

23. *Myrica esculenta* Buch. Ham. (Myricaceae) बेबेरी
24. *Nyctanthes arbortristis* रात फूल या शेफाली या कोरल चमेली
25. *Olea europea* (Oleaceae) जैतून
26. *Phymatodes scolopendria* (Burm.) Ching (Polypodiaceae) मोनार्क फर्न या मस्सा फर्न
27. *Piper betel* पान (ताम्बूल)
28. *Striga orobanchioides* Benth (Scrophulariaceae) विचवीड (परजीवी पौधो की एक प्रजाति )
29. *Sphaeranthus indicus* (Asteraceae) मुंडी या गोरखमुंडी
30. *Cynodon dactylon* (Poaceae) दूब (एक घास )

**Some traditional plants used with Lungs related bronchitis, cough and others**

- ***Cassia sophera* (C. sophera)** is used in traditionally for treatment of asthma and bronchitis.
- **Tulsi or holy basil** is a great cure for bronchitis. Water boiled with tulsi leaves brings instant relief to a sore throat. One can use this water for gargling too. In case of a congested throat 'khadiradi vati' gives effective relief, due to catechu that helps relieve congestion
- **Ginger.** Ginger has strong support from herbalists as a treatment for wide ranging health issues. Fresh ginger root has been recommended by some for treatment of coughs and colds in particular, as well as its possible help in fighting maladies of the digestive, circulatory and respiratory systems.
- Another popular expectorant, **dalchini or cinnamon** helps cure pulmonary problems such as bronchitis, asthma, and even cardiac disorder and fever
- One of the Bronchitis home remedies include combination of **Turmeric** and Milk. Add one teaspoon of turmeric powder to a glass of milk and boil it for a few minutes. Drink it two to three times a day. Sesame seeds have medicinal properties that can cure bronchitis and help relieve chest congestion associated with it.
- The most used plant taxa were **Thymus spp., Matricaria chamomilla, and Sambucus nigra**. The primary indications for use were the common cold (640 reports), cough (330 reports), sore throat (80 reports), and bronchitis (67 reports).
- **Sesame Oil** has many medicinal and antioxidant properties and is of great use to the lungs. Putting two drops of sesame oil in each nostril cleans the nasal passage and acts as a detoxifying agent for the lungs in a highly polluted environment. This practice is called 'Nasya' in Ayurvedic literature.

- **Vasaka– Vasaka leaf, also known as Adhatodavasica or Malabar nut**, is a well-known Ayurvedic respiratory medicinal. It works as a powerful bronchial stimulator, removing excess phlegm from the throat, clearing the lungs, improving bronchodilation, and treating bronchitis, TB, and other lung illnesses
- **Fruits like orange and lemon** are a good source of vitamin C and anti-oxidants. Vitamin C helps to boost our immunity and fight against respiratory infections. Recent studies concluded that fruits rich in vitamin C reduce wheezing in children and improves lung function and breathing in COPD patients
- **Peppermint, eucalyptus, and fenugreek tea**

These herbs may assist in breaking down the mucus and thus relieve the discomfort and inflammation caused by pneumonia. Therefore, tea made from ground fenugreek seeds, eucalyptus or tea tree oils may ease a persistent cough. People can use these in a diffuser as well.

## **Some traditional plants used with Skin Diseases**

### **1) ATOPIC ECZEMA**

Atopic eczema is the most common form of eczema and causes your skin to become itchy, red, dry, and cracked. This is a long-term condition for most people, although it may improve over time, especially in children. It can affect any part of the body, but usually affects, the backs or fronts of the knees, outside or inside the elbows, around the neck, hands, cheeks or scalp.

#### **A. Aloe Vera**

**Common name: Aloe Sabar**

**Family: Xanthorrhoeaceae**

Habit: Perennial herb

Parts used: Leaf gel

- Used in treatment of Skin diseases including eczema, irritation, burns, wounds , bruises, abrasions, psoriasis, cuts, scrapes, cold sores, sun buns, inflammation, hair loss, rejuvenating, complexion improvement, cosmetic uses, microbial skin diseases.
- Since A. vera contains antifungal and antibacterial elements, its gel is applied directly on the eczematous skin, so the skin becomes softer and wounds heal rapidly. Many people reported decrease in eczema symptoms such as skin dryness,scaling and improved skin quality and also due to its antibacterial activity it prevent secondary infection.

#### **B. Avena sativa**

**Common name: Oat, Shofan**

**Family: Poaceae**

Habit: Annual herb

Parts used: Colloidal oat extract, decoction

- Used in treatment of Skin diseases including eczema, wounds, irritation, inflammation, erythema, burns, itching, sunburn.
- Different clinical studies are undertaken to research the effect of oats on eczema and these have all showed a big decrease in skin redness, dryness, scaliness, itching and erythema after application of oat extracts. These results were observed in adults and children oat extracts.
- These results were observed in adults and children. In vitro, a colloidal oat extract demonstrated anti-inflammatory activity – inhibited releasing of the arachidonic acid from phospholipids and therefore the subsequent metabolism into prostaglandin and leukotrienes.
- additionally, it inhibited the expression of phospholipase A2 (PLA2) and cyclooxygenase (COX-2). A colloidal oat extract stimulated production of the anti-inflammatory transforming protein  $\beta 1$  (TGF $\beta 1$ ) by keratinocytes, and inhibited production of interleukins .

### **C. Curcuma longa**

**Common name: Turmeric, Kurkum**

**Family: Zingibe raceae**

Habit: Perennial herb

Parts used: Rhizome paste, powder

- Used in treatment of Skin diseases including eczema, wounds, burns, cuts, chicken pox, shingles, allergy, scabies, sores, inflammation, microbial skin diseases, complexion improvement.
- The active compound curcumin is supposed to have many biological effects including antiinflammatory, antioxidant, antitumour, antibacterial and antiviral activities, which show potential in clinical medicine . It is generally used by people for eczema treatment.
- It appears that the active ingredient curcumin present in turmeric has anti-inflammatory and bactericidal properties, which may assist to treat skin inflammation linked with eczema.

### **D. Matricaria chamomilla**

**Common name; Chamomile, Babunaj**

**Family: Asteraceae**

Habit: Annual herb

Parts used: Flower extracts, decoctions, oil

- Used in treatment of Skin diseases including eczema, wounds, itching, irritation, inflammation, allergic conditions, dermatitis, erythema, bacterial skin diseases, nappy rash, frostbite, cosmetics uses.
- It is found to be efficient in wound healing and skin inflammatory conditions, consequently employed in allergic conditions, atopic eczema. Flowers are made into tea and liquid extracts, capsules and tablets. It's applied to skin by converting them into ointment or cream

## **2) PSORIASIS**

- Psoriasis is characterized by flaky red patches of skin coated with silver scales that occur on the elbows, knees, and lower back, and can be uncomfortable or painful and sore.

- Psoriasis can be a small annoyance for some people, but it can be a severe problem for others. It has a negative impact on their quality of life. Psoriasis patients frequently experience periods of no or minor symptoms. Many herbs can help with psoriasis symptoms by reducing inflammation or slowing the proliferation of skin cells.

#### **a) Mahonia aquifolium**

- The flowering plant Mahonia aquifolium is derived from the mahonia shrub. Oregon grape is another name for it. This herb has been used to treat inflammatory disorders like psoriasis in the past.
- Berberine, found in Mahonia aquifolium, may help to reduce some of the irritation caused by psoriasis. The plant also contains antiproliferative properties, which means it can halt the growth of cells.

#### **b) Indigo naturalis**

- Qing dai, also known as indigo naturalis, is a traditional Chinese herbal medication used to cure skin disorders. It is extracted from a range of plants, including Baphicacanthus cusia, by manufacturers.

#### **c) Aloe Vera**

- Antibacterial and anti-inflammatory effects are found in creams and gels containing Aloe vera extract. They may aid to calm the skin and prevent infection-causing bacteria.
- According to the NCCIH, Aloe vera may assist with psoriasis, although there is less proof than for Mahonia aquifolium and indigo naturalis.
- To treat psoriasis, use a topical aloe vera gel to the affected areas of the skin.

### **3) VITILIGO**

- Vitiligo is a skin condition that generates pale white patches on the skin that vary in size and can appear anywhere on the body.
- They're more evident on parts like the face and hands that are exposed to sunlight, as well as on dark or tanned skin
- Your hair may turn white if you have vitiligo on your scalp. Vitiligo is a chronic skin disorder. It's not contagious. Herbal medications of various natures and effects have been utilized for the treatment of vitiligo since ancient times.

#### **1) Ginkgo biloba**

- Ginkgo extracts have been demonstrated to be useful in the treatment of a variety of diseases, including allergies, varicose veins, premenstrual syndrome, headaches, vertigo, and more .
- Ginkgo extracts have also been utilised to treat vitiligo in recent years.
- The medicine is manufactured as a tablet with various dosages that must be taken orally once to three times daily for more than three months to be effective.

#### **2) Khellin**

- Khellin comes from the plant *Amni visnaga* and is a naturally occurring furanochromone. Since ancient Egyptian times, the plant has been utilised as a herbal medicine for various ailments (such as kidney illness, asthma, and others).
- Because of khellin's negative effects, such as liver dysfunction and allergic reactions, analogues of khellin with safer profiles and higher efficacies have been developed. And have been used in medicine for the treatment of vitiligo for several decades, where they have shown to be effective when combined with UVA phototherapy.
- Despite the fact that the specific mechanism of action is unknown, khellin stimulates melanocyte proliferation and melanogenesis. Khellin can be used topically or systemically (oral dosing).
- The treatment consists of taking khellin gelatin capsules orally and then having the patient irradiated with UVA after about 2.5 hours. Two to three times a week, the therapeutic session is repeated. The treatment is completely risk-free .

### 3) Green Tea Polyphenols

- Green Tea polyphenols are compounds from green tea leaves that have been utilised in medicine since antiquity. Because of their high content of Epigallocatechin – 3 – gallate (EGCG), they have anti-inflammatory, anti-oxidant, and immunomodulatory properties. The medication can be used both systemically and topically. **Capsaicin**
- Capsaicin is an active ingredient found in chilli peppers, which belong to the genus *Capsicum*.
- The medication has been offered as a therapeutic strategy for vitiligo treatments due to its antiinflammatory and antioxidant effects.
- An experimental investigation recently confirmed that incubating keratinocytes taken from a vitiliginous patient's perilesional skin with capsaicin prevented the cellular damage by ROS.

### 4) ACNE

- Acne is a skin disorder that occurs when oil and dead skin cells clog your hair follicles. It causes pimples, whiteheads, and blackheads.
- Teenagers are the most affected by acne, yet it affects people of all ages. Although there are effective acne treatments available, acne can be stubborn.
- There are many different treatment regimens for acne vulgaris, but none of them are without side effects, and their specific role in therapy is unclear.

#### **Azadirachta indica**

- The ethanol extracts of *Azadirachta indica*, *G. glabra*, *Andrographis paniculata*, *Ocimum sanctum*, and green tea were found to have the capacity to inhibit acne in a study on an anti-acne formulation made from herbal extracts.
- The anti-acne compound was found to be effective against *Propionibacterium acnes* and *Staphylococcus epidermis* in the recent investigation.
- Aqueous extracts of *Azadirachta indica* leaves have also been shown to be chemopreventive against skin cancer in mice. In compared to the control group, skin cancers have been observed to increase the expression of proliferating cell nuclear antigen.

### **Cannabis sativus**

- Acne rosacea, seborrhoeic dermatitis, eczema, dermatitis, psoriasis, and lichen planus can all be treated using Cannabis sativus seed oil. This plant's leaves powder can be used to treat wounds and sores.
- Externally, cannabis sativus extract can help reduce itching skin irritation.
- The seed oil protects the skin by strengthening it and making it more resistant to bacterial, fungal, and viral infections.

### **Echinacea angustifolia and Echinacea purpurea**

- P. acnes, the major cause of acne vulgaris, has been demonstrated to be easily killed by Echinacea purpurea extract. P. acnes caused significant release of various pro-inflammatory cytokines, including IL-6 and IL-8, in cell culture models.
- The E. purpurea, on the other hand, was able to entirely reverse the effect on regular leaves.
- As a result, E. purpurea provided acne sufferers with a safe two-fold benefit by decreasing both bacterial-induced inflammation and organism development.

### **Rosmarinus officinalis**

- P. acnes, a type of bacteria that causes acne, has also been shown to be beneficial with Rosmarinus officinalis oil.
- The antibacterial capabilities of R. officinalis essential oil were tested against P. acnes in a study, and significant changes in the size and morphology of P. acnes were seen in response to treatment.

### **Melaleuca alternifolia**

Tea tree oil applied topically in low doses offers anti-acne properties with few side effects. It works well in the treatment of persistent infected wounds and osteomyelitis

## **5) BASAL CELL CARCINOMA**

- Dome-like, pink or red, shining, and pearly patches that may have a sunk-in core, like a crater Raised, firm, and pale portions that may resemble a scar.
- Blood vessels visible on the growth ,Easy bleeding or leaking sore that doesn't seem to heal, or cures but resurfaces .
- Basal cell carcinoma (BCC) is a kind of skin cancer that starts in the cells of the basal layer of the skin. The epidermis is lined by normal basal cells. Skin cells that replace old cells with new ones are known as keratinocytes. Tumors on the skin's surface develop from cancer of the basal cells. Sores, growths, lumps, scars, or red patches are common symptoms of these tumours.
- BCC seldom spreads to other parts of the body (metastasizes), yet it can still cause deformity.
- It can spread to other parts of the body in rare situations. It could become life-threatening if this happens.
- The most frequent type of skin cancer is BCC.

### **Turmeric**

- Turmeric is a herb or spice that has been utilised in natural medicine for hundreds of years. Turmeric is mentioned in ancient Ayurvedic treatments, and it is recognised to provide a variety of health benefits.
- Turmeric contains curcumin, a powerful antioxidant that aids in the prevention of malignant development. Make a thick paste with turmeric and water and apply it to the affected region for around 20 minutes.
- Turmeric use has also been shown to boost immunity against all diseases.

### **Ginkgo Biloba**

- Ginkgo Biloba possesses anti-cancer qualities,
- Ginkgo Biloba herb comes in a variety of forms, including pills and extracts. This natural skin cancer treatment must be followed under the supervision of a herbalist and your doctor.
- Ginkgo Biloba seeds should not be eaten raw.
- Ginkgo Biloba may induce adverse effects such as headaches, nausea, and moderate gastrointestinal problems. Giddiness is also a possibility for some folks. Those with blood issues should avoid using Ginkgo Biloba since it raises the risk of severe bleeding.

### **Green Tea**

Green tea is currently a popular antioxidant source. Green tea enhances DNA repair and may prevent non-melanoma skin cancer. This natural skin cancer treatment has numerous health benefits, and drinking two cups will only enhance your health and aid in the healing of skin cancer.

### **Flaxseeds**

Flax seed powder and flax seed oil have already established themselves in a number of cuisines. Flaxseeds include fibre, lignans, vitamins, and omega 3 fatty acids, among other things. Lignans aid in the prevention of malignant cell spread.

### **Astragalus**

This natural skin cancer treatment boosts immunity and aids in the fight against malignant cells in the body. It is a Chinese medicinal root that can be used to treat a variety of ailments.

## **6) MELASMA**

- Dark patches on the face, neck, chest, and arms are common symptoms of this skin disorder. Pregnant women (chloasma) and people with darker skin who have had a lot of sun exposure are more likely to have it. Additional than skin darkening, there are no other symptoms. It could fade away on its own in a year or it could become permanent.
- Melasma is a pigmentary condition that affects women's faces and is divided into four types: centrofacial pattern, malar pattern, mandibular pattern, and mixed.

### **Aloe vera**

Using a topical, liposome-encapsulated aloe vera preparation on pregnant women with melasma greatly improved their melasma, according to a 2017 study

## 7) HERPES SIMPLEX

- Herpes is caused by the herpes simplex virus (HSV), which is also known as HSV. Herpes can affect any region of the body, however it most usually affects the genitals and mouth. The herpes simplex virus is divided into two types:
- HSV-1 causes cold sores and fever blisters around the mouth and on the face, and is predominantly responsible for oral herpes.
- HSV-2 It is predominantly responsible for genital herpes outbreaks and is the primary cause of genital herpes.
- Lemon balm (*Melissa officinalis*) is a mint family member with a lemon fragrance. The chopped leaves can be steam-distilled to produce an essential oil. Treatment of herpes simplex and small wounds are two examples of topical applications.

## Some traditional plants with anti helminthic effects

- The helminthes which infect the intestine are cestodes e.g. Tapeworms (*Taenia solium*), nematodes e.g. hookworm (*Ancylostoma duodenale*), roundworm (*Ascaris lumbricoids*) and trematodes or flukes (*Schistosoma mansoni* and *Schistosoma hematobolium*). The diseases originated from parasitic infections causing severe morbidity include lymphatic filariasis, onchocerciasis and schistosomiasis. These infections can affect most populations in endemic areas with major economic and social consequences.
- Most of the screenings reported are in vitro studies using some worm samples like Indian earthworm *Pheretima posthuma*, *Ascardia galli*, *Ascaris lumbricoids*, etc. Adult Indian earthworm, *Pheretima posthuma* has been used as test worm in most of the anthelmintic screenings, as it shows anatomical and physiological resemblance with the intestinal roundworm parasite of human beings

### 1. *Ocimum sanctum* Linn. (Family-Lamiaceae)

Commonly known as Sacred Basil (Tulsi) contains volatile oil of which the chief constituents are Eugenol (about 51 %),  $\beta$ -caryophyllene (37%) and number of sesquiterpenes and monoterpenes. The essential oil and Eugenol showed potent in vitro anthelmintic activity against *Caenorhabditis elegans* (Nematode).

### 2. *Melia azedarach* Linn. (Family-Meliaceae)

A native tree of Persia, India and China, this plant has long been recognized as an insecticidal and medicinal plant all over the world.

### 3. *Punica granatum* Linn. (Family-Punicaceae) Locally known as Anar

The root and stem bark of the plant is used as astringent and anthelmintic in the indigenous system of medicine. The alcoholic extract of its stem bark was evaluated for its proclaimed