

KAZI NAZRUL UNIVERSITY



RANIGANJ GIRL'S COLLEGE

DEPARTMENT OF MATHEMATICS
1st Year

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Course Name : Environment Studies
Course Code : AEE101
Topics : Medicinal Plant
Semester : 1st Sem.

Raniganj Girls' College

Course Name: Environment Studies

Course Code: AEE101

Topic of the project: QUALITATIVE STUDY OF MEDICINAL PLANTS

A Project Report

Submitted by Semester-I students

(Academic Year 2021-22)

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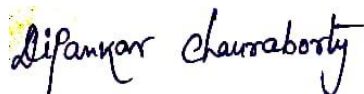
CERTIFICATE

This is to certify that this project titled “QUALITATIVE STUDY OF MEDICINAL PLANTS” submitted by the students for the award of degree of B.A. Honours/ Program is a bonafide record of work carried out under my guidance and supervision.

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Place: Raniganj

Date: 07.03.2022



State Aided College Teacher-II, Department of Geography

Signature of the supervisor with designation and department



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REGISTRATION CERTIFICATE

This is to certify that **SNEHA MONDAL**

Son/Daughter of **BISWAJIT MONDAL**

of **RANIGANJ GIRLS' COLLEGE**

is registered as a student of this University.

His/Her registration number is **11321120024** of **2021-22**



Registrar

ACKNOWLEDGEMENT

I would like to express my special thanks of gratitude to my teacher M^r. Dipankar Chakraborty - Department of Geography, who gave me the golden opportunity to do this wonderful project on the topic Qualitative study of Medicinal plants, which also helped me in doing a lot of Research and I came to know about so many new things, I am really thankful to them.

Secondly I would also like to thank my parents and friends who helped me a lot in finishing this project within the limited time.

I am making this project not only for marks but to also increase my knowledge.

THANKS AGAIN TO ALL WHO HELPED ME ...

date:

Sneha Mondal
student's signature

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INTRODUCTION

Medicinal plants, also called medicinal herbs, have been discovered and used in traditional medicine practices since prehistoric times. Medicinal plants are plants that have a recognized medical use. The use of medicinal plants is found in almost all cultures. Population rise, inadequate supply of drugs, prohibitive cost of treatments, side effects of several synthetic drugs.

Treatment with medicinal plants is considered very safe as there is no or minimal side effects. These remedies are in sync with nature, which is the biggest advantage. The golden fact is that, use of herbal treatments is independent of any age groups and the sexes.

Some example of medicinal plant -

Tulsi, Vasaka, Bishahi, Thankuni, Kalmegh, Shalparni, Vidhadaru, Aloe vera, Neem, Lavender, Coriander, Henna etc.

I choose this Kalmegh (*Andrographis paniculata*) from the medicinal plant.

Kalmegh : Medicinal plant

Scientific taxonomy

Bionomical name : Andrographis paniculata

English name : kalmegh

kingdom : plantae

order : Lamiales

Family : Acanthaceae

genus : Andrographis

species : A. paniculata

Description

The plant grows as an erect herb to a height of 30-110 cm in moist, shady places. The slender stem is dark green, square in cross-section with longitudinal furrows and wings along the angles. The lance-shaped leaves have hairless blades measuring up to 8 cm long by 2.5 cm. The small flowers are pink, solitary, arranged in lax spreading racemes or panicles. The fruit is a capsule around 2 cm long and a few millimeters wide. It contains many yellow-brown seeds. The seeds are subquadrate, rugose and glabrous. The flowering time is September to December.

Distribution

The species is distributed in tropical Asian countries, often in isolated patches. It can be found in a variety of habitats, such as plains, hillsides, coastlines, and disturbed and cultivated areas such as roadsides and farms. Native populations of *A. paniculata* are spread throughout south India and Sri Lanka which perhaps represent the center of origin and diversity of the species.

The herb is an introduced species in northern parts of India, Java, Malaysia, Indonesia, the West Indies, and elsewhere in the Americas. The species also occurs in the Philippines, Hong Kong, Thailand, Brunei, Singapore, and other parts of Asia where it may or may not



Kalmegh Plant

be native. The plant is cultivated in many areas, as well.

Unlike other species of the genus, *A. paniculata* is of common occurrence in most places in India, including the plains and hilly areas up to 500m (1600ft) which accounts for its wide use.

In India the major source of plant is procured from its wild habitat. The plant is categorised as Low Risk or of least concern by the IUCN. Under the trade name Kalmegh, an average of 2000 - 5000 tonnes (2,200 - 5,500 tons) of the plant is traded in India.

Cultivation

The plant does best in a sunny location. The seeds are sown during May and June (northern hemisphere). The seedlings are transplanted at a distance of 60 cm (24 in) x 30 cm (12 in).

Uses

- 1) kalmegh is loaded with antioxidants and polyphenols that may help to fight the harmful free radicals in our body.
- 2) kalmegh helps to effectively manage digestive problems like loss of appetite.
- 3) kalmegh's bitter nature makes it a potent internal cleanser. This makes it a perfect addition to our Immune strong and Liver formula tablets.
- 4) kalmegh may benefit the liver and healthy bile production.

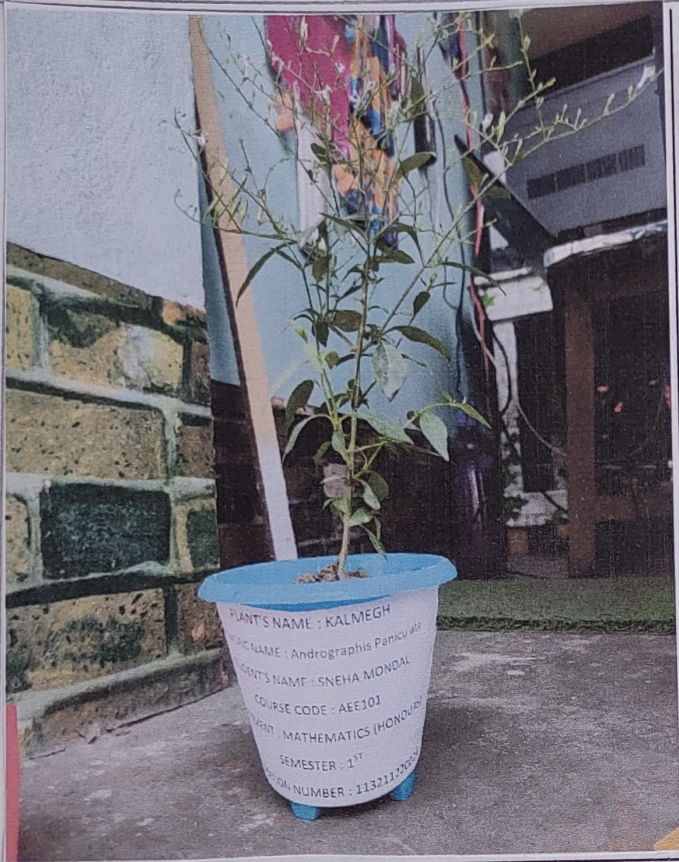
kalmegh is a plant which is also known as "Green chiretta" and the "king of Bitters". It is used for various medicinal purposes and is bitter in taste.

It is mainly used for liver problems as it protects the liver against damage caused by free radicals due to its antioxidant and anti-inflammatory activity.



kalmegh also helps to boost immunity and is used to manage the symptoms of the common cold, sinusitis and allergies.

due to this antimicrobial and immunomodulatory properties. kal-megh might be good for diabetics as it is effective in lowering blood sugar levels by increasing insulin secretion. It also helps in managing blood pressure by widening the blood vessels and increasing blood flow.



CONCLUSION

Medicinal plants can be a good alternative for many diseases and conditions. They are low cost, and tend to have fewer side effects. Moreover, they can be bought in health food shops, pharmacies and on-line without the need for a prescription. However, herbal medicines can still have unwanted health effects, especially when used in combination with other drugs. If you are using more than one herbal medicine, or using them for a serious condition, it's best to consult with a naturopath or established herbalist. It's also important to tell your physician that you are using an alternative medicine to prevent drug interaction. Apart from that, these plants play a critical role in the development of human cultures around the whole world.

So, steps must be taken for the conservation of these medicinal plants. Conservation of medicinal plants can be accomplished by the ex-situ or in-situ cultivation.

BIBLIOGRAPHY

I am sneha Mondal. I have done this project with the help of my parents, subject teachers and friends.

I used: -

- Internet Explorer.
- site: https://en.m.wikipedia.org/wiki/Andrographis_paniculata

For finalizing this project.

Thank you...