AROMATIC GARDEN IN INDIA

The principal aim of the "Aromatic & Herbal Garden" is to preserve and promote the medicinal values of the various plants, that grow wildly in our surroundings, whose properties are beneficial in maintaining a balance between man and nature. The "Aromatic & Herbal Garden" which normally consists of almost 400 species of Aromatic & herbal plants, is designed to accommodate a variety of medicinal and herbal plants to facilitate the people for Natural Home Remedial Cure for a variety of sickness & diseases which are alarmingly increasing.

During ancient times, in India there used to be "Gurukul" where the children used to stay & study. Such Gurukul's were located somewhere inside or near to Jungles (forests). At that time, after study, the Guru of such Gurukul used to take his all students to the forest to show them various kinds of medicinal plants, which they use to make herbal preparations. It was part of their syllabus called AYURVEDA. Olden days VAIDYA's are an example of this. But as the time passed, due to scarcity of land with increased populations, jungles are being destroyed & the same place is taken up by the concrete jungle. Also, due to urbanization, ALLOPATHIC System of medicine took over the AYURVEDA. Due to which our current generation knows very little about herbal preparations & their importance. Home made remedies are still a point of Joke for them.

In the 20th Century, it was only the Allopathy, which was most popular system but since each coin has two sides, the drawbacks of this system started coming to picture. Mostly all the Allopathic medicines are have some or other, minor or major side effects. No doubt it has the fastest effect if given via injections but at the same time, if no proper dosage/ method of administration is followed, it can cause severe side effects & may be sometime death. On the other side, Ayurveda is the safest system of Medicines. It has slow but long term effect & is very much useful & beneficial for long term diseases like Diabetes & Hypertension without any side effects. In Ayurveda, if medicine is not taken as per instructions, the only thing can happen that it will have no effects but it will not cause any side effects in any situation. In Ayurveda, herb being the source of medicine, it is in the most natural form without any synthetics, additives, preservatives & many a times, it is a part of our daily diet but only the combinations with other herbs makes it a medicine.

Seeing this present scenario, it's the right time to get back to our traditional system of medicine i.e. Ayurveda for which the first step to be taken is to make our younger generation aware about what are plants, how they look like, how they are cultivated/ harvested/ distilled/ stored & used. The Aromatic & Herbal Garden is nothing but a place where all such facilities are demonstrated below one roof.

Aromatherapy which is a part of Ayurveda has taken the place of Allopathy system of medicine in 21st Centuary. Aromatherapy has been around and has been practised in one form or another since the beginning of civilization. It is the art, and science, of using oils extracted from aromatic plants to enhance health and beauty. Apart from the physical benefits, essential oils can have subtle effects on the mind and emotions. The essential oils taken from plants and used in Aromatherapy have been described as their "life force" - they are essential to the plants' biological process, as well as being the substance, which gives them their scent. Synthetic oils, even if chemically similar, will lack all the natural elements, and that vital life-force, that make essential oils so valuable therapeutically. Also the Aromatic Oil used in Aromatherapy should not only have the acceptable Aroma but also BIOACTIVE ingredients which in combination with other ingredients has synrgising effect. BIOACTIVITY of Aromatic oils used in Aromatherapy is the main reason for their therapeutic effect.

Our main emphasis is to promote such Aromatic park which will cover following plants that contain BIOACTIVE INGREDIENTS as their constituents which along with other chemical ingredients in themselves have Synrgising effects. A single BIOACTIVE INGREDIENTS does not have SYNERGISTIC EFFECT unless until it is in combination with others that means BIOACTIVITY is only important criteria of an Essential Oil if it is going to be used for Medicinal & therapeutic purpose.

Our former President Dr. APJ Abdul Kalam a Visionary Scientist who has ignited the need for Nuclear research has realized the significance of Aromatic & Herbal Garden & thus come forward to revolutionize the concept by taking the initiative by planting these herbs at his own residential courtyard. Dr. Kalam has promoted the cultivation of the Aromatic & Medicinal plants & started doing this at RASHTRAPATI BHAVAN.

A Herbal Garden developed by Medicinal Plant Board in contribution with National Botanical Research Institute, Lucknow (NBRI) at Rashtrapati Bhavan was inaugurated on the 2nd of October 2003 by the Hon. President with the planting of a sapling of Asoka.

This herbal garden is in an area of about 4000m^2 conserving 39 medicinal & aromatic plants. This garden owes its creation to the guidance & supervision of Shri. R.B.S. Rawat, CEO, National Medicinal Plants Board and the personal efforts of Dr. Behl (NBRI, Lucknow), Mr. Rao (Forest Dept. Chattisgarh).

NBRI is an internationally well-known research center in India and it focuses on both basic and applied aspects of plant sciences (Director : Dr. P.Pushpangadan).

While working on Biodiversity, Bioinformatics, Biomass Biology, Biotechnology, Conservation, Ethno-pharmacology, Floriculture, Plant Physiology, Genetics & Plant Breeding, Molecular Biology & Genetic Engineering, Natural Product development, etc., it caters to the need of almost every aspect of plant research in South Asian region in general and India in particular. Both basic and applied research programmes in all the above said plant sciences are dealt by NBRI scientists.

The medicinal herbal garden has been built for promoting awareness (especially amongst children) about the herbal plants and to familiarize people with the same. It will also help in recognizing and popularizing the traditional medicinal practices of India. Bio-diversity conservation and generation of a field gene bank for rare and important plants are also among the objectives of the garden.

The elliptical garden has 8 sectors that contains plants used in the cure of various diseases, the sectors being :

a) Digestive System b) Blood & Circulatory System c) Skeleto Muscular System d) Skin care System e) Urinogenital System f) Respiratory System g) Inflammations & fevers system h) Nervous System.

The plants are planted in 4 rows, outermost row has tree species, the next row has shrubs & climbers, and the inner 2 rows has herbs. The garden also has 4 thematic corners containing plants used under *Bal Ayurvedam, Nari Ayurvedam, Pashu Ayurvedam, and Nraksha Ayurvedam.*

The important plant species that are generally found at the herbal gardens are :

1. Anethi Oil (Dillseed Oil),
2. Angelica Root Oil (Archangelia),
3. Angelica Root Oil (Glauca), Artmesia Oil (Annua),
4. Basil Oil, Bergamot Oil,
5. Cade Oil Rectified, Calamus Oil,
6. Cardamom Oil, Carrot Seed Oil,
7. Cedarwood Oil,
8. Citronella Oil,
9. Clove bud Oil,
10. Davana Oil,
11. Eucalyptus Citrodora Oil,
12. Eucalyptus globulus oil (Nilgiri Oil),
13. Frankincense Oil,
14. Geranium Oil,
15. German Chamomila Oil,
16. Ginger Oil,
17. Holy Basil Oil,
18. Juniper Berry Oil,
19. Lavender Oil,
20. Lemon Oil ,
21. Lemongrass Oil ,
22. Linaloe Berry Oil,
23. Mentha Arvensis Oil (Cornmint Oil),
24. Mentha Piperita Oil (Peppermint oil),
25. Orange Peel Oil ,
26. Palmarosa Oil,
27. Patchouli Oil ,
28. Rooh Khus,
29. Rosemary Oil,
30. Sandalwood Oil,
31. Spikenard Oil (Jatamansi Oil),
32. St. John's Woth Oil,
33. Turmeric Root Oil,
34. Valerian Root Oil,
35. Vetivert root Oil,
36. Wintergreen Oil,
37. Night Queen (*Cestrum nocturnum*),
38. Parijat/ Shaifali/ Night Jasmine (*Nycanthus arbortristis*),
39. Yellow Jasmine (*Jasminum articulum*),
40. Yellow Champaka (*Michelia champaka*),
41. Hennah (Lowsonia inermis),
42. Jasmine/ Mogra (*Jasmine Sambac*),

43. Ananta/ Gandhraj/ Cape Jasmine (*Gardenia Jasminoides*),
44. Rangoon Creeper/ Madhumati (*Quisqualis Indica*),
45. Bakul (Moulshri)/ Spanish Cherry (*Mimusops elengi*),
46. Nagalingam/Cannon Ball Tree (*Couropita guianesis*),
47. Champa/Temple Tree (*Plumeria Alba [White] & P. Rubra [red]*),
48. Daba Champa/ Ginger Lily (*Hedychium Coronium*),
49. Neem/ Margosa (*Azadiraehta Indica*),
50. Kewda/ Screw Pine (*Pandanus tectorius*),
51. Gulab/ Country Rose (*Rosa Damascena*),
52. Kaner/Oleander (*Nerium odorum*),
53. Rajnigandha/ Tuberose (*Polianthes tuberosa*).

Also a special corner has been designed for the blind, which contains plants that can be identified by touch & smell. In all 200 endangered and important species have been planted in the garden. The entire Garden has informative aids, Braille boards and pathways with clear directions to make a visitors stay in Garden, a pleasant one.

The visitors are given the knowledge of Aromatic & herbal plants, their properties of which are used to cure various diseases like diabetes, asthma, hypertension, rheumatism, arthritis, sinusitis, depression, insomnia, mental and skin disorders, paralysis, urinary tract infections, kidney stones, gallbladder stones, gynecology disorders, cardiovascular diseases, ascitis, piles, fistula, constipation, male impotency, female infertility and various other sicknesses.

Along with the herbal Garden, an Aromatic Garden & an onsite distillation facility is also developed by CIMAP (Central Institute of Medicinal & Aromatic Plants) where the first distillation was done by our honorable Former President Dr. Kalam himself. At this herbal garden, once in a week, he conducts classes for the school students demonstrating them how the medicinal & aromatic plants look like & how proper distillation should be carried out to get complete Essential Oil. He wanted our younger generation to have complete idea about our wealth bio-resource of the nation & its importance.

Many Aromatic & Herbal Learning Garden are coming up in overseas countries to bring high quality nutrition and medicinal plants into the public school system, to deepen the level of education for students of Traditional Ayurvedic & Chinese Medicine, and to educate the community about the benefits of plant-based healing systems.

Department of Education in such states has made extraordinary contribution in raising the level of health consciousness in the public school system. The entire event is plant-based, to assure minimal environmental impact. State officials consider Such Herbal Learning Garden to be an excellent working model of a community-based school garden, and hope that others will follow footsteps." It is only to improve the standards of health and health education everywhere!

Many Ayurvedic practitioners have initiated new project at The Learning Garden. The Ayurvedic herb garden will feature numerous medicinal plants unique to the pharmacopeia of the Indian subcontinent. The two gardens will compliment each other perfectly, and will expand the number of species that are of special interest to students of herbal medicine.

All the other countries are coming ahead for promoting the traditional use of Herbal medicines but we India, being the land of Tradition & Ayurveda are still far behind.

In India, there are many Herbal Gardens developed like .....

1. Institute Of Holistic Health, Care & Meditation- Goa, Herbal Garden of ANHC (Ayurvedic National Health Centre). http://www.healthandayurveda.com.
2. The herbal garden called "Jyothirvana" has been developed on an 8-acre property near IVAC, Karnataka. This garden has a collection of more than 750 medicinal plants. It is based on a unique philosophical concept-plants have been carefully chosen and aligned with their governing planets and zodiac signs.
3. A "health garden" which provides herbal cures for a variety of ailments has been developed in Lucknow to encourage the commercial cultivation of medicinal and aromatic plants. Developed by the Central Institute of Medicinal and Aromatic Plants (Cimap), the garden was inaugurated by Uttaranchal Governor Surjit Singh Barnala.
4. Konkan Krishi Vidya Peeth (Dr. Yadav), have started their own herbal park, which

has 64 sections depending on Charak Samhita.