



USEFUL INDIAN HERBS: An Ethnobotanical Handbook

Mrs) Sudha Prakash, SHAM SUNDAR GARG

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In our ancient literature and carvings in stone on the walls of various monuments and temples lies a hidden treasure of knowledge on the economic value of plants. In Hindu, Buddhist and Jain scriptures mention has been made of the beauty and bounty of mother nature as the provider for humanity in general, and life in particular on our planet called 'Prithvi' or the Earth, and hence our obligation to protect it. The concept of protection of our environment and its importance was known to our ancient sages. The vast knowledge of plant resources for various purposes was passed orally from the 'Guru' to the 'Shishya' or disciples and later compiled into texts or depicted on temple walls and monuments for visual aid. One of the Ajanta frescoes shows very clearly the sugarcane plants with typical barrel-shaped internodes, denoting the particular species of sugarcane being cultivated in India for centuries. Sugarcane as a source of sugar was being used in India, at a time when the rest of the world depended completely on honey, and until the invasion of India by Alexander the Great, the West had no idea that sugar could be derived from a plant source.

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