"FROM GARDEN TO DRESSING: A SURVEY OF THERAPEUTIC PLANT FOR WOUND CARE"

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ABSTRACT:-

This project explores the use of herbal plants in wound healing through a survey-based study. Data was collected to identify commonly used plants and their effectiveness in promoting wound recovery. The results highlight aloe vera, turmeric, and neem as the most frequently used herbal remedies, valued for their anti-inflammatory and healing properties. The study concludes that these plants have significant potential as natural alternatives in wound management, emphasizing their role in traditional medicine and modern healthcare practices.

- **KEY WORD:-** Wound, Wound-healing, Medicinal Plants, Wound therapy.

INTRODUCTION:

- **Wound Healing Plants:-**

A wound-healing plant is a type of plant that helps your body heal cuts, burns, or other injuries on the skin. These plants have natural chemicals that can reduce pain, fight germs, and help the skin repair itself faster. These plants have ability to make wounds heal more quickly and prevent infections**.**

◆ Advantages of Wound Healing Plants

1. Natural Remedies:
They provide a natural alternative to synthetic medications, appealing to individuals seeking holistic treatment options.

2. Anti-Inflammatory Properties:
Many of these plants contain compounds that effectively reduce inflammation, alleviating pain and discomfort associated with wounds.

3. Antimicrobial Effects:
Several wound healing plants possess natural antimicrobial properties that help prevent infection in open wounds.

4. Promotion of Tissue Regeneration:
Certain plants stimulate cell growth and tissue repair, leading to faster and more effective wound healing.

5. Moisture Retention:
Some plants, help maintain hydration in the wound area, which is crucial for healing and preventing scabbing.

6. Minimal Side Effects:
When used correctly, herbal remedies typically have fewer side effects compared to pharmaceutical alternatives.

◆ **Special Considerations**

1. Traditional Knowledge:
Many wound healing plants have been used for centuries in traditional medicine systems (e.g., Ayurveda, Traditional Chinese Medicine), highlighting the significance of cultural knowledge in herbal therapy.

2. Research and Validation:
Growing scientific research is validating the traditional uses of many wound healing plants, leading to the development of standardized herbal products.

❖ From Garden to Dressing : A Survey of Therapeuticplant for Wound Care.

Questions:

1. Have you ever used natural or herbal remedies for wound healing?
A] Yes
B] No

2. Which of the following wound-healing plants are you familiar with? (Select all that apply)
A] Aloe Vera
B] Turmeric
C] Neem
D] Gotu Kola
E] Calendula
F] Other (Please specify) _____

3. On a scale of 1 to 5, how effective do you believe wound-healing plants are compared to modern medicines (like ointments or antibiotics)?
A] 1 (Not effective)
B] 2
C] 3
D] 4
E] 5 (Very effective)

4. Which plant have you personally used for wound healing? (Select all that apply)
A] Aloe Vera
B] Turmeric
C] Neem
D] Gotu Kola
E] Calendula
F] Other (Please specify) _____

5. What form of plant-based remedies do you typically use for wound healing?
A] Paste/ointment
B] Oil
C] Extract/tincture
D] Raw plant
E] Powder
F] Other (Please specify) _____

6. What kind of wounds have you treated using medicinal plants?

A] Cuts/scrapes
B] Burns
C] Insect bites
D] Skin infections
E] Other (Please specify) _____

7. How long did it take for the wound to heal after using the plant-based remedy?

A] Less than 1 day
B] 2-3 days
C] 4-7 days
D] More than a week
E] Not sure

8. Where do you typically source wound-healing plants from?

A] My own garden
B] Local herbal stores
C] Ayurvedic practitioners
D] nline retailers
E] Other (Please specify) _____

9. Do you consult a healthcare professional before using herbal remedies for wound healing?

A] Always
B] Sometimes
C] Never

10. Would you recommend the use of wound-healing plants to others?

A] Yes
B] No
C] Maybe (Please explain) _____

11. Which plant is known for its antibacterial properties and is often used in salves?

A] Lavender
B] Honey
C] Basil
D] Chamomile

12. What is the name of the plant known for speeding up wound healing and used in traditional medicine, especially in India?

A] Mint
B] Aloe
C] Rosemary
D] Eucalyptus

13. Which herb is commonly used for its anti-inflammatory properties in wound healing?

A] Thyme
B] Turmeric
C] Sage
D] Oregano

14. What is the name of the plant that has been used for centuries as a natural wound dressing?
A] Yarrow
B] Sunflower
C] Lavender
D] Rose

15. Which evergreen tree produces a resin that is beneficial for healing and skin repair?
A] Cedar
B] Myrrh
C] Pine
D] Spruce

16. Which flowering plant is recognized for its soothing properties and used in wound remedies?
A] Calendula
B] Jasmine
C] Daisy
D] Poppy

17. Which plant's leaves are traditionally used to promote faster healing of burns and abrasions?
A] Aloe
B] Cactus
C] Basil
D] Mint

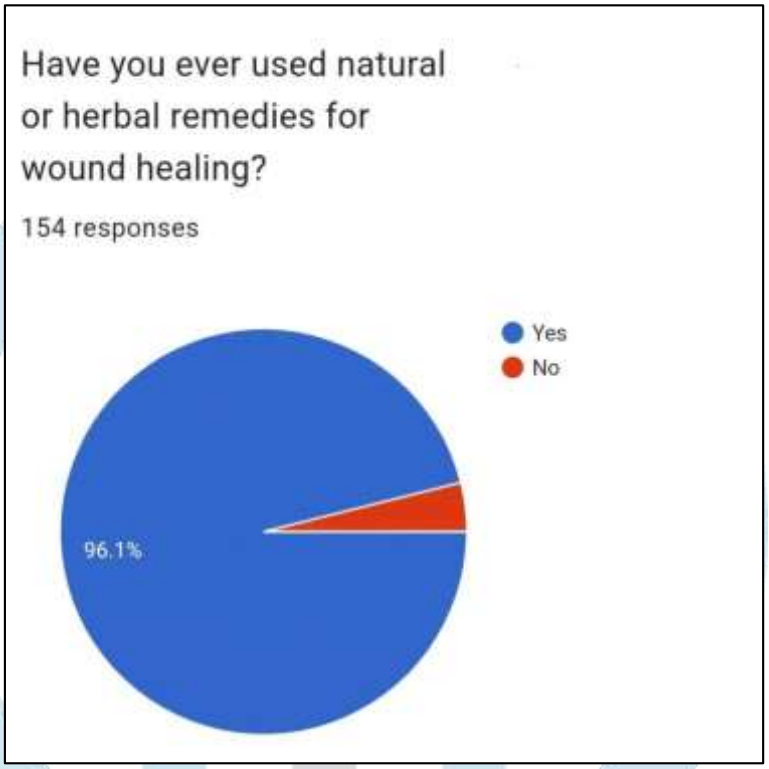
18. What plant produces essential oils that are effective in treating minor cuts and scrapes?
A] Tea tree
B] Eucalyptus
C] Peppermint
D] Lemongrass

19. Which plant is recognized for its antioxidant properties and effectiveness in healing skin injuries?
A] Ginger
B] Fennel
C] Clove
D] Thyme

20. What tropical plant is famous for its latex, which has protective and healing properties?
A] Mango
B] Banana
C] Papaya
D] Guava

❖ Graphs of survey

Graphical



Representation of Survey Data

Fig 1.

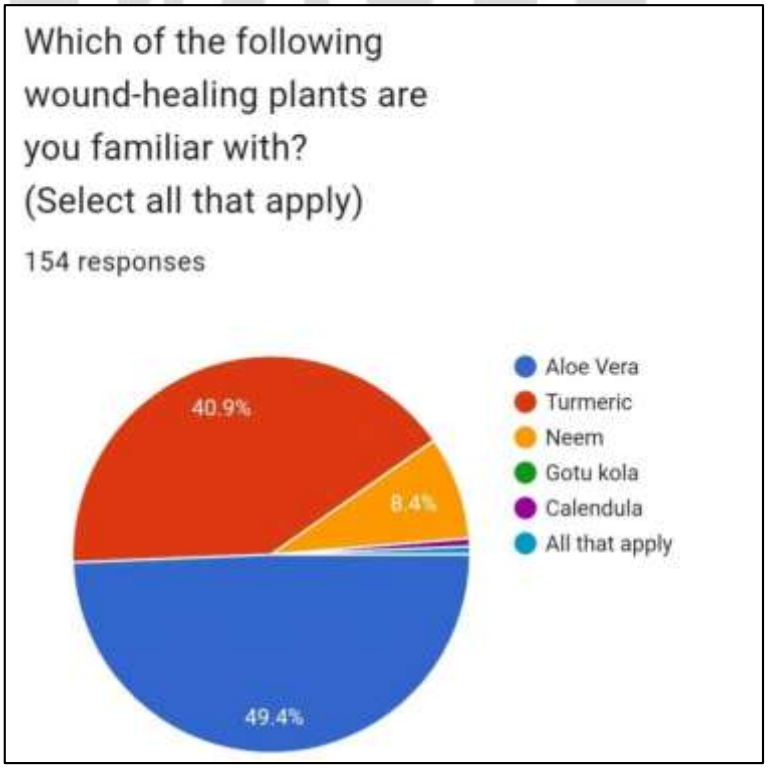


Fig 2.

Fig 3.

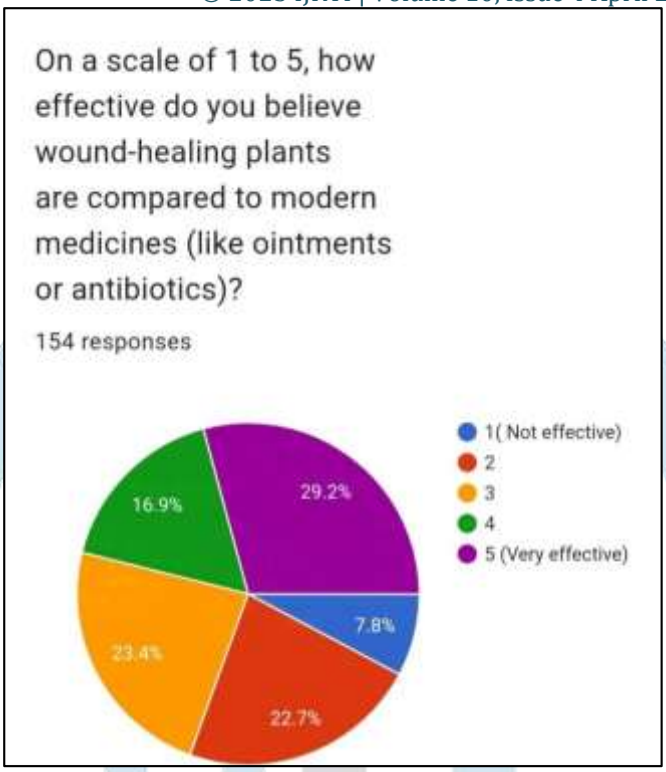

On a scale of 1 to 5, how effective do you believe wound-healing plants are compared to modern medicines (like ointments or antibiotics)?
154 responses
1(Not effective)
2
3
4
5 (Very effective)
29.2%
16.9%
7.8%
23.4%
22.7%

Fig 4.

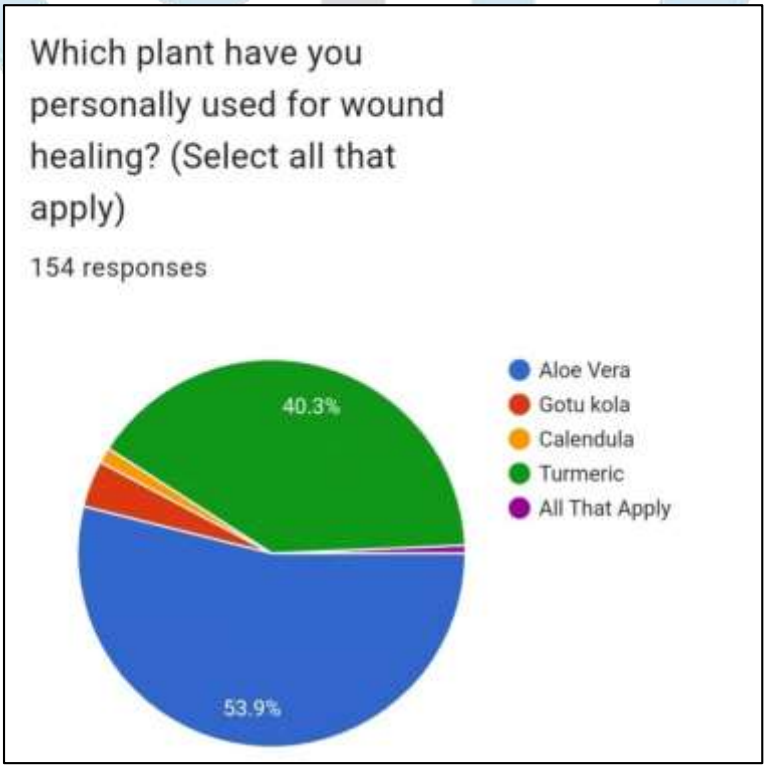

Which plant have you personally used for wound healing? (Select all that apply)
154 responses
Aloe Vera
Gotu kola
Calendula
Turmeric
All That Apply
40.3%
53.9%

Fig 5.

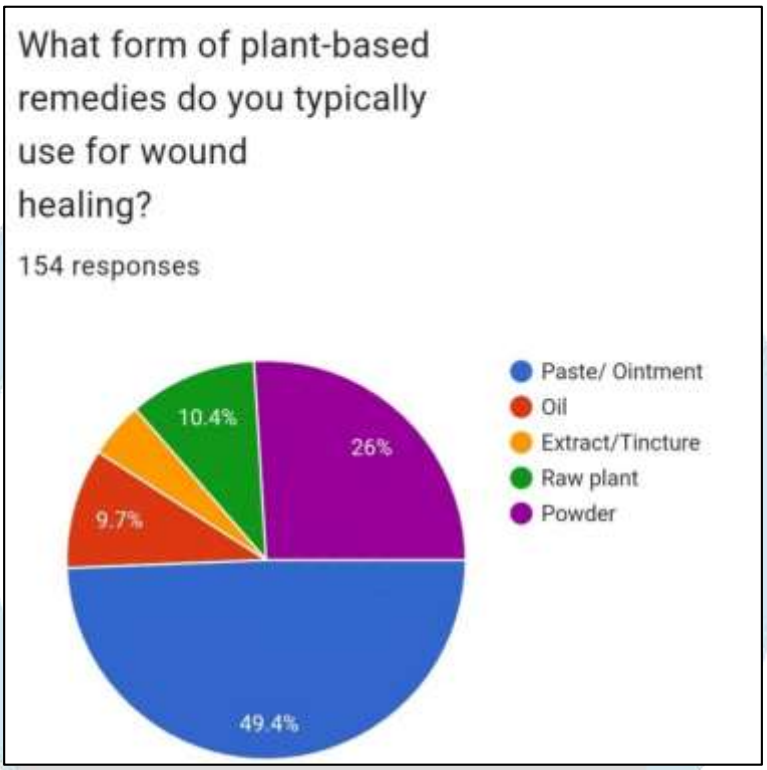

What form of plant-based remedies do you typically use for wound healing?
154 responses
Paste/ Ointment
Oil
Extract/Tincture
Raw plant
Powder
10.4%
26%
9.7%
49.4%

Fig 6.

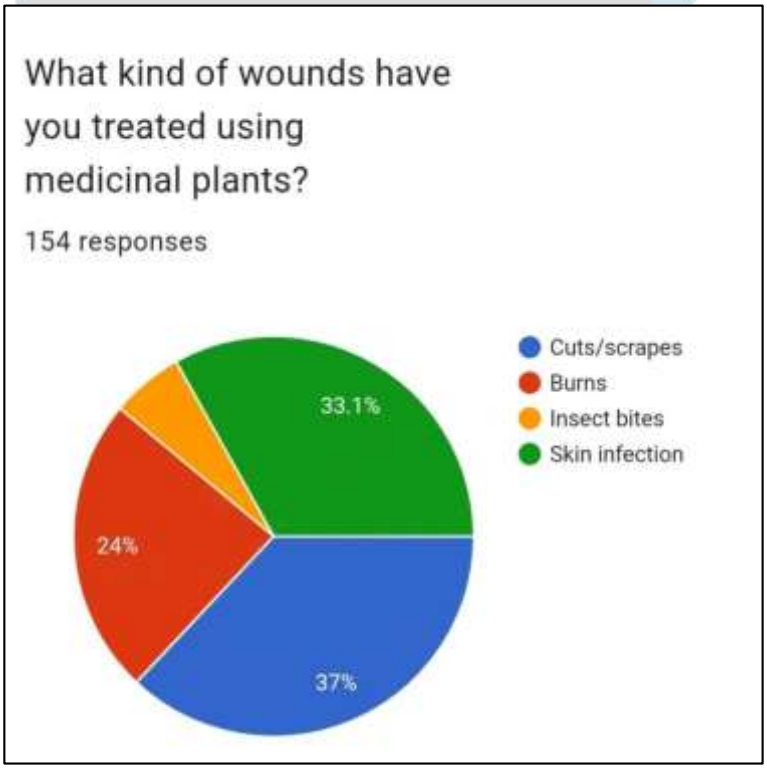

What kind of wounds have you treated using medicinal plants?
154 responses
Cuts/scrapes
Burns
Insect bites
Skin infection
33.1%
24%
37%

Fig 7.

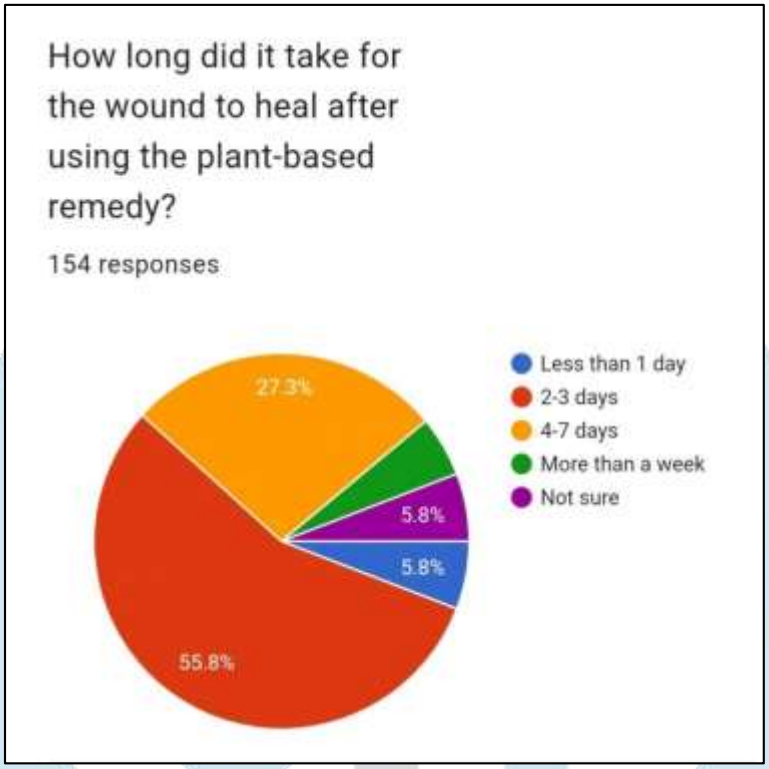

How long did it take for the wound to heal after using the plant-based remedy?
154 responses
27.3%
5.8%
5.8%
55.8%
Less than 1 day
2-3 days
4-7 days
More than a week
Not sure

Fig 8.

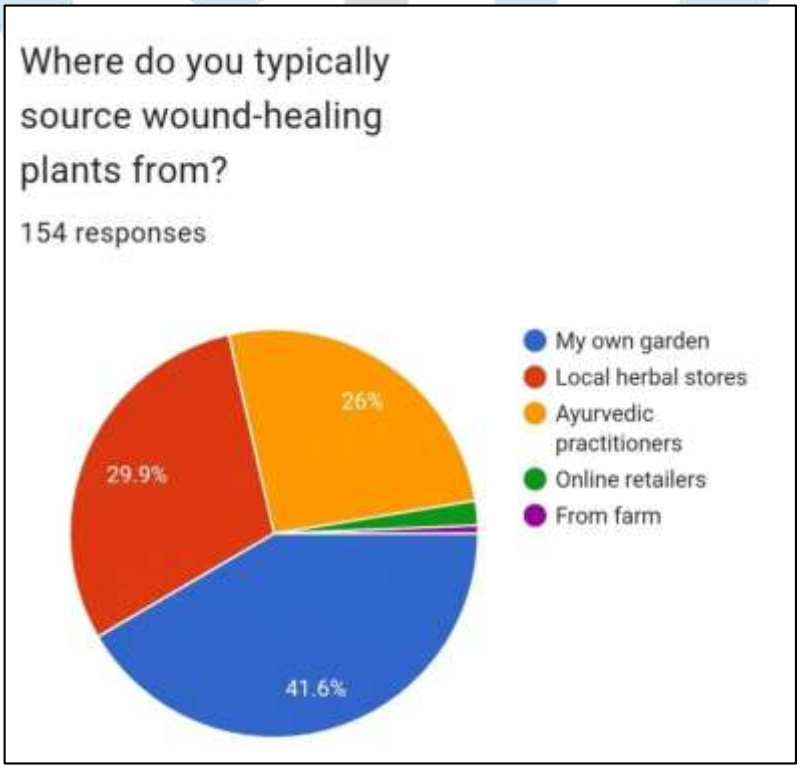

Where do you typically source wound-healing plants from?
154 responses
26%
29.9%
41.6%
My own garden
Local herbal stores
Ayurvedic practitioners
Online retailers
From farm

Fig 9.

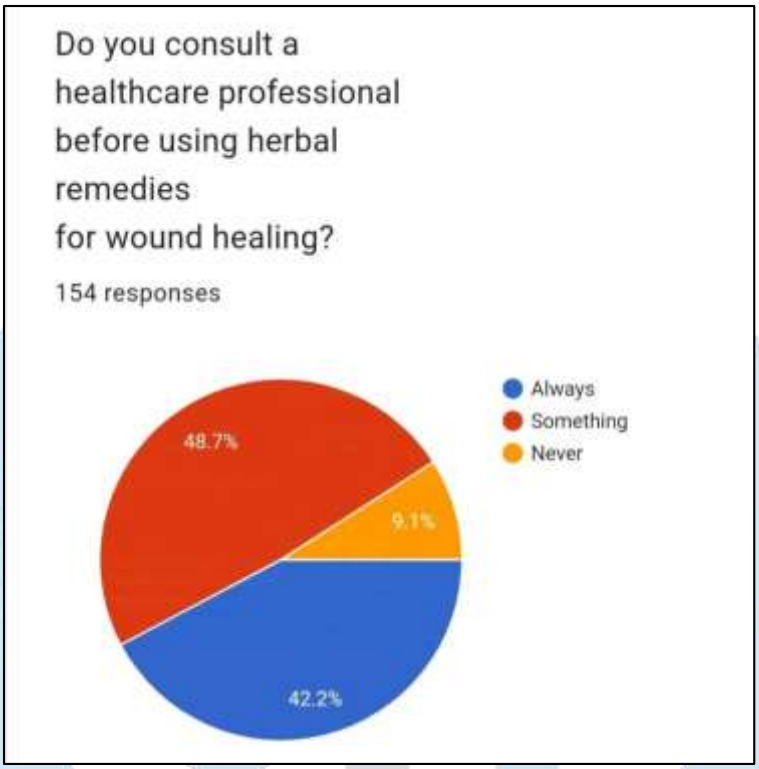

Do you consult a healthcare professional before using herbal remedies for wound healing?
154 responses
48.7%
9.1%
42.2%
Always
Something
Never

Fig 10.

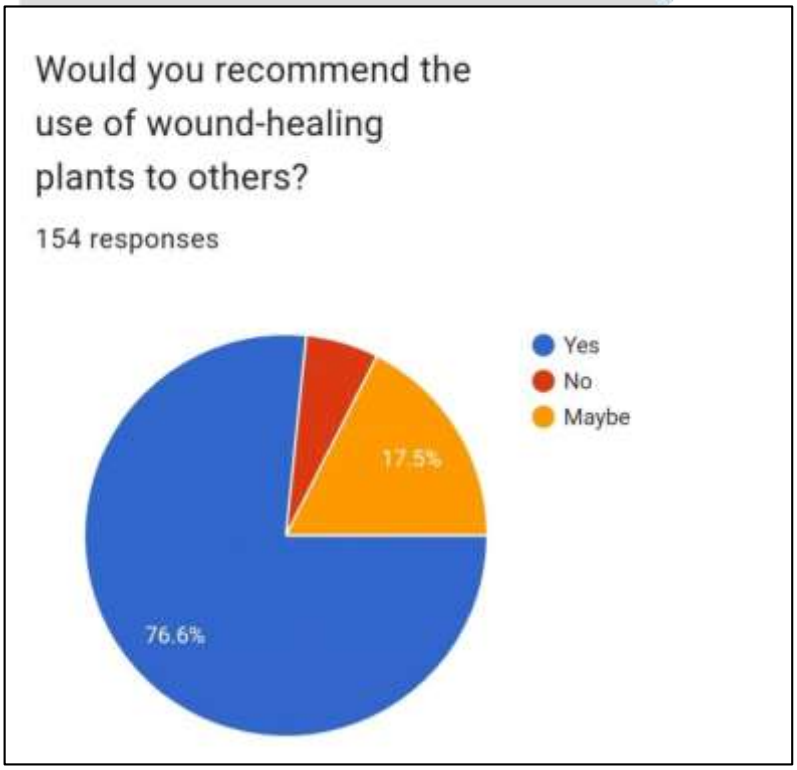

Would you recommend the use of wound-healing plants to others?
154 responses
17.5%
76.6%
Yes
No
Maybe

Fig 11.

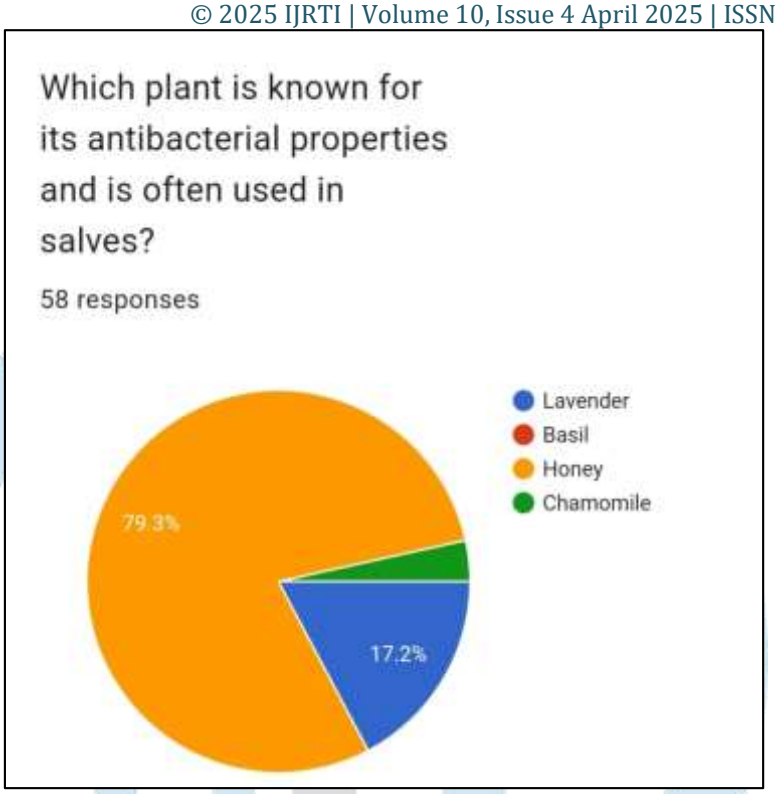

Which plant is known for its antibacterial properties and is often used in salves?
58 responses
Lavender
Basil
Honey
Chamomile
79.3%
17.2%

Fig 12.

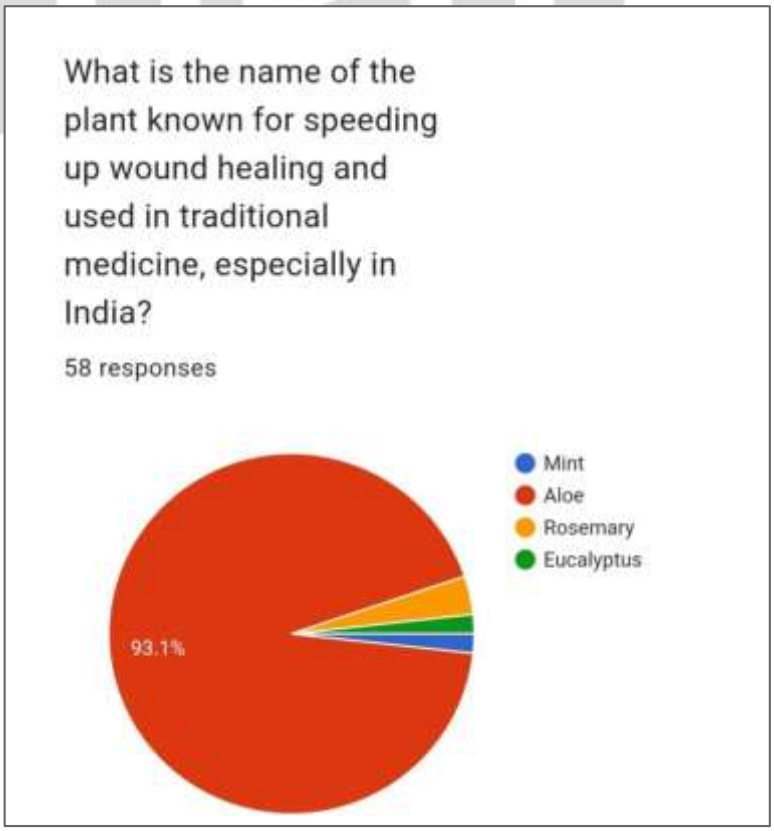

What is the name of the plant known for speeding up wound healing and used in traditional medicine, especially in India?
58 responses
Mint
Aloe
Rosemary
Eucalyptus
93.1%

Fig 13.

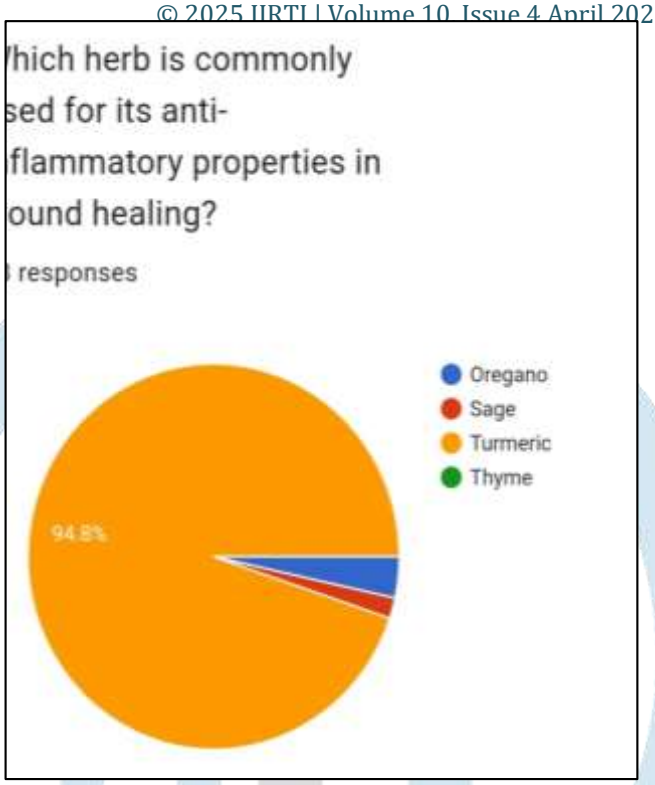

hich herb is commonly
sed for its anti-
flammatory properties in
ound healing?
responses
94.8%
Oregano
Sage
Turmeric
Thyme

Fig 14.

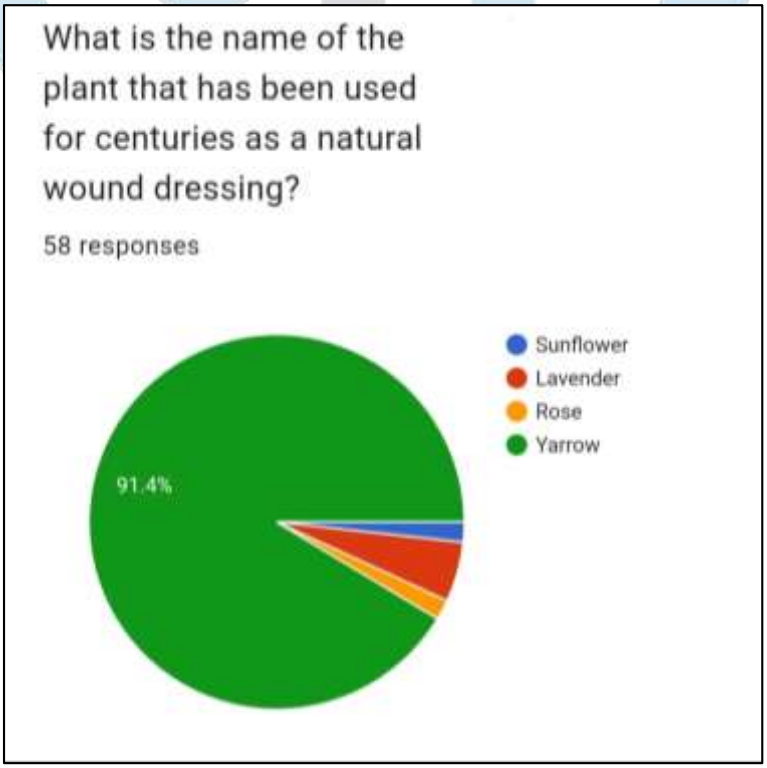

What is the name of the plant that has been used for centuries as a natural wound dressing?
58 responses
91.4%
Sunflower
Lavender
Rose
Yarrow

Fig 15.

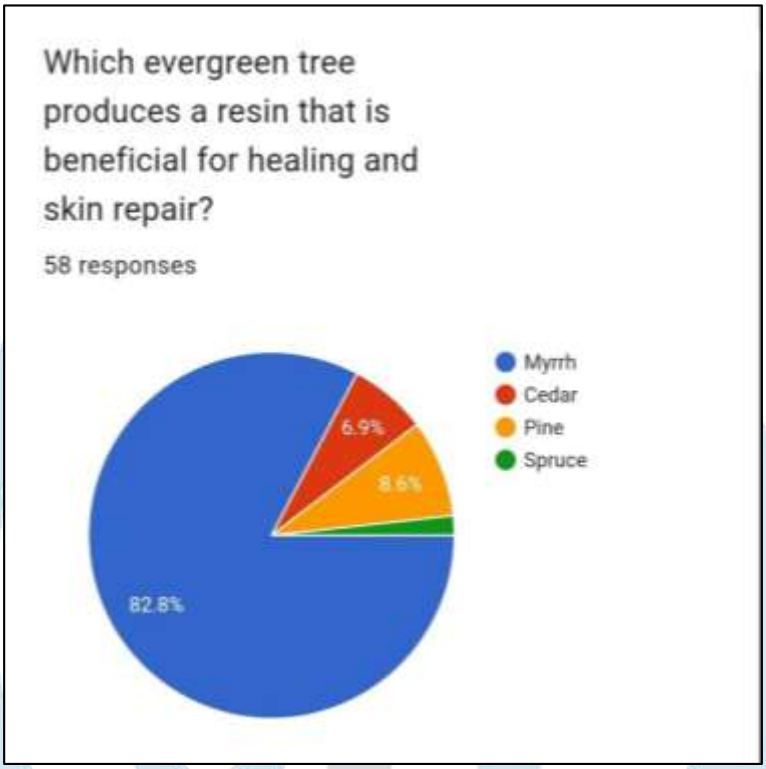

Which evergreen tree produces a resin that is beneficial for healing and skin repair?
58 responses
Myrrh
Cedar
Pine
Spruce
6.9%
8.6%
82.8%

Fig 16.

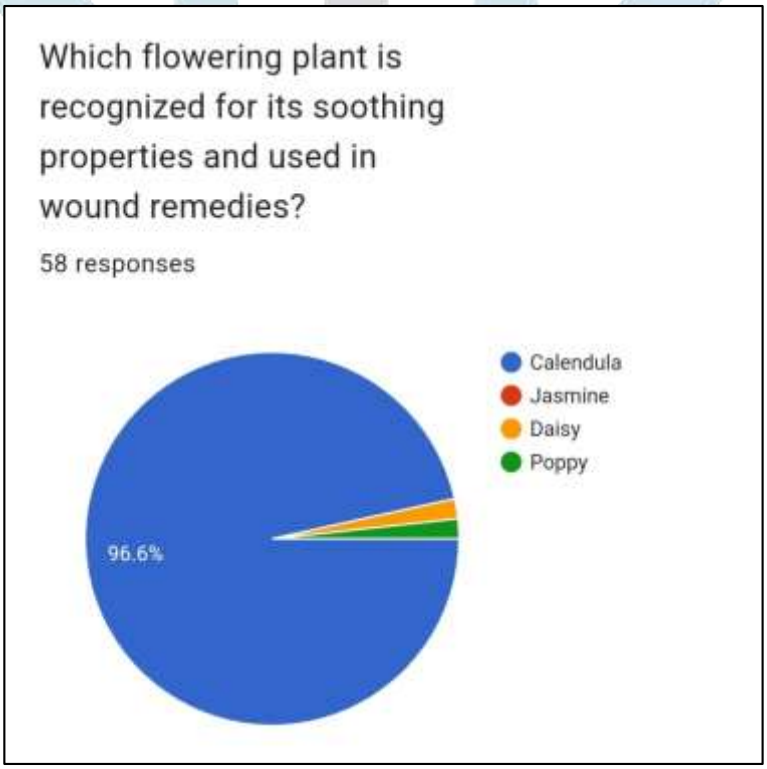

Which flowering plant is recognized for its soothing properties and used in wound remedies?
58 responses
Calendula
Jasmine
Daisy
Poppy
96.6%

Fig 17.

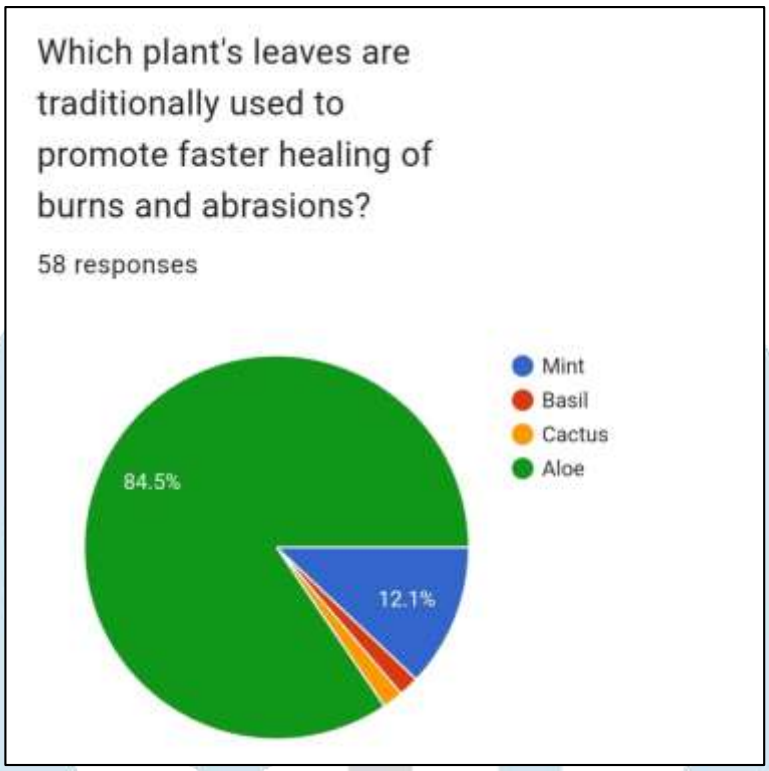

Which plant's leaves are traditionally used to promote faster healing of burns and abrasions?
58 responses
Mint
Basil
Cactus
Aloe
84.5%
12.1%

Fig 18.

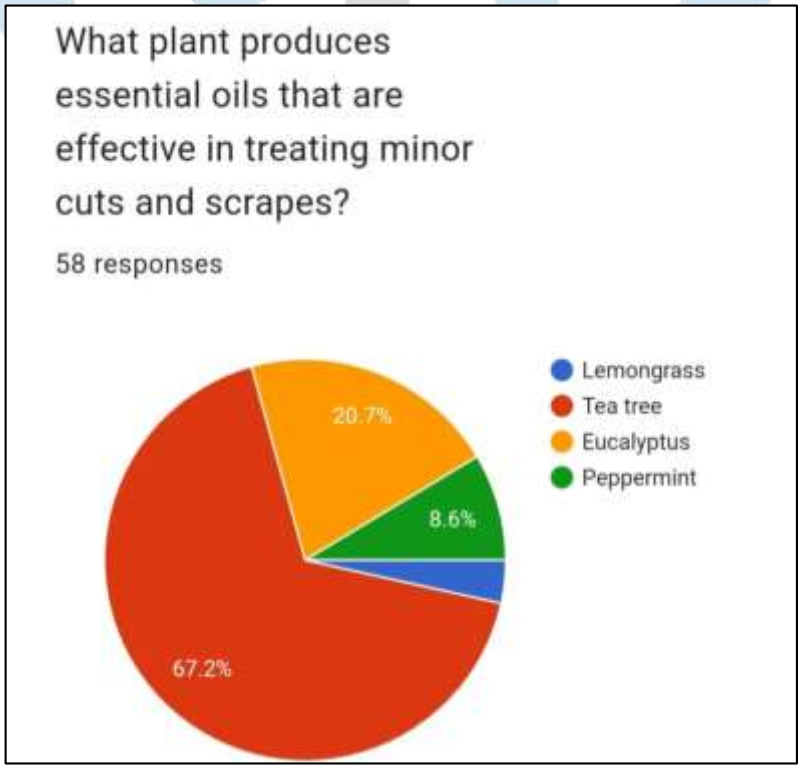

What plant produces essential oils that are effective in treating minor cuts and scrapes?
58 responses
Lemongrass
Tea tree
Eucalyptus
Peppermint
20.7%
8.6%
67.2%

Fig 19.

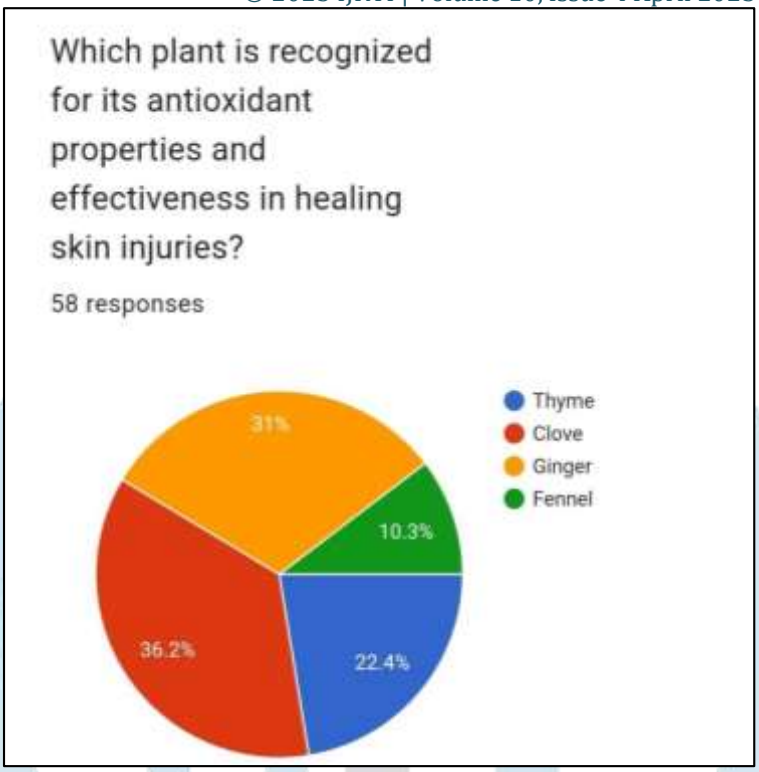
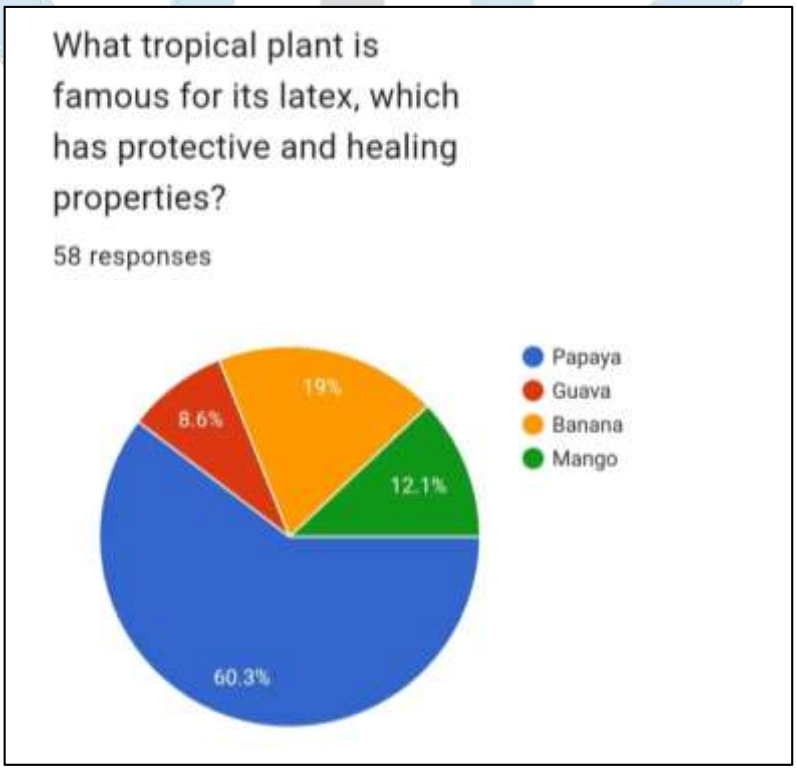


Fig 20.



REVIEW OF LITERATURE

Wound healing has been a subject of interest for centuries, with various cultures relying on herbal remedies to treat injuries. In India, a rich tradition of using medicinal plants for wound healing exists, documented in ancient texts such as the ***Charaka Samhita*** and ***Sushruta Samhita.*** These texts describe the use of plants like Aloe vera (*Aloe barbadensis miller*), Turmeric (*Curcuma longa*), and Neem (*Azadirachta indica*) for their antimicrobial and anti-inflammatory properties, which aid in the healing of cuts, burns, and other skin wounds.

According to **Jain (2009)** in *Indian Medicinal Plants:* An Illustrated Dictionary, several plants have shown significant promise in promoting wound healing. ***Centella***

Asiatica, for example, is well-known for its ability to enhance collagen synthesis, thereby speeding up the healing process. Similarly, ***Wrightia tinctoria,*** a plant mentioned in the **The Ayurvedic Pharmacopoeia of India (2016),** is used to treat wounds due to its antiseptic and skin-regenerating properties.

A review by **Bhatt (2014)** in Medicinal Plants of India highlights the role of polyphenols and flavonoids in wound healing, with plants like *Echinacea purpurea* and *Calendula officinalis* being rich in these compounds. These plant extracts not only promote tissue regeneration but also reduce the risk of infections, a crucial factor in wound management.

Modern scientific studies have corroborated many traditional uses. A study by **Kapoor et al. (2017)** in the *Journal of Ethnopharmacology* found that Aloe vera extracts significantly accelerated wound healing in animal models, attributing the effect to the plant's anti-inflammatory and hydrating properties. Furthermore, the anti-bacterial activity of Neem has been well-documented in both traditional and contemporary studies, making it a valuable plant in the prevention of wound infections (Singh et al., 2016).

Despite the widespread use of these plants, challenges remain in standardizing their preparation and application methods. A gap in the literature exists regarding the clinical efficacy of many herbs, as the majority of studies focus on animal models or in vitro testing rather than human trials **(Bhatt, 2014)**. This presents an opportunity for further research to substantiate the claims and integrate these plants into modern medical practices.

PLAN OF WORK

- Define Objectives
- Design Survey Methodology
- Develop Survey Tool
- Ethical Considerations
- Conduct Field Work
- Data Management
- Data Analysis
- Results Interpretation
- Results and discussion
- Conclusions
- reference

- **DRUG PROFILE**

A. (Aloe Vera, Arnica, Amla, Ashwagandha, Acacia, Angelica, Alfalfa)

1. **Aloe Vera (Aloe barbadensis miller)**
   Synonym: Aloe vera.
   Family: Asphodelaceae.
   Chemical Compounds: Aloin, Emodin, Polysaccharides.
   Parts Used: Leaves (Gel and Latex).
   Uses: Skin healing, digestive aid, burns, and wounds.

2. **Arnica (Arnica montana)**
   Synonym: Mountain Tobacco.
   Family: Asteraceae.
   Chemical Compounds: Helenalin, Flavonoids.
   Parts Used: Flowers.
   Uses: Anti-inflammatory, pain relief, bruise treatment.

3. **Amla (Phyllanthus emblica)**
   Synonym: Indian Gooseberry.
   Family: Phyllanthaceae.
   Chemical Compounds: Vitamin C, Tannins.
   Parts Used: Fruit.
   Uses: Antioxidant, immune support, hair care.

4. **Ashwagandha (Withania somnifera)**
   Synonyms: Indian Ginseng, Winter Cherry.
   Family: Solanaceae.
   Chemical Compounds: Withanolides, Alkaloids, Saponins.
   Part Used: Root, leaves
   Uses: Adaptogen, stress relief, immune booster.

5. **Acacia (Acacia senegal)**
   Synonyms: Gum Arabic Tree, Gum Acacia.
   Family: Fabaceae.
   Chemical Compounds: Polysaccharides, Glycoproteins.
   Part Used: Gum exudate.
   Uses: Emulsifier, fiber supplement,wound healing.

6. **Angelica (Angelica archangelica)**
   Synonyms: Wild Celery, Archangel.
   Family: Apiaceae.
   Chemical Compounds: Coumarins, Flavonoids,Volatile oils.
   Part Used: Root, seeds, stems.
   Uses: Digestive aid, respiratory health, circulatory support.

7. **Alfalfa (Medicago sativa)**
   Synonyms: Lucerne.
   Family: Fabaceae.
   Chemical Compounds: Saponins, Coumarins,

Phytoestrogens.
Part Used: Aerial parts.
Uses: Nutritional supplement, digestive aid.

B. (Bitter Melon, Bilberry, Bilimbi, Bayberry, Barberry, Beetroot, Black Cohosh, Blueberry, Birch, Borage, Bay Leaf, Basil, Burdock Root)

8. **Bitter Melon (Momordica charantia)**
Synonyms: Bitter Gourd, Balsam Pear.
Family: Cucurbitaceae.
Chemical Compounds: Charantin, Polypeptide-p, Momordicin.
Part Used: Fruit.
Uses: Blood sugar regulation, anti-inflammatory, antiviral.

9. **Bilberry (Vaccinium myrtillus)**
Synonyms: European Blueberry, Whortleberry.
Family: Ericaceae.
Chemical Compounds: Anthocyanins, Vitamin C, Resveratrol.
Part Used: Berries, leaves.
Uses: Eye health, antioxidant, vascular support.

10. **Bilimbi (Averrhoa bilimbi)**
Synonyms: Cucumber Tree, Tree Sorrel.
Family: Oxalidaceae.
Chemical Compounds: Oxalic acid, Vitamin C, Tannins.
Part Used: Fruit.
Uses: Skin health, digestive aid, antimicrobial.

11. **Bayberry (Myrica cerifera)**
Synonyms: Wax Myrtle, Southern Bayberry
Family: Myricaceae.
Chemical Compounds: Myricetin, Tannins, Resins.
Part Used: Bark, berries.
Uses: Astringent, anti-inflammatory, digestive tonic.

12. **Barberry (Berberis vulgaris)**
Synonyms: European Barberry.
Family: Berberidaceae.
Chemical Compounds: Berberine, Alkaloids, Isoquinoline.
Part Used: Root bark, fruit.
Uses: Antimicrobial, digestive aid, liver support.

13. **Beetroot (Beta vulgaris)**
Synonyms: Beet, Garden Beet.
Family: Amaranthaceae.
Chemical Compounds: Betalains, Nitrates, Folate.
Part Used: Root.
Uses: Blood pressure regulation, antioxidant, athletic performance.

14. Black Cohosh (Actaea racemosa)

Synonyms: Black Snakeroot, Fairy Candle.
Family: Ranunculaceae.
Chemical Compounds: Triterpene glycosides, Isoflavones, Alkaloids.
Part Used: Root, rhizome.
Uses: Menopause symptom relief, anti-inflammatory, hormone balance.

15. Blueberry (Vaccinium corymbosum)

Synonyms: Highbush Blueberry.
Family: Ericaceae.
Chemical Compounds: Anthocyanins, Vitamin C, Quercetin.
Part Used: Fruit.
Uses: Antioxidant, heart health, cognitive support.

16. Birch (Betula alba)

Synonym: Silver Birch.
Family: Betulaceae.
Chemical Compounds: Betulinic acid, Salicylic acid.
Parts Used: Bark, Leaves.
Uses: Diuretic, anti-inflammatory, skin care.

17. Borage (Borago officinalis)

Synonym: Starflower.
Family: Boraginaceae.
Chemical Compounds: Gamma-linolenic acid (GLA), Pyrrolizidine alkaloids.
Parts Used: Seeds, Leaves.
Uses: Skin care, anti-inflammatory, respiratory health.

18. Bay Leaf (Laurus nobilis)

Synonym: Sweet Bay.
Family: Lauraceae.
Chemical Compounds: Cineole, Eugenol.
Parts Used: Leaves.
Uses: Digestive aid, respiratory health, anti-inflammatory.

19. Basil (Ocimum basilicum)

Synonym: Sweet Basil.
Family: Lamiaceae.
Chemical Compounds: Linalool, Estragole.
Parts Used: Leaves.
Uses: Antioxidant, digestive aid, anti-inflammatory.

20. Burdock Root (Arctium lappa)

Synonym: Gobo.
Family: Asteraceae.
Chemical Compounds: Inulin, Arctiin.
Parts Used: Root.
Uses: Detoxification, digestive aid, skin care.

C. (Calendula, Chaste Tree, Cassia, Caraway, Celandine, Cardamom, Cornflower, Chickweed, Cilantro, Cranberry, Clove, Cinnamon, Cayenne Pepper, Chamomile, Coconut Oil, Comfrey)

21. Calendula (Calendula officinalis)

Synonyms: Pot Marigold, Common Marigold.
Family: Asteraceae.
Chemical Compounds: Flavonoids, Carotenoids, Saponins, Essential oils.
Part Used: Flowers
Uses: Skin healing (wounds, burns, rashes), anti-inflammatory, antimicrobial, digestive aid.

22. Chaste Tree (Vitex agnus-castus)

Synonyms: Monk's Pepper, Chasteberry.
Family: Lamiaceae.
Chemical Compounds: Flavonoids, Iridoids, Essential oils.
Part Used: Fruit.
Uses: Hormone regulation, menstrual cycle support, menopause relief.

23. Cassia (Cassia fistula)

Synonyms: Golden Shower Tree, Indian Laburnum.
Family: Fabaceae.
Chemical Compounds: Anthraquinones, Flavonoids, Tannins.
Part Used: Pods, leaves, bark.
Uses: Laxative, skin health, anti-inflammatory.

24. Caraway (Carum carvi)

Synonyms: Meridian Fennel, Persian Cumin.
Family: Apiaceae.
Chemical Compounds: Carvone, Limonene, Flavonoids.
Part Used: Seeds.
Uses: Digestive aid, carminative, breath freshener.

25. Celandine (Chelidonium majus)

Synonyms: Greater Celandine.
Family: Papaveraceae.
Chemical Compounds: Chelidonine, Sanguinarine, Berberine.
Part Used: Aerial parts.
Uses: Liver detox, anti-inflammatory, antimicrobial.

26. Cardamom (Elettaria cardamomum)

Synonyms: Green Cardamom.
Family: Zingiberaceae.
Chemical Compounds: Terpenes, Cineole, Alpha-terpineol.
Part Used: Seeds.
Uses: Digestive aid, respiratory health, flavoring agent.

27. Cornflower (Centaurea cyanus)

Synonyms: Bachelor's Button.
Family: Asteraceae.
Chemical Compounds: Polyphenols, Flavonoids, Anthocyanins.
Part Used: Flowers.
Uses: Eye health, anti-inflammatory, wound healing.

28. Chickweed (Stellaria media)

Synonyms: Common Chickweed.
Family: Caryophyllaceae.
Chemical Compounds: Saponins, Flavonoids, Vitamin C.
Part Used: Aerial parts.
Uses: Skin health, anti-inflammatory, digestive aid.

29. Cilantro (Coriandrum sativum)

Synonyms: Coriander.
Family: Apiaceae.
Chemical Compounds: Linalool, Terpenes, Polyphenols.
Part Used: Leaves, seeds.
Uses: Digestive aid, detoxifier, antioxidant.

30. Cranberry (Vaccinium macrocarpon)

Synonym: American Cranberry.
Family: Ericaceae.
Chemical Compounds: Proanthocyanidins, Flavonoids.
Parts Used: Fruit.
Uses: Urinary tract health, antioxidant, digestive aid.

31. Clove (Syzygium aromaticum)

Synonym: Clove Tree.
Family: Myrtaceae.
Chemical Compounds: Eugenol, Beta-caryophyllene.
Parts Used: Flower Buds.
Uses: Antiseptic, pain relief, digestive aid.

32. Cinnamon (Cinnamomum verum)

Synonym: Ceylon Cinnamon.
Family: Lauraceae.
Chemical Compounds: Cinnamaldehyde, Eugenol.
Parts Used: Bark.
Uses: Antioxidant, blood sugar control, antimicrobial.

33. Cayenne Pepper (Capsicum annuum)

Synonym: Chili Pepper.
Family: Solanaceae.
Chemical Compounds: Capsaicin.
Parts Used: Fruit.
Uses: Pain relief, digestive aid, circulatory stimulant.

34. Chamomile (Matricaria chamomilla)

Synonym: German Chamomile.
Family: Asteraceae.
Chemical Compounds: Chamazulene, Apigenin.
Parts Used: Flowers.
Uses: Relaxation, anti-inflammatory, digestive aid.

35. Coconut Oil (Cocos nucifera)

Synonym: Coconut Palm.
Family: Arecaceae.
Chemical Compounds: Lauric Acid, Caprylic Acid.
Parts Used: Fruit (Oil).
Uses: Moisturizer, hair care, antifungal.

36. Comfrey (Symphytum officinale)

Synonym: Knitbone.
Family: Boraginaceae.
Chemical Compounds: Allantoin, Rosmarinic Acid.
Parts Used: Root, Leaves.
Uses: Wound healing, bone fractures, anti-inflammatory.

D. (Dandelion)

37. Dandelion (Taraxacum officinale)

Synonyms: Lion's Tooth, Blowball.
Family: Asteraceae.
Chemical Compounds: Taraxasterol, Sesquiterpene lactones, Inulin, Vitamins (A, C, K).
Part Used: Root, leaves, flowers.
Uses: Diuretic, liver detox, digestive health, anti-inflammatory, antioxidant.

E. (Elderflower, Evening Primrose, Elderberry, Eucalyptus, Echinacea)

38. Elderflower (Sambucus nigra)

Synonyms: European Elder, Black Elder.
Family: Adoxaceae.
Chemical Compounds: Flavonoids, Quercetin, Phenolic acids.
Part Used: Flowers.
Uses: Cold and flu relief, diuretic, anti-inflammatory.

39. Evening Primrose (Oenothera biennis)

Synonyms: Common Evening Primrose.
Family: Onagraceae.
Chemical Compounds: Gamma-linolenic acid (GLA), Linoleic acid.
Part Used: Seeds.
Uses: Skin health, hormone balance, anti-inflammatory.

40. Elderberry (Sambucus nigra)

Synonym: European Elder.
Family: Adoxaceae.
Chemical Compounds: Anthocyanins, Flavonoids.
Parts Used: Berries, Flowers.
Uses: Immune support, cold and flu relief, antioxidant.

41. Eucalyptus (Eucalyptus globulus)

Synonym: Blue Gum.
Family: Myrtaceae.
Chemical Compounds: Eucalyptol, Cineole.
Parts Used: Leaves (essential oil).
Uses: Respiratory health, antiseptic, pain relief.

42. Echinacea (Echinacea purpurea)

Synonym: Purple Coneflower.
Family: Asteraceae.
Chemical Compounds: Alkamides, Cichoric acid.
Parts Used: Roots, Aerial parts.
Uses: Immune booster, anti-inflammatory, cold remedy.

F. (Feverfew, Frankincense, Fenugreek, Fennel)

43. Feverfew (Tanacetum parthenium)

Synonyms: Featherfew, Bachelor's Buttons.
Family: Asteraceae.
Chemical Compounds: Parthenolide,
Sesquiterpene lactones, Flavonoids.
Part Used: Leaves, flowers.
Uses: Migraine relief, anti-inflammatory, fever reduction.

44. Frankincense (Boswellia serrata)

Synonym: Olibanum.
Family: Burseraceae.
Chemical Compounds: Boswellic acids, Terpenes.
Parts Used: Resin.
Uses: Anti-inflammatory, immune support, stress relief.

45. Fenugreek (Trigonella foenum-graecum)

Synonym: Greek Hay.v
Family: Fabaceae.
Chemical Compounds: Saponins, Alkaloids.
Parts Used: Seeds, Leaves.
Uses: Lactation aid, digestive aid, anti-inflammatory.

46. Fennel (Foeniculum vulgare)

Synonym: Sweet Fennel.
Family: Apiaceae.
Chemical Compounds: Anethole, Fenchone.
Parts Used: Seeds, Bulb.
Uses: Digestive aid, antispasmodic, respiratory health.

G. (Ginger, Ginseng, Goldenseal, Grape Seed, Garlic, Gotu Kola)

47. Ginger (Zingiber officinale)

Synonym: Ginger Root.
Family: Zingiberaceae.
Chemical Compounds: Gingerol, Shogaol.
Parts Used: Rhizome.
Uses: Digestive aid, anti-nausea, anti-inflammatory.

48. Ginseng (Panax ginseng)

Synonym: Korean Ginseng.
Family: Araliaceae.
Chemical Compounds: Ginsenosides, Polysaccharides.
Parts Used: Root.
Uses: Energy booster, immune support, cognitive enhancement.

49. Goldenseal (Hydrastis canadensis)

Synonym: Yellow Root.
Family: Ranunculaceae.
Chemical Compounds: Berberine, Hydrastine.
Parts Used: Root, Rhizome.
Uses: Antimicrobial, digestive aid, immune support.

50. Grape Seed (Vitis vinifera)

Synonyms: None commonly used.
Family: Vitaceae.
Chemical Compounds: Proanthocyanidins, Resveratrol, Vitamin E.
Part Used: Seeds.
Uses: Antioxidant, cardiovascular health, anti-aging.

51. Garlic (Allium sativum)

Synonym: Ajo.
Family: Amaryllidaceae.
Chemical Compounds: Allicin, Sulfur compounds.
Parts Used: Bulb.
Uses: Antimicrobial, cardiovascular health, immune support.

52. Gotu Kola (Centella asiatica)

Synonym: Indian Pennywort.
Family: Apiaceae.
Chemical Compounds: Triterpenoids, Asiaticoside.
Parts Used: Leaves, Stems.
Uses: Wound healing, memory enhancement, anti-inflammatory.

H. (Hops, Horsetail, Honey, Horseradish)

53. Hops (Humulus lupulus)

Synonyms: None commonly used.
Family: Cannabaceae.
Chemical Compounds: Humulone, Lupulone, Xanthohumol.
Part Used: Female flowers (cones).
Uses: Sedative, anxiety relief, beer flavoring.

54. Horsetail (Equisetum arvense)

Synonym: Shavegrass.
Family: Equisetaceae.
Chemical Compounds: Silica, Flavonoids.
Parts Used: Aerial parts.
Uses: Bone health, diuretic, wound healing.

55. Honey (especially raw or Manuka honey)

Synonym: Natural Honey.
Family: N/A (Animal product).
Chemical Compounds: Glucose, Fructose, Hydrogen Peroxide.
Parts Used: Honey.
Uses: Wound healing, antimicrobial, sore throat relief.

56. Horseradish (Armoracia rusticana)

Synonyms: None commonly used.
Family: Brassicaceae.
Chemical Compounds: Sinigrin, Glucosinolates, Vitamin C.
Part Used: Root.
Uses: Respiratory health, digestive aid, antimicrobial.

I. (Indian Gooseberry, Ivy)

57. Indian Gooseberry (Phyllanthus emblica)

Synonym: Amla.
Family: Euphorbiaceae.
Chemical Compounds: Vitamin C, Tannins, Polyphenols.
Parts Used: Fruit and leaves.
Uses: Antioxidant properties, supports immune function, promotes wound healing, and helps reduce inflammation.

58. Ivy (Hedera helix)

Synonym: Common Ivy, English Ivy.
Family: Araliaceae.
Chemical Compounds: Saponins, Flavonoids, Triterpenoids.
Parts Used: Leaves and stems.
Uses: Antimicrobial properties, aids in wound healing, reduces inflammation, and helps treat skin conditions.

J. (Juniper)

59. Juniper (Juniperus communis)

Synonyms: Common Juniper.
Family: Cupressaceae.
Chemical Compounds: Terpenes, Juniperin, Flavonoids.
Part Used: Berries.
Uses: Digestive aid, diuretic, anti-inflammatory.

K. (Kudzu)

60. Kudzu (Pueraria montana)

Synonyms: Pueraria lobata.
Family: Fabaceae.
Chemical Compounds: Isoflavones, Puerarin, Daidzin.
Part Used: Root.
Uses: Alcohol addiction, cardiovascular health, anti-inflammatory.

L. (Linden Flower, Lemongrass, Licorice Root, Lavender)

61. Linden Flower (Tilia cordata)

Synonyms: Small-leaved Linden.
Family: Malvaceae.
Chemical Compounds: Flavonoids, Tiliroside, Mucilage.
Part Used: Flowers.
Uses: Sedative, respiratory health, fever reduction.

62. Lemongrass (Cymbopogon citratus)

Synonym: Citronella Grass.
Family: Poaceae.
Chemical Compounds: Citral, Myrcene.
Parts Used: Leaves.
Uses: Digestive aid, antifungal, stress relief.

63. Licorice Root (Glycyrrhiza glabra)

Synonym: Sweet Root.
Family: Fabaceae.
Chemical Compounds: Glycyrrhizin, Flavonoids.
Parts Used: Root.
Uses: Soothing agent for mucous membranes, anti-inflammatory, digestive aid.

64. Lavender (Lavandula angustifolia)

Synonym: English Lavender.
Family: Lamiaceae.
Chemical Compounds: Linalool, Linalyl acetate.
Parts Used: Flowers.
Uses: Relaxation, sleep aid, anxiety relief.

M. (Mullein, Marigold, Marshmallow Root, Myrrh, Moringa)

65. Mullein (Verbascum thapsus)

Synonyms: Great Mullein, Common Mullein.
Family: Scrophulariaceae.
Chemical Compounds: Saponins, Flavonoids, Mucilage.
Part Used: Leaves, flowers.
Uses: Respiratory health, cough relief, anti-inflammatory.

66. Marigold (Tagetes erecta)

Synonym: African Marigold.
Family: Asteraceae.
Chemical Compounds: Lutein, Flavonoids.
Parts Used: Flowers.
Uses: Anti-inflammatory, skin care, eye health.

67. Marshmallow Root (Althaea officinalis)

Synonym: Marshmallow.
Family: Malvaceae.
Chemical Compounds: Mucilage, Flavonoids.
Parts Used: Root, Leaves.
Uses: Soothing agent for mucous membranes, cough relief, digestive aid.

68. Myrrh (Commiphora myrrha)

Synonym: Gum Myrrh.
Family: Burseraceae.
Chemical Compounds: Terpenoids, Eugenol, Sesquiterpenes.
Parts Used: Resin.
Uses: Antimicrobial, anti-inflammatory, wound healing.

69. Moringa (Moringa oleifera)

Synonym: Drumstick Tree.
Family: Moringaceae.
Chemical Compounds: Quercetin, Chlorogenic Acid.
Parts Used: Leaves, Seeds, Pods.
Uses: Nutritional supplement, anti-inflammatory, antioxidant.

N. (Neem)

70. Neem (Azadirachta indica)

Synonym: Indian Lilac
Family: Meliaceae
Chemical Compounds: Azadirachtin, Nimbin
Parts Used: Leaves, seeds, bark
Uses: Antimicrobial, insect repellent, skin care.

O. (Oregano)

71. Oregano (Origanum vulgare)

Synonym: Wild Marjoram
Family: Lamiaceae
Chemical Compounds: Carvacrol, Thymol
Parts Used: Leaves
Uses: Antimicrobial, digestive aid, respiratory health.

P. (Passionflower, Pineapple, Papaya, Purslane, Pepper, Parsley, Plantain, Peppermint)

72. Passionflower (Passiflora incarnata)

Synonyms: Maypop
Family: Passifloraceae
Chemical Compounds: Flavonoids, Harmine, Harmaline
Part Used: Aerial parts
Uses: Anxiety relief, sleep aid, anti-spasmodic.

73. Pineapple (Ananas comosus)

Synonym: Ananas
Family: Bromeliaceae
Chemical Compounds: Bromelain, Vitamin C
Parts Used: Fruit
Uses: Digestive aid, anti-inflammatory, antioxidant.

74. Papaya (Carica papaya)

Synonyms: Pawpaw
Family: Caricaceae
Chemical Compounds: Papain, Carotenoids, Vitamin C
Part Used: Fruit, seeds, leaves
Uses: Digestive aid, anti-inflammatory, skin health.

75. Purslane (Portulaca oleracea)

Synonyms: Common Purslane, Little Hogweed
Family: Portulacaceae
Chemical Compounds: Omega-3 fatty acids, Vitamin A, Vitamin C
Part Used: Leaves, stems
Uses: Anti-inflammatory, antioxidant, heart health.

76. Pepper (Piper nigrum)

Synonym: Black Pepper
Family: Piperaceae
Chemical Compounds: Piperine, Essential Oils
Parts Used: Fruit (dried)
Uses: Digestive aid, antioxidant, circulatory stimulant.

77. Parsley (Petroselinum crispum)

Synonym: Garden Parsley
Family: Apiaceae
Chemical Compounds: Myristicin, Apiol
Parts Used: Leaves, Root
Uses: Digestive aid, diuretic, breath freshener.

78. Plantain (Plantago major)

Synonym: Broadleaf Plantain
Family: Plantaginaceae
Chemical Compounds: Aucubin, Allantoin
Parts Used: Leaves
Uses: Wound healing, anti-inflammatory, skin care.

79. Peppermint (Mentha piperita)

Synonym: Peppermint
Family: Lamiaceae
Chemical Compounds: Menthol, Menthone
Parts Used: Leaves
Uses: Digestive aid, antispasmodic, respiratory relief.

Q. (Quercus, Quillaja)

80. Quercus (Quercus robur)

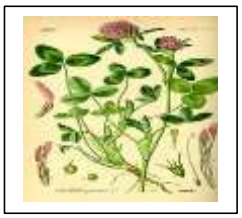
Synonym: Oak, English Oak.
Family: Fagaceae.
Chemical Compounds: Tannins, Flavonoids, Gallic acid.
Parts Used: Bark.
Uses: Astringent properties, promotes wound healing, reduces inflammation, and helps prevent infections.

81. Quillaja (Quillaja saponaria)

Synonym: Soapbark Tree.
Family: Rosaceae.
Chemical Compounds: Saponins, Flavonoids, Triterpenes.
Parts Used: Bark.
Uses: Antimicrobial properties, aids in wound healing, and is used for its soothing effects on the skin.

R. (Red Clover, Rosemary)

82. Red Clover (Trifolium pratense)



Synonyms: Meadow Clover
Family: Fabaceae
Chemical Compounds: Isoflavones, Coumarins, Flavonoids
Part Used: Flowers
Uses: Hormone balance, bone health, cardiovascular support.

83. Rosemary (Rosmarinus officinalis)

Synonym: Rosemary
Family: Lamiaceae
Chemical Compounds: Carnosic Acid, Rosmarinic Acid
Parts Used: Leaves
Uses: Memory enhancement, antioxidant, digestive aid.

S. (Saffron, Sea Buckthorn, Shepherd's Purse, Slippery Elm, Shea Butter, Sage, St. John’s Wort)

84. Saffron (Crocus sativus)

Synonyms: Autumn Crocus
Family: Iridaceae
Chemical Compounds: Crocin, Safranal, Picrocrocin
Part Used: Stigmas (threads)

Uses: Mood enhancement, antioxidant, culinary spice.

85. Sea Buckthorn (Hippophae rhamnoides)

Synonym: Siberian Pineapple
Family: Elaeagnaceae
Chemical Compounds: Omega-7 fatty acids, Flavonoids
Parts Used: Berries, Seeds
Uses: Skin care, immune support, antioxidant.

86. Shepherd's Purse (Capsella bursa-pastoris)

Synonym: Mother's Heart
Family: Brassicaceae
Chemical Compounds: Quercetin, Glucosinolates
Parts Used: Aerial parts
Uses: Hemostatic, diuretic, digestive aid.

87. Slippery Elm (Ulmus rubra)

Synonym: Red Elm
Family: Ulmaceae
Chemical Compounds: Mucilage, Tannins
Parts Used: Inner Bark
Uses: Soothing agent for mucous membranes, digestive aid, wound healing.

88. Shea Butter (Vitellaria paradoxa)

Synonym: Shea Tree
Family: Sapotaceae
Chemical Compounds: Stearic Acid, Oleic Acid
Parts Used: Seeds (Butter)
Uses: Moisturizer, skin healing, anti-inflammatory.

89. Sage (Salvia officinalis)

Synonym: Common Sage
Family: Lamiaceae
Chemical Compounds: Thujone, Rosmarinic Acid
Parts Used: Leaves
Uses: Antimicrobial, memory enhancement, digestive aid.

90. St. John's Wort (Hypericum perforatum)

Synonym: Tipton's Weed
Family: Hypericaceae
Chemical Compounds: Hypericin, Hyperforin
Parts Used: Flowers
Uses: Antidepressant, wound healing, anti-inflammatory.

T. (Tansy, Thyme, Tea Tree, Turmeric)

91. Tansy (Tanacetum vulgare)

Synonyms: Common Tansy
Family: Asteraceae
Chemical Compounds: Thujone, Camphor, Borneol
Part Used: Leaves, flowers
Uses: Insect repellent, digestive aid, anti-inflammatory.

92. Thyme (Thymus vulgaris)

Synonym: Garden Thyme
Family: Lamiaceae
Chemical Compounds: Thymol, Carvacrol
Parts Used: Leaves, Flowers
Uses: Antiseptic, respiratory aid, digestive aid.

93. Tea Tree (Melaleuca alternifolia)

Synonym: Melaleuca
Family: Myrtaceae
Chemical Compounds: Terpinen-4-ol, Cineole
Parts Used: Leaves (essential oil)
Uses: Antiseptic, antifungal, acne treatment.

94. Turmeric (Curcuma longa)

Synonym: Haldi
Family: Zingiberaceae
Chemical Compounds: Curcumin
Parts Used: Rhizome
Uses: Anti-inflammatory, antioxidant, digestive aid.

U. (Urtica)

95. Urtica (Urtica dioica)

Synonym: Stinging Nettle.
Family: Urticaceae.
Chemical Compounds: Silica, Tannins, Vitamins A and C.
Parts Used: Leaves and roots.
Uses: Anti-inflammatory effects, promotes wound healing, relieves pain, and helps with skin irritation.

V. (Valerian)

96. Valerian (Valeriana officinalis)

Synonyms: Garden Valerian
Family: Caprifoliaceae
Chemical Compounds: Valerenic acid, Iridoids, Alkaloids
Part Used: Root
Uses: Sedative, sleep aid, anxiety relief.

W. (Willow Bark, Witch Hazel)

97. Willow Bark (Salix alba)

Synonym: White Willow
Family: Salicaceae
Chemical Compounds: Salicin, Tannins
Parts Used: Bark
Uses: Pain relief, anti-inflammatory, fever reducer.

98. Witch Hazel (Hamamelis virginiana)

Synonym: Winterbloom
Family: Hamamelidaceae
Chemical Compounds: Tannins, Flavonoids
Parts Used: Bark, Leaves
Uses: Astringent, anti-inflammatory, skin care.

Y. (Yarrow, Yellow Dock)

99. Yarrow (Achillea millefolium)

Synonym: Milfoil
Family: Asteraceae
Chemical Compounds: Flavonoids, Tannins, Essential Oils
Parts Used: Aerial parts (leaves, flowers)
Uses: Hemostatic, anti-inflammatory, digestive aid.

100. Yellow Dock (Rumex crispus)

Synonyms: Curly Dock, Narrowleaf Dock
Family: Polygonaceae
Chemical Compounds: Anthraquinones, Tannins, Oxalates
Part Used: Root
Uses: Detoxification, liver health, digestive aid.

Z. (Zanthoxylum)

101. Zanthoxylum (Zanthoxylum americanum)

Synonym: Prickly Ash.
Family: Rutaceae.
Chemical Compounds: Alkaloids, Flavonoids, Essential oils.
Parts Used: Bark and roots.
Uses: Analgesic properties, promotes circulation, aids in wound healing, and reduces pain and inflammation.

Results & Discussion:

This study surveyed 100 herbal plants traditionally used for wound healing across India. The results indicate that a wide variety of plants are employed, each offering different therapeutic properties such as antimicrobial, anti-inflammatory, regenerative, and pain-relieving effects. These plants are often used in local communities to treat wounds, burns, cuts, and infections, demonstrating the depth of traditional knowledge in utilizing natural remedies for wound care.

1. Most Commonly Used Plants:

Aloe Vera (Aloe barbadensis miller): Aloe vera was the most frequently cited plant in wound healing. Known for its anti-inflammatory, antimicrobial, and soothing properties, Aloe vera gel is widely used in the treatment of burns, cuts, and skin irritation. Studies have confirmed that it promotes wound healing by increasing collagen synthesis and reducing infection risk (Kapoor et al., 2017).

Turmeric (Curcuma longa): Turmeric's active compound, curcumin, exhibits strong antimicrobial and anti-inflammatory properties. It is commonly used as a paste for treating wounds and preventing infection. Several studies support its role in accelerating the healing process and reducing scarring (Jain, 2009).

Neem (Azadirachta indica): Neem leaves have antibacterial, antifungal, and anti-inflammatory properties, making them effective in preventing wound infections. This plant was frequently mentioned for treating chronic wounds and ulcers (Singh et al., 2016). The antimicrobial activity of neem helps prevent infections in open wounds, especially in tropical regions.

2. Less Common, Yet Promising Plants:

Gotu Kola (*Centella Asiatica*): This plant is valued for its ability to stimulate collagen production, thereby aiding in the healing of chronic wounds and burns. Gotu Kola was frequently used in the treatment of ulcers, as it promotes tissue regeneration and reduces scarring (Jain, 2009).

Calendula (*Calendula officinalis*): Calendula was noted for its wound-healing properties due to its anti-inflammatory and antiseptic effects. It is commonly used in the form of topical creams and ointments for treating minor cuts, abrasions, and bruises.

Discussion:

The results of this survey align with existing studies on the therapeutic potential of herbal plants in wound healing. The plants identified, such as Aloe vera, Turmeric, Neem, and Gotu Kola, have been widely studied and shown to be effective in reducing inflammation, preventing infection, and promoting tissue regeneration.

The use of these plants supports the idea that traditional knowledge can offer valuable insights into natural remedies that could complement or even serve as alternatives to conventional wound care treatments. However, several plants, such as ***Wrightia tinctoria*** and ***Kudzu***, need more clinical validation to confirm their wound-healing efficacy, as the majority of available studies are limited to in vitro or animal model trials.

One of the primary challenges in utilizing herbal plants in modern medicine is the lack of standardized preparation and dosage methods. Traditional practices vary widely, and inconsistent preparation techniques can lead to variability in therapeutic outcomes. Standardizing the preparation and application of these plants could help enhance their efficacy and safety in clinical settings.

Additionally, many of the plants identified in this survey are rich in bioactive compounds like flavonoids, alkaloids, and terpenoids, which have been shown to have significant healing effects. The survey highlights the need for more rigorous scientific studies to isolate and test these compounds in controlled clinical trials. Furthermore, the integration of herbal remedies into modern wound care would require collaborative efforts between traditional healers, researchers, and healthcare professionals to ensure bothefficacy and safety.

Conclusion:

The findings of this survey affirm the importance of herbal plants in traditional wound healing practices in India. Many of the plants reviewed in this study have demonstrated wound-healing properties that could potentially complement modern wound care methods. However, further research is essential to scientifically validate their effectiveness, optimize their preparation, and ensure their safe use in clinical practice. This study contributes to the growing body of knowledge on medicinal plants and underscores the potential for integrating traditional remedies into contemporary healthcare solutions.

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