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Critical Study on Role of Poisonous Medicinal Plants in the Management of Musculo-Skeletal Disorders

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ABSTRACT

Medicinal plants are considered as gift of nature for the wellbeing of human society. Mankind is dependant since time immortal on medicinal plants to maintain their positive health and cure diseases. Ayurveda the ancient system of Indian medicine plays a vital role in maintenance of positive health and cure of diseases. Medicinal plants are one of the integral sources of Ayurvedic medicine.

Musculoskeletal disorders (MSD) are injuries or disorders of the muscles, nerves, tendons, joints, cartilage and spinal disc. Global scenario of musculoskeletal disorders reveals that it is considered as public health concern.

Semecarpus anacardium, ricinus communis, plumbago zeylanica, aconitum chasmanthum etc. are examples of commonly used medicinal plants to treat Musculoskeletal disorders in the Ayurvedic system of medicine. If we go through the details study of these medicinal plants then we will see that these are considered as poisonous plants. Semecarpus anacardium, ricinus communis and plumbago zeylanica are considered as irritant poison. In other words we can say that external contact of these plants can produce itching, burning sensation, redness of the skin.

Again vomiting, pain abdomen, diarrhoea etc. may manifest if these plants are ingested. But in Ayurvedic system of medicine they are used after a process known as sodhana or purification.

Key Words : Ayurveda, Poisonous medicinal plants, Sodhan, Musculoskeletal disorders.

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