



Traditional methods of preservation and conservation of medicinal plants in Namada Chilume, Tumkur, Karnataka

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Publication

Tumbe

Group of International Journals

A Peer Reviewed Multidisciplinary Journal

Volume - 5 ; Issue – 1

January - April : 2022

ISSN : 2581-8511

Pages : 52 - 69

Article ID : TUMBE050108

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Abstract

Medicinal plants have always been the principle sources of medicine in worldwide from ancient times in different forms compared to allopathic medicine. In India such traditional cultural attributes through based on religious faith, have made significant contribution in the protection and propagation of various plants species. The current study limelight on the traditional methods of preservation of medicinal plants and extensively to record the major socio-religious role of plants with respect to the place called Namada Chilume, a botanical floral reservoir, Tumkur District, Karnataka. The survey effectively showed the socio-religious believes on the specific plants not only conserve that plant species but also made people to conserve that plant species.

Key words: Socio-religious role of plant, Namada Chilume, Medicinal Plants.



Introduction

Medicinal plants have always been the principle sources of medicine in worldwide through centuries compared to allopathic medicine. Ayurvedic medicine focuses on the root cause of disease with no or limited side effects. Ayurvedic medicine just seek to strength and enhance the body's own healing process to help the body help itself.

We cannot limit the study of Indian plants based on their therapeutic values but we should also consider their use from astrological point of view. As mentioned in astrology it is believed that, there are nine planets, which are controlling the destiny of a person and there are certain specified plants which acts as a remedy to treat disastrous effect of planets. Each planet is associated with different parts of human's body.

Astrology along with Ayurveda shows how we can heal ourselves through the herbs corresponding to the particular star and also, we obtained fruitful results which are controlling the destiny of a person (Bahadurthapa, 2015). The Vedic astrology is based on the concept of nakshatras (constellations) and Rashis (as per moon signs). Every nakshatras has a symbolic tree or plant that defines its connection with eternal nature. There are in all 27 nakshatras assigned to him/her depending on the date and time on which he/she is born (the thiti) then it will be worthwhile for us to know which tree belongs to our janma nakshatra (birth constellation) and to have some idea about its medicinal importance and applications.

Complete set of 27 trees directly creates healthy and sound physical, mental, psychological and spiritual beings which is the ultimate and absolute bliss to oneself and to the earth too. When people throughout the world are disturbed by the degradation of the environment and disastrous consequence of this, traditional ethics of nature conservation and protection of nature and wildlife was reflected in the daily lives of people enshrined in myths, folklore, religious, arts and culture.

Such traditional cultural attributes through based on religious faith, have made significant contribution in the protection and propagation of various plants species in India. In India, environmental conservation is not a new concept. Sustainability was integrated in the thought process of early Indians as evident from the teaching of Vedas perhaps; culture provided such a profound variety of practices and ecologically sound relationship with nature. In the process of harvest no damage should be done to earth, humans are forewarned not against the nature for survival, but against the overuse and abuse. In the view of this the present work on the traditional methods of preservation of medicinal plan is undertaken to evaluate the effectiveness of socio-religious believes in conserving certain plant species.

Materials and methods:

Study area: The study area Namada chilume is a place located approximately 15 km from in Tumkur district, Karnataka. The district is located between 13.34°N longitude and 77.1°E latitude. Namada chilume is a religious place with history go back to Tretayuga 5114 BC where



Lord Rama, during his exile in the forest (Vanvasa), halted at this place on his way to Lanka. The story says that Lord Rama wanted to apply Nama on his forehead, but since he didn't find water anywhere, he shot an arrow into the ground and the spring opened from underground. That is how the name go derived from the place as Namada Chilume (Rama-namada Chilume) which means spring of Tilaka. Because of these religious believes some of the plants related to the Indian traditions are preserved in the medicinal garden of the Namada Chilume in a systematic manner.

Survey: The present study was based on a reconnaissance survey. During the year 2020-21 the area in and around Namada Chilume were surveyed and recorded the major socio-religious plants which are conserved. The information collected on the basis of semi-structured interviews, questionnaires and long discussions with forest guard, resource persons and religious priest resided near Namada Chilume, regarding the uses of plants in different religious rites and rituals. The plants collected were taxonomically identified by using Floras of Presidency Mudras and Flora of Karnataka. The herbarium specimens were prepared and deposited in the Department of Botany, GFGC, Tumkur.

Results and discussion: The practice of allocating tree species to individuals based on lunar atrium, like navagrahavana, nakshatravana was also prevalent. Nakshatravana, Rashivana and navagrahavruksha are other effective. Clear to protect trees and environment. Allocating tree species to individual based on lunar arterium under which they are born (birth star trees or nakshatravanam) under this, all individuals are expected to take care of their birth star trees. They are.

Importance of navagrahavatika (Celestial garden): Navagrahavatika (garden) is very important and source of energy is planted anywhere. As three plants represents different planets i.e. represent different celestial force so this garden is used to get the power of navagraha alignment or health problems are set right, heated on cured when the affected people spend time, request, talk, or mediated neat or under the particular trees corresponding to their star.

Power of navagraha

- It gives the visitors and the person taking care of them a healthy and wealthy life.
- It provide from various disease problems including non-communicable disease.
- If planted heartily in auspicious time and in well directions then it attracts the powers of divine energies.
- Removes Vastu Dosha (Problem due to the wrong house architecture)
- Encourage tree plantation.



Table 1: PLANETS IN ASTROLOGY AND THEIR ROLE IN DIFFERENT DISEASE

Planet in Astrology	Western Name	Body Part Represent	Role In Different Diseases
Surya	Sun	Soul	Headaches and troubles related to heart, eyes, bile and bones.
Chandra	Moon	Vitality	Somnambulism (sleep-walking), coughs, dysentery, tumor, malaria, hydrophobia, fear of animals with horns, problems concerning women, hallucinations.
Budha	Mercury	Nerves	Weak Mercury results in less intelligence. Mercury can also be related to problems with voice, skin and neck. Lack of self-confidence, irrational fears, throat and eye problems, goiter, nose diseases, colds, coughs fevers, flatulence, poisoning, skin diseases, jaundice, excessive fear of fire.
Shukra	Venus	Sex-organs	Anemia, diseases of the eye, flatulence, cough, urinary diseases, diabetes, syphilis, prostatitis, low sperm count, impotence, dryness of mouth, constipation, irrational fears, unable to socialize with people.
Mangala	Mars	Blood circulation	Problems like burns, cuts, bile, loss of blood, indigestion, acidity, head injury, abortion, tumors in stomach and appendicitis, leprosy, eye diseases, epilepsy, bone marrow diseases and piles.
Guru	Jupiter	Heart	The amount of fat in the body increases. It can also be associated with the problems related with liver, jaundice, diabetes, cancer etc. Stomach tumors such as gastric tumors appendicitis, typhoid, coughs, ear diseases, comas, frequent litigations.
Shani	Saturn	Feet	Causes chronic ailments like arthritis, dental problems, skin problems, problems in legs, paralysis, swelling in the feet, stress and surgeries. Flatulence, cough, pain in the legs, excessive fatigue, illusion, excessive heat in the body, mental shocks, personal calamities, accidents causing temporary or lasting wounds in the body, problems with the heart, frequent bereavement.
Rahu	North lunar node	Borns	Heart diseases such as attacks and inflammations, leprosy, illusions, hallucinations, diseases due to poisoning, irrational fears, excessive hurt and wounds.
Ketu	South lunar node	Secret parts	Ketu can be associated with surgeries. It can also be connected to chickenpox and stammering. Conflicts between castes, unknown mysterious diseases that cannot be easily found out by doctors.

NAVAGRAHAVATIKA

A total of 48 socio-religious plants species belonging 33 genera and 24 Families from the Namachilume has been found. Among them 36 species are trees, 7 species shrubs, 4 species herbs and 1 species climber. These plant species have been described with scientific name, family, local name, (Table no.1, 2 and 3; Plate-1 to 9). Nakshatravana, Rashivana and Navagrahavruskshas are other effective ideas to protect trees and environment.

Table 2: Navagrahavatika (celestial garden plants with its direction)

Sl.no	Planet	Planet representative plants			
		Common name	Scientific name	Family	Direction of plantation
1	Sun	Aak\shwetark	<i>Calotropis gigantean</i> (L.)R.Br.ex Schutt.	Asclepedaceae	Middle
2	Moon	Muttuga	<i>Butea monosperma</i> (Lam.) Taub.	Fabaceae	South-east
3	Mercury	Uttarani	<i>Achyranthes aspera</i> L.	Amaranthaceae	North
4	Venus	Atti	<i>Ficus racemosa</i> L.	Moraceae	East
5	Mars	Kaachu	<i>Acacia catechu</i> (Roxb.)	Fabaceae	South
6	Jupiter	Arali /Ashavath	<i>Ficus religiosa</i> L.	Moraceae	North
7	Saturn	Shami/banni	<i>Prosopis cineraria</i> (L.) Druce.	Fabaceae	West
8	Rahu	Durva/garika	<i>Cynodon dactylon</i> (L.)Pers.	Poaceae	South-west
9	Kethu	Darbha	<i>Desmostachya bipinnata</i> (L.)Stapf	Poaceae	North-west

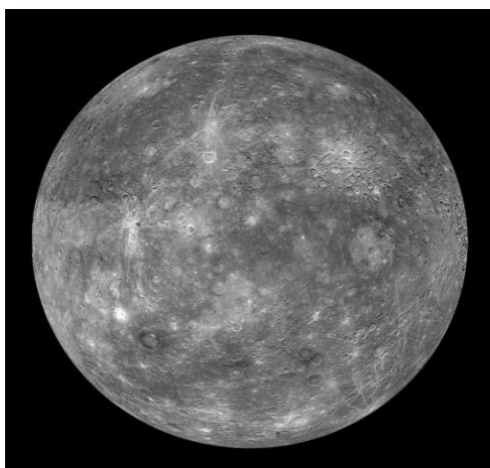
Navagrahavatika (celestial garden) is very important and source of energy is planted anywhere. As three plants represents different planets i.e. represent different celestial force so this garden is used to get the power of navagraha alignment or health problems are set right, heated on cured when the affected people spend time, request, talk, or mediated neat or under the particular trees corresponding to their star.



Sun

*Calotropis gigantean* (L) R.Br.ex Schutt

Moon

*Butea monosperma* (Lam.) Taub

Mercury

*Achyranthes aspera* L.**PLATE-1: Planets representing respective plants**



Venus



Ficus racemosa L.



Mars



Acacia catechu (Roxb.)

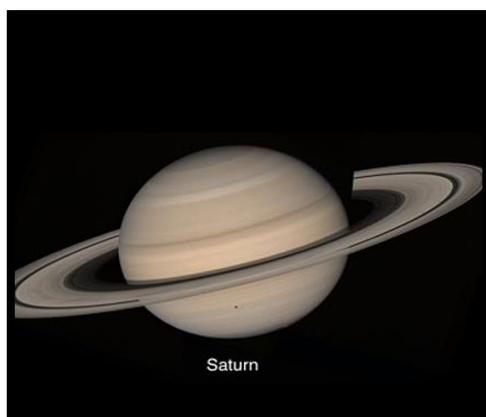


Jupiter

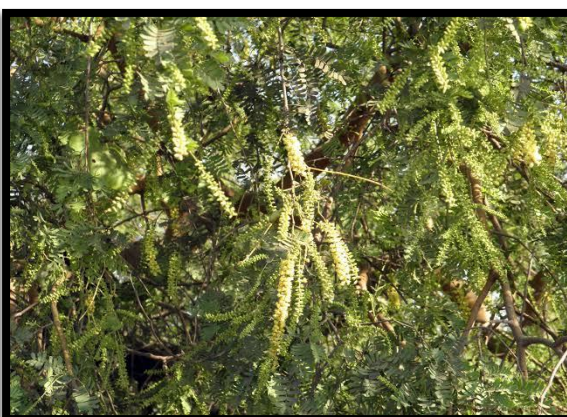


Ficus religiosa L.

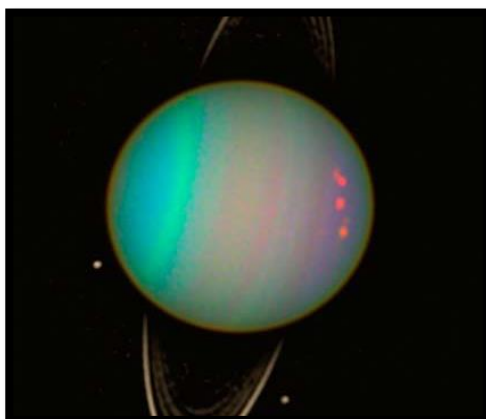
PLATE-2: Planets representing respective plants



Saturn



Prosopis cineraria (L.) Druce.



Rahu



Cynodon dactylon (L.) Pers.



Ketu Graha



Desmostachya bipinnata (L.) Stapf.

PLATE-3: Planets representing respective plants



RASHIVANA

Several tree and shrubs were regarded as sacred because of their medicinal/aesthetics/natural qualities as well as some because of their proximity to their particular deity.

SL. NO	ZODIAC SIGN	BOTANICAL NAME	COMMON NAME	FAMILY
1.	Aries(mesha)	<i>Pterocarpus santalinus</i> L.	Red Sandalwood	Fabaceae
2.	Taurus(vrishaba)	<i>Alstonia scholaris</i> (L.)R.Br	Saptaparni	Apocynaceae
3.	Gemini(mithuna)	<i>Artocarpus heterophyllus</i> Lam.	Jack fruit tree	Moraceae
4.	Cancer (karkataka)	<i>Butea monosperma</i> (Lam.)Taub	Palasha	Fabaceae
5.	Leo (simha)	<i>Stereospermum chelonoides</i> L.	Kaladri	Bignoniaceae
6.	Virgo (kanya)	<i>Mangifera indica</i> L.	Mango	Anacardiaceae
7.	Libra (tula)	<i>Mimusops elengi</i> L.	Pogada	Sapotaceae
8.	Scorpio(vruschika)	<i>Acacia catechu</i> (Roxb.)	Jali	Fabaceae
9.	Sagittarius(dhanu)	<i>Ficus religiosa</i> L.	People tree	Moraceae
10.	Capricorn(makara)	<i>Dalbergia sissoo</i> Roxb.	Indian rose wood	Fabaceae
11.	Aquarius(kumbha)	<i>Prosopis cineraria</i> L.(Druce)	Shami	Fabaceae
12.	Pisces(meena)	<i>Ficus benghalensis</i> L.	Banyan	Moraceae



Pterocarpus santalinus L.. represents
Aries (Mesha)



Alstonia scholaris (L.)R.Br. represents
Taurus(Yrishaba)



Artocarpus heterophyllus Lam. represents
Gemini (Mithuna)



Butea monosperma (Lam.) Taub. represents
Cancer (Karkataka)



Stereospermum chelonoides L.f. represents
Leo (Simha)



Mangifera indica L. represents
Virgo (Kanya)

PLATE-4: Plants representing Rashis



NAKSHATRAVANAM PLANTS

There has been a practice of allocating tree species to individuals based on lunar asterism under which they are born (birth star trees or Nakshatravanam) under this, all individuals are expected to take care of their birth star trees. They are

Table 4: Names of the plants with their respective nakshathra

Sl. No.	NAKSHATRA	COMMON NAME	BOTANICAL NAME	FAMILY
1.	Ashwini	Poisonous nut	<i>Strychnos nux-vomica</i> L.	Loganiaceae
2.	Bharani	Amla	<i>Phyllanthus emblica</i> Gaertn.	Phyllathaceae
3.	Krittika	Cluster fig	<i>Ficus racemose</i> L.	Moraceae
4.	Rohini	Java plum	<i>Syzygium cumini</i> (L.) Skeels	Myrtaceae
5.	Mrigashira	kempujali	<i>Acacia catechu</i> (L.f.) Willd.	Fabaceae
6.	Ardra	Shivani	<i>Gmelina arborea</i> Roxb.ex Smith	Verbenaceae
7.	Punarvasu	Bamboo	<i>Bambusa bambos</i> (L.) Voss.	Poaceae
8.	Pushyami	Peepal tree	<i>Ficus religiosa</i> L.	Moraceae
9.	Ashlesha	Nag Champa	<i>Mesua ferrea</i> L.	Calophyllaceae
10.	Makha	Banyan tree	<i>Ficus bengalensis</i> L.	Moraceae
11.	Purvaphalguni	Palasha	<i>Butea monosperma</i> (Lam.) Taub.	Fabaceae
12.	Uttaraphalguni	ashwath/arali	<i>Ficus arnottiana</i> (Miq.) Miq.	Moraceae
13.	Hasta	Wild mango	<i>Spondias pinnata</i> (L. f.) Kurz	Anacardiaceae
14.	Chitta	Bael/Bengal quince	<i>Aegle marmelos</i> (L.) Correa	Rutaceae
15.	Swathi	Hole matthi	<i>Terminalia arjuna</i> (Roxb.) Wight & Arn.	Combretaceae
16.	Anuradha	Ranjal	<i>Mimusops elengi</i> L.	Sapotaceae
17.	Jyestha	Bhoothagani-mara	<i>Symploco scochinchinensis</i> (Lour.) S.Moore	Symplocaceae
18.	Mula	Nallarajanamu	<i>Canarium strictum</i> Roxb.	Burseraceae
19.	Purvashada	SamudraPhal	<i>Barringtonia racemose</i> (L.) Spreng.	Lecythidaceae
20.	Uttarashada	Halasu	<i>Artocarpus heterophyllus</i> Lam.	Moraceae
21.	Shravana	Ekka	<i>Calotropis gigantean</i> (L.) W.T.Aiton	Apocynaceae
22.	Dhanishta	Shami	<i>Prosopis cineraria</i> (L.) Druce.	Fabaceae
23.	Shatha-Bheeshma	kaduavaltige	<i>Neolamarckia cadamba</i> (Roxb.) Bosser.	Rubiaceae
24.	Vishaka	Indian plum	<i>Flacourtia indica</i> Burm. f. Merr.	Salicaceae
25.	Purvabhadra	Mango	<i>Mangifera indica</i> L.	Anacardiaceae
26.	Uttarabhadra	Neem	<i>Azadirachta indica</i> A.Juss.	Meliaceae
27.	Revathi	Indian butter tree	<i>Madhuca longifolia</i> (Roxb.) A.Chev.	Sapotaceae



Mimusops elengi L. represents
Libra (Tula)



Acacia catechu (L.f.) (Roxb.) Willd
represents **Scorpio (Yruschika)**



Ficus religiosa L. represents
Sagittarius (Dhanu)



Dalbergia sissoo Roxb. represents
Capricorn (Makara)



Prosopis cineraria L.(Druce.) represents
Aquarius (Kumbha)



Ficus benghalensis L. represents
Pisces (Meena)

PLATE-5: Plants representing Rashis



Strychnos nux-vomica L. represents
Ashwini



Phyllanthus emblica Gaertn. represents
Bharani



Ficus racemose L. represents Krittika



Syzygium cumini (L.) Skeels
represents Rohini



Acacia catechu (L.f.) Willd. represents
Mrigashira



Gmelina arborea Roxb. ex Smith
represents Ardra

PLATE-6: Plants representing Nakshathra



Bambusa bambos (L.) Voss. represents



Ficus religiosa L. represents **Pushyami**



Mesua ferrea L. represents **Ashlesha**



Ficus bengalensis L. represents **Makha**



Butea monosperma (Lam.) Taub. represent
Purvaphalguni



Ficus arnottiana (Miq.) Miq. represents
Uttaraphalguni

PLATE-7: Plants representing Nakshathra



Spondias pinnata (L.) Correa represents
Hasta



Aegle marmelos (Roxb.) Wight & Arn.
represents **Chitta**



Terminalia arjuna (Roxb.) Wight &
Arn. represents **Swathi**



Mimusops elengi L. represents
Anuradha



Symploco scochinchinensis (Lour.) S.Moore
represents **Jvestha**



Canarium strictum Roxb. represents
Mula

PLATE-8: Plants representing Nakshathra



Barringtonia racemosa (L.) Spreng.
represents



Artocarpus heterophyllus Lam. represents
Uttarashada



Calotropis gigantea (L.) W. T. Aiton
represents **Shravana**



Prosopis cineraria (L.) Druce. represents
Dhanishta



Neolamarckia cadamba (Roxb.) Bosser.
represents **Shathabheesha**



Flacourtia indica Burm. f. Merr.
represents **Vishaka**

PLATE-9: Plants representing Nakshathra



Madhuca longifolia (Roxb.) A.Chev.
represents **Revathi**



Mangifera indica L. represents
Purvabhadra



Azadirachta indica A.Juss. represents
Uttarabhadra

PLATE-10: Plants representing Nakshathra



Conclusion: It is believed that tree of nakshatra, navagraha, rashis in which that person is born gives peace, prosperity, health and happiness. Navagrahavatika, nakshatravana, rashivana (forest) is an attractive idea and a way to encourage growing trees to save the earth and living beings.

A total of 46 socio-religious plants species belonging 37 genera and 30 families from the Namadachilume has been found. Among them 27 species of trees, 2 species of herbs, 1 species of shrubs. These plant species have been described with scientific name, family, local name (Table No.1,2,3). Nakshatra vana, rashivana and Navagrahavruskshas are other effective ideas to protect trees and environment.

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