REVIEW ARTICLE

SOME MEDICINAL PLANTS USED FOR NERVOUS DISORDERS: A REVIEW

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Abstract: Use of plants for curing human ailments is an ancient practice. Recently there is revival of interest. Ethno botanical field surveys have been done from different parts of developing countries of the world. It reflects concern about the possible loss of valuable information on traditional medicine. Neurological disorders are often not considered common diseases. They are mental illness like epilepsy which is the most serious chronic disorder affecting millions of people. Other's like Parkinson's, Alzhemirs, Meningitis and Stroke. Nervous disorders also affect speaking, movement, breathing, mood and memory. Herbal medicines are a holistic medium. Growing of these important herbs will add to the terrestrial diversity of the ecosystem and help in conservation of Biodiversity. *Centella asiatica, Avena sativa, Lagenaria sicerana, Cassia tora, Cassia fistula* are some of the important plants used in nervous disorders. The different medicinal plant varieties can be studied with biochemical properties and a taxonomic classification can be made based on medicinal uses and on the biochemical relationship drawn. Tissue Culture studies along with molecular characterization can also be done. Important germplasm of the medicinal plants will add to the terrestrial biodiversity and the most effective medicinal plant used for nervous disorder can be obtained.

Keywords: Nervous disorders, Medicinal plants, Biodiversity, Ethnobotany, Mental illness

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