



A Review On Sacred Medicinal Plants And Their Significance In Hindu Traditional Festivals Of Telangana State.

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ABSTRACT:

Plants are the major biotic components of Biodiversity. They play a key role in supplying living gas and providing nourishment to all living things on this earth in addition to these possessing huge medicinal qualities. Since Rig-Veda, Many plants have been used as medicinal plants in various traditional systems such as Ayurveda, Homeopathy, others. Not only this, several plants are associated with our Indian festivals directly and indirectly. As a priority many plants were included in our festivals such as Vinayachavathi puja, Holi, Dusshahra, Pongal, Bathukamma, Mahashivaratri, Telanaganku Bonalu, etc and linked to various Gods and Goddess worships. This tradition has been continued by our ancestors. These plants are described as sacred plants. In view of these plants conservation, our ancestors had a trend to grow these in Holi places and reveal their significance in completion of various worships and pujas. The present article describes that there are 36 plants belongs to various families have been associated to traditional Festivals and Pujas of Gods. All these plants are used as medicinal plants to cure different diseases such as urinary tract infections, Fever, Viral infections, infertility, Digestive problem, diarrhoea, Asthma, Jaundice, kidney infections, Skin diseases, Hormonal imbalance in women's, liver infections, others since long ago. These plants have various properties and these are identified with using Floras, local Floras and Framed in sequence of local Name, Scientific Name, Family, medical values and used in our Fests.

Keywords: Sacred Plants, Medicinal values, Traditional Hindu festivals.

Introduction:

India is a unique country with contains various diversity in religion and traditions. It is believed that 33 million Gods and Goddesses worshipped in traditional ways such as Religious festivals and various pujas of god's and goddesses (Williams, 2008). Traditionally Hindu people use a large number of plant species for worshipping of god's and goddesses and also associated with

our religious festivals, ceremonies (Singh and Chauhan, 2002 & 2004). Such useful plants have been reported in the religious books and knowledge has been passed from generation to generation (Musselman, 2007, Evans, 2014). The Telangana people are very much concern about on the use of plants for each and every occasion. This significance of plants have been described in Vedas and it could be seen in hymns. In this

connection The trees and their parts are described as a key role in Indian pujas and festivals. Hindu people are strongly believed that Many plants are associated with our culture and most of our festivals have not completed without the plants like Bathukamma, Dussehra, Pongal, Holi, Mahashivaratri, Vinayakachaviti, Ugaadi, Thulasikalyanam, others. As per the available review articles reports, The plants used in above things have been great medicinal values and used in Ayurveda, Homeopathy and Indigenous medicinal systems since rigveda period. Most of them are having huge medicinal properties and used in pharmaceutical companies for drug preparation. These plants have been used to cure various ailments such as mainly jaundice, fever, cough, asthma, microbial infections, bone setting, renal calculi, anaemia, others. In view of their importance, many medicinal are conserving at holy places ,temples, gardens for easily collect when they are need.we had recognised their significance not only in completion of various pujas, traditional fests but also their medicinal values.Thus, the present paper attempts to emphasis on the use of plants and their medicinal values in some common Hindu fests and worshiping of god's and goddesses such as Bathukamma, Dussehra, Pongal, Holi, Mahashivaratri, vinayakachaviti, Ugaadi, Thulasikalyanam, others

Methodology:

This study had carried out on the plants which has medicinal properties and also used in Telangana traditional fests in worship of God and goddesses. The required data collected from various Hindu books, hymns, priests, devotee of Temple (pujari) The data regarding medical aspect have been gathered from the persons having familiarity and knowledge with herbal medicines through survey method and interview method and by involving directly in festivals such as Telangana Binalu, Bathukamma, Dussehra, Pongal,Holi, Mahashivaratri, Vinayaka chaviti, dwadashi vratham, etc. Routine herbarium methods had followed in preserving the collected plant specimens (Jain S K, 1965;Jain S K & Rao RR,1977)The medicinal value of species was cross checked through the literature available and identified their names, scientific names, family, medicinal values with help of local floras, traditional healers, and available previous literature. The information is documented properly (Gamble et al.,1957;NairNC and hentry AN,1983,1987 &1989).

Telangana ku Bonalu:

This is a state festival of Telangana and Telangana peoples have been worshipping the goddess Mahamkali matha with bonalu during Aashadamasam(month). Neem plant leaves are used in worshipping the goddess Mahamkali maatha as village goddesses. Jaggery is used for making mathas food called Naivedyam. The neem plant leaves used in worshipping in this puja is a legendry of medicinal plant having anti-microbial,anti-fungal, anti- bacterial properties.

Bathukamma:

This is a unique festival celebrated 9 days as Navaratri utsavalu Telangana state. This also known as festival of flowers and very huge number of plant species are used in preparing bathukamma the plants include thangedu, gunugu, pumpkin, katla, pattukuchhulu, chinarose, gaddipoolu, teak and others. The plant species are having great medicinal values specifically applied to heal several seasonal respiratory diseases such as chronic bronchitis, whooping cough, pertysis and asthma.

Dussehra:

This festival is known as Mahanavami or Vijayadashami. This is the symbol of trimp of Rama and Arjuna in mythological stories.The Hindu festival name is derived from the Sanskrit word Dasha(ten) and Hara(defeat). Hindus worship the Shami vruksh that plant has shown medicinal properties against rheumatism, piles, and cold, others (Crooke,1915).

Holi:

This is a very popular and significant familiar hindu festival. It is called as festival of colours in spring season. It celebrated in memory of the eternal and divine love of the deities Radha and Krishna.The colours applied in this festival have been made with different plant flowers such as Turmeric, jacaranda, palash,chinarose, beetroot, pulicheru fruits are described as organic and healthy. Thefruits,flowers used as colour are having many medicinal values.

Ugadi:

This is popularly known as New Year day in Telangana. Ugadi pickle is a special recipe for this festival prepared by using mango fruit chaps, neem flowers, pepper fruits, jaggery and tamarind that contains six tastes known as

shudruchulu. The plant ingredients of Ugadi pickle also contain many medicinal values.

Makara Sankranthi:

This festival celebrated as harvest festival in Andhra Pradesh and Telangana. It has many vernacular names celebrated all over India with different names. That is celebrated in every year on the date 14th January annually. This festival marks the transition of the sun from the zodiac Sagittarius to Capricorn (Makara). It is a religious and cultural, harvest festival associated with the final avatar of the Hindu God Vishnu. For this festival, cow dung is used to make Gobbamma that decorated plants of Pindikura, Cynodon, Regu fruits, navadhanyalu. These gobbamma is placed in centre of Rangoli (muggulu) in front of houses. The plant parts used for decorating Gobbamma have medicinal properties against kidney stones, cough, migraine, rheumatism, urogenital disorders, cancer, epilepsy, haemorrhage, hysteria, warts and wounds,

Tulasi Vivaah:

This Tulasivivah is a unique Hindu festival associated with ceremonial wedding between Tulasi plant or Holy basil (the personification of Lakshmi) and a Saligrama or Amla branch (the personification of Vishnu). This festival has been celebrated on the day of Karthika dwadashi, 12th day of Karthika masam. These two plants have huge medicinal values and used against cold, cough, asthma. They also contribute for anti-microbial activities, mouth refresher, blood purifier, calcium absorption, hepatoprotective, anti-hyperlipidemic, anti-inflammatory and neuroprotective nature.

Mahashivaratri:

This is a very distinct festival (puja) to all Hindus and celebrated annually in honour of the deity Shiva between February and March. According to Hindu calendar, this festival is celebrated on the 14th day of the first half of the lunar month of Phalguna masam. People have been worshipping God Shiva through ShivaLinga puja by submitting plants mainly Moduga flowers, bilvapatri, and Datura flowers to get blessings with whole day fasting. The plants used for puja had medicinal values against to treat ailments like jaundice, urinary infections, diabetes, digestive disorders, sexual disorders, dysentery, fever and toothache. (Singh, Panda and Chauhan, 2012)

Results and Discussion:

The present paper depicted approximately 30 medicinal plants that used in various Hindu traditional pujas and festivals. These are known as Holy sacred plants. These plants considered as Holy sacred plants. These are grown in diverse places like gardens, holy places and a few as wild weeds. All these are been used traditional systems of medicines like Ayurveda, homeopathy, Siddha. In present work, the used certain medicinal plants in our traditional festivals are reported: neem plant used in Bonalu, Shami tree in Dussehra, flowers like Thangedu, Gunugu, Seethammajeda, Gummadi, Katla, Teak in Bathukamma, Maredu leaves, Palash flowers for Mahashivaratri and tamarind, neem flowers, mango fruit, pepper seeds for Ugadi to make Ugadi pickle. Cynodon leaves, Erva plants, Regu fruits, Paddy for Pongal to make Gobbamma. As per review articles, all of these plants are identified as medicinal plants and having huge medicinal properties due to presence of various secondary metabolites such as alkaloids, flavonoids, phenols, terpenes, monosaccharides and others. These medicinal plants are very commonly exploited for healing diseases such as urinary infections, viral diseases, jaundice, infertility, asthma, kidney stones, skin infections, hormonal imbalance, joint pains, arthritis, fever, cold, cough, diarrhoea and digestive disorders and others. (The table.1)

Conclusion:

India is the native place for Hinduism and it is a centre for great diversity in having cultural traditions, traditional clothes and customs. Worshipping trees is a common practice in India and many plants are merged to our festivals, various pujas of god's and goddesses. These plants denote Indian culture, traditions and civilization. These plants exhibit extreme medicinal values that are used in Ayurveda, Siddha, Homeopathy and Indigenous treatment since long time immemorial. This knowledge has been passed from generation to generation through observation and practice. It can be concluded that the medicinal plants used in Hindu festivals have to be documented and conserved for sustainable development in maintaining the ecological balance and life support system.

Table 1: List of Plants used in various fests and their medicinal values.

S No	Comm on Name	Scientific Name	Family	Fest name	Medicinal value
1	Neem	<i>Azadiracta indica</i>	Meliaceae	Bonalu & ugadi	Antiseptic,eczema,wor m infection, leprocy, hepato protective,skin diseases
2	Garika	<i>Cynodon dyctilefera</i>	Poaceae	Vinayaka chaviti	expectorant, emetic,laxative, coolant, nalgesic, aphrodisiac, alexipharmic, emmenagogue,chroni c inflammatory conditions
3	Uttaren i	<i>Achyranthus aspera</i>	Amaranthaceae	Vinayaka chaviti	Jaundice,piles,dropsy,st omach disorders,diarrhoea,leuc orrhoea,worm infections
4	Tummi	<i>Lucas aspera</i>	Lamiaceae	Vinayaka chaviti	Hepato protective, nasal disorders, skin eruptions, poisonous bite, cold ,cough
5	Bael	<i>Egle marmilos</i>	Rutaceae	Mahashiva ratri	Diabetes, digestive and abdominal disorders stomachache, dropsy
6	Palash	<i>Butea monosperma</i>	Fabaceae	Mahashiva ratri puja	Jaundice, Diarrhea, constipation, hypertension, dehydration, bronchial asthma, leucorrhea, cancer
7	Tulasi	<i>Oscimum teneunifloram</i>	Lamiaceae	Tulasi kalyanam	Antiperiodic, Earache, ring worm, bronchitis, expectorant, cough, fever
8	Amla	<i>Phyllunthus amblica</i>	Euphorbiaceae	Tulasi kalyanam	Ashma,laxative, blood disorders, hepato protective
9	Shami vruksh	<i>Prosopis cineraria</i>	Mimosaceae	Dussehra	Arthritis,skin diseases,scorpion stings,ashma,digestive issues
10	ummen tha	<i>Datura stromonium</i>	Solanaceae	Mahashiva ratri puja	Antispasmodic, wounds,skin diseases, asthma,sciatica, narcotic
11	Thange du	<i>Cassia auriculata</i>	caesalpinaceae	Bathukam ma	Anthehelmintic,eye diseases,skin diseases,leprosy,urinary troubles
12	Gunuga	<i>Celotia arjentina</i>	Amaranthaceae	Bathukam ma	Eye diseases,diarrhea

13	Setham ma jeda	<i>Celotia crestata</i>	Amaranthaceae	Bathukam ma	Astringent, urinary troubles
14	Lotus	<i>Nelumbo nucifera</i>	Nympheaceae	Bathukam ma	Skin diseases,cough,piles,ulcers,sterility.
15	Water lilly	<i>Nymphaea alba</i>	Nympheaceae	Bathukam ma	antiseptic, astringent,anti- inflammatory, antioxidant
16	Pumpkin	<i>Cucurbita maxima</i>	cucurbitaceae	Bathukam ma	Diuretic, dysuria, alcoholism, urinary disorders, blood pressure regulation and prevention of constipation
17	Marigold	<i>Tagitis petula</i>	Asteraceae	Bathukam ma	stomach aches, menstrual pain and skin inflammation
18	Velaga	<i>Feronia limonia</i>	Rutaceae	Vinayaka chaviti	anti-diarrheal, anti- diabetic, wound healing, anticancer, anti-oxidant, hepatoprotective, diuretic,anti- bacterial,anti-fungal, anti-spermetogenic activity,anti-histaminic activity, anti-larvicidal activity
19	Badari flower	<i>Jijipus maurtiana</i>	Rhamnaceae	Vinayaka chaviti	Liver problems, jaundice, diabetes
20	Vishnu krantha	<i>Evalvulus elsinoidis</i>	Convolvulaceae	Vinayaka chaviti	hysteria, wounds healing and scorpion stings
21	Maruva m	<i>Origanum majorana</i>	Lamiaceae	Vinayaka chaviti	gastrointestinal, nasopharyngeal, respiratory, cardiac, rheumatologic, and neurological disorders
22	Machip atri	<i>Artemisia vulgaris</i>	Asteraceae	Vinayaka chaviti	fever, haemorrhoid, and malaria
23	Pindikura	<i>Erva laneta</i>	Amaranthaceae	Pongal	Kidney infections
24	Sira pallu	<i>Phyllunthus reticulatus</i>	Euphorbiaceae	Holi	smallpox, syphilis, asthma, diarrhoea, bleeding from gums
25	Beet root	<i>Beta vulgaris</i>	Amaranthaceae	Holi	Anaemic diseases,liver infections
26	China rose	<i>Hibiscus rosachinensis</i>	Malvaceae	Holi	Wounds healing, fever and coughs, diabetes,bacterial infections and fungal infections, hair loss, and gastric ulcers
27	Jacarana	<i>Jacaranda mimosifolia</i>	Bignoniaceae	Holi	neuralgia and varicose veins, skin infections, acne

	flower				
28	Haldi	<i>Turmeric indica</i>		Holi	Antiseptic,anti bacterial,antifungal,dia betes, obesity, prevent indigestion, and thrombosis
29	Blue pea	<i>Clitoria turnata</i>	Fabaceae	Holi	memory enhancer, antistress, anxiolytic, antidepressant, anticonvulsant,
30	Sindoor colour	<i>Bixa oralina</i>	Bixaceae	holi	Diabetes, Burns, fever, diarrhea, and skin infections
31	Tamari nd	<i>Tamirandus indica</i>	Caesalpinaceae	ugadi	Immunity, wound healing,peptic ulcers,fever,laxative,sto mach pain, throat pain, and rheumatism
32	Mango	<i>Mangifera indica</i>	Anacardiaceae	ugadi	Diabetes, bronchitis, diarrhea, asthma, scabies, respiratory problems, syphilis, and urinary disorders
33	Pepper	<i>Piper nigrum</i>	Piparaceae	ugadi	antioxidant, antimutagenic, anticancer, and antidepressant properties
34	Sugarcane	<i>Saccharum officinarum</i>	Poaceae	ugadi	jaundice, hemorrhage, dysuria, anuria, and urinary diseases
35	Rosy periwinkle	<i>Vinka rosea</i>	Apocynaceae	Holi	Anti diabetic,anti cancer,antimicrobial, anti helminthitic,skin diseases.
36	Marvel of peru	<i>Mirabilis jalapa</i>	Nyctaginaceae	Holi	Skin diseases, diarrhoea, abdominal colic,wound healing .

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