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## *Bambusa bambos* Voss. (Bamboo) as a source of medicine in Uttar Pradesh, India

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### Abstract

*Bambusa bambos* of the family Gramineae is the longest grass in the world. Plant is commonly cultivated in the region. The Indian System of medicines has played an important role in our country in providing medical care since antiquity. India is a country with a strong attachment to the using of traditional or folk medicine. In the present study is to compile and to collate the scattered information. The new informations were based on the detailed oral interviews held with Vaidhyas, Hakims and elderly village people, who have knowledge of medicinal uses of plants and mostly use them in treating their ailments. In this paper highlights a brief description of *Bambusa bambos* which belongs to Gramineae family is provided along with its medicinal use to cure fever and cough.

**Keywords:** Fever, cough, *Bambusa bambos*, *Bans*, medicinal use

### Introduction

The Indian system of medicine is an old as the Indian history itself, because it formed an integral part of the Indian traditions since time immemorial. Reference to plants used as drugs are often found in old literatures (Atharveds, Charak Samhita, Sushruta Samhita etc.). In spite of achievement of allopathic medicines the Indian system of medicine known as Ayurveda, Unani, Siddha and Naturopahty still continue to provide medical care to majority of the people on account of their cheaper cost and no side effects. More than 80% drugs used in Aurvedic formulations are derived from plant sources. In all about 2000 plants are estimated to find regular use in curing human ailments in the country of these 500 plants is most commonly utilized in preparation of Indian system of medicines. *Bambusa bambos* is also used as a traditional medicine for infectious disease such as fever, cold and cough.

### Materials and Methods

During survey on the medicinal plants of Uttar Pradesh, the author came across plant population of *Bambusa bambos* belongs to Gramineae family in Meerut area, Meerut district. It is commonly cultivated in all parts of Uttar Pradesh. It widely occurs as a perennial shrub. Common name of plant is *Bans* in the area. Plant was collected, made into specimen and preserved for the future use.

The present paper is based on the survey and collection of the data from the native informants, who are Vaidya or Hakim (Ayurvedic medicine practitioners) and rural people who have knowledge about Ayurvedic medicine with local name. Oral interviews were held in villages and information recorded at the spot. There is no method to preparation of medicinal use for treating fever and cough reported by earlier researchers. Perusal of literatures on medicinal plants.

Tomar (2014) <sup>[7]</sup>, Banik and Paul (2016) <sup>[1]</sup>, Baloda and Chaudhary (2016) <sup>[2]</sup>, Kaur (2016) <sup>[4]</sup>, Pedroza *et al.* (2016) <sup>[5]</sup>, Rani and Yeyanthi (2016) <sup>[6]</sup>, Bano and Ahmed (2017) <sup>[3]</sup>, Tomar (2017) <sup>[8]</sup> and Tomar (2017) <sup>[9]</sup>



*Bambusa bambos* Voss.

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### Method to preparation of Medicine

- A. A standard infusion is prepared with fresh leaves (2 leaves) per cup of boiling water, infused for 10 minutes before straining. The infusion is to be used the same day as keeping for too long may turn the infusion to be more strong and bitter. To avoid evaporation, the infusion may be kept in a pot covered by a lid. 250 ml of the infusion is applied thrice a day for a week or until the fever and cough is cured.
- B. A standard decoction is prepared by gently boiling fresh stem (5 tsp) per cup of normal water in a small saucepan with the lid on and left to simmer for about 10 minutes. It must be used on the day of preparation. 250 ml of the decoction is used thrice a day or until the fever and cough is cured.

### Results and Discussion

The species has been identified as *Bambusa bambos* (Bans) and it occurs commonly in this area. It is cultivated frequently in public and private gardens and on road sides as a perennial shrub. Therefore, study was conducted and revealed that *Bambusa bambos* is used as Ayurvedic medicines for the treatment in fever and cough by infusion and decoction in some part of Uttar Pradesh. The new information was based on the detailed oral interviews held with Vaidyas, Hakims and elderly village people, who have knowledge of medicinal uses in the area.

### Conclusion

During the survey of medicinal plants species, the author collected the new information were based on the detailed oral interviews. It has been realized that medicinal plants are going to play an important role for future in medical system. These medicines are prepared by various methods such as infusion and decoction for the treatment of fever and cough and provide strength to the body organs and immune system. Now the people move to Ayurvedic medicine system, which have not side effect to any organs of body and easily provide with minimum rate by (Ayurvedic medical practitioners) Vaidhya or Hakim. Work was conducted and revealed that *Bambusa bambos* is used as Ayurvedic medicines for the treatment of fever and cough by Bans infusion and decoction in some part of Uttar Pradesh. This is reported for the first time for treating fever and cough ailments and there is no method applied for preparing medicine by earlier researchers.

### Conflicts of interest

The author declares no conflict of interest.

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