

HEALING HERBS IN DAMOH REGION OF MADHYA PRADESH FOR RESPIRATORY DISEASES

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ABSTRACT

In the modern scientific era, due to fast growing industries and constructional activities, environmental air pollution has rapidly increased to an extent which is extremely harmful for mankind, and environmental processes are being badly affected. Due to this mankind is suffering from many diseases. This problem has become universal and Damoh region of Madhya Pradesh is also badly affected. This necessitates treatment by easily available herbal plants specially to financially weaker sections. This paper emphasizes and brings the study of healing herbs of Damoh region of Madhya Pradesh for respiratory diseases. Nowadays respiratory complaints are very common health problems, and increasing rapidly in Damoh region, because of three cement factories and stone crushers causing air, water and land pollutions. Increasing concentration of cement dust pollutant causes respiratory problems. The present paper deals with some of the herbal remedies for respiratory diseases used by tribal communities. The tribal healers of Damoh region utilize around 26 (Twenty six) species of locally available plants in ethno-medicinal practices.

KEYWORDS: Medicinal Plants, Respiratory diseases, Damoh region, Tribals & Madhya Pradesh

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