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Constraints in Cultivation of Medicinal Plants in Nagaur District of Rajasthan

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The sole author designed, analysed, interpreted and prepared the manuscript.

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ABSTRACT

The practice of growing herbs is a very ancient trend, and several studies have been conducted and are still being conducted in this field. It is terrible that we do not seem embarrassed to admit this, even when we are just beginning this practise. It is true that there has never been a complete standardisation of this agricultural certification. Herbs are a good option during this transitional time. It is imperative that you proceed with extreme caution if you plan to engage in agriculture. The present study deals with the problems and prospects in cultivation of Medicinal Plants. The study was conducted in Nagaur district of Rajasthan. A sample study of 11 villages out of ten tehsils of Nagaur district has been done. By selecting 11 sample villages from different tehsils of Nagaur district as primary sources, an attempt has been made to collect data and information and analyse various aspects of problems related to the cultivation of medicinal plants in the area. In the past years, the surprising changes in the general cropping pattern and the facts related to it have been studied and various dimensions of cultivation of medicinal plants have been studied considering tehsil wise level as the regional base unit. The problem of saline water, lack of surface water resources and problems in propagation of medicinal plants are the major problems faced by the farmers in the study area.

Keywords: Medicinal plants; herbs; problems; farmers; cultivation.

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1. INTRODUCTION

Due to the geographical conditions of India, the biodiversity here is famous all over the world. Indian biodiversity began to be over-exploited after the arrival of the British. By exploiting the naturally advanced herbs in India, the British extracted their extract and started selling them all over the world. Indian herbs being in demand all over the world, exploited it mercilessly. The development of the allopathic pharmaceutical industry grew progressively and due to this reason, they became in high demand for herbs. By exploiting the various herbs unlimitedly from their enslaved Asian countries, the British almost brought them to the verge of extinction. India was once a vast storehouse of herbs. This wealth had brought our country into the category of the richest nations of the world, with the passage of time, the area of our forests decreased due to many reasons, as a result of which this stock of herbs decreased. As this property dwindled. Our country grew towards poverty. Although we have made progress in the areas of others, yet we are not able to meet the losses due to the destruction of forest wealth. Therefore, if India is to be made prosperous again, then we have to commercial cultivation of herbs on a large scale we have destroyed knowingly unknowingly.

For thousands of years, developing nations have utilised medicinal herbs. According to estimates from the World Health Organization (WHO), traditional healthcare systems constitute the major source of primary healthcare for 70–80 percent of the population in Africa, India, and other developing countries. In indigenous medical systems like Ayurveda, Unani, Siddha, Traditional Chinese Medicine, Tibetan Medicine, Julu, etc., medicinal plants (MPs) and herbal remedies play a significant role in the treatment process [1].

Due to the escalating expense of allopathic drugs, which also have negative effects, medicinal plant cultivation is on the rise. The growing of medicinal plants is highly desirable commercially [2].

Growing interest in their cultivation is a feasible alternative for enhancing smallholder farmers' incomes and preserving the existence of such resources and ecosystems due to the rising demand for therapeutic goods made from indigenous medicinal plants. However, there are significant obstacles to the production of these

beneficial plants for subsistence farmers. It was important to investigate if growing medicinal plants may alleviate rural poverty while also protecting the endangered local biodiversity [3].

According to Amujoyegbe et al. [4] the rural economy greatly benefits from medicinal plants. More individuals than ever are interested in gathering, trading, and using medicinal plants, in addition to traditional healers who practise traditional medicine. In developing nations, like Nigeria, the widespread utilisation of medicinal plants in folk remedies (TM) is primarily a result of the resource base's diversity, adaptability, ease of accessible, and affordability, especially for the rural poor.

The health care system is heavily reliant on herbal remedies and medicinal plants. Herbal medicines are becoming more and more popular due to its superior compatibility, fewer side effects, and cost-effective healthcare. The primary uses for herbal sources are in medicine, cosmetics, and appendage [5,6,7]. Herbal medicine has been more popular, making it a hotbed for research and development. India is a gold mine of medicinal plants due to its wealth in codified and traditional knowledge about them as well as the country's varied cli- matic conditions, population, and rainfall patterns. The Latin word "herba" and the ancient French word "herbe" are the origins of the term "herb" [8].

According to Kiran et al., [9] degraded terrain covers a sizable portion of the globe, particularly in India and other emerging nations. The urge to produce the more food is great in emerging countries because of the increasing population growth. India has historically had a very excellent variety of medicinal plants, but owing to population growth, some significant species that did lose their diversity and are moving closer to extinction. Indian medicinal plants are in high demand on the global market. Since other medical plants also recover the countries deteriorated soil, it is possible to produce vital medicinal plants there in order to preserve them.

The Ministry of Environment and Forests, Government of India recorded approximately 9500 plant species depending on how important they are to the pharmaceutical industry. Few species of medicinal and aromatic plants (MAP) are produced on cropland; most are harvested from wild sources [10]. Most herbal companies gather therapeutic plants and plant parts from sources in the forest. The supply of therapeutic

plants may also be threatened by an excessive or unreasonable collection. Industrialization and biodiversity loss have become major threats to the survival of species of medicinal plants.

According to Rios and Recio [11] to understand medicinal flora and its true worth, it is vital to investigate medicinal plants as antimicrobial agents, but using a standard technique of investigation is crucial. The quantities or dilutions employed must also be suitable.

1.1 Medicinal Plants Found in the District and their Regional Description

Substantial variation is found in the cultivation of medicinal plants under different tehsils of Nagaur

district. In some tehsils of Nagaur district, the cultivation of medicinal plants is being developed adequately, whereas in some parts, despite the geographical favourable conditions. agriculture of medicinal plants has not been developed adequately. The farmers here are still producing common crops using traditional methods of agriculture. Through these traditional methods farmers are getting substantial benefits. Because these crops are more suited to the geographical conditions than other common crops. The regional pattern of production of medicinal plants in Nagaur district can be explained from the following table. Various villages cultivating medicinal plants have been displayed under different tehsils of Nagaur district in the Table 1.

Table 1. Medicinal plants found in the district and their regional description

Sr. No.	Common Name	Scientific Name	Region
1	Aonla	Emblica officinalis	Nawa, Didwana
2	Ashwagandha	Withania somnifera	Merta, Degana
3	Isabgol	Plantago ovate	Didwana, Makrana, Kuchaman,
			Parbatsar
4	Guggal	Commiphora roxburghii	Kuchaman Parbatsar, Rajpura
5	Castor	Ricinus communis	Didwana, Riyambadi, Parbatsar,
			Moulasar
6	Aank	Calotropis procera	Ladnu, Didwana Nagaur, Makrana
7	Gwarpatha	Barbados aloe	Didwana, Kuchaman, Makrana,
			Parbatsar, Rajpura, Deeppura,
			Nimbajodha, Jhadod, Dingal, Alakpura
8	Gokharu	Tribulus terrestris	Nagaur, Khinvsar, Ladnu, Didwana
9	Kharaiti	Sida cardifolia	Ladnu, Kheersar, Makrana, Parbatsar
10	Dhatura	Datura stramonium	Riyambadi, Thanwala, Didwana,
			Kuchaman, Parbatsar
11	Brajdanti	Barieria prionitis	Degana, Parbatsar, Makrana, Nao,
			Kuchaman
12	Bhui Aonla	Phyllanthus Miruri	Parbatsar, Degana
13	Safed Aank	Calopropis gigantean	Ladnu, Didwana, Nagaur Khinvsar,
			Mundwa
14	Satyanashi	Argemone Mexicana	Didwana, Ladnu Nagaur, Jayal,
			Parbatsar
15	Giloy	Trinaspora carditolia	Kuchaman, Riyambadi, Thawla, Ladnu,
			Mithdi
16	Naagfani	Opuntia dillenli	Parbatsar, Kheersar, Nagaur, Nawa
17	Adusa	Adhatoda vasica	Kuchaman, Parbatsar, Makrana
18	Ootkatloo	Echinops echinatus	Makrana, Degana, Mundwa, Ladnu
19	Kair	Capparis decidua	Ladnu, Didwana, Makrana, Parbatsar,
			Degana
20	Khejri	Prosopis cineraria	Ladnu, Didwana, Jayal, Makrana, Nagor,
			Khimsar
21	Tulsi	Ocimum sanctum	Kuchaman, Degana
22	Khair	Acacia catechu	Parbatsar, Ladanu, Degana
23	Neem	Azadirachta indica	Nimod, Moulasar, Kuchaman
24	Pipal	Ficus religiosa	Makrana, Gachipura, Degana
25	Punarnava	Bochavia diffussa	Makrana, Parbatsar, Nawa

Sr. No.	Common Name	Scientific Name	Region
26	Babul desi	Leuaena aribica	Makrana, Parbatsar, Nawa, Degana
27	Safed musli	Chlorophytum bhorivilanum	Thanwala, Riyambadi, Degana, Merta, Kuchaman
28	Hingot	Blanites roxburghil	Ladnu Jayal, Nagaur, Khivasar Parbatsar, Makrana
29	Sisum	Dalbergia sissoo	Kuchaman, Moulasar Riyambadi, Barighati
30	Jharber	Zizyphus nummularia	Ladnu, Didwana, Nagaur
31	Inderayann	Citrullus colocynthis	Ladnu, Didwana, Kuchaman
32	Sankhpushpi	Evolvulus alsinoides	Ladnu, Didwana, Kuchaman, Parbatsar
33	Ratanjoot	Jatropha curcus	Ladnu Kuchaman, Adaksar, Lalas Code, Riya
34	Sanay	Cassia angustifolia Vahl	Nagaur, Khinvsar, Mundwa
35	Methi	Trigonella foenum	Tarnau, Nagaur, Jayal, Didwana, Kuchaman
36	Sarpunkha	Tephrosia purpurea	Nagaur, Didwana, Ladnu, Makrana, Kuchaman, Parbatsar

Source: Primary data

Due to climatic temperature, rainfall, soil and various social and economic factors, there is considerable variation in the regional distribution of medicinal plants in different areas of Nagaur district.

2. MATERIALS AND METHODS

The study was conducted in Nagaur district of Rajasthan. In the past years, the surprising changes in the general cropping pattern and the facts related to it have been studied and various dimensions of cultivation of medicinal plants have been studied considering tehsil wise level as the regional base unit. The present research work is related to the cultivation of medicinal plants of Nagaur district and its type experiences, for this study, research material has been collected from primary and secondary types of sources.

A sample study of 11 villages out of ten tehsils of Nagaur district has been done. By selecting 11 sample villages from different tehsils of Nagaur district as primary sources, an has been made to collect data and information and analyse various aspects of problems the cultivation of to plants in the area. Along with this, the farmers associated with the cultivation of medicinal plants, various facts related to the cultivation and problems in cultivation of medicinal plants have been analysed by conducting interviews about functional experience from the nomadic and tribals, concerned agricultural officials using naturally available forest medicines.

3. RESULTS AND DISCUSSION

The trend of cultivation of herbs is very old, many research work has been done in this area and many are going on but it is sad that we do not feel ashamed to say that even in its initial stage in doing herbal cultivation. Yes, this is also true that agricultural certification has never been fully standardized. In such a transition period, you can use herbs If you are going to do agriculture then it is necessary that you should take very careful steps.

Despite many efforts, medicinal herbs sector is comparatively lagging behind other areas. Jodhpur in Rajasthan, despite the adverse geographical conditions more than Nagaur district, today Jodhpur holds its special place in the cultivation of medicinal plants. From where we produce medicinal herbs according to the demand of the country and abroad. On the other hand, Nagaur is very backward in terms of agriculture of comparative medicinal plants. The cultivation of medicinal plants in this region suffers from many problems. Which affects the quantity and quality of production. The following are the major problems of medicinal plants in Nagaur district.

3.1 Lack of Sufficient Information

The cultivation of medicinal plants is only one type of crop, but in its production it is necessary to follow a different agricultural method from the normal food crops. Today the people of the area are unaware of this information. Due to which they want to sow normal crops in their fields.

Because neither do they cultivate medicinal plants, even if they do agriculture, they do not pay special attention to it. In the absence of other information, the crops of medicinal plants produced by them are not suitable in quantitative and qualitative terms. Due to which they are not able to get suitable price. Which has a direct impact on the cultivation of medicinal plants. Due to which they do not like to do cultivation of medicinal plants in future. Due to the high level of education and knowledge in Thawlan, Rotu of Nagaur, medicinal plants are cultivated in sufficient quantity whereas in other areas this agriculture is negligible.

3.2 Changes in the form of Medicine

The basic form of herbs contains various elements. According to their requirement, any one component is removed from them and used. This new process is also not fitting well. In the form in which nature created the herb by merging various elements, a method was developed to use it by tampering with it and removing only a certain element from it. Their results should be fine for some time. But after a long time, the same problems started coming in the use of synthetic medicines, as a result various herbal medicines made in China were also banned in America.

In traditional medicine, medicine uses the plant as a whole. Her natural nature is not to be tampered with. We cannot call the medical system of Ayurveda as traditional medicine. It is a science and a classical method. There is also a science of construction in this. But at present, there are many challenges in front of Ayurveda. The substance (from which the medicine is made, the original is not found.) Due to the cost of gold, silver, mica, diamond etc., they are not used properly. Due to which those medicines are not more effective.

3.3 Immoral Exploitation of Herbs

India's diverse geographical structure and climate make it rich in biodiversity and due to this, India has a different identity in the world scenario. Many valuable medicinal plants are also found in this biological wealth, which have been used in the manufacture of medicines since time immemorial. But today there are many such valuable rare medicinal plants. Those whose existence is in danger now, but they are rarely seen and if they

are not protected, then they will soon be destroyed.

The problem of uncontrolled exploitation has taken a formidable form today. Today in Nagaur district, like the whole country, the forest areas are getting narrower, in which valuable forest medicines were found. Apart from medicine, it also played an important role in environmental balance. Therefore, judicious exploitation of forestry has become a necessity today.

When the demand for all these medicinal plants is increasing in the world markets, then we have to first meet the demand of the internal market in our own country. 80-90 percent of the demand of indigenous mandis is met only by herbs that grow naturally in the forests. Although there is a ban on it, but it is on paper. Adusa, Pasar, Katehri are being exploited by filling many trucks from the mountains of Aravalli, but does any contractor spend on scattering the seeds of these medicinal plants in these forests. We are exploiting nature for our selfishness. Large Lakshmi worshipers sitting in Khari Baoli became lakhpatis/millionaires by the herbs that were uprooted from these forests. How many have gone to the forests and planted saplings, how many have spent part of the profit on spreading Sarpagandha seeds / Ashwagandha seeds. We all have to be aware. One has to become the watchdog of the forests and the protector of our natural wealth.

Due to the increasing population day by day and the unethical exploitation of herbs from the forests, it is necessary that the cultivation of herbal medicines should be started on the basis of the geographical climate, although the natural source for medicines is forest and vegetation. But due to the increasing demand of herbs in the country and abroad and the depletion of forests, the supply of herbal medicines is not possible from the forests. Some useful herbal medicines found in the climate of Himalayas Kanyakumari have come under the category of endangered, as a result of which the Ministry of Environment, Government of India has banned these herbs in drug use. Therefore, it is necessary that according to the climate of India, cultivation of medicinal plants should be done on a large scale immediately through government voluntary organizations and pharmaceutical factories. Today many states of India including Rajasthan are being exploited continuously which need to be stopped.

3.4 Use of Modern Insecticidal Chemical Fertilizers

While cultivating herbs, special care should be taken to ensure that the medicinal elements, such as virulence, semen, vipak and functional elements, can be made available, the selection of a specific role for the medicinal quality, the selection of the central (compost) fertilizer and nodo factors. Important role. By using suitable pith (soil) and compost manure, more elements are found in medicinal plants.

As it is well known that the population is increasing day by day, and the ratio of land per capita is decreasing, the population of cities is also increasing, villages are getting destroyed. Increasing urbanization has swallowed the surrounding fertile land and due to the horrific threat of environmental pollution, due to water pollution, land pollution, air pollution, this ill-effect is increasing on the immovable forest and all the living things and living beings. Due to which the crisis of subsistence of healthy life of human has arisen, on the other hand, the government believes that due to the increasing population, the experience of developed countries in relation to the use of chemical fertilizers for the supply of food items. Millions of acres of land in America are becoming wasted due to excessive use of chemical fertilizers, although today the world has come to know the increasing side effects of pesticides on human chemical health Nevertheless, the use of these insecticides is increasing rapidly to increase drug production. Research has proved that the chemical elements of pesticides present in food items reach our body through food and the toxic elements get deposited in the cells and skin. This can not only cause cancer but also cause genetic diseases.

Today, the farmers of Nagaur region have selfishly started using pesticides and chemical fertilizers in the cultivation of medicinal plants after the food grains, due to which the medicines made from medicinal plants are producing a fatal effect in place of their natural properties, which is a danger to the whole world. Is the sign. Due to which they are not getting proper priec for it.

3.5 Less Area of Cultivation of Medicinal Plants in Agricultural Land

Nagaur district is an agricultural area and here 70 percent of the population is dependent on agriculture, which produces Rabi and Kharif crops, but even today the trend of these farmers is less towards medicinal plant agriculture, due to

which the medicinal plant area of this agricultural land is very less. Which is negligible in the total agricultural land, only Isabgol is such a medicinal plant whose area is much more than other medicinal plants, while the area of medicinal plants is increasing rapidly in the nearby areas. For example, in Jodhpur district, Sonamukhi, Erand, Mulethi, Safed Musli etc. have increased their medicinal cultivation area by cultivating different types of medicinal plants. Similarly, cultivation of medicinal plants is being done in a large quantity in Bhilwara also.

3.6 Excessive Exploitation of Water

Nagaur district comes in the geographically (Nagauri highland) area, which is a plain part and there has always been a shortage of water in this area. Although the water level is fine in some semi-arid areas, yet more attention is paid to other agricultural crops, which require more irrigation. Although some medicinal crops are also grown in dry areas, but still the need of irrigation is felt once or twice, some areas of Ladnu, Makrana, Didwana and Khinysar Tehsilo of Nagaur district, where the water level has reached a very critical condition. Where even today, drinking water is not available in sufficient quantity even during summer, in that situation the farmer cannot provide water for these crops. In areas where the water level is high, it is exploiting water on other crops.

3.7 Lack of Surface Water Sources

Surface water is a major problem in the district as there is no major river in this area. Only one river Luni is the main river of this region which passes through the border parts of the southern region of the district. In the rest of the area, there is no means other than a few small ponds on the surface level. No agricultural work is done through these ponds. The river is also only rainy which provides water during rainy days. Harsore drain on a small scale also provides water only during the rainy season, whereas underground water is available at a great depth and it is also being used in large quantities. This problem is increasing day by day.

3.8 Problem of Saline Water

Saline water is a major problem in the study area. As it has been said earlier that the water level here is very deep and at that depth also the water is saline. Which can neither be used for drinking water nor in agricultural work. For this reason, the saline layer gets deposited on the

ground after harvesting with salt water. Due to which the production capacity of the farm is greatly reduced or even destroyed. The farmer does not want to take that much risk. Thus, the land of Nawaa, Kuchaman, Didwana area which is known for salt production is highly saline land on which no crop is grown. The field farmer is forced to do other business.

3.9 Shortage of Forest Posts

The forest area in Nagaur district is very less, but some hills of Aravalli ranges are located in the south-east region of the district, in which many types of forests have been found and in this area the forest department has made a forest post in Kuchaman and Parbatsar area, but these Apart from the areas, the lack of posts has been found in the plains where local people are destroying forests due to lack of knowledge. There is no separate post in Makrana area.

3.10 Problems Related to Marketing of Medicinal Plant Crops

Initially, when the farmer cultivates these crops and sells it, the trader doubts the quality of our goods, if the farmer sells the goods on credit, then the payment does not come on time. When farmers prepare new crops, they do not get specific information related to their marketing, due to which they feel cheated, they doubt whether there is any risk in what they are going to sell or buy. In the absence of grading packing of medicinal crops, they do not get proper benefit from it.

3.11 Risk of New Medicinal Plant Crop

Traditional crops are easily cultivated by the farmer, but when he cultivates medicinal plants, he has to take a risk. For example, at the time of weeding, hoeing, there is a lack of many modern agricultural implements. Farmers cannot buy these tools at their level and are not available in the market. The risk of farmers can be reduced through crop insurance. But due to ignorance of knowledge, the farmer is not able to insure the crop and can damage the crop. Pesticide insufficiency is a major problem. The quality and quantity of pesticide is not available in the nearest market area.

3.12 Administration's Distaste for Medicinal Plant Agriculture

In the area, when the farmer does this farming by taking the risk, then the local administration are

not showing interest in this, due to lack of publicity, training, lack of information about government grants and timely grants. The main problem here has been farmers' lack of access to government offices keeps going round and till his harvest is complete is not available.

3.13 Problem of Training for Medicinal Plants Agriculture

There is lack of training facilities in Nagaur area for cultivation of medicinal plants as there is no training institute in this area. They have to go to Jodhpur, Indore, Chandigarh, Central Institute of Medicinal and Aromatic Plants (CIMAP). Lucknow for training. As far as these areas are concerned, this area is situated at a sufficient distance except Jodhpur. There is additional expenditure burden which is not possible considering the initial condition of the farmers here. Without training, the cultivation of medicinal plants is not very profitable, so even today, the cultivation of medicinal plants here is in its initial stage.

3.14 Problem of Seed or Planting Material

Easy availability of seeds or planting material is essential in the cultivation of medicinal plants, because the seed or planting material is very important in the production of any crop. Since the seeds of food crops are easily available, but the seeds have to be brought from outside areas for the crop of medicinal plants, the farmers get the seeds of medicinal plants from the farmers cultivating other medicinal plants, otherwise these Seeds are procured from the means of cultivating various medicinal plants. For example, the farmers of Tuticorum (Tamil Nadu), Kutch (Gujarat) and Seemap (Lucknow), Rajasthan Agro Forestry have to be ordered from Jodhpur to get excellent quality seeds, which are very difficult for the farmers of Nagaur district who are economically backward. Due to this it adversely affects the cultivation of medicinal plants.

3.15 Problems of Propagation of Medicine for Agriculture

Even today, there is a lack of adequate promotional resources related to the cultivation of medicinal plants. Farmers do not have sufficient knowledge about the method of cultivation of medicinal plants. Nor do the buyers get to know about the crops produced. For this, through publicity, farmers can get complete information about the planting material, while the crops

produced by the farmers can get buyers. At the same time, it will easily expand the cultivation area of medicinal plants. At the same time, the general public will be able to get information about the properties of medicinal plants, which will naturally increase the demand and encourage the cultivation of medicinal plants.

3.16 Lack of Education and Public Consciousness

The literacy percentage in the district is 58.26 in 2001, which is much lower than the literacy rate of 61.03 in Rajasthan. Due to lack of education, the percentage of traditional farming method is still highest here, where literacy level is satisfactory only in Kuchaman and Didwana, hence the percentage of cultivation of medicinal plants is high in these areas. At the same time, public consciousness is also found more here. The farmers here go to Delhi and Lucknow for training. In this way, education and public awareness is necessary for the all-round development of this area.

3.17 Problem of Value Addition

Although this area is rich in terms of medicinal plants, but even today, due to lack of proper process of value addition, the full development of medicinal plants could not take place here. The demand for medicinal plants can increase in the world with proper presentation but there is not enough facilities for value addition. Therefore, the agriculture here is in a backward state.

3.18 Inadequate Development of Rare and Useful Plants

Even today there are reserves of many rare flora in the Nagaur region. All round development of this sector is possible by paying proper attention to whose products. But due to lack of local consciousness and proper information efforts, this area is still backward from this point of view. Even today, with conchpushpi, aak, indrayana, castor, gokhru, satanashi, useful and valuable medicines are cut as weeds.

4. CONCLUSION

Many problems are being faced in the cultivation of herbs like problem of saline water, lack of surface water resources and problems in propagation of medicinal plants are the major problems faced by the farmers in the study area.

The continuous research work, strong marketing arrangements, educating farmers and bringing among them. making awareness presentations to increase the value of herbs and getting them good prices, different- Organization of separate pharmaceutical producers, setting up a single window for export in each region, systematically disseminating the properties of Indian herbs all over the world at a fast pace, etc. By earning foreign exchange, the country can be strengthened. Collective certification of organic farming at the government level will prove beneficial for the country and the farmers. Plants whose production is possible only in India. It is very important to take them in the list of priority and do special work on it. Such exotic plants whose cultivation is possible in the geographical conditions of India, it is absolutely necessary to them here. Modernization and produce certification of herbal industrial units is very important. If you want to be competitive in the world market, you have to meet the quality standards.

It is clear from the study that there are various problems related to the cultivation of medicinal plants in Nagaur region. For the development of medicinal plants in the area, necessary efforts are necessary to solve these problems.

NOTE

The study highlights the efficacy of "HERBAL Medicine" which is an ancient tradition, used in some parts of India. This ancient concept should be carefully evaluated in the light of modern medical science and can be utilized partially if found suitable.

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COMPETING INTERESTS

Author has declared that no competing interests exist.

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