

Research Documents with New Comments 7

Introductory Note

This series is an effort to present the updated research documents with information collected through recent Ethnobotanical surveys (December 2010 onwards).

Rasna (*Pluchea lanceolata*, family: Compositae) as medicinal herb in Chhattisgarh, India.

Pankaj Oudhia

<http://www.pankajoudhia.com/RA5.pdf>

Although *Pluchea* is considered as one of the problematic weeds by the Agriculture experts but for the senior natives and traditional healers of Chhattisgarh, it is an important medicinal herb. The dense forests of Chhattisgarh are rich in natural population of this herb. Rasna is well known medicinal herb among the herb collectors and traders of Chhattisgarh. This herb is having a good demand in national and international drug markets. Every year, the herb collectors and traders collect it in bulk from natural forests. This herb occurs in almost every part of Chhattisgarh. In reference literatures, many herbs are present in the name of Rasna. *Vanda roxburghii* is one of these herbs. But *Vanda* is epiphyte, where *Pluchea* grows on ground. In the name of Rasna, the healers, collectors and traders only know *Pluchea lanceolata*.

New Comments added on December 13, 2010

Through recent Ethnobotanical surveys I have collected information on hundreds of Traditional Formulations in which both types of Rasna i.e. *Pluchea* and *Vanda* (Mainly *Vanda tessellata*) are used in combination as primary, secondary and tertiary ingredients in treatment of different diseases both internally as well as externally. Through this document I am presenting top 100 Traditional Formulations in which both herbs are added as primary ingredients.

Top 100 Traditional Formulations having *Pluchea* and *Vanda* as Primary Ingredients.

Traditional Formulations	No. of Secondary Ingredients	No. of Tertiary Ingredients

Traditional Formulation No.1	5	10
Traditional Formulation No.2	5	10
Traditional Formulation No.3	8	10
Traditional Formulation No.4	11	12
Traditional Formulation No.5	7	19
Traditional Formulation No.6	7	18
Traditional Formulation No.7	3	18
Traditional Formulation No.8	3	17
Traditional Formulation No.9	2	11
Traditional Formulation No.10	5	11
Traditional Formulation No.11	5	11
Traditional Formulation No.12	4	11
Traditional Formulation No.13	3	11
Traditional Formulation No.14	3	18
Traditional Formulation No.15	3	18
Traditional Formulation No.16	10	19
Traditional Formulation No.17	3	19
Traditional Formulation No.18	5	20
Traditional Formulation	5	13

No.19		
Traditional Formulation No.20	7	13
Traditional Formulation No.21	16	10
Traditional Formulation No.22	9	10
Traditional Formulation No.23	6	10
Traditional Formulation No.24	6	10
Traditional Formulation No.25	10	10
Traditional Formulation No.26	5	10
Traditional Formulation No.27	5	10
Traditional Formulation No.28	5	10
Traditional Formulation No.29	5	10
Traditional Formulation No.30	6	10
Traditional Formulation No.31	6	10
Traditional Formulation No.32	10	10
Traditional Formulation No.33	11	10
Traditional Formulation	11	10

No.34		
Traditional Formulation No.35	5	10
Traditional Formulation No.36	5	10
Traditional Formulation No.37	4	10
Traditional Formulation No.38	3	10
Traditional Formulation No.39	3	10
Traditional Formulation No.40	5	10
Traditional Formulation No.41	5	10
Traditional Formulation No.42	5	15
Traditional Formulation No.43	3	11
Traditional Formulation No.44	4	19
Traditional Formulation No.45	4	21
Traditional Formulation No.46	4	24
Traditional Formulation No.47	4	20
Traditional Formulation No.48	4	20
Traditional Formulation	8	10

No.49		
Traditional Formulation No.50	8	10
Traditional Formulation No.51	3	10
Traditional Formulation No.52	5	10
Traditional Formulation No.53	5	10
Traditional Formulation No.54	10	10
Traditional Formulation No.55	10	10
Traditional Formulation No.56	11	10
Traditional Formulation No.57	18	8
Traditional Formulation No.58	19	14
Traditional Formulation No.59	22	15
Traditional Formulation No.60	25	15
Traditional Formulation No.61	25	15
Traditional Formulation No.62	5	15
Traditional Formulation No.63	5	15
Traditional Formulation	5	15

No.64		
Traditional Formulation No.65	5	10
Traditional Formulation No.66	4	10
Traditional Formulation No.67	3	10
Traditional Formulation No.68	9	10
Traditional Formulation No.69	9	10
Traditional Formulation No.70	9	10
Traditional Formulation No.71	9	19
Traditional Formulation No.72	8	17
Traditional Formulation No.73	9	17
Traditional Formulation No.74	5	15
Traditional Formulation No.75	3	15
Traditional Formulation No.76	3	10
Traditional Formulation No.77	3	10
Traditional Formulation No.78	10	10
Traditional Formulation	3	10

No.79		
Traditional Formulation No.80	18	10
Traditional Formulation No.81	5	10
Traditional Formulation No.82	5	10
Traditional Formulation No.83	5	8
Traditional Formulation No.84	5	11
Traditional Formulation No.85	9	9
Traditional Formulation No.86	7	16
Traditional Formulation No.87	7	10
Traditional Formulation No.88	6	8
Traditional Formulation No.89	2	19
Traditional Formulation No.90	8	20
Traditional Formulation No.91	5	19
Traditional Formulation No.92	5	19
Traditional Formulation No.93	5	16
Traditional Formulation	5	11

No.94		
Traditional Formulation No.95	9	11
Traditional Formulation No.96	9	11
Traditional Formulation No.97	7	11
Traditional Formulation No.98	3	19
Traditional Formulation No.99	10	12
Traditional Formulation No.100	12	10

According to the reference literatures, Rasna is an erect undershrub having height upto one meter. It is described as fodder in many reference books. It can be fed only to working cattle in mixtures as it possesses high percentage of protein-the literatures describe. It can be used for the reclamation of problematic soils mainly saline soil. All parts of Rasna possess valuable medicinal properties but its leaves are used most commonly as medicine. Only leaves are in trade. Through the Ethnobotanical surveys conducted in different parts of Chhattisgarh, I have collected many valuable information on traditional medicinal uses of Rasna in Chhattisgarh. I am giving the details in present article.

The traditional healers of Chhattisgarh Plains use Rasna leaf juice in specific way. The Neem fruits are collected and dipped in the leaf juice of Bhang (*Cannabis sativa*). After two days, the fruits are further dipped in Rasna leaf juice for two days. After this duration, the oil is extracted by crushing the fruits and applied on hairs. This oil is considered as a boon for the natives having the problem of poor hair growth and premature falling of hair. According to the traditional healers, the regular use of this oil gives the hairs, its natural colour.

New Comments added on December 13, 2010

Through recent Ethnobotanical surveys I have collected information about 26 Formulations in which Rasna is used as main ingredient. These Formulations are used in form of oil in treatment

of hair related troubles. The above mentioned Rasna, Neem and Bhang based Formulation is still popular among the Traditional Healers of young generation but they complain about its odd smell. When I shared this information with the Healers of North Chhattisgarh during recent surveys they suggested addition of nine more herbs in order to make the formulation more strong as well as to remove odd smell. The Healers of Jharkhand suggested addition of five herbs.

The traditional healers of Bagbahera region prepare a special herbal combination using Rasna leaves as main ingredient. As other ingredients, Punarnava (*Boerhaavia diffusa*), Bade Gataran (*Capparis* sp.), Dhanbaher (*Cassia fistula*), Andi (*Ricinus communis*), Giloi (*Tinospora cordifolia*) and Sonth (Dried Ginger) are used. All ingredients are mixed and boiled in water. When one fourth quantity (of initial quantity) of water remains, the boiling is stopped. The decoction is given to the patients having severe joint and rheumatic pains. This is considered as one of the promising treatments. According to the traditional healers, Rasna leaves play an important role in this combination. The traditional healers add the dry leaf powder of Rasna in popular herbal combinations used in treatment of diseases of digestive system. The traditional healers of Southern Chhattisgarh use Rasna leaves alone or in combination with other herbs, in form of decoction, in treatment of fevers.

New Comments added on December 15, 2010

In different parts of India there are over 150 herbs known as Rasna including *Pluchea* and *Vanda*. It is really surprising to observe that most of Rasna herbs are used in treatment of Fever. Antipyretic properties of many of it are mentioned in reference literature. These herbs are used it other herbs used for specific fever. For example they use it with Neem and Bhuineem in treatment of Malarial fever.

I have collected information about over 575 Herbal Solution used by the Traditional Healers of different regions in order to enrich *Pluchea* as well as *Vanda* with desired medicinal properties. These Herbal Solutions are also used for management of pest and promotion of plant growth.

The above mentioned traditional medicinal uses and the demand of this herb as medicinal herb are enough to delete the name of this herb from the list of problematic weed. In many parts of Chhattisgarh, the farmers aware of its demand and medicinal uses are earning an additional income form this so called weed. But in many parts of Chhattisgarh and India, the farmers are dumping harmful agrochemicals in crop fields in the name of *Pluchea* eradication. This is very

sad. By utilizing this herb as medicinal herb, we can not only protect our environment but also earn an additional income. I am confident that one day the whole world will understand this concept.

Thank you very much for reading the article.

Citation

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