

## A BIRD'S EYE VIEW ON BHOPAL INTERNATIONAL HERBAL FAIR - 2011

Sumanth Shenoy<sup>1\*</sup>, Lalit Nagar<sup>2</sup>, Bali Chouhan<sup>3</sup>, Rama Murthy A<sup>4</sup>, Naresh Khemani<sup>5</sup>

1. Ph.D. Scholar, Dept. of Dravyaguna, National Institute of Ayurveda, Jaipur, Rajasthan, India.
2. PG Scholar, Dept. of Dravyaguna, National Institute of Ayurveda, Jaipur, Rajasthan, India.
3. PG Scholar, Dept. of Dravyaguna, National Institute of Ayurveda, Jaipur, Rajasthan, India.
4. Assistant Professor, Dept. of Dravyaguna, National Institute of Ayurveda, Jaipur, Rajasthan, India.
5. Professor and Head, Dept. of Dravyaguna, National Institute of Ayurveda, Jaipur, Rajasthan, India.

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### Abstract

Madhya Pradesh is the state of central India with wide diversity of herbal wealth in the dense forest. Madhya Pradesh Minor Forest Produce Co-operative Federation is organizing herbal fairs since 2001 famously known as 'Bhopal Mela'. The year 2011 being special for many ways, the 150<sup>th</sup> year celebration of the state's forest department is one of them to be mentioned. This year the fair was flavored by international touch as a good number of delegates from neighboring countries participated in the Fair.

The Mela included Herbal Fair, Medical camp, Free consultation with Folklore practitioners, Food Fair, Book Fair, Informative sessions by renowned resource persons, cultural programs and various competitions for school and college students of the city.

A team of scholars of Dravyaguna Department from National Institute of Ayurveda, Jaipur paid a one day visit to the fair with an objective to document the drugs that are displayed in the fair and also to gather information regarding the folklore uses. This report is a bird's eye view on the Bhopal International Herbal Fair-2011

**Key words:** Herbal fair 2011; Bhopal; Ayurveda

### \*Address for correspondence:

Sumanth Shenoy,

Ph.D. Scholar, Department of Dravyaguna, National Institute of Ayurveda,  
Jaipur, Rajasthan, India – 302 002.

E-mail: [shenoysumanth@gmail.com](mailto:shenoysumanth@gmail.com)

### INTRODUCTION

Madhya Pradesh is a state where forests are spread in an area of 95,000 square kilometer, which account for 31% of the total geographical area of the state. The herbs and plants of medicinal importance are found in abundance in these forests.

Madhya Pradesh Minor Forest Produce Co-operative Federation is organizing herbal fairs since 2001. In 2011 it was organized between December 16 and 20 in Bittan Market Dushehra grounds at Bhopal.

This four-day-long 'International Herbal Mela (fair)' was inaugurated by Madhya Pradesh Governor Ram Naresh Yadav on December

16<sup>th</sup>, while Chief Minister Shivraj Singh Chouhan presided over the closing ceremony.

A team of scholars from Post Graduate Dept of Dravyaguna, National Institute of Ayurveda, Jaipur visited the fair on Sunday, 18th December, 2011 with an objective of listing, photographing, documenting the local uses and gathering other informations regarding the herbal wealth of Madhya Pradesh.

### What's Special in 2011?

- The State's Forest Department completed 150 years of its foundation in 2011.
- The year was declared as the International Forest Year by the UN which gave the event an international flavor.
- Sindhi district Minor Forest Produce Co-operative Federation celebrated this year as Mahuva Varsh in the name of official tree of M.P. i.e. *Madhuca indica* J.F. Gmen.

On this occasion, an International Conference on Non-Wood Forest Produce for Sustained Livelihood was also organized, in which, national and international experts from Nepal, Bhutan, Bangladesh, Indonesia, Argentina, UK, Germany and China had participated in good number. The Federation by organizing such fairs provided a platform for showcasing them to those engaged in the business of herbal products.

### Fair at a glance:

The international Herbal fair 2011 was inaugurated by Hon. Governor of the state. Total 289 stalls showcased the Ayurvedic raw drugs and herbal products in the fair among which both Govt. and NGOs participated. SFRI Jabalpur, Medicinal Plant Board of M.P state, M.P State's Forest Department and district wise Branches of State Minor forest produce Federation had set their stalls to provide information about the activities of their respective organizations and also exhibited some of the important medicinal

plants which were very informative to the students of Forestry, Botany and Ayurveda.

Venue of the fair was a centre of attraction for people, right from the day one. Products made of herbs and small forest produce worth Rs. 52 Lakh were reported to be sold within two days. The visitors have mostly liked and bought products of Amla (*Embllica officinalis* Gaertn.) and Honey besides Tulasi (*Ocimum sanctum* Linn.) syrup, Herbal tea, Sharbat of Bilva (*Aegel marmelos* Linn.) etc.

In addition to this, General to complex ailments were treated with the medicines prepared from medicinal herbs found in the state's forest areas. At the stall from Nepal, aromatic oil was also available along with traditional forest-based medicines of that country.

On documenting the displayed drugs in the stalls, it was observed that the majority of drugs were Rasayana (rejuvenating), Vajeekara (aphrodisiac) and Balya (Strength promoting) in action followed by Kushtaghna (drugs that cure skin disorders), Vranaropaka (wound healing agents), Atisaaraghna (Anti-diarrhoeal), Pramehaghna (Antidiabetic), Krimighna (Anthelminthic) and Shothaghna (drugs which reduces Oedema) in action. The list of herbs displayed in the fair is given in Table 1.

### Medical Camp:

Experts of Ayurveda and herbal medicine practitioners also gave free treatment consultation to more than 1600 patients at the fair. General to complex ailments were treated with the medicines prepared from medicinal herbs found in the state's forest areas. At the fair, 75 patients daily on an average were reported to be given with free consultation about treatment of gastro-intestinal diseases, skin diseases, leukemia, joint pain and several other ailments.

At several stalls, Nadi Vaidyas (experts in diagnosing the disease by examining pulse) were also providing free services to the visitors.

**Figure 1: Raw drug displayed in Bhopal fair - 2011**



**Fig - 1a**



**Fig - 1b**



**Fig - 1c**

Fig - 1a: Raw drug display; Fig - 1b & Fig - 1c: Rare specimens display

### Book Fair

There were three stalls displaying books related to Ayurveda, Yoga & Meditation, Nature cure, Health guides, Botany and other general subjects which attracted the student community and for those who are health conscious.

### Food Fair

- Biscuits of *Madhuka indica* Linn.
- Murabbas prepared out of Amla (*Emblica officinalis* Gaertn.), Mangoes (*Mangifera indica* Linn.), Anjeer (*Ficus carica* Linn.).
- Daal Paniya: Flour of a local variety of Maize (*Makka*) cultivated by villagers especially in Jhabua and Alirajpur Districts of M.P is used to make Roti by cooking it by wrapping with the leaves of *Palasha* (*Butea monosperma* L.Kuntz.), *Ashwattha* (*Ficus religiosa* Linn.) or *Arka* (*Calotropis gigantean* Linn.) and then served with the gravy of Daal. This is a traditional food prepared in most of the auspicious celebrations in M.P.
- Cattle feed: Cakes made up of Nimba (*Azadirachta indica* A.Juss.) extract used as a fodder were displayed for sale and volunteers were providing the information about the product.

**Fancy Fair:** Bangles and ornaments made up of *Laaksha* (*Laccifer lacca* Kerr.), Khaadi

clothing was also for sale at the fair which upheld our tradition particularly in this era of westernization of Indian culture.

### Fair for the generation next

An extempore speech contest was conducted on the topic Forests, Environment and Biodiversity in which 22 students of 18 colleges of the city took part. 30 children of three schools staged an attractive mini drama. A colorful presentation was made on importance of forests by a troupe led by Ravindra Mathur. Hip hop and dance drama were also staged. This was an appreciable attempt by the organizers to involve the school going children which will create an interest in them towards our ancient traditional medicines and also develops care towards the herbal wealth of India as far as the protection of greenery is concerned.

### Traditional touch - Cultural Programs:

Folk artists and professional artists of Indian classical music performed various dance forms and music of the state's culture and provided great entertainment to the visitors of the fair. On the day of our visit, there was Veena recital by Smt. Padmaja Vishwakarma which mesmerized the audience.

**Table 1: List of Herbs Displayed in the Bhopal Fair - 2011**

Sl.No.	Local/ Sanskrit Name	Botanical name	Locally used in/as
01	Garuda Phali	<i>Radermachera xylocarpa</i> K. Schum.	Antidote for snake poison Used as Snake repellent by forest dwellers.
02	Vidarikanda	<i>Pueraria tuberosa</i> DC.	General tonic, Aphrodisiac.
03	Varahikanda	<i>Dioscorea bulbifera</i> Linn.	General tonic, Aphrodisiac.
04	Vana Shinghada	<i>Trapa bispinosa</i> Roxb.	Aphrodisiac, Anti hemorrhagic.
05	Shatavari	<i>Asparagus racemosus</i> Willd.	General tonic, Aphrodisiac.
06	Kebukand/Kebuk	<i>Costus speciosus</i> Koen.	General tonic, Aphrodisiac
07	Dadhimantha	<i>Cordia macleodii</i> Hook.	Hepatic disorders like Jaundice.
08	Somalata	<i>Sarcostemma brevistigma</i> W.& A	Rejuvenator, General Tonic.
09	Paneer doda/ Rishyagandha	<i>Withania coagulans</i> Dunal.	General tonic, Aphrodisiac.
10	Kali Haldi	<i>Curcuma caesia</i> Roxb.	Used as cosmetic agent.
11	Kulanjan	<i>Alpinia galanga</i> Willd.	Cardio-tonic, cough, Laryngitis
12	Vanyaplandu	<i>Urginea indica</i> Kunth.	Cardio-tonic, General Tonic.
13	Manjistha	<i>Rubia cordifolia</i> Linn.	As a Blood purifier & In skin disorders
14	Yasthimadhu	<i>Glycyrrhiza glabra</i> Linn.	Hair tonic, Restores normal skin color, Used in Laryngitis, Pharyngitis.
15	Bandaal	<i>Luffa echinata</i> Roxb.	Anti pyretic, Haematinic
16	Kamarkass	<i>Salvia plebeian</i> R.Br	Causes cessation of semen. Used in premature ejaculation.
17	Marod Phali	<i>Helicteres isora</i> Linn.	Abdominal disorders
18	Arjuna Twak	<i>Terminalia arjuna</i> Linn.	Cardiac tonic.
19	Nagarmotha	<i>Cyperus rotundus</i> Linn.	Anti- pyretic, Anti dysenteric
20	Punarnava	<i>Boerhavia diffusa</i> Linn.	Anti-inflammatory
21	Nishoth	<i>Operculina turpethum</i> (L.) Silva Manso.	Anti-inflammatory, Abdominal disorders.
22	Vanyatulasi	<i>Ocimum basilicum</i> Linn.	Blood purifier
23	Kaalmegh	<i>Andrographis paniculata</i> Nees.	Antipyretic
24	Krishna Musali	<i>Curculigo orchioides</i> Gaertn.	Aphrodisiac
25	Shwet Musali	<i>Chlorophytum arundinaceum</i> Baker.	Aphrodisiac
26	Raasna	<i>Pluchea lanceolata</i> Oliver Hiern.	Analgesic, Cough, Fever
27	Vibhitaki	<i>Terminalia bellerica</i> Roxb.	Antitussive, Antipyretic, Anti-diarrhoeal
28	Haritaki	<i>Terminalia chebula</i> Retz.	In Eye disorders, As Haematinic agent
29	Amalaki	<i>Emblica officinalis</i> Gaertn.	Rejuvenator, Anti hemorrhagic
30	Chitraka	<i>Plumbago zeylanica</i> Linn.	Digestive, Appetizer, Antidiarrhoeal
31	Nagakesar	<i>Mesua ferrea</i> Linn.	Leukemia, Vomiting, Piles
32	Nirmali	<i>Strychnos potatorum</i> Linn.	Anti-Diabetic, Anti-diarrhoeal (Chronic)
33	Shalmali	<i>Bombax malabaricum</i> DC.	Rejuvenator, Blood purifier
34	Akakarahb	<i>Anacyclus pyrethrum</i> DC.	Analgesic
35	Arkapushap	<i>Holostemma annulare</i> K.Schum.	Diabetes, Cough
36	Shivlingi	<i>Bryonopsis lacinirose</i> Linn.	In Constipation, Oedema
37	Kapikacchu	<i>Mucuna pruriens</i> Bek.	Aphrodisiac, Rejuvenator
38	Aranyajeerak	<i>Centratherrum anthelminticum</i> I. Kuntze	Anthelminthic
39	Patala (root)	<i>Stereospermum suaveolens</i> DC.	Dyspnoea, Oedema, Hiccups
40	Agnimantha (root)	<i>Premna mucronata</i> Roxb.	In Oedema, Fever
41	Gambhari	<i>Gmelina arborea</i> Linn.	In Oedema, Fever
42	Shyonaka	<i>Oroxylum indicum</i> Vent.	In Oedema, Fever
43	Kala Dhatura	<i>Datura metel</i> Linn.	In Cough, Dyspnoea, Oedema.
44	Patharchoor	<i>Coleus aromaticus</i> Benth.	Urinary calculi, Dysurea
45	Bhainsa taad/ Hastikarna Palaasha	<i>Leea macrophylla</i> Roxb.	General tonic, Aphrodisiac
46	Ksheera Vidari	<i>Ipomoea digitata</i> Linn.	Appetizer, Digestive, Nutritive.
47	Semal Musali	<i>Salmalia malabarica</i> (DC.) Schott & Endl.	General tonic, Aphrodisiac

48	Maala kand/Hajari kand	<i>Eulophia nuda</i> Lindl.	General tonic, Aphrodisiac
49	Balam Kheera	<i>Cucumis sativus</i> Linn.	Diuretic, Blood purifier.
50	Lata Karanja	<i>Caesalpinia crista</i> Linn.	Antipyretic, Analgesic, Skin disorders.
51	Shati (Kapur Kachri)	<i>Hedychium spicatum</i> Hem.	In Asthma, cough & hiccough
52	Shigru (Seeds)	<i>Moringa pterygosperma</i> Gaertn.	Dysmenorrhea, abscess
53	Eranda (Seeds)	<i>Ricinus communis</i> Linn.	Laxative, Analgesic
54	Jayamangal / Asana seeds	<i>Pterocarpus marsupium</i> Roxb.	In Diabetes and Skin disorders.
55	Vishnukranta (Seeds)	<i>Evolvulus alsinoides</i> Linn.	Memory booster, General tonic, Aphrodisiac.
56	Kamani (patala beej)	<i>Stereospermum suaveolens</i> DC.	In Oedema, Dyspnoea
57	Laangali (Kalihari)	<i>Gloriosa superba</i> Linn.	General tonic, Digestive, Used as Abortifacient by tribal people.
58	Chakramarda	<i>Cassia tora</i> Linn.	Skin disorders & as a General tonic.
59	Indrayan (Root)	<i>Citrullus colocynthis</i> Schrad.	Jaundice, Arthritis
60	Peet palash pushpa	<i>Butea frondosa</i> Koen.ex Roxb.	Sin diseases, Dysuria
61	Sanjeevani	<i>Selaginella rupestris</i> (L.) Spring.	Rejuvenator, General Tonic
62	Gorakh mundi	<i>Sphaeranthus indicus</i> Linn.	Anemia, obesity
63	Paras peepal	<i>Thespesia populnea</i> Soland. ex correa.	Skin disorders
64	Reetha	<i>Sapindus mukorossi</i> Gaertn.	Analgesic, anti-inflammatory
65	Daruhaldi/daruharidra	<i>Berberis aristata</i> DC.	Jaundice, Hepatomegaly
66	Gudmar/madhunasini	<i>Gymnema sylvestre</i> R.Br.	Diabetes, Oedema
67	Ratalu / Raktaalu	<i>Dioscorea alata</i> L. KAL.	General tonic, Aphrodisiac
68	Lajwanti	<i>Mimosa pudica</i> Linn.	In Piles, Fistula, Diarrhoea, Amoebic dysentery, Leucorrhoea
69	Putranjiva	<i>Putranjiva roxburghii</i> Wall.	In Sterility & Ophthalmic disorders
70	Tejraaj	<i>Ipomea sepiaria</i> Koen.	General tonic, Aphrodisiac
71	Kamraj	<i>Cynoglossum lanceolatum</i> Forssk.	General tonic, Aphrodisiac
72	Majuphal	<i>Quercus infectoria</i> Oliv.	Anti-diarrheal, dysentery
73	Dhataki pushpa	<i>Woodfordia fruticosa</i> Kurz.	In Diarrhoea, Dysentery, Menorrhagia, Leucorrhoea.
74	Palash (Seeds)	<i>Butea monosperma</i> Roxb. ex Willd.	Diabetes, Leucorrhoea, Bleeding piles, Worm infestation.
75	Gokhru/Gokshur	<i>Tribulus terrestris</i> Linn.	Diuretic, Tonic, Used in Urinary calculi, Urinary discharges, Sexual- inadequacy, Diuretic, Antipyretic (measles), Used in Burns, Leucorrhoea.
76	Kullatha	<i>Dolichos biflorus</i> Linn.	General tonic, Aphrodisiac, Anti-Abortifacient
77	Lakshmana kand	<i>Cynoglossum lanceolatum</i> Forssk.	Rejuvenator, General tonic, Aphrodisiac
78	Ashwagandha	<i>Withania somnifera</i> Kaul.	Menorrhagia, Metrorrhagia, Bleeding disorders.
79	Laksha	<i>Laccifer lacca</i> Kerr.	Constipation, Abdominal disorders.
80	Sonamukhi (senna-leaves)	<i>Cassia angustifolia</i> Vahl.	In Osteoarthritis, Piles
81	Madhuka	<i>Madhuca indica</i> J.F.Gmen.	Analgesic, chronic cough
82	Maida chaal (medasak bark)	<i>Litsea glutinosa</i> (Lour.) C.B.Robin	Anti inflammatory, Analgesic, In Hemorrhoids, Diarrhoea, Dysentery
83	Shallaki (resin)	<i>Boswellia serrata</i> Roxb.	Hypolipidemic, Analgesic
84	Guggulu (resin)	<i>Commiphora wightii</i> (Arnott.) Bhandari.	In Diarrhea, Dysentery, Piles.
85	Dhava (resin)	<i>Anogeissus latifolia</i> Wall.	Blood purifier, Antipyretic, In Bleeding piles, Jaundice.
86	Ananthmool	<i>Hemidesmus indicus</i> R.Br.	Liver disorders, Diabetes, In Burns.
87	Janglee Karela or Vanya Karvellaka	<i>Momordica balsamina</i> Linn.	In Joint pain, Leucorrhoea
88	Midaki (parasite growing on the roots of Nirgundi)	<i>Alectra parasitica</i> var. <i>chitrakutensis</i> Rau.	

89	Kaitha/kapittha	<i>Feronia elephantum</i> Corr.	Fruits are Digestive, Carminative. Bark is used in Diarrhoea, Dysentery.
90	Nirgundi	<i>Vitex negundo</i> Linn.	Rejuvenator, Aphrodisiac, Anti-inflammatory, Analgesic, Antipyretic.
91	Amragandhi haridra	<i>Curcuma amada</i> Roxb.	Anti allergic, wound healing, Anti-Diabetic
92	Chandrashur	<i>Lepidium sativum</i> Linn.	Analgesic, dysmenorrheal
93	Sindhoori	<i>Bixa orellana</i> Linn.	Blood purifier, In Jaundice, Dysentery, Diarrhoea.
94	Bijaka	<i>Pterocarpus marsupium</i> Roxb.	In Anaemia, Worm infestation, Skin diseases, Diabetes, Obesity.
95	Nimba	<i>Azadirachta indica</i> A.Juss.	In Skin disorders, Fevers, Diabetes.

The fair was arranged in such a way that original flavor of Indian culture especially of M.P was evident at every corner and all aspects like food fair, fancy fair etc.

#### Public response:

The fair attracted the People from different parts of the country who keep keen interest in traditional medicine, traditional practitioners, raw drug suppliers, pharmacists and students of various Ayurvedic colleges. It was quite successful enough to attract and drag the attention of 'common man' towards the traditional medicine.

The involvement of the students of Ayurveda and Naturopathy who were busy in taking photographs and noting down the folk and traditional uses of the raw and wet drugs displayed in the fair was the evidence of its success.

As it was a herbal fair of an International level, visitors who were regularly attending this fair since 2001 found to be unhappy regarding the high price of the raw materials in the sale and some traditional practitioners costumes were mimicking the Sadhus (saints) which looked merely an exaggeration at least to locals.

People got crowded at the stalls selling herbal tea and herbal toffees. Consumers also evinced keen interest in bamboo and wood furniture and traditional dishes of various regions.

Totally the overall arrangements, management and the outcome of the fair was a grand success.

#### Take home message:

- The herbal fair gave an international platform for Indian systems of medicine and to those engaged in herbal drug business.
- The fair provides an opportunity for the Ayurvedic pharmaceutical industry to get connected with the raw drug suppliers and forest dwellers to meet the need for the raw materials.
- Herbal wealth of Madhya Pradesh state was showcased in an attractive and informative manner.
- People were benefited by the opportunity to interact and experience the traditional diagnostic methods like Nadi PareekshaVidhi.
- The method of displaying the raw and wet drugs by State Minor forest produce Federation was informative and attractive.
- The attempt to involve the school going children in order to create interest and care towards our ancient traditional medicines and herbal wealth of India was a role model for the organizers of similar kind of fairs.
- It was a fair where traditional medicine, food, education and culture was collectively showcased.