

KAZI NAZRUL UNIVERSITY

RANIGANJ GIRLS' COLLEGE
DEPARTMENT OF GEOGRAPHY
B.SC. HONOURS 1st SEMESTER
ACADEMIC YEAR :- 2021-22

COURSE NAME :- ENVIRONMENT STUDIES
COURSE CODE :- AEE101
REG. NO :- 113211220018
TOPIC OF THE PROJECT :- QUALITATIVE STUDY OF
MEDICANAL PLANT: "BRAMHI"

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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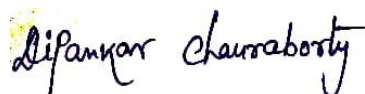
CERTIFICATE

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 NIVEDITA MONDAL

Son/Daughter of NRIPEN MONDAL

of RANIGANJ GIRLS' COLLEGE

is registered as a student of this University,

His/Her registration number is 113211220018 of 2021-22



A handwritten signature in black ink, appearing to be 'G. N.' with a flourish.

Registrar

Acknowledgement

I would like to express my special thanks of gratitude to our respected 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 Geography, Semester-1, Environment at studies (AEE 101).

Date: 07.03.2022

Nivedita Mondal
Student's signature

Report

A project Report Submitted by Semester-I students,
Department - Geography, Registration - 113211220018,
Academic year - 2021-2022.

Index

<u>Sl.no</u>	<u>Contents</u>	<u>Page no</u>
1.	Acknowledgement	(i)
2.	Report	(ii)
3.	Introduction	1
4.	Aims and objective of the project	2
5.	Qualitative study of Medical plant	3
6.	Materials and Methodes used	4
7.	Health Benefits of Brahma	5-7
8.	Conclusion	8
9.	Bibilography	9

Introduction

Plants that possess therapeutic properties or exert beneficial pharmacological effects on the human body are generally designated as medicinal plants. The medicinal plants have been used for treatment for illness and diseases since the dawn of time.

The earliest historical records of medicinal plants are found from the Sumerian civilisation, where hundreds of medicinal plants are listed on clay tablets.

The compounds found in plants are of many kinds like, alkaloids, glycosides, polyphenols, etc.

Ethnobotany is the study of a region's plants and their practical uses through the traditional knowledge of a local culture and people.

Richard Evans Schultes is referred to as the 'father of ethnobotany', although the idea of ethnobotany was first proposed by the early 20th century botanist John William Harshbarger.

Aims and Objective of the project:

Like talking about the Significance of using medicinal plants.

- (1) Promoting of Cultivation and Conservation of medicinal plants. To identify the plants to be conserved/cultivated in-situ at the different agro-climatic regions of the state and those to be cultivated/conserved in the fields (Ex-situ).
- (2) To employ latest techniques to improve the producing system so that the medicinal plants produced in the state can compete in the international market. To identify a few medicinal plants at the first instance for ~~an~~ ensuring its overall development in a particular region, since the performance of plants differ in different regions.
- (3) To create optimum interest and awareness amongst cultivators / farmers for the cultivation of Medicinal plants.
- (4) To develop an information centre / Data Bank regarding (a) Macro-scopical characters (b) Microscopical characters (c) Chemical Constituents (d) Cultivation and Harvesting schedule (e) plants with ambiguous / confused characteristics with the original and their distinguished points / features and (f) medicinal efficacies of all medicinal plants in the state.

Qualitative Study of Medicinal Plants :

⊙ Brahmi :

Binomial name : *Bacopa monnieri*

English name : Thyme leaved gratiola

Kingdom : Plantae

Order : Lamiales

Family : Plantaginaceae

Genus : *Bacopa*

Species : *B. monnieri*

Brahmi is a perennial, creeping herb native the wetlands of Southern and eastern India. It is also known by the common names water hyssop, herb of grace and Indian pennywort.

Brahmi is one of the famous gifts of Ayurveda to the world. There is no herb that can improve intelligence naturally better than this. Though it is more commonly known for its benefit in improving intelligence and memory, it is also an excellent anti-aging, anti-diabetic and anti-oxidant herb.

Brahmi leaves are a powerhouse of valuable alkaloids and triterpene saponins that can stimulate brain chemicals for sharper thinking, memory and learning.

Materials and Methods used:

* what medical plants were used?

= Were used medical plants used Brahmi

Reason for choosing the medicinal plant

Brahmi is a plant that goes by many names. Its scientific name is *Bacopa monnieri*, and as such it is often referred to as 'Bacopa'. Brahmi an edible herb and while it's native to India, it has since spread to tropical regions all over the world. In fact you may already have heard about its restorative properties and its ability to calm nerves and aid in a peaceful night's sleep. Keep reading to learn more about Brahmi care and uses.

How it has been parented? .

Having Brahmi around the house is an age-old tradition in my home. The importance of the Brahmi leaves stuck me all the more only when I had them to transpire but to find small piece of Brahmi for kids and put it.

Brahmi leaves are a powerhouse of valuable alkaloids and triterpene saponins that can stimulate brain chemicals for sharper thinking, memory and learning. The next time you find Brahmi leaves, toss them in your salad, dry and powder the leaves to sprinkle in your curries and chutneys. Bto Brahmi is also known as Bacopa is a plant that is extensively used in Ayurveda for numerous medicinal properties.

Health Benefits of Brahmi :

◎ Cognitive Abilities :-

Brahmi has been hailed as a memory booster for several centuries for increasing focus and attention. Ayurved recommends Brahmi extract or Supplements for kids aged between 6 to 8 years for improving hand-eye coordination. It is also recommended for people suffering from seizures and those with Alzheimers.

◎ Prevents Anxiety :-

If you are suffering from anxiety and sudden panic attacks, it's time to include Brahmi in your daily diet. Studies reveal that drinking Brahmi juice or taking Supplements daily for 4 weeks reduces anxiety, palpitations, nervousness, insomnia, fatigue, headaches, stomach discomfort caused due to stress.

◎ Avoids Asthmatic Attacks :-

Brahmi is highly beneficial for patients suffering from asthma. Chews on few Brahmi leaves or steep them in your tea for improving pulmonary function and to treat various respiratory issues like congestion, bronchitis, colds, sinusitis. It also acts as an expectorant by clearing phlegm and mucus in the throat and respiratory tracts.

① Heals Wounds:-

The juice of Brahmi acts as an instant healer in treating wounds and disinfecting the affected area. Apply Brahmi juice on the affected area as it prevents scars by providing a soft, supple texture to the skin.

② Controls Blood Sugar :-

Brahmi leaves are known for antihyperglycemic properties and are widely recommended for diabetics. Studies reveal can improve the symptoms related to diabetes and help in leading a healthy life.

③ Effect on Doshas :-

Brahmi is a splendid herb for promoting nervous system activity and increasing memory, concentrating, being regarded as a "Medhya Rasayana" or brain-rejuvenating plant in the ancient ayurvedic scriptures of Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya. It possesses an inherent Tikta Rasa or bitter taste with a Kashaya i.e. astringent flavour. Brahmi is very easy to assimilate in the gut with a Laghu Guna and is also useful for cooling the body, thanks to its superb Sheeta veerya. This potent herb aids in rectifying Vata and Pitta Dosha imbalance to help maintain tridoshic harmony.

⊙ Dosage :-

As per certified Ayurvedic doctors, it is safe to consume 2-3 grams of Brahmi Powder daily along with meals. The decoction of brahmi powder in boiled water can be ingested at a dose of 25-50 ml per day for adults. For infants and children, brahmi can be given in very small doses, in the form of Brahmi ghrita, mixed with honey-ghee and some water, which assists in bolstering brain power and immunity in kids.

In case of pre-existing health conditions such as diabetes, arthritis, hypertension, it is advise to consult with a physician prior to taking Brahmi powder or supplements.

Side Effects :-

Mostly, Brahmi is well-tolerated by the majority of individuals. However people with low blood pressure and a reduced rate of heartbeat tend to experience dizziness, headache and fainting after consuming Brahmi powders or supplements and it is hence recommended for such individuals to avoid taking this herb.

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 importance to pharmacology and local livelihoods. However, traditional therapies are currently being eroded due to changing lifestyles, perceptions, social transformations, and acculturation.

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