

STUDY OF GREEN HERBS TREAT AGAINST HEADACHE

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ABSTRACT:- Ayurveda system of medicine focuses on the fitness of body, mind and spirit, often called Holistic view. Physical manifestation of headache or palpitations may include insomnia, nervous disorders, emotional aspects like irritability, depression, anger or guilt and lack of determination etc. reflect one's inner and spiritual vacuum. The paper deals with ethnobotanical use of green herbals species occurring in Katghora forest region of Korba district in Chhattisgarh. More than a dozen of plants are used in different parts of the state by natives like Korwa, Kotwar, Panika, Gond, and Khairwar as remedy for this disease. Some of which is less known, but very effective. This research paper is presented for treatment of headache problem from green Remedies.

KEYWORDS:- Green Herbal, Healthy, Tribals, Headache, power city, Korba.

INTRODUCTION:-

"Green gold" is global buzz word; in today's. Rediscover the remarkable curative power of vital herbs. Excess of bile from the liver or any damage to the liver affects the normal excretion of bile pigments may be responsible. Review of literature reveals that least of workers explored the medicinal wealth of this area. Headache was known to mankind as Tension, Migraines and Depression more than 3000 years ago as can be seen from **Charak & Sushruta Samhita** (400 B.C.). Plants and minerals have been utilized as success of remedy for headache from ancient times.

Katghora region is one of the sacred places of Chhattisgarh. Katghora is situated at 22.5°N 82.55°E and has an average elevation of 312 metres (1,024 ft). Radhasagar is a lake located in the heart of the city. Chak-Chakwa pahad (mountain) is crown of the Katghora city, which is also known as Hanumangarhi. Katghora Krishi Vigyan Kendra is one of the KVK in

Chhattisgarh. There are elevated topography and dense forests. The area of forest is inhabited by a large population, viz., Baiga, Korku, Kotwar, Panika, Gond, and Korwa. Some of these have a super natural basis to the tribal's mind, while others are recognized as physical and attempts are made to treat them. They usually collect their materials from nearby forests and use them in their health care system, which is well developed and proven successfully for generation together. But today main contents are environmental pollution and stress of mind and body.

At present headache is very common problem but it may be certainly reason of death. Today 60 percent people has suffered from this problem in all over world. When we avoid some precaution, working system or changes our daily routine therefore we are faced to heavy headache problem.

Type of Headache

1. Tension (Headache) : May be caused by tense neck muscle due to stress. symptoms resolve with relaxation of muscles.

Specific symptoms of problem: pain is usually frontal.

1) Migraine: It is a disease form of headache. Causes are food sensitivities, menstrual irregularities, pollution, stress of body etc. It is associated changes in Tension within the arteries of the brain and it may last for a few minutes to several days.

Specific symptoms of problem: Visual disturbances, preceding pain, pins and needles in limbs, Nausea and Vomiting to light sensitivity.

2) Neuralgia : Severe burning or stabbing pain often felt along the course of facial nerve. It may follow injury or exposure to cold.

Specific symptoms of problem: Severe localized pain. Related area of skin, highly sensitive to touch.

Table – 01 : Green Remedies are arranged local and botanical name with their actions.

S. No.	Green remedies	Action	Uses & dosage	Combination	Market Preparations & company
1	Ashwagandha Root (Withania Somnifera) Solanaceae	relaxant tranquilizer analgesics	Root powder 5gram with a cup of warm milk twice a day.	Take along with Brahmi.	Stresscom (dabur) stressnil capsules(Baidyanath)
2	Eucalyptus oil (Eucalyptus globulus) Myrtaceae	relaxant/counter irritant	oil for application on the temples at the first hint of attack .	add drops of menthol thymol camphor for effective pain control.	zandu balm Amrutanjan Vicks vaporub .
3	Sunthi (dry zinger) (zanzibar officinalis) Zinzerbaraceae	counter irritant	1/2 tsp powder well mixed in some water to make a paste apply a thin layer on the fore head.		
4	Betel Leaves: leaves are (piper betel) piperaceae	Cooling/Analgesic	Take 2 tender leaves cut to half, fry gently in castor oil and apply on the fore head.	Internationally fresh, Tulsi juice well mixed in honey should be taken twice a day.	Cephagran (Charak) tablets.
5	Ajwain Seeds(Seeds of (Carum roxburghianum) Apaceae	Analgesic	Seeds should be smoked or made in to fine powder and snuffed repeatedly to get relief.	-	Laghusut a shikhar pills.
6	Rasna Roots : Roots of (Pluchex Iancelota) Asteraceae	Anti-inflammatory Analgesic	Rasna Roots- should be made into coarse powder. 20 gm coarse powder should be added to 2 glasses of water. they should be kept for some time. after 30 minutes a decoction should be prepared keeping on the stove. half glass of decoction out of 2 glass of water should be made. this half glass should be made into doses, which should be taken twice a day for 15 days.	if Dasha moola coarse powder is also added, it gives faster results.	Maharasanadi quatham dose. Rasanadi guggul Tablets. (Baidyanath)
7	Eranda(castor) roots/oil (Ricineus Communis) Euphorbiaceae	soothing	pure castor oil 10ml well mixed in a cup of warm dried zinger decoction should be taken twice.	Castor leaves	Eranda tail (Dabur)
8	Nirgundi (Vitex negundo) leaves Limiaceae	Anti-inflammatory Analgesic .	For fermentation: some fresh leaves of nirgundi should be tied in clean cloth, than should be heated on a pan and applied on a painful parts gently for 15 minutes twice daily.		Kaisora Guggulu ,2 tablets twice a day.

REVIEW THE LITERATURE:-

Review of the literature reveals that many workers explore the medicinal plants or green herbs. Maheshwari and Dwivedi (1958), Jain S. K. et al (1963); Shukla et al. (2001), Khan & Khan (2004), Nagarajun and Rao (1990), Verma et al. (1997), Dr. S. Suresh Babu and M. Madhuvi (2001), Dubey et al. (1992)

MATERIALS AND METHODS:-

The extensive survey has been made from April 2016 to June 2017. Collections of plants were made from different localities of Katghora forest divisions and of adjoining areas. Information regarding plants used by the tribes and rural folk in treatment of Headache in these regions were noted.

OBSERVATION:-

Plants species has been arranged local name followed by their Botanical name, place of collection, actions and uses as reported by the folk medicine practitioners. From this herbs are made various allopathic medicine by companies. Green Remedies are effective slowly and cut to roots of problems but allopathic medicines are fast work on problems and relief them.

RESULT & DISCUSSION:-

The above table: 1 shows that botanical herbs are organized into botanical names, local names, functions and doses. In the current environment, human headaches are dependent on their work style, stress, insomnia, depression and other issues. The table describes 5 analgesics, two irritating rests and one shooting.

In this table we can see five green herbals the name of Ashwagandha roots, Ajwain seeds, Betel leaves, Rasna roots & Vitex negundo leaves are analgesic or cooling action on headache; Eucalyptus oil and Sunthi (dry Zinger) are used for counter irritant action on headache; and castor oil or roots are also used for migraine and depression. The tribal people live at interior villages deep inside dense forest. They are dependent on many medicinal plants growing nearby. The present information on 08 species, which are frequently used in headache is accorded. The folk lore herbalists and tribals are very familiar with the disease and symptoms of Migraine, Tension, Neuralgia & depression in patients and mode of treatment with plants crude drugs. The knowledge of proper use of these green remedies is

essential for treatment to those people who can not afford costly allopathic drugs.

CONCLUSION:-

The present study shows that medicinal plants have great potential to treat of Headache. Selected green remedies used for the Headache is requiring knowing their therapeutic value. This will be helpful in better utilization of traditional knowledge. Therefore we should not do work that causes headaches. We should always be responsible for work and not take any tension for it.

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