



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

A Study on Medicinal Plants And Their Uses in Taranagar Area of Churu District (Rajasthan)

Priyanka Meena
Assistant Professor, Botany
(Guest Faculty)
MJD Govt. College, Taranagar,
Churu (Rajasthan)

Abstract- This study was conducted on medicinal plants in Taranagar region of Churu district of Rajasthan. Taranagar area is a desert area. The Thar Desert is spread all around here. Extreme cold, extreme heat and low rainfall are the main climatic features here. The researcher has studied on the medicinal plants in this study. The author used various method such as - field study and observation method for this research work.

This study provides us useful information about the medicinal plants of Taranagar area. The author has reported a total of 25 medicinal plants in the study area. Among these Giloy (*Tinospora cordifolia*), Aloe vera (*Aloe barbadensis miller*), Neem (*Azadirachta indica*), Tulsi (*Ocimum sanctum*), Aak (*Calotropis gigantea*), Datura (*Datura metal*), Khejri (*Prosopis cineraria*), Kair (*Capparis decidua*), Satyanashi (*Arigmona maxicana*) etc. stand out for their diverse pharmacological properties. These plants have been traditionally used to treat conditions such as inflammation, fever, respiratory disorders, skin disease, and immune-related diseases.

Keywords- Medicinal plants, traditional medicine, anti-inflammatory, antimicrobial, antioxidant, immune modulator, bioactive compounds, desert, Taranagar, Rajasthan.

Introduction- Medicinal plants, also called Medicinal herbs, have been discovered and used in traditional medicine practices since prehistoric times. The earliest use of plants as medicine in India can be traced back to the Rig-veda, written between 4500 BC and 1600 BC. These plants are rich in drugs. They are also used for nutrition. These plants can be used in conjugate with other medications. Younger generation tends to lose this ancient knowledge about medicinal plants. Numerous medicinal plants are found like Lal-Dhudhi (*Euphorbia hirta*), Dhatura (*Daturametal*), Khejri (*Prosopis cineraria*), Satyanasi (*Argemone maxicana*) and Giloy (*Tinospora cordifolia*) other used to treatin asthma, cough, illness, leprosy, skin disease, diarrhea, ulcer and

some other bronchial infections. Modern research has begun to explore the bioactive compounds present in these plants, such as alkaloids, flavonoids, and terpenoids which are responsible for their therapeutic effects.

In this research the researcher has studied the current status and diversity of Medicinal plants found in the study area.

Study area – Rajasthan is the largest state of India. The Rajasthan is also known as Rajputana and Land of Kings. Rajasthan is situated in north western India. The study was carried out in Taranagar region of Churu district in Rajasthan.

The study area is very dry and desert type area. The climate is dry, water scarcity, less rainfall, excessive heat, excessive cold etc. are the main climatic characteristics of the Taranagar region. The sandy dunes of the Thar Desert are spread far and wide in this region. .

Methodology- The study was completed in Taranagar region of Churu district (Rajasthan). The author used various materials such as - sampling bottle, Poly bags, camera, mobile phone, paper, Pen, etc. during the study. The Researcher used various methods for this study like- Field survey method, observation method and photography/videography methods were applied for this work.

Results and Discussion- The author observed various medicinal plants in the study area. The author has reported a total of 24 Medicinal plants in the study area in this study. Through this study the author has listed the Medicinal plants of the Taranagar region which are listed as follows-

Table -01
Medicinal Plants of Taranagar Region

S.N.	Common Name	Botanical Name	Uses
1	Kair	<i>Capparis decidua</i>	Fruit use as food, root and root bark can treat intermittent fevers
2	Khejri	<i>Prosopis cineraria</i>	It's also used to relieve pain, lower cholesterol and treat anemia
3	Giloy	<i>Tinospora cordifolia</i>	Giloy is used to dengue fever treatment, anti inflammatory, Antioxidant, digestion,, immunity.
4	Aloe vera	<i>Aloe barbadensis miller</i>	Used for treating skin burns, wounds and moisturizing skin help in digestion.
5	Pudina	<i>Mentha piperita</i>	Pudina leaves help in curing indigestion and morning sickness.

6	Babul	<i>Acacia nilotica</i>	Leaf use for bronchitis, babul can help treat mouth ulcer, gum use in sweets.
7	Turmeric	<i>Curcuma longa</i>	It helps in healing wounds and improving digestion prevents bronchitis.
8	Rohida	<i>Tecomella undulata</i>	Bark used to treat liver and spleen diseases, tumors, and blood disorders, piles.
9	Sata	<i>Boerhavia diffusa</i>	It used blood purifier, root stomach disorder.
10	Kachri	<i>Cucumis callosus</i>	Used to treat a including pain, inflammation, and respiratory problems.
11	Ashwagandha	<i>Withania somnifera</i>	Used for treat stress anxiety, Arthritis, Sperm health.
12	Rambui	<i>Arnebia hispidissima</i>	Root used antimicrobial activities against bacteria and fungi.
13	Bui	<i>Aerva javanica</i>	Wound healing, oxidative stress and also increase immune system.
14	Lemon	<i>Citrus lemon</i>	It also reduces the risk of cancer .used in weight loss ,Kidney stones, Heart disease, stroke, Anemia prevention, Sore throat relief
15	Neem	<i>Azadirachta indica</i>	Beneficial for skin problems like acne, damaged skin, skin blemishes, neem may help enhance liver function.
16	Aak	<i>Calotropus procera</i>	Aak leaves are used skin diseases aak has been used to treat cancer aak used for diarrhea.
17	Ginger	<i>zingiber officinale</i>	It also Improves immunity. It improve coughs, lower fever, flight off infection, allergic illnesses
18	Coriander	<i>Coriandrum sativum</i>	Improve digestion, treat acne, it regular your menstrual cycles.
19	Garlic	<i>Allium sativum</i>	Prevent cancers, bronchitis, tuberculosis, bone and joint health, Antioxidant properties.
20	Datura	<i>Datura metal</i>	Leaf used as asthma, cough, ulcer, leprosy.
21	Kankera	<i>Maytenus emarginata</i>	Leaf use in juice from treatment for liver disorder, fruits ulcer piles.
22	Satyanashi	<i>Argimone maxicana</i>	Plant juice eye infection and jaundice, antifungal, liver health.
23	Tulsi	<i>Ocimum</i>	It is used as antiseptic, antiviral, and antibiotic tulsi leave

			help with cold cough and boosting immunity.
24	Gundi	<i>Cordia dichotoma</i>	Gundi bark used to treat fever, diarrhea, spider poisoning, Eruptive boils, Tinea, wound healing,

Conclusion- The study was carried out in Taranagar region of Churu district (Rajasthan). This study provides us the general information about the current status of Medicinal plants of Taranagar region.

Total 24 Medicinal plants reported by the researcher such as- Gundi, Aak, Aloevera, Babul, Kair, Neem, Garlic, Ber, Khejri, Rohida, bui, Rambui, Kankera, Ashwagandha, Sata, Giloy, Tulsi, Pudina etc. These are Traditional Medicinal plant have been integral to healthcare across the globe for centuries offering natural remedies for a wide range of ailments. These plants are playing a very important role for the human health.

Acknowledgement- Researcher is grateful to the Head of Department of Botany of MJD Govt. College, Taranagar, for providing necessary lab facilities.

References-

1. Kanther, R. P. "Dominant flora of todgarh-raoli wild life sanctuary rajasthan, India." *The Journal of Indian Botanical Society* 98.1and2 (2019): 59-70.
2. Charan, P. D., and K. C. Sharma. "Floral diversity of Thar Desert of western Rajasthan, India." *J. Phytol. Res* 29.1 (2016): 55-71.
3. Sharma, Prashant Kumar. "Ecology of arid zone plants with special reference to north eastern region of Rajasthan and methods to conserve them." *International Journal for Modern Trends in Science and Technology* 7 (2021): 162-171.
4. Sharma, B. K., et al. "Physiography and biological diversity of Rajasthan." *Faunal Heritage of Rajasthan, India: General Background and Ecology of Vertebrates*. New York, NY: Springer New York, 2013. 39-166.
5. Awasthi, Alka. *Plant geography and flora of Rajasthan: with an introduction to the plant geography of India*. Deep and Deep Publications, 1995.
6. BAGORIY, JITENDRA KUMAR, et al. "FLORISTIC STUDIES OF RAJASTHAN."
7. Sen, David N., Kishan S. Rajpurohit, and F. W. Wissing. "Survey and adaptive biology of halophytes in western Rajasthan, India." *Contributions to the ecology of halophytes* (1982): 61-78.
8. Charan, P. D., and K. C. Sharma. "Floral diversity of Thar Desert of western Rajasthan, India." *J. Phytol. Res* 29.1 (2016): 55-71.
9. Acharya, Sanjay Kumar. "Characteristics of Xerophytic Plants in Desert Regions."
10. Bala, Raman. "Jojoba-The Gold of Desert." *Deserts and Desertification*. IntechOpen, 2021.