including Yaksmas (tuberculosis) (AV 4/37/3 1, AV 19/38/1&2) asthma, diabetes, stroke. It Contains Chemicals that might decrease swelling and increase the body's immune response. Extract of Sap, bark and other Plant Parts have been taken by mouth for therapeutic Purpose. Essential oil from resins contains myrcene, dimyrcene and Polymyrcene. The gum also contains. Aldobiouronic acid (Indian J. Chem. 1964,2,57,156) and Phytosterol; sitosterol (Carr Sc, 1963, 324)

[3] **Haritaki (*Terminalia chebula*):**

It has much effective on Vata and scrapes ama away from tissues, especially from the digestive tract and rejuvenate the body, especially the colon and lungs. It used to balance three humors: kapha, pitta and Vata. It also been used for asthma, bile duct disorders, scorpion stings and Poisonings. Its bark has been used in India for more than 300 years, primarily as a heart remedy. An Indian Physician named Vagbhata has been credited as the first to use this product for heart conditions in the 7th Century A.D. Nevertheless, People today use this for disorders of the heart and blood vessels, including heart diseases and related chest pain, high blood Pressure and high cholesterol.

[4] **Bibhitaki (*Terminalia belerica*) :**

It has much medicinal value. It helps to remove flam (kapha). The dried ripe fruit stops diarrhea and is useful in curing piles and skin diseases. It used to protect the liver and to treat respiratory conditions including respiratory tract infections, cough and Sore throat. They have also been used for HIV infection.

[5] **Khair (*Acacia catechu*) :**

Gummy extract of Plant Wood is commercially known as Katha. It has the wonderful property that when Ficus species grows one this Plant, the medicinal Properties of the former get enhanced manifold (AV 3/6/1). It is used for diarrhea, swelling of the nose and throat, dysentery, Swelling of the colon (colitis), bleeding, indigestion, osteoarthritis and Cancer. It also applies directly to Skin for skin diseases, hemorrhoids and traumatic injuries to stop bleeding, and for dressing wounds. Chemically speaking the gum contains D-galactose, L-arabinose and L-gala curonic acid. On hydrolysis the gum yields aldobiuronic acid of which is 6-D-glucuronoside, D galactose. (J. Indian chem... Soc. 1956, 33,861); the wood contains Catechin. (J. Indian - Chem. Soc. 1930, 279, 1931, 143) These compounds are responsible for their therapeutic action; Antiseptic and Antringent and used as treatment for Chronic diarrhea, Dysentery, Leucorrhoea etc. It also used as flavoring agent in foods and beverages.

[6] **Babbula (*Acacio arabica*) :**

The gum of tree is highly effective on diarrhea, dysentery, diabetes and excessive menstrual bleeding. It is used as a pharmaceutical ingredient in medications for throat or stomach inflammation and as a film-forming agent in Peel-off skin masks. It also helps to reduce cholesterol levels and to help increase weight loss. Woman Consume a Sweet made from this gum for four to six weeks after Child birth to regain physical strength.

[7] **Apamarga (*Achyranthes aspera*) :**

All Parts of Plant have been used both traditionally and medicinally, it has a strong unpleasant Smell used externally or internally. It's used for all chronic diseases (AV. 4/18/7), disability of limbs and childlessness (AV. 4/17/6 4/19/2). It is also used as an antidote against Poisonous medicines, as a treatment for troubles caused by delirium impotency, diabetes (AV 4/17/6), Piles (AV. 4/17/5) and mental problems. Plant supplements help to remove excess body fat by Preventing accumulation in the abdomen, gluteal regions Control body weight. Chemical constituents found in seeds- hentriacotane and Saponin 2% and also oleanolic acid-oligosaccharide saponin, oleanolic acid 1.1%. (J. Indian Chem. Soc, 1958, 35,693). It also used as treatment in Cough, asthma, Painful inflammations, skin diseases, Cardiac disorders. (chem. News eff: 1891, 147, Pharm, J1888,946).

[8] **Vacha (*Acorus Calamus*) :**

It reduces the Vata and Kapha and increases Pitta and acts as an aphrodisiac. It Controls epilepsy and improves the voice and Speech. A coma or shocked Patient returns to Consciousness if its Powder is blown into the Patient nose. It is used to control bedwetting, sleepwalking, sleep talking and tobacco addiction. It is used for gastrointestinal Problems including ulcers, inflammation of the Stomach lining, intestinal gas upset stomach and loss of appetite. It is also used as medicine to induce sweating and to treat rheumatoid arthritis and stroke. To enhance the intellect and stimulate the immune system, babies were given its Paste with gold and honey or ghee. It is also useful to cure headache, bronchitis, Pneumonia, Cough, diarrhea etc.

[9] **Yava (Barley) (*Hordeum hexastichon*) :**

It is used for lowering blood sugar, blood Pressure, and cholesterol and for Promoting weight loss. It is also used for digestive Complaints including diarrhea, stomach Pain, and inflammatory bowel conditions. Other uses include Cancer Prevention and treatment of a lung Problem Called bronchitis. It also used in the treatment of Jaundice, Consumption and mental Problems (AV 6/90/2). As Per Bhavapakasha Nighantu. It is very important means of drawing out Guinea worm. It also Cures rapas (AV. 6/91/1). A perusal of the Atharvaveda mantra 2.8.1-5 would clearly reveal the most. Dangerous disease – Kshetrya It is nothing but AIDS,

because as per M. Moniers William's Sanskrit – English Dictionary (Page 332 Column 2nd) this disease is transmitted when an adulterator seduces other wives and it is a hereditary and incurable in this life.

[10] **Bilva (*Aegle marmelos*) :**

It contains tannins, flavonoids, and Coumarins. These chemicals help to reduce Swelling. This might help treat asthma, diarrhea, and other Conditions. Its leaves are used as Poultices in inflammation and gangrene; the leaf juice controls diabetes ; its roots controls Vata, Cold and fever; its fruit helps in digestion; its fruit jam cures diarrhea and Constipation. Bilva oil is used as ear drops to treat deafness.

[11] **Aswatha (Pippala) (*Ficus religiosa*) :**

It is used in the treatment of diseases which create convulsion and trembling (Av. 3/6/3). It is a Powerful germicidal. The bark contains Astrin and used in gonorrhoea. Tannins and wax, the fruit bear 34.9% Sugars and 7.9% albuminoids. It is mostly used in treatment of gonorrhoea, diarrhea, inflammatory swellings and good for burns, asthma, and neuralgia. Pharmacological effects - relaxant and Spasmolytic on various smooth muscles (Indian J. Med. Res.1960 1734).

[12] **Ghrta-Kumari (*barbadensis*) :**

It helps the woman to tone the female organs. Fresh gel found inside the leaves is applied externally to burns, rashes and inflammation; if taken internally it Cools the liver and eyes, purifies blood, balance the menstrual cycle and reduce excessive bleeding, regulates digestion and soothes the whole body. Its leaf Powder could be a Purgative or sometimes aggravate Vata.

[13] **Tambula (*Areca catechu*) :**

It is used for treatment of a mental disorder Called Schizophrenia and an eye disorder Called glaucoma, as mild stimulant; and as a digestive aid. Some time it is used as a recreational drug because it speeds up the Central nervous system (CNS). Its nuts stimulate Peristalsis, constricts the bronchial muscles and reduce & blood pressure but it is harmful for heart. In veterinary medicine is used for expelling tapeworms in Cattle, dogs, and horse, to empty animal's bowels and for treating intestinal Colic in horses.

[14] **Shatavari (*Asparagus racemosus*) :**

The name suggests that it wards off 100 diseases. It is Powerful germicidal (AV. 19/36/3); treatment of minor and Complicated consumption diseases. Over comes the malignancies (AV. 19/36/6). The roots of Shatavari rejuvenate female organs and blood and improves digestion and strength and Cares urinary tract disorders. It is also used in treatment for Tuberculosis. It is also use as Pain Killer (Av. 19/36/2).

[15] **Daruharidra (*Berberis aristata or darvi*) :**

It contains antibiotic alkaloid. It reduces Pitta and Kapha and Controls jaundice, skin eruptions, inflammations, boils, abscesses and ulcers. It helps to cure Piles, reduces body fat and enlargement of the liver and spleen. It has an anticancer Properties which fights against human colon cancer. It also fights against infection Caused by microbes in both males and females. In females it is used to cure uterine infections.

[16] **Punarnava (*Boerhaavia diffusa*) :**

It is one of the very important anti-inflammatory medicinal herbs. It is effective in heart diseases, Cough, asthma, intestinal Colic hemorrhage, anemia, nerve diseases, urinary stone, alcoholism, rheumatism, consumption, hepatitis, biliousness, fever and Poisoning. It Paste is used to heal skin diseases. In the western part of India, the Village Physician treats jaundice by trying one-inch Pieces of Punarnava root into a garland to which incense is offered. A Coconut is offered to the Physician who makes seven marks on his own hand and ties the garland and ties the garland on the patient who should be cured within seven days. Though it may look superstitious, people believe in the Practice, like the People of the Vedic times who believed in tying amulet to cure diseases.

[17] **Jivanti (*Leptadenia reticulata*) :**

As Per AV. 6/59/9 it has the Properties of life-giving medicine, hence the name is Jivanti. It is used as treatment of plague and malaria. Chemical composition of Jivanti depicts that alcoholic (50%) extract of roots and leaves show antibacterial activity and is also used against hypertension (Indian J. Pharm. 1958, 241). The plant according to Ayurveda, is used in the treatment of habitual abortion. (Antiseptic, 19581487 with India VI,74).

[18] **Arjuna (*Terminalia arjuna*) :**

The bark of this Plant contains a Cardiac stimulant - Arjunolic acid, saponin and leucolphinidin which relieve hypertension. It is a stimulant it acts as general tonic in cases of Cirrhosis of liver and is also diuretic. Syana and other are of the view that arjunah has basic ingredients of medicine for dangerous disease named ksetriya nothing but AIDS. The principle medicine for this disease is Prepared from Barley, sesame Plant and Arjunah (Av. 2/8/3).

[19] **Guggulu (*Commiphora mukul*) :**

It scrapes fat from the body, purifies blood, strengthen the nerves and rejuvenate the tissue. It is used to treat chronic bronchitis and indigestion, hay fever, Consumption, emaciation, diarrhea Colitis, hepatitis and Leucorrhoea. Sushruta has made his remarks on Guggulu and in modern times, it is used to reduce Cholesterol in allopathic medicine.

[20] **Rasagandha (*Commiphora myrrha*) :**

It is used for indigestion, ulcers, Colds, Cough, asthma, lung Congestion, arthritis, pain, Cancer, leprosy, spasms, and syphilis. It's applied directly to the mouth for Soreness and swelling, inflamed gums (gingivitis), loose teeth, Canker Sores, bad breath and chapped lips. It is used to treat obesity rheumatoid arthritis and Purities and rejuvenates female reproductive tract and increase menstrual flow.

[21] **Durva (*cynodon dactylon*) :**

It is a Perennial grass. The Plant is rich source of metabolites such as Proteins, Carbohydrates, mineral Constituents, B-sitosterol, flavonoids, alkaloids, glycosides and triterpenoids. Its juice is used as nose drops and as enemas for bleeding Piles or colitis. It is used to treat diabetes, diarrhea, hysteria, epilepsy and insanity.

[22] **Gokshura (*Tribulus terrestris*) :**

It rejuvenates the Genito-urinary tract Particularly the Prostate Added with milk, it helps to correct impotence.

[23] **Hingu (*Ferula asafoetida*) :**

According to Av 8/6/18 it has powerful germicidal Properties and destroys the Pathogens, which attack on the fetus and which kill the child born. Due to the Presence of Ferulic acid, guluronic acid, galactose and arabinose, the Plant is a Powerful antispasmodic, useful for nervous and neurotic diseases as hysteria epilepsy and hypochondriasis. It is also used as treatment for habitual Cough, bronchitis and asthma. It is also used to expel worms toward off malaria & to increase the menstrual flow.



[24] **Dhattura (*Datura metel*) (unmatta) :**

It is a Poisonous Plant. It can block functions of the body's nervous system. In the Vedic Period its seeds were smoked to relieve respiratory Spasm and expel tenacious mucus of asthma. In modern times its leaves and flowers are used in medicine. It is used in the treatment of stomach and intestinal pain that results from worm infestation, toothache and fever from inflammation.

[25] **Kesha raja or Bhringraj (*Eclipta alba / Prostrata*) :**

It is used to Cure hepatitis, prevent ageing and greying and rejuvenate bone and tissue, teeth and hair and improve sight and memory. It is mainly used in hair oils, but it has been considered a good drug in hepatotoxicity. The Paste of Plant faces gives anti-inflammatory effect and may be applied to insect bites, Stings, swellings and other Skin diseases.

[26] **Prishini Parni (*Uria lagopoides*) :**

It has wonderful Power of destroying leprosy (AV. 2/25/1). The leaves and roots are used for the treatment of dysentery and diarrhea. Aqueous and alcoholic extracts of the Plants are used to treat intermittent fever and chest inflammation. It destroys "kanva", a germ which eats up embryos. It is also used against abortion and to drive away the germs which cause anemia in the body of the Patient Decoction of the roots and the leaves is used as a treatment of dysentery, as alternative, tonic, as antidiarrhoeal and for abortion. It is also an important antidote of snake Poison. (Materia medica of India R.N. Khory IT P. 235)

[27] **Vidanga (*Embelia ribes*) :**

It clears tapeworm and roundworm and kills certain pathogenic bacteria. Thorough asafoetida is used in Cooking, it has medicinal value. It also acts as blood cleanser and is used to clear extra toxins that are circulating in human Plasma and lymphatic System. It is beneficial for human nervous system. As it is used to treat Various disorders associated with nervous system like epilepsy and Paralysis. It also used to reduce excessive inflammation of nose. It improves digestive fire and used to cure nausea, vomiting, flatulence and abdominal Pain.

[28] **Varuna (*Crataeva magna*) :**

According to AV. 6/85/1-3, Varuna checks the attack of the causal organisms of Yaksma - Consumption i.e., tuberculosis. The juice from the bitter Stem of root bark is used in decoction for Stimulating the appetite or as a digestive, as a laxative against Colic and as a febrifuge. It is the best herb that has ability to cure kidney stones, kidney disorders and other underlying symptoms associated with renal system. Varuna, has been called as slayer of diseases (AV. 6/85/1), healer of wounds (AV. 6/85/4), drives away consumption (AV. 6/85/5), treatment of intolerable bad nausea (AV. 6/85/6), Protects from Contagious diseases (AV. 6/85/8) wards off the Poisonous effect.

[29] **Madhuvinashini (*Gymnema Sylvestre*) :**

Sushruta says, Madhuvinashini as a killer of diabetes. It Contains Chemical that reduce how much sugar the Stomach absorbs. It might also increase the amount of insulin in body. And increase the growth of cells in the Pancreas, which is where the body makes insulin. It is interesting to note that when chewed, it Prevents the tongue from tasting anything sweet for some time.

[30] **Japa or Hibiscus flowers.**

It can remove heat from the body, Control bleeding, Cool the genitourinary tract, Purify the blood, cool the mind. Boiled and Powdered hibiscus flowers consumed by a woman thrice daily for the after her menses ends are reported to Provide Contraception for the whole month.

[31] **Darbha (*saccharum Cylindricum*) :**

As Per Av. 6/42/2, the roots of the Plant are fibrous which means that the plant is monocot. It is a mitigator of anger (AV-6/43/8-3) hence it protects from stress and strain - the root cause of a many diseases. It is a germicidal and is given for the treatment of malignancy (AV. 19/09/3 and 19/33/4). It is also used as a blood Purifier and treatment for Urinary Problems.

[32] **Kutaja (*Holarrhena antidysentrica*) :**

It Purify the urinary and biliary tracts. Strengthen the lungs, Care diarrhea and dysentery, fever, bleeding piles, gas and colic. Its bark is also used for curing skin diseases and hemorrhages. It also used to treat indigestion, abdominal Pain and also eyed to stimulate low digestive fire. It also recommended to treat vomiting, Chronic asthma and other chronic lung disorders.

[33] **Pushkar amula (*Inula racemosa*) :**

It tones the female organ and Controls diabetes. External application of its Paste relieves muscle Pain. It Beneficial in maintaining the Cholesterol, triglyceride and total lipid levels that are already in the normal range. It is good to use in mental disorders. It also provides relief in menstrual disorders as well as in skin disorders. It is wonderful tonic for heart for Heart acting as anti-anginal and anti-ischemic.

[34] **Katphala (*Myrica nagi*) :**

It's another name is bayberry. Its bark Purifies the respiratory and digestive tracts and the nervous system. Its Powder is used into the nose for Swoons, headaches and head cold. Its dried Powder is used as a tooth Powder to treat gingivitis. It could be used as a mouth wash for mouth ulcer and toothache. Its decoction with ginger juice cures asthma. Cough, and Chronic diarrhea, dysentery and bronchitis.

[35] **Mansrohini (*soumida febrifuga*) :**

This is used as a header of broken bones or gap caused by wounds (AV-4/12/1-5). It has to also been equated with the red color of the sun rays and thereby it becomes a treatment for hariman Jaundice (AV. 1/2/3). It is an important medicine for Angina Pectoris. Its bark extract is used in the treatment of rheumatoid arthritis, Peptic ulcers. It having astringent qualities, it is used for vaginal douche to treat Vaginal infections.

[36] **Tulasi (*ocimum sanctum*) :**

It Controls the Vata and kapha. It Purifies, oxygenates and invigorates the body, removes the effects of Poison from the body, and is very effective in the early stages of Cancer. The leaves are very useful for bronchial Problems like cough, asthma, hiccups and Pleurisy and for the heart. Its Juice Could be applied as eardrops. It acts as a mild diuretic and detoxifying agent which helps in lowering the uric acid levels in the body. It is a natural headache reliever which can also relieve migration Pain.

[37] **Pipali (*Piper longum*) :**

Its fruit Paste is used to treat anemia, rheumatic diseases, asthma, Cough, loss of appetite, ascites, piles, consumption and respiratory Problems. It is used in Beriberi Caused due to deficiency of B1. It is good to enhances digestion, assimilation and metabolism of the food. It also used in the treatment of chronic dysentery and worm infestations. It gives the relief from throat infections.

[38] **Chitraka (*Plumbago zeylanica*) :**

It's a great remedy for Piles and Colic. It used in the treatment of stubborn Chronic rheumatoid arthritis, skin diseases and tumorous growths. It also used in Correcting Chronic menstrual disorders, Viral Warts. And chronic diseases of nervous system.

[39] **Eranda (*Ricinis communis*) :**

Its seeds are used to make Castor oil. It is a great medicine for Pain in the joints, Stomach Pelvic organs, sprains, menstrual Pain, inflammation etc. Its roots reduce Kapha and Vata. It acts as a diuretic and very effective in dysuria, urine retention and other urinary tract related infections in both males and females. It's oil help in reducing dandruff and Promoting hair growth. Its seeds are also used for birth control.

[40] **Bala (*Sida cordifolia*) :**

Its roots Strengthen the tissues and nervous system. The decoction of Bala root with milk is useful in treating some arthritis Problems. It Possesses antioxidant and hepatoprotective activity, which Protects the liver cells against cell damage. Which caused by free radicals. Its antioxidant Property also Protects heart cells against free radical damage and does not allow constriction in blood Vessels as it helps to manage blood Pressure. It also at has blood coagulant and astringent Properties, which may be beneficial for those who Suffer from bleeding Piles.

[41] **Shyonaka (*Oroxylum indicum*) :**

It is used as dis Peller of rheumatism (AV. 2/4/1) to get rid of lock - Jaw disease; violent inflammation (AV 2/4/2). It is used as treatment of 7 kinds of decays, Spondylitis (Av. 19/34/5) malignancies (Av. 19/34/10), as an antidote of Piercing Pain (AV. 19/34/4) against Malaria, Pleurisy.

[42] **Sarala (*Pinus longifolia*) :**

It is a remedy of balasa mean's Swelling (AV 6/27/2) Its leaves are rich in vitamin C, E, Carotene and Pinene, Limonene and Carene. It is used in the treatment of fever, Cough and cold, gynecological disorders, Urinary Problems and diseases of ear, skin and throat It enhance the digestion and resolve respiratory illnesses.

[43] **Tagarra (*valeriana wallichii*) :**

It is used as a sedative, nervine and anti-spasmodic for muscle spasms, menstrual Cramps, Colic digestive and nervous Problems. This most commonly used for sleep disorders, especially the inability to sleep (insomnia). Is also used for conditions connected to anxiety and psychological stress including nervous asthma, hysterical States, excitability, fear of illness (hypochondrial), headaches, migraine and Stomach upset.

[44] **Madhu Phala (*Cucumis melo*) :**

It uproots Cough from man affected with Consumption (AV. 6/14/2 ) It also dispels Joint Pain and balasa (swelling).

[45] **Kushta (*Saussurea lappa*) :**

It's an aromatic plant is the medicine for all diseases ("Av 5/22/9). As considered to be the principal medicine for fever, headache, tertian, Continual fever and that which lasts for a year (AV. 5/22/10) and is also a healing Plant (Av. 5/22/3).

**CONCLUSION :**

There are many herbs to Cure the all diseases. The knowledge of these herbs is essential to utilize Properly. Through the modern world gives importance to Allopathy, an in-depth Study on herbs would prove that there is Cure for everything in the medicine and it is the duty of every Indian to do something to revive its glory as our ancestors have contributed to this Science in a grand and useful manner.

In fact, the former Proves to be more Successful in treating the diseases where Allopathy had failed. Indigenous medicine has proved that the five natural elements and all the Plants have medicinal values. The medical tips from forth Veda, Ayurveda and by Sushruta and Charka's works are essential to be used in one life as they are simple, less expensive, harmless and very fruitful. It is necessary not only to safeguard this treasure but also to Propagate and to the whole world the importance of the same. So that the world Community as such would benefit a lot.

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