



## Cultivation of Herbs & It's Strategy

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**Abstract:** Day to day, there is rising in the demand of raw material of Ayurvedic drugs & people from all over the world are eager to know about Ayurveda. By Ayurveda science, we can cure chronic as well as acute diseases. For that, we need to provide raw material & manufacturing of Ayurvedic drugs & for this, we need to increase our strength of manufacturing / cultivation of Ayurvedic drugs in India. To maintain the equal ratio of demand & supply of Ayurveda raw material, for that, we have to cultivate Ayurvedic drugs in particular place & in particular climate. If we do this task, then every single drug will fulfill with it's full medicinal properties & give expected fast result. Every small point should be observed keenly for cultivating of herbs for gaining proper result in Ayurveda. There is a huge scope & demand in the field of cultivation of herbs. So, we the Ayurvedist, should ready for that. Our science Ayurveda is fulfill regarding this. Eventhough , we need more research with modern aids to increase our strength . Ayurvedic Vaidya, who have their own land, should take initiate for cultivation of herbs as well as they promate to the farmers for cultivation of herbs & most important that the role to play here by our Govt. by giving subsidy, open market availability, offering the guarranted rate for the farmers to promote them for commercial cultivation of herbs.

**Keywords:** Cultivation of herbs, Principles of Ayurveda, Strategy.

### 1. INTRODUCTION

Amongest so many issues in the all sided progress of Ayurveda, the cultivation of herbs holds a great significance.

Whether indigeneous or manufactured drug is a striking weapon in hands of doctor, to fight fruitfully on the battle field of the disease or any ailments. (some in minerals are exclusive examples of this statements.) It is, therefore, necessary to divert our attention to the scientific indepth study of this subject.

Art & skill is more necessary in manufacturing a drug & implementation of scientific principles is a must for ideal cultivation.

Generally vegetable kingdom grows by itself. Plants, trees –shrubs are to be planted. And herbs a particular group of vegetable & plant kingdom, which has medicinal use. This group requires the process of cultivation.

“ वृक्ष-गुल्माः बहुविधाः तथैव तृणजातयः | अन्तः संज्ञाः भवन्ति एते, सुखेन्द्रः समन्विताः||” चक्रपाणी टीका – चरक सू. 1

This version of nearly 3000 years back in history, specifically quotes views of our sciences, particularly of Ayurveda science, regarding the herbal kingdom Charak , an authentic writer throws more light on the topic in his valume *Viman-sthan of Charak* , that is ‘Janapad –Viddhvans’ . Real affection & an honour to any herb, is stressed to be a must in the mind of Vaidya, who is going to utilise the herb creation of the stage of becoming one with the spirits in the herbal is necessary. Through certain processes & utterances of *mantras*, such a stage is expected to be achieved. I humbly, suppose, there is the crux of the systematic study & implementation of the issue of herb cultivation in Ayurveda.

To throw more light on this, we must take in to account the following points to proceed for the practical work.

1) **Selection:** All types & kinds of herbs do not grow by seedling. Some herbs require roots for their germination. Some require seeds, some stems, some leaves, some transplantation as soon.

First of all, we have to decide, what part of the particular herb is to be cultivated. Suppose, a seed of “Shivalingi” (Bryonia-lasiniogo or Brayoni) is to be cultivated. We have to consider over.

- where & which particular part of the county & the soil where it naturally grows,
  - where from we are purchasing,
  - Is it indigenous or a cultivated drug?
  - Are the external appearing characteristics present in it?
  - colour-size-shape-feel & the texture – the weight or lightness – small (if any) & general opinion, we form in our mind regarding its fitness or suitability, when we be hold it, etc.
- we must in the next, put it to some simple & some chemical tests.
- If it is rotten, if collected untimely or at a wrong season.
- Whether it is collected in its unripe or undeveloped or under developed stage?
- If it is mixed up with some their seed which resembles in appearance.
- If adulteration has possibly taken place.

All these points are to be taken in mind. Authenticity seems to be a must in this context. It is noteworthy that all these points are an easy going matter, which even one man can do it & at his home without any particular modern aid of chemical, laboratorial, instrumental or methodical aid (except the point of chemical test as mentioned above.)

It is certainly a thing of pride that our sciences (have presented & handed down their theories & principles, which are next, supported at the same time not so rigid. They are flexible & ocean like large & broad enough to accommodate, absorb & assimilate any other part of truth harmoniously.

Nicely states Waghbhat -

“ अल्पस्यापि महार्थत्वं प्रभूतस्य अल्पकर्मताम् I कुर्यात् संश्लेषविश्लेष , कालसंस्कार युक्तीभिःII ” वा. सू.

As deeply we try to probe in to the concealed meaning of the version & we realise the precious intrinsic values of the version. We must of course, search out such points from modern connected sciences, which are when necessary & which would be only contributing & nothing else.

In the above reference, addition to our self-standing tests methods of ascertaining the drug. Classification identification, should carefully be accepted by us.

This is all in connection with the selection of the herbal seeds for its cultivation.

Every item in the above holds its own importance. You can think, a rotten or averaged seed of *Shivalingi* would never show its well –known therapeutic action. Every other item also can create some draw –back in its stated action.

## 2. BEFORE THE CULTIVATION

That particular seeds are to be selected, which has been approved by the various tests, both ancient & modern, as above. The main point to be carefully noted in this context, is that seedling only, keenly germinates or useful in to which itself holds the potential of reproduction or germination.

In the light of this point of discussion, we can discuss & decide the selection of indigeneous drug for cultivation. As the cultivation of stem, fruit, leaf, etc .

- Soil selection is the next point we have to consider over.

- Particular drugs herbs are naturally found fully grown up & that too in abundance. Such places & particular spots of natural growth of particular herbs, is a field ignored at present by Ayurvedists & the Govts . We must have with us a collected data, in what part or parts of country, what particular herb or herbs naturally spring out replete with its characteristics & potential properties & qualities. We must be at present able to state, in what parts of our country best. “*Shivalingi* ” is a valuable in simple infertility.

Such a herbal, ‘Survey’ of the whole country (& perhaps of the whole world in the future) is a must of the day. Only british rulers had done such a “ **Bontanical survey of India** ” .

We do not know, if such a broad & disciplined Botanic survey of India is again done by our Indian Govt., since independence. Our high –ranked Ayurveda associations & great personalities are earnestly requested to plan such a project at the earliest as their responsibility. Referring to our topic, we can say, such a country wide project of herbal survey of India, could be the foundation stone in the field of Drug – Cultivation. Such areas must be isolated; demarcation must be done. Protected from all the public, animals, insects, pollution & whatsoever is a herb – damaging factor.

For the time being, these should be the reliable sources of our demand for herbal manufacturing & cultivation to Govt . & so.

It is stated to be done temporarily because, meanwhile, we must divert our attention & efforts to build a establish a **Central Herbal Garden**, somewhere in the heart of India for the cultivation of all medicinal herbs that are available & grow all over india , scattered distantly.

No doubt, this work is strainuous & painstaking, perhaps one may think it impracticable too? Because, particular plants grow in particular region, soil, atmosphere only. Meda – Mahameda & Ashta – Varga herbs & certain spacies like ‘Soma’ etc. found in the Himalaya, can never be cultivates successfully in the range of sahyadri, etc.

Even if, it is true on the practical bases, it is not impossible 100% on the basic availability of modern advanced technology of scientifically erection of Green-houses or glass houses of modern discovery could be an exact solution to your issue of cultivation. Modern science implements the structure of any type, which perhaps, we cannot even conceive. The system of erection of glass houses, is practically implemented & carried out successfully in the united states of America. We Vaidyas , Ayurvedists must think cautiously , to accept & carry out their such new ideas, devices, etc. from the modern world & go ahead .

**Cultivation:** - Should be more scientific than rudimentary. No doubt, every herb or a group of herbs, must be studied well in the light of science of cultivation. Compile, compose & publish such new volumens with the caption: -

1) Herbal survey or Indigeneous drug survey of India is a timely demand of today.

2) Cultivation of drugs in India - Our Govt . has established a department of indigenou system of medicine. We are thankful to the Govt. for this step. In support, we earnestly request our Govt . to step up onward & try to think the singnificance of the subject & proclaim it that Govt . would surely do these basic scientific & contributing works very shortly or it would support Ayurvedists, who wish to do this & go forward.

- pattern & usefulness of soil.
- water, atmosphere necessary for particular drug’s.
- centre - where selected seed is available.
- centre - where concerned group of Vaidyas, etc. would get complete authentic, information regarding various processes of cultivation of various medicinal herbs.

This is the time demand, that a Vaidya, who has recited so many sanskrit versions is of little use to the world & even to himself. He must be at least introduced & well acquainted with practical knowledge of cultivation too.

It is just possible, in the next decade perhaps our pattern of life will get a sharp turn, we shall have to live in huge buildings & mansions. No land for cultivation would be so easily available & we shall have to seek for new ways means & devices. Why not start it right from this date as stated above?

Various systems, modes & ways are utilised for the cultivation of various herbs. All of them are to be collected, studied, put & arranged systematically & an addition there should not be made with haste & hugely use of modern fertilizers, insecticides, etc. as because they may harm or make damage the original properties of the drug, alter them or can destroy their property too.

Therefore, careful acceptance of modern technology is a must. But addition of modern chemicals can not be & should not be use for the cultivation of Ayurveda drugs.

Research centres at distant places is also a must for scientific development of the subject of cultivation.

Some are seasonal herbs, Apamarga (*Achyranthus aspera*), Punarnava, Keetmari, etc. do not grow in any other season. They grow only in rainy season. It is to be observed & tried, if they could be grown

any time in the year, if they are provided with corresponding required cold temperature, humidity, etc. in Green-Houses.

The colours of Palash pushpa are lovely, Shevri (Semal) flowers, & fascinating are the course of certain seasonal fruits, like fruit of kavandal, etc. Can we in the near future enjoy & utilise them all, the seasons through the year with the help of new modern technology & devices?

### 3. PRINCIPLES TO BE OBSERVED IN USING AYURVEDIC DRUGS

Generally, drug is a substance used in the composition of medicine. When the drug itself is used alone to cure or prevent a disease, it also is termed as a medicine. Thus, we can say, the medicine may contain a single drug or more.

Every branch of medical science (pathy) has got its own drugs & the distinct methods & ways of their use. Ayurveda is not an exception to it. The science of Ayurveda furnishes clear cut rules for using these drugs. These rules, the ways & methods of using medicines are the principles of Ayurvedic medicines. Unless one does observe these principles, one is not a worthy Ayurvedic practitioner. Whatever affluent practice one may be holding in one's business. Only those are Ayurvedic practitioners, who observes the principles of laid down by Ayurveda regarding medicinal drugs. No matter what so ever the drug may be given in Ayurvedic original literature or may be it from any other pathy. I may better clearly make here a mension, that the word drug meant here denotes a single drug in its original form & not that drug, which has been prepared through many processes by other pathies & not that drug of any other pathy, which is a composition of so many single drugs. Whatsoever drug you use, should be known to you with its properties in origin as *ruksha*, *laghu*, *shita*, etc. To illustrate it, I may cite an example of well-known Allopathic drug- 'Chloromycetine'- though this drug is a composition of some other ingredients, an Ayurvedist, if he wishes to use it, must know so many things. He must know, the constitutes in it along with their properties – *Ruksha*, *Ushna*, etc. He must also understand the ways – methods the processes which these constituents have undergone. The ultimate & stage worthy result it may have on the body. He is expected to comprehend this all according to Ayurvedic view. If taking into account these factors, one comes to a decision that this drug Chloromycetine is *tikta* (bitter) in *Vipak* & *jwaraghna* in *Prabhav*, etc. One is worth an Ayurvedic practitioner to be called.

I think, it better to quote other type of example in this connection, which will be enough to throw more light on what I want to make it clear. '*Hirada*' (Myroballon) is an Ayurvedic well-known drug. If any Ayurvedic practitioner wants to use it for purgation or so & if he is not conversant with its inherent properties *ruksha*, etc. as described in Ayurvedic science, this Ayurvedic practitioner is not an Ayurvedic practitioner at all. As that he is not knowing the Ayurvedic theory behind its use. So to say, that drug can be called Ayurvedic, whatsoever it may be & where from it might have come; which has been used as per the scientific Ayurvedic theory it holds.

To proceed further, let us see the principal principles of the use of Ayurvedic drugs.

There are two main parts of this topic to be considered over. The drug to be used & the codition of the patient, etc. for whom it is to be used.

At the first place on the part of the drug, we have to see the origination of the drug, what *Mahabhuta* (elements in origin) have contributed it & predominance of one or more '*Mahabhutas*' in it. Same way out of six '*Rasas*' (Taste), what '*rasa*' particularly it holds, what insignificant '*rasa*' it has. It has the '*Virya*', '*Vipak*', '*Prabhav*'. All these thing are to be carefully observed, so that the natue of the working of the drug is essential item in its comprehension. The drug of *madhura* (sweet) *rasa* creates '*kaphja shwas*', is to be given this drug for abolishing his debility, it would not give expected result, it would surely increase '*kaph*' in his body & will make him more serious. '*Sunthi*' (dried ginger), if used can give better & earlier relief in this case. Because *Sunthi* has *katu* (pungent) *rasa* or taste, which as per Ayurvedic principle expel off *kapha* & can also serve the purpose on some flesh all over the patients week body, so that *Sunthi* says in Ayurveda is '*madhur vipaki*'. The drug of such *madhur vipaka* & *katu rasa* & *Ushna Virya* type decreases *kapha* & helps increasing strength & fitness of the physique.

### 4. CONCLUSION

So, here I conclude that, the real sevice of Ayurveda are not only by doing a pure Ayurvedic practice but also need to pay our (Vaidyas) attention towards cultivation of herbs & proper use of single drug treatment according to principles of Ayurveda in daily practice.

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