

KAJI NAJRUL UNIVERSITY

Raniganj Girls College

Department of Physics

B.Sc Physics Honours

Semester- 1

Academic year 2021-22

- * Topics of the project :Qualitative Study of the medicinal plants:Ashwagandha**
- * Course Name:Environment Studies**
- * Course Code :AEE101**
- * Paper-AECC-CORE-1**
- * University Roll No:**
- * College Roll No:BS061**
- * Registration NO:113211220005**

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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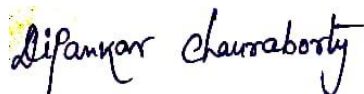
CERTIFICATE

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



Kazi Nazrul University Asansol West Bengal - 713340

REGISTRATION CERTIFICATE

This is to certify that **SUDESHNA PANDA**

Son/Daughter of **SANGEET PANDA**

of **RANIGANJ GIRLS' COLLEGE**

is registered as a student of this University,

His/Her registration number is **113211220005** of **2021-22**



Registrar

Acknowledgement

I would like to express my special thanks of gratitude to our respectful teacher Mr. Dipankar Chakraborty — Department of Geography, Raniganj Girls College for his sincere support and co-operation in the preparation of this project of B.Sc. honours in Physics, Semester-1, Environmental Studies (AECC-CORE-1)

Date : 07.03.2022

Sudeshna Panda
Student's Signature

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Introduction

Our life style is getting techno savvy, we are moving away from the nature. But we can't stay without nature. But we need medicine for better life. Herbal medicine is the best way for lively hood. Plants have been used for medicinal purposes long before prehistoric period. Mediterranean cultures were using herbs for over 3000 year in



SOURCE: WWW.ECOWATCH.COM

India. as well as in world. The forest of India is the principal repository of large numbers of medicinal plants which are largely collected as raw material for manufacture of drugs and other products. Recently WHO estimated 80 percent of people rely of herbal medicine. Treatment with medicinal plants is considerably very safe as there is no or minimal side effects. Medicinal plants such as Ashwagandha, Tulsi, Neem, Ginger, Turmeric, cure several common ailment. In presents days use of herbal drugs is growing throughout the world. So, cultivation and production of medicinal plant like Ashwagandha is very useful for India as well as west Bengal.

Aims and Objective of the Project

1. To encourage the study of medicinal plant for the students.
2. To promote the conservation of medicinal plants, to cultivate the medicinal plants in India.
3. To identify the plants to be conserved at States climatic region.
4. To cultivate some medicinal plant to maintain eco-system.
5. To create optimum awareness and interest amongst the people.
6. To cultivate through Organic farming and developed standardization through chemical markers.
7. To strengthen the educational system and research on medicinal plants in our university and our college.
8. To develop the interest of our ancient system for the use of medicinal plants in our daily life.



SOURCE: indiamart.com

Materials and Methods used

I have used Ashwagandha as a medicinal plants for the project.

Name - Ashwagandha
Scientific Name - *Withania Somnifera*
Order - Solanales
Family - Solanaceae
Kindom - Plantae
Others Name - winter cherry



SOURCE: indiamart.com

Winter cherry is an annual evergreen shrub in the Solanaceae or night shade family that grows in Punjab, UP, MP, Maharashtra and several states in India. There are many benefits of Ashwagandha such as:

1. May help reduce stress and anxiety.
2. May benefit athletic performance.
3. May reduce symptoms of some mental health condition.
4. May reduce blood sugar
5. May reduce inflammation
6. May improve brain function
7. May help to reduce many health problems.



Ashwagandha is an erect growing branching shrub with a normal height 1.4 met. This plant grows in dry and sub-tropic region. This crop requires 20°C to 38°C for suitable cultivation. We have purchased Vcom-L and Vcom-T from a nursery of Durgapur. I have collected plants from a famous nursery of Durgapur forest division of govt. of west Bengal, and planted the Ashwagandha plant in a plastic tub. I have used light, red soil in the tub with good drainage facilities. I have maintained the temperature required time to time. Ashwagandha is a hardy draught tolerant plant so only one time in a day or alternate day watering the plant is enough for cultivation and maintained the required moisture. I have maintained this for this project.

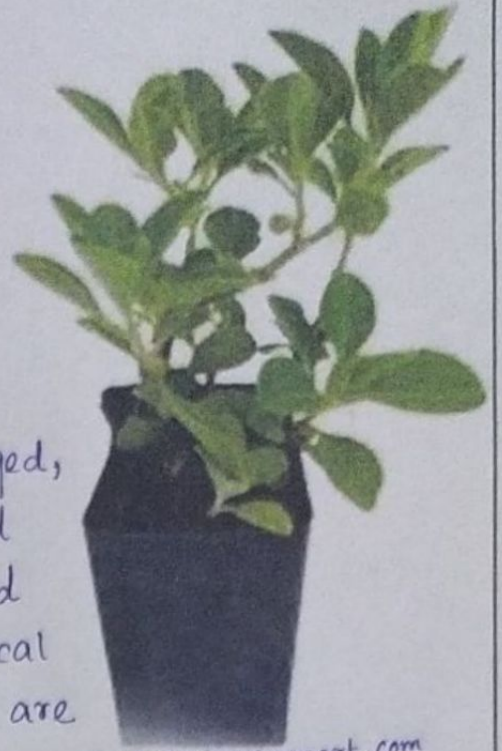


SOURCE : [HOOKSGREENHERBS.COM](https://www.hooksgreenherbs.com)

I have used Supplementary with well decomposed farmyard manure (FMY) for the cultivation of the Ashwagandha. I have used domestic fertilizer like cow-dung etc and insecticides. I have maintained all the conditions for the growth of the plant, used for my project.

Conclusion

Medicinal plants are inseparable from local livelihoods because they have long been collected, consumed, and managed through local customs and knowledge. Management of traditional therapies is urged, because the therapies are empirically and knowledge based, often culturally inherited and important to pharmacology and local livelihoods. However, traditional therapies are currently being eroded due to changing lifestyles, perceptions, social transformations, and acculturation.



SOURCE: indiamart.com

From this project we have learned the knowledge of medicinal plant like Ashwagandha and use of the plants. We have learned the process of cultivation of the medicinal plant in our house as well as domestic purposes. Cultivation of this plant in a regular habit will develop our knowledge and uses of medicinal plant. It is very helpful to our society to cultivate the medicinal plant in a regular basis to develop our traditional medicine and as well as our economical development.



SOURCE:
indiamart.com

From this project it will be very useful in our future life about the cultural, inheritance and traditional system of Indian method of treatment and cultivation.

Webliography

- <https://www.wbhealth.gov.in>
- NHP.gov.in
- <https://pubmed.ncbi.nlm.nih.gov>



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