



e-ISSN:2582-7219



# INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH IN SCIENCE, ENGINEERING AND TECHNOLOGY

Volume 7, Issue 3, March 2024



INTERNATIONAL  
STANDARD  
SERIAL  
NUMBER  
INDIA

Impact Factor: 7.521



6381 907 438



6381 907 438



ijmrset@gmail.com



www.ijmrset.com



# Ethnomedicinal Plants used in Vedic Medicine

Dr. Sanjay Kumar Acharya

Professor, Govt. Dungar College, Bikaner, India

**ABSTRACT:** Herbal remedies have been integral to Vedic medicine, an ancient healing tradition rooted in the Indian subcontinent. This abstract explores the significance and utilization of medicinal plants in Vedic medicine, drawing upon key Vedic texts such as the Rigveda, Atharvaveda, Charaka Samhita, and Sushruta Samhita. The Vedic literature extensively documents the therapeutic properties of various plants, emphasizing their role in maintaining physical, mental, and spiritual well-being. The knowledge of herbal remedies in Vedic medicine is deeply intertwined with the principles of Ayurveda, a holistic system that emphasizes balance and harmony in the body. The abstract delves into the classification and categorization of medicinal plants based on their tastes, qualities, and effects on the doshas—Vata, Pitta, and Kapha—according to Ayurvedic principles. Furthermore, the abstract highlights the diverse applications of herbal remedies in treating a wide array of ailments, ranging from digestive disorders and skin conditions to respiratory illnesses and neurological disorders. It explores the intricate formulations and preparation methods employed by Vedic healers to harness the therapeutic potential of medicinal plants effectively. Additionally, the abstract discusses the spiritual and ritualistic dimensions associated with the use of herbal remedies in Vedic medicine, emphasizing their role in purifying the body and mind.

**KEYWORDS:** Herbal Remedies, Vedic Medicine, Ayurveda, Medicinal Plants, Rigveda, Atharvaveda, Charaka Samhita, Sushruta Samhita, Ayurvedic Principles, Doshas, Therapeutic Properties, Holistic Healing, Ritualistic Practices.

## I. INTRODUCTION

Herbal remedies occupy a central position in the ancient healing tradition of Vedic medicine, which emerged thousands of years ago in the Indian subcontinent. Rooted in the profound wisdom of the Vedas, the sacred texts of Hinduism, Vedic medicine represents an intricate system of holistic healing that encompasses physical, mental, and spiritual dimensions of well-being. At the heart of this venerable tradition lies the profound understanding and utilization of medicinal plants, whose therapeutic properties were meticulously documented and revered by Vedic sages and healers. The term "Vedic medicine" encompasses various branches of traditional Indian healing practices, including Ayurveda, the science of life, and the therapeutic aspects outlined in the Rigveda and Atharvaveda. These ancient texts serve as repositories of knowledge, offering insights into the intricate relationship between humans and the natural world, particularly the healing potential inherent in plants. The study of herbal remedies in Vedic medicine not only provides a glimpse into the medical practices of antiquity but also sheds light on the timeless principles that underpin holistic healing.

The Rigveda, one of the oldest scriptures in the world, contains hymns dedicated to various deities and natural forces. Within its verses, there are references to medicinal plants and their healing properties, indicating the importance of plant-based remedies in ancient Vedic society. The Atharvaveda, often regarded as the "Veda of magical formulas," contains a wealth of knowledge concerning herbal medicine, incantations, and healing rituals. Together, these texts form the foundation upon which the principles of Ayurveda and herbal remedies in Vedic medicine are built. Ayurveda, as elucidated in texts like the Charaka Samhita and Sushruta Samhita, represents a comprehensive system of medicine that emphasizes the interconnectedness of body, mind, and spirit. Central to Ayurvedic philosophy is the concept of doshas—Vata, Pitta, and Kapha—fundamental energies that govern various physiological and psychological



functions within the body. Herbal remedies play a pivotal role in restoring balance and harmony to these doshas, thereby promoting health and longevity.

The classification and categorization of medicinal plants in Ayurveda are based on their tastes (rasa), qualities (guna), and post-digestive effects (vipaka). Each herb is believed to possess distinct therapeutic properties that can be harnessed to address specific imbalances and ailments. For example, bitter-tasting herbs like neem and turmeric are valued for their cleansing and detoxifying effects, while sweet-tasting herbs like licorice and ashwagandha are prized for their nourishing and rejuvenating qualities. The therapeutic applications of herbal remedies in Vedic medicine are diverse and multifaceted. From gastrointestinal disorders and skin ailments to respiratory conditions and neurological disorders, medicinal plants are employed to address a wide spectrum of health concerns. The efficacy of these remedies lies not only in their chemical constituents but also in their holistic approach to healing, which considers the individual's constitution, lifestyle, and environmental factors.

Moreover, the use of herbal remedies in Vedic medicine extends beyond the realm of physical healing to encompass spiritual and ritualistic dimensions. Many medicinal plants are revered for their purifying and sanctifying properties, and rituals involving the use of herbs are performed to invoke divine blessings and ward off negative influences. The rituals prescribed in the Atharvaveda, known as "Aushadhi Yajnas," involve the offering of medicinal plants into sacrificial fires as a means of invoking healing energies and spiritual protection. In contemporary times, the knowledge of herbal remedies in Vedic medicine continues to resonate, inspiring research and exploration into the therapeutic potential of medicinal plants. Modern scientific studies have validated the efficacy of many traditional herbal remedies, shedding light on their mechanisms of action and clinical applications. The integration of traditional wisdom with modern scientific knowledge has led to the development of herbal formulations and dietary supplements that draw upon the principles of Vedic medicine. Vedic medicine offers a profound insight into the holistic healing traditions of ancient India. Grounded in the principles of Ayurveda and enshrined in the sacred texts of the Vedas, the utilization of medicinal plants represents a timeless approach to health and wellness that continues to inspire and inform contemporary medical practices. As humanity navigates the complexities of modern healthcare, the wisdom of Vedic medicine serves as a beacon of light, reminding us of the intrinsic connection between humans, plants, and the natural world.

#### **Area of Vedic civilization:**

The Vedic civilization, also known as the Vedic period, flourished in ancient India during the second millennium BCE, primarily in the northern and northwestern regions of the Indian subcontinent. This civilization is named after the Vedas, the oldest scriptures of Hinduism, which were composed during this period. The Vedic civilization encompassed several key regions and areas:

**Indus-Sarasvati Civilization:** The Vedic civilization emerged in the context of the earlier Indus Valley Civilization, which thrived in the fertile plains of the Indus and Sarasvati rivers (now in present-day Pakistan and northwest India). While there is some debate among scholars about the relationship between the Indus-Sarasvati Civilization and the Vedic culture, there is evidence of continuity and interaction between the two.

**Northwestern India:** The heartland of the Vedic civilization was located in the region corresponding to present-day Punjab, Haryana, and Uttar Pradesh in northern India. This area was known as Aryavarta, the land of the Aryans, and served as the epicenter of Vedic culture and society.

**Gangetic Plains:** The fertile plains of the Ganges (Ganga) and its tributaries, including the Yamuna, played a crucial role in the development and expansion of Vedic civilization. Cities such as Varanasi (Kashi), Prayagraj (Allahabad), and Patna (Pataliputra) emerged as centers of Vedic learning, commerce, and governance.



**Himalayan Foothills:** The Himalayan foothills, including regions such as Uttarakhand and Himachal Pradesh, were also inhabited by Vedic peoples. These areas provided natural resources, served as trade routes, and were home to numerous ashrams and centers of spiritual learning.

**Eastern and Western India:** While the core of the Vedic civilization was concentrated in northern India, Vedic influence extended to other parts of the subcontinent, including present-day Rajasthan, Gujarat, Bihar, and Bengal. These regions were connected through trade networks, cultural exchange, and the spread of Vedic teachings.

**Forest Regions:** Forested areas, such as the Vindhya and Satpura ranges, were inhabited by sages, ascetics, and hermits who played a significant role in the transmission and preservation of Vedic knowledge. These forests also provided sanctuary for spiritual practices and retreats.

The Vedic civilization was characterized by its pastoral and agrarian economy, social stratification based on varna (caste) system, reverence for nature and celestial forces, and the development of early philosophical and religious concepts found in the Vedas and associated texts. Over time, the Vedic civilization evolved into classical Hinduism, influencing cultural, social, and religious practices across the Indian subcontinent and beyond.

**List of medicinal plant used in Herbal Remedies in Vedic Medicine:**

Sr.No.	Name	Botanical Name	Family	Remedy
1	Neem	<i>Azadirachta indica</i>	<i>Meliaceae</i>	Neem is valued for its antiseptic, anti-inflammatory, and blood-purifying properties. It is used in the treatment of skin disorders, digestive ailments, and as a general tonic.
2	Turmeric	<i>Curcuma longa</i>	<i>Zingiberaceae</i>	Turmeric is renowned for its anti-inflammatory, antioxidant, and antimicrobial properties. It is used in the treatment of wounds, respiratory conditions, digestive disorders, and for promoting overall well-being.
3	Brahmi	<i>Bacopa monnieri</i>	<i>Scrophulariaceae</i>	Brahmi is revered for its cognitive-enhancing and nervine tonic properties. It is used to improve memory, concentration, and to alleviate stress and anxiety.
4	Ashwagandha	<i>Withania somnifera</i>	<i>Solanaceae</i>	Ashwagandha, also called "Indian ginseng," is prized for its adaptogenic and rejuvenating properties. It is used to boost immunity, increase vitality, and combat stress and fatigue.
5	Tulsi	<i>Ocimum sanctum</i>	<i>Lamiaceae</i>	Tulsi, or holy basil, is revered for its medicinal and spiritual significance. It is used to treat respiratory ailments, digestive disorders, fever, and as a tonic for overall health and well-being.
6	Amla	<i>Emblica officinalis</i>	<i>Phyllanthaceae</i>	Amla, also known as Indian gooseberry, is rich in vitamin C and antioxidants. It is used to boost immunity, promote digestion, nourish the hair and



				skin, and as a rejuvenating tonic.
7	Triphala Amalaki Bibhitaki Haritaki	<i>Emblica officinalis</i> <i>Terminalia bellirica</i> <i>Terminalia chebula</i>	<i>Phyllanthaceae</i> <i>Combretaceae</i> <i>Combretaceae</i>	Triphala is a traditional Ayurvedic formulation consisting of three fruits. It is used as a gentle laxative, digestive tonic, and for detoxification purposes.
8	Ginger	<i>Zingiber officinale</i>	<i>Zingiberaceae</i>	Ginger is valued for its digestive, carminative, and anti-nausea properties. It is used to alleviate gastrointestinal discomfort, promote circulation, and as an immune booster.
9	Licorice	<i>Glycyrrhiza glabra</i>	<i>Fabaceae</i>	Licorice is esteemed for its demulcent, expectorant, and anti-inflammatory properties. It is used to soothe respiratory tract infections, alleviate coughs, and as a tonic for adrenal health.
10	Guggul	<i>Commiphora wightii</i>	<i>Burseraceae</i>	Guggul resin is valued for its anti-inflammatory, cholesterol-lowering, and antioxidant properties. It is used to treat arthritis, obesity, hyperlipidemia, and as a rejuvenating tonic.
11	Shatavari	<i>Asparagus racemosus</i>	<i>Asparagaceae</i>	Shatavari is renowned for its rejuvenating, aphrodisiac, and nutritive properties. It is used to balance hormones, support reproductive health, and promote vitality in women.
12	Gotu Kola	<i>Centella asiatica</i>	<i>Apiaceae</i>	Gotu kola is revered for its cognitive-enhancing, anti-anxiety, and wound-healing properties. It is used to improve memory, alleviate anxiety, and promote wound healing.
13	Pippali	<i>Piper longum</i>	<i>Piperaceae</i>	Pippali, or long pepper, is valued for its digestive, expectorant, and rejuvenating properties. It is used to stimulate digestion, alleviate respiratory congestion, and promote vitality.
14	Arjuna	<i>Terminalia arjuna</i>	<i>Combretaceae</i>	Arjuna bark is esteemed for its cardio-protective, antioxidant, and anti-inflammatory properties. It is used to support cardiovascular health, strengthen the heart muscles, and regulate blood pressure.
15	Shatapushpa	<i>Anethum sowa</i>	<i>Apiaceae</i>	Shatapushpa, or dill seeds, are valued for their carminative, digestive, and anti-spasmodic properties. They are used to alleviate digestive discomfort, flatulence, and colic.
16	Bael	<i>Aegle marmelos</i>	<i>Rutaceae</i>	Bael fruit is revered for its



				digestive, anti-diarrheal, and anti-inflammatory properties. It is used to alleviate digestive disorders, treat diarrhea, and promote gastrointestinal health.
17	Bhringraj	<i>Eclipta alba</i>	<i>Asteraceae</i>	Bhringraj, also known as "false daisy," is valued for its hepatoprotective, hair tonic, and anti-inflammatory properties. It is used to support liver function, promote hair growth, and alleviate skin conditions.
18	Aloe Vera	<i>Aloe barbadensis miller</i>	<i>Asphodelaceae</i>	Aloe vera gel is revered for its cooling, moisturizing, and wound-healing properties. It is used topically to soothe sunburns, insect bites, and skin irritations.
19	Vacha	<i>Acorus calamus</i>	<i>Acoraceae</i>	Vacha, also known as sweet flag, is valued for its nervine tonic, digestive, and carminative properties. It is used to improve memory, alleviate digestive discomfort, and as a remedy for respiratory conditions.
20	Punarnava	<i>Boerhavia diffusa</i>	<i>Nyctaginaceae</i>	Punarnava is esteemed for its diuretic, anti-inflammatory, and rejuvenating properties. It is used to support kidney function, alleviate edema, and promote detoxification.
21	Vasaka	<i>Adhatoda vasica</i>	<i>Acanthaceae</i>	Vasaka is valued for its bronchodilator, expectorant, and anti-inflammatory properties. It is used to alleviate respiratory congestion, promote expectoration, and as a remedy for bronchial asthma.

## II. SUMMARY

Herbal remedies in Vedic medicine represent a profound tradition rooted in the ancient wisdom of the Indian subcontinent, where the therapeutic properties of medicinal plants were revered and harnessed for holistic healing. Spanning thousands of years, this tradition finds its origins in the sacred texts of the Vedas, particularly the Rigveda and Atharvaveda, which contain hymns and incantations dedicated to various deities and natural forces, including plants. Through meticulous observation and experimentation, Vedic sages and healers documented the healing potential of medicinal plants, laying the groundwork for the development of Ayurveda, the science of life, and its principles of holistic health.

At the heart of Ayurveda lies the concept of balance and harmony, encapsulated in the three doshas—Vata, Pitta, and Kapha—that govern various physiological and psychological functions within the body. Herbal remedies play a pivotal role in restoring balance to these doshas, addressing imbalances and ailments at their root causes. The classification and categorization of medicinal plants in Ayurveda are based on their tastes, qualities, and post-digestive effects, with each herb possessing unique therapeutic properties that can be harnessed to promote health and well-being.



The utilization of medicinal plants in Vedic medicine encompasses a diverse array of herbs, each prized for its specific medicinal properties and applications. Neem, turmeric, and holy basil (Tulsi) stand as pillars of the herbal pharmacopoeia, revered for their broad-spectrum antimicrobial, anti-inflammatory, and immune-enhancing properties. These herbs find extensive use in treating a myriad of health concerns, including skin disorders, digestive ailments, respiratory conditions, and inflammatory diseases.

Triphala, a traditional Ayurvedic formulation consisting of three fruits—amalaki, bibhitaki, and haritaki—exemplifies the synergistic approach of herbal remedies in Vedic medicine. Triphala serves as a gentle yet potent digestive tonic, promoting regularity, detoxification, and rejuvenation. Other herbs like ashwagandha, brahmi, and guggul offer adaptogenic, cognitive-enhancing, and cardio-protective benefits, supporting resilience against stress, enhancing cognitive function, and promoting cardiovascular health.

The therapeutic applications of herbal remedies in Vedic medicine extend beyond the realm of physical healing to encompass spiritual and ritualistic dimensions. Many medicinal plants are revered for their purifying and sanctifying properties, and rituals involving the use of herbs are performed to invoke divine blessings and ward off negative influences. The rituals prescribed in the Atharvaveda, known as "Aushadhi Yajnas," involve the offering of medicinal plants into sacrificial fires as a means of invoking healing energies and spiritual protection.

In contemporary times, the knowledge of herbal remedies in Vedic medicine continues to resonate, inspiring research and exploration into the therapeutic potential of medicinal plants. Modern scientific studies have validated the efficacy of many traditional herbal remedies, shedding light on their mechanisms of action and clinical applications. The integration of traditional wisdom with modern scientific knowledge has led to the development of herbal formulations and dietary supplements that draw upon the principles of Vedic medicine.

The study of herbal remedies in Vedic medicine offers a profound insight into the holistic healing traditions of ancient India. Grounded in the principles of Ayurveda and enshrined in the sacred texts of the Vedas, the utilization of medicinal plants represents a timeless approach to health and wellness that continues to inspire and inform contemporary medical practices. As humanity navigates the complexities of modern healthcare, the wisdom of Vedic medicine serves as a beacon of light, reminding us of the intrinsic connection between humans, plants, and the natural world. Thus, the legacy of herbal remedies in Vedic medicine endures as a testament to the enduring power of nature's healing bounty.

## REFERENCES

1. Sharma, Priya Vrat. "History of Medicine in India." *Indian Journal of History of Science*, vol. 37, no. 1, 2002, pp. 1-72.
2. Frawley, David, and Vasant Lad. *The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine*. Lotus Press, 2001.
3. Acharya, Ravi Prakash. "Medicinal Plants in Ayurveda." *Ancient Science of Life*, vol. 15, no. 4, 1996, pp. 328-334.
4. Singh, Rajendra, and Mohan Singh Rawat. "Medicinal Plants and Ayurveda: Old Wine in New Bottles." *Medicinal and Aromatic Plants*, vol. 2, no. 3, 2013, pp. 1-5.
5. Mishra, Siddhi Nandan, and Anand Kumar Chaudhary. "Herbal Medicine: A Vedic Tradition." *Indian Journal of Traditional Knowledge*, vol. 8, no. 4, 2009, pp. 526-530.
6. Sharma, H. M., et al. "Ayurvedic Medicine: An Introduction." *Journal of Alternative and Complementary Medicine*, vol. 7, no. 5, 2001, pp. 405-407.
7. Chopra, Anil, and Sapna Magoo. "Ayurvedic Concept of Adverse Drug Reactions." *Indian Journal of Pharmacology*, vol. 35, no. 2, 2003, pp. 83-84.
8. Dash, Bhagwan, et al. "Ayurvedic Concept of Shodhana and Marma Therapy in the Management of Somatic and Psychological Disorders." *Ancient Science of Life*, vol. 15, no. 3, 1996, pp. 185-190.
9. Chopra, A., et al. "Exploring Pharmacological Significance of Ayurvedic Medicinal Plants." *Journal of Ethno pharmacology*, vol. 123, no. 1, 2009, pp. 1-10.
10. Patwardhan, Bhushan, and S. V. Boparai. "Traditional Medicine: Modern Approach for Affordable Global Health." *Indian Journal of Experimental Biology*, vol. 47, no. 3, 2009, pp. 161-177.



11. Mukherjee, Pulok K., and Mainak Mal. "Evaluation of Herbal Medicines in Ethnomedicine." *Herbal Medicine: Biomolecular and Clinical Aspects*. 2nd edition, CRC Press/Taylor & Francis, 2011.
12. Patwardhan, Bhushan, et al. "Ayurveda and Traditional Chinese Medicine: A Comparative Overview." *Evidence-Based Complementary and Alternative Medicine*, vol. 2, no. 4, 2005, pp. 465-473.
13. Sharma, Hari, and Christopher Clark. *Contemporary Ayurveda: Medicine and Research in Maharishi Ayur-Veda*. Churchill Livingstone, 1998.
14. Rastogi, Sanjeev, and Ashok Dhar. "Therapeutic Potential of Herbal Medicines: An Overview." *International Journal of PharmTech Research*, vol. 2, no. 4, 2010, pp. 2234-2245.
15. Singh, R. H., and Anand Chaudhary. "Role of Ayurveda in the Management of Lifestyle Disorders." *Indian Journal of Traditional Knowledge*, vol. 7, no. 3, 2008, pp. 467-471.
16. Sahu, Swati, et al. "Role of Herbal Drugs in Ayurvedic Treatment: A Review." *International Journal of Pharmaceutical Sciences and Research*, vol. 10, no. 2, 2019, pp. 489-500.
17. Patwardhan, Bhushan, and Ashok D. B. Vaidya. "Natural Products Drug Discovery: Accelerating the Clinical Candidate Development Using Reverse Pharmacology Approaches." *Indian Journal of Experimental Biology*, vol. 48, no. 3, 2010, pp. 220-227.
18. Upadhyay, S., and A. Sharma. "Evaluation of Medicinal Plants for Anticancer Activity: A Review." *International Journal of Pharmaceutical Sciences and Research*, vol. 10, no. 10, 2019, pp. 4479-4489.
19. Singh, V. K., et al. "Phytochemical and Pharmacological Review of *Bacopa monnieri*." *International Journal of Pharmaceutical Sciences and Research*, vol. 10, no. 4, 2019, pp. 1673-1683.
20. Tiwari, N., et al. "An Insight on *Ashwagandha*: A Rejuvenating Herb." *International Journal of Pharmaceutical Sciences and Research*, vol. 11, no. 5, 2020, pp. 2095-2104.







**INNO SPACE**  
SJIF Scientific Journal Impact Factor  
**Impact Factor**  
**7.521**

**ISSN**

INTERNATIONAL  
STANDARD  
SERIAL  
NUMBER  
INDIA



**INTERNATIONAL JOURNAL OF  
MULTIDISCIPLINARY RESEARCH  
IN SCIENCE, ENGINEERING AND TECHNOLOGY**

**| Mobile No: +91-6381907438 | Whatsapp: +91-6381907438 | [ijmrset@gmail.com](mailto:ijmrset@gmail.com) |**

[www.ijmrset.com](http://www.ijmrset.com)