Traditional Medicine-2013
OMICS Group Conferences
Accelerating Scientific Discovery
International Conference and Exhibition on
Traditional & Alternative Medicine
December 9-11, 2013 Hyderabad, India

Gardenia turgida Roxb. (Kharhar) an important medicinal plant of Chhattisgarh, India

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Abstract

Present study focused on traditional use of *Gardenia turgida* Roxb. an important medicinal small tree abundantly occurred in forest fringes of the Chhattisgarh state. Kharhar posses wide range of therapeutic properties for the treatment of various ailments in tribal area. The tribal traditional healers used Kharhar as single drug or in combination with other herbs like *Smilax zeylanica* L., *Piper longum* Linn., *Cordia macleodii* (Griff.) Hook. F. & Thoms, *Cassia fistula* L. etc. to enhance the efficacy of preparation. Traditional healers use this herb for a variety of ailments such as Leucorrhoea, Dogbite, Scorpion string, Epilepsy, Stone, Stomachache, Snake bite, Diminished breast milk secretion (Lack of Lactation), Tuberculosis and Gout. During the course of study 72 preparations of Kharhar root for various ailments were recorded from tribal areas resides in the state. Study reveals that the Kharhar is an important medicine which needs to be a systematic research on phytochemical, pharmacological and clinical study.

Keywords Kharhar, Traditional uses, Tribal community, Herb, Chhattisgarh

Biography

Rajesh Shukla has completed his Ph.D. at the age of 29 years from Pt. Ravishankar Shukla University, Raipur. He is the Senior Executive Technical (Inventory - Head) Chhattisgarh State Minor Forest Produce Co. Federation Limited, an apex organization under Department of Forest, Government of Chhattisgarh. He has published more than 12 papers in reputed national and international journal and 02 books. He has reviewer of reputed international journals.