

ETHNOBOTANICAL REMEDY FOR HYPERTENSION

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Abstract—*Ethnobotany is an association or interaction of primitive human societies like tribal and aboriginal Indigenous communities with the surrounding flora. It is a study of present but also the past inter-relations of primitive human societies with their plant environment.*

Medicinal plants have a long history of usage in traditional medicine. Ethnobotanical information on medicinal plants and their usage by indigenous cultures is useful in the conservation of traditional cultures, biodiversity, community health care and drug development. High Blood Pressure is a serious and a very common disease these days and, affects about half of American adults, estimates the American College of Cardiology. Known as a “silent killer,” it usually doesn’t cause symptoms until there’s significant damage done to the heart.

Fortunately, hypertension can be managed by the use of some very useful and common plants found in the environment.

Clerodendrum colebrookianum is a perennial shrub belonging to the family Lamiaceae. It is widely used in traditional practices, such as for vegetable and treatments of diabetes, hypertension, cough and rheumatism. Among the Mizos, leaves are cooked as vegetable, and is always a special ingredient in preparing dog meat. Locally known as 'Phuihnam' is popularly used to control hypertension. Tamarind has been found to lower cholesterol in blood. Fruit pulp and skin extracts of tamarind possessed high phenolic content and antioxidant activities. In Ayurveda the extracts of Catharanthus Roseus roots and shoots, though poisonous, are used against several diseases. It has been used as anti-diabetic (flowers and leaves), hypolipidemic and antioxidant.

If taken care, managed and detected before time hypertension is easily cured with help of naturally occurring plants.