

Syllabus

Generic Elective Courses - Botany

Plant and Human health

Semester	Code of the Course	Title of the Course/Paper	Credits
IV		Plant and Human health	4

Objectives of the course- To understand the medical uses of plants.

- To differentiate use of plants in different natural medical systems.
- To gain understanding of importance of plants for human welfare.
- To be able to active ingredients of medicinal plants.

Course Outcomes-

1. To make the students familiar with economic importance of diverse plants that offer resources to human life.
2. To make the students known about the plants used as-food, medicinal value and also plant source of different economic value.
3. To generate interest amongst the students on plants importance in day today life, conservation, ecosystem and sustainability.

Course learning outcomes:

By the end of this course, the student will be able to:

1. Describe how plants are used to improve human health and nutrition.
2. An appreciation of the contribution of medicinal plants to traditional and modern medicine and the importance of holistic mode of treatment.
3. understanding of the constraints in promotion and marketing of medicinal plants.
4. Developing entrepreneurship skills to establish value addition products, botanical extracts and isolation of bioactive compounds.

Plants and Human Health

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Unit I

History, Scope and Importance of Medicinal Plants: Indigenous Medicinal Sciences; Definition and Scope-Ayurveda: plants used in ayurvedic treatments, medicinal plants used in plants used in Unani. **8 Lectures**

Unit II

Herbal medicines: history and scope - definition of medical terms, cultivation - harvesting - processing - storage - marketing and utilization of medicinal plants viz. Aloe vera, Neem ,Haldi ,Amla ,Giloy etc.polyherbal formulations

7 Lectures

Unit III

Pharmacognosy – Active compounds and medicinal uses of the following herbs in curing various ailments- Tulsi, Ginger, Fenugreek, Indian Goose berry, Ashoka, Neem, Babool, Karanj, Ashwagandha, Sarpagandha, Isabgol, Senna, Guggal. **8 Lectures**

Unit IV

Ethnic communities of Rajasthan, Application of natural products to certain diseases- Jaundice, Pain, Fever, infertility, diabetics, Blood pressure and skin diseases. Brief overview of plants can be used as nutritional supplements- Millets, Bajra, Ragi, Rajgiri, Jawar. **7 Lectures**

Suggested Readings:

1. Chaudhry, B.(2019). A Handbook of Common Medicinal Plants Used in Ayurveda. New Delhi, Delhi: Kojo Press.
2. Purohit and Vyas (2008). Medicinal Plant Cultivation: A Scientific Approach, 2nd edition. Jodhpur, Rajasthan: Agrobios.
3. Shrivastava,R, Singh, S, Barwant, MM, Singh, B. 2023. Handbook of Medicinal Plants in Health and Diseases, Bluerose Publishers Pvt. Ltd.