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THERAPEUTIC POTENTIAL OF MEDICINAL PLANTS FROM ANDHRA PRADESH

Sree Mahalakshmi Pasumarthy * and Ch. Nikitha

Department of Pharmacology, Narayana Pharmacy College, Nellore - 524003, Andhra Pradesh, India.

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Correspondence to Author:
Sree Mahalakshmi Pasumarthy

Assistant Professor,
Department of Pharmacology,
Narayana Pharmacy College, Nellore - 524003, Andhra Pradesh, India.

E-mail: Pasumarthysreemahalakshmi3@gmail.com

ABSTRACT: Andhra Pradesh possesses remarkable floristic diversity due to its varied geography, climate, coastal plains, Eastern Ghats, and dry deciduous forest regions. For generations, tribal groups and rural communities in the state have relied on ethno medicinal plants as an important source of primary healthcare. This study presents a comprehensive account of 59 ethnomedicinal plant species belonging to 35 different families traditionally used across various parts of Andhra Pradesh. These documented plant species are widely utilized for managing common health conditions such as fever, diabetes, gastrointestinal disorders, skin diseases, respiratory problems, inflammatory conditions, liver ailments, wounds and reproductive health issues. Various plant parts including roots, rhizomes, stems, leaves, bark, flowers, fruits, seeds, and whole plants are employed in preparing traditional remedies. Their therapeutic value is associated with bioactive compounds such as alkaloids, flavonoids, tannins, saponins, glycosides, terpenoids, steroids, and phenolic substances. Proper documentation of these plant species is vital for safeguarding indigenous knowledge and promoting the sustainable use of medicinal plant resources. Moreover, scientific validation through phytochemical and pharmacological studies is necessary to support traditional claims and encourage the development of safe, affordable, and effective herbal medicines from the ethnobotanical heritage of Andhra Pradesh for future healthcare initiatives and drug discovery research.

INTRODUCTION: Ethno medicinal plants have been closely associated with human life since ancient times. Before the advent of modern medicine and hospitals, people depend on plants available in their surroundings to treat diseases and maintain good health. This traditional knowledge, passed down from generation to generation, continues to play an important role in healthcare, especially in developing regions. Even today, plant-based remedies remain a trusted and effective means of treatment for many common health problems.

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India has a long history of traditional medicine, and Andhra Pradesh is one of the states where the use of ethno medicinal plants is still widely practiced. A large section of the population, particularly in rural and tribal areas, relies on these plants for treating ailments such as fever, cough, digestive disorders, diabetes, skin diseases, wounds, respiratory infections, and inflammatory conditions. These remedies are easily available, cost-effective, and culturally accepted, making them highly beneficial for society, especially for people who have limited access to modern healthcare facilities [1].

The state is home to several tribal communities including the Chenchus, Yanadis, Koyas, Lambadis, Savaras, and Yerukalas, who possess valuable indigenous knowledge about medicinal plants. For these communities, ethno medicinal plants serve as the primary source of healthcare, as

they are familiar with the methods of plant collection, preparation, and application based on long-standing traditions and practical experience.

Ethno medicinal plants are useful to society not only for treating diseases but also for promoting overall health and preventing illness. Different parts of plants such as roots, leaves, bark, flowers, fruits, seeds, and whole plants are used in various forms like decoctions, powders, pastes, and juices. Their therapeutic effects are due to the presence of bioactive compounds such as alkaloids, flavonoids, tannins, saponins, glycosides, terpenoids, steroids, and phenolic compounds, which exhibit antimicrobial, anti-inflammatory, antioxidant, antidiabetic, and immune-boosting properties.

In recent years, interest in ethno medicinal plants has increased because of the growing demand for safe, natural, and affordable medicines. However, traditional knowledge is gradually disappearing due to modernization, deforestation, and changing lifestyles. Therefore, documenting and preserving ethno medicinal knowledge is essential for the benefit of present and future generations. Scientific validation of traditional plant uses can help integrate this knowledge into modern healthcare systems and support the development of new herbal drugs, while also conserving biodiversity and supporting community health in Andhra Pradesh [2].

METHODOLOGY: This review used a structured literature search to identify medicinal plants from Andhra Pradesh that have been claimed to have therapeutic potential. Electronic databases such as PubMed, Scopus, Google Scholar, Science Direct, and Web of Science were thoroughly searched for relevant research published between 2010 and 2025. Keywords used in the search method included: "medicinal plants Andhra Pradesh," "ethno pharmacology AP," "cardioprotective plants," "phytoconstituents," "traditional herbal medicine India," and "*in-vitro, in-vivo*, clinical studies on medicinal plants."

Inclusion Criteria: Plants Traditionally Used in Andhra Pradesh Studies describing phytoconstituents and pharmacological activity. Evidence obtained through *in-vitro*, *in-vivo*, or clinical research.

Exclusion Criteria: Studies lack scientific confirmation. Duplicate or retracted publications. Articles that lack precise information about plant identity or activities.

59 medicinal plants were chosen based on the availability of pharmacological evidence and their potential therapeutic applications. The data gathered comprised the scientific name, common name, family, plant part used, phytoconstituents, mode of action, and medicinal applications. The collected data was thoroughly examined and compiled into tables to compare pharmaceutical effects.

TABLE 1: PLANTS WITH VARIOUS THERAPEUTIC ACTIVITIES, PHYTOCONSTITUENTS

S. no.	Scientific name & common name	Family	Chemical constituents	Part of plant	Clinical indications	Ref.
1.	*Achyranthes aspera* (Uttareni)	Amaranthaceae	Triterpenoids: Oleanolic acid Phytoecdysteroids: Ecdysterone Alkaloids: Achyranthine	Whole plant	Acts as a blood purifier and helps to heal wounds due to its anti-inflammatory and antimicrobial properties.	[3]
2.	*Alternanthera sessilis* (Ponnaganti kura)	Amaranthaceae	Flavonoids: Quercetin, Luteolin Terpenoids: β-Amyrin Carotenoids: β–carotene Vitamins: Vitamin C	Leaves	Improves digestion and used for stomach disorders; also supports general nutrition.	[4]
3.	*Amaranthus spinosus* (Mulla Thotakura)	Amaranthaceae	Sterols: β-Sitosterol Flavonoids:Rutin, Quercetin Betalains: Amaranthine	leaves	Reduces inflammation and relieves from pain; also used for treating skin swelling and joint pains.	[5]

4.	*Acorus calamus* (Vasa)	Apiaceae	Phenylpropanoids: α-Asarone, β-Asarone Phenolics: Eugenol Sesquiterpenes: Calamenol	Rhizome	Works as a digestive stimulant and reduces gas, bloating, and stomach discomfort.	[6]
5.	Colocasia esculenta (Chamadumpa)	Araceae	Carbohydrates: Starch Phenolics: Caffeic acid Flavonoids: Quercetin	Leaves& corn	used externally in poultices for burns and skin irritation; corms support nutrition.	[7]
6.	*Ageratum conyzoides* (Goat weed)	Asteraceae	Coumarins: Umbelliferone Flavonoids: Quercetin Chromenes: Precocene I & II Essential oils: Caryophyllene	leaves	Antimicrobial wound healing.	[8]
7.	Blumea lacera (Nagadanthi)	Asteraceae	Essential oils: Thymol, Pinene Terpenoids: Limonene Flavonoids: Luteolin Alkaloids: Trace alkaloids	Leaves	Treats digestive problems, cough and cold.	[9]
8.	*Eclipta alba* (Bhringraj)	Asteraceae	Coumestans: Wedel lactone, Dimethyl wedel lactone Flavonoids: Luteolin Alkaloids: Ecliptine	Whole plant	Liver tonic; promotes hair growth and scalp health.	[10]
9.	*Spilanthes acmella* (Toothache Plant)	Asteraceae	Alkyl amides: Spilanthol Flavonoids: Quercetin Tannins: Catechin Limonene	Flower	Used for toothache; strong antimicrobial activity.	[11]
10.	*Heliotropism indicum* (Nalla Vavili)	Boraginaceae	Alkaloids: Pyrrolizidine alkaloids Saponins: Triterpenoid saponins Flavonoids: Kaempferol Terpenoids: β-Amyrin	Leaves	Used for eye infections, wounds, and inflammation.	[12]
11.	*Brassica juncea* (Indian Mustard)	Brassicaceae	Glucosinolates: Sinigrin Isothiocyanates: Allyl isothiocyanate Flavonoids: Quercetin Sterols: Campesterol	Leaves /seeds	Relieves muscle pain; reduces inflammation.	[13]
12.	*Cassia auriculata* (Tangedu)	Fabaceae	Flavonoids: Kaempferol, Quercetin Anthraquinones: Emodin Tannins: Gallic acid Glycosides: Flavonoid glycosides	Flowers, Leaves, Bark, Roots, Seeds	Flowers used in diabetes management. Leaf and bark decoction for skin diseases.	[14]
13.	*Clitoria ternatea* (Shankhapushpi)	Fabaceae	Flavonoids: Kaempferol Anthocyanins: Delphinidin Glycosides:	Roots/ Flower	Memory and cognition enhancer. Anti-stress and anti-Anxiety.	[15]

			Clitorin			
14.	*Tamarindus indica* (Chintaku)	Fabaceae	Organic acids: Tartaric acid Polyphenols: Procyanidins Flavonoids: Catechin	Fruit, Leaves	Digestive disorders like indigestion. Appetite stimulant	[16]
15.	*Ocimum tenuiflorum* Tulasi	Lamiaceae	Phenolics: Eugenol Triterpenoids: Ursolic acid Phenolic acids: Rosmarinic acid	Leaves seeds	Cold, Cough, Fever Respiratory disorders – Asthma, Bronchitis Immunity booster	[17]
16.	*Coleus forskohlii* (Makandi)	Lamiaceae	Flavonoids: Forskolin	Roots	Hypertension, Weight management and metabolic disorders	[18]
17.	*Abutilon indicum* (Tutturabenda)	Malvaceae	Flavonoids: Quercetin Alkaloids: Abutiline Sterols: β-Sitosterol	Leaves, Roots	Inflammation: Joint pain, Swelling, Skin disorders: cuts, wounds Diuretic	[19]
18	*Hibiscus Rosa-sinensis* (Mandara)	Malvaceae	Anthocyanins: Cyanidin Flavonoids: Quercetin Polysaccharides: Mucilage	Flower	Hair growth andscalp Health. Skin care – soothing inflammation, Mild anti-inflammatory.	[20]
19.	*Azadirachta indica* (Neem)	Meliaceae	Limonoids: Azadirachtin Terpenoids: Nimbin Flavonoids: Quercetin	Leaves, Bark	Skin diseases: Acne, Ulcers Blood purifier Antimicrobial:bacterial, fungal infections	[21]
20.	*Tinospora cordifolia* (Tippateega)	Menispermaceae	Alkaloids: Berberine Diterpenoid: Tinosporone Glycosides: Cordifolioside Sterols: β-Sitosterol	Stem, Leaves	Fever and infections Diabetes management Immune booster Anti-inflammatory and Hepatoprotective activity	[22]
21.	*Arbus precatorius L.* (Rosary Pea)	Fabaceae	Alkaloids: Abrine Glycoproteins: Abrin Flavonoids: Quercetin Triterpenoids: β-Amyrin	Stem	1to2 spoonful of powder with glass of hotwater taken orally for 2 weeks to get relief from intestine ulcer.	[23]
22.	*Andrographis paniculata* (Kalamegha)	Acanthaceae	Diterpenoid lactones: Andrographolide Flavonoids: Apigenin Polyphenols: Caffeic acid	Whole plant	10 to 20 ml of juice taken two times perday continues upto 3days for Diabetes, Malaria, and Fever.	[24]
23.	*Andrographis serpyllifolia* (Pamu nelavemu)	Acanthaceae	Diterpenoid: Andrographolide Flavonoids: Luteolin Alkaloids: Trace alkaloids Phenolics: Ferulic acid	Root tuber	Spoonful Juicewith add mixture of jaggery taken orally at early morning upto 3 days to cure stomach ache.	[25]
24.	*Asparagus*	liliaceae	Steroidal saponins:	Root	A pinch of powder with	[26]

	racemosus wild (Pilli teegalu)		Shatavarin I–IV Alkaloids: Asparagine Flavonoids: Rutin	tuber	sugar taken once per day and continue up to 3months to delay aging.	
25.	*Bauhinia racemose lam* (Arechettu)	Caesalpiniaceae	Flavonoids: Kaempferol Tannins: Gallic acid Glycosides: Phenolic glycosides	Root	Oral Administrationof two capsules per day at the time of menstrual cycle to cure menstrual pains.	[27]
26.	*Caralluma attenuate* (Kundeti kommulu)	Asclepiadaceae	Pregnane glycosides: Carallumin Flavonoids: Quercetin Saponins: Triterpenoid saponins	Stem	Consumption of handful to enhance the appetite	[28]
27.	*Cassytha filiformis L* (Seethamma savaralu)	Lauraceae	Alkaloids: Cassythine Flavonoids: Luteolin Lignans: Sesamin Phenolics: Vanillic acid	Root	Daily intake of a pinch of powder with glass of hot water /milk act as memory booster and reduce worm infections.	[29]
28.	*Datura Stramonium*(Ummetta)	Solanaceae	Tropanealkaloids: Atropine, Scopolamine Flavonoids: Quercetin Tannins: Catechin	Fruit	External application of paste from fruit to reduce foot palm and rheumatic pains.	[30]
29.	*Decalepis hamiltonii* (Maredu kommalu)	Asclepiadaceae	Phenolics: Vanillin Aldehydes: 2-hydroxy-4-methoxy benzaldehyde Coumarins: Scopoletin	Root tuber	1-2 spoons of powder taken orally thrice per day up to 7days to improve muscle contraction ,delay ageing and for scorpion stinging /snake bites.	[31]
30.	*Maerua oblong folia* (Bhoochakra gadda)	Capparidaceae	Alkaloids: Indole alkaloids Flavonoids: Quercetin Saponins: Triterpenoid saponins	Root tuber	Daily intake of 100-150 g of root tuber with jaggery to acts as alternative and energy stimulant	[32]
31.	*Habenaria plantaginea Lindl* (Chukka dumpa)	Orchidaceae	Alkaloids: Habenarine Mucilage: Polysaccharides Phenolics: Caffeic acid Glycosides: Iridoid glycosides	Root tuber	A spoon of root tuber powder administered orally twice a day for 3 days for the treatment of fever	[33]
32.	*Haldina cordifolia* (Rudraganapa)	Rubiaceae	Alkaloids: Indole alkaloids Tannins: Ellagic acid Flavonoids: Quercetin Iridoid glycosides: Loganin	Stem	Oral administration of capsules prepared from stem bark powder with gingelly oil given for 3-7 days for the treatment of jaundice.	[34]
33.	*Acacia chundra Rottler* (Sundra)	Mimosaceae	Tannins: Catechin Flavonoids: Quercetin Polyphenols: Procyanidins	Stem Bark	Oral administration of stem bark decoction twice a day up to 3 days for the treatment of worm infection	[35]
34.	*Allmania nodiflora* L	Amaranthaceae	Flavonoids: Kaempferol Alkaloids:	Leaf	Paste form of plant leaves with a pinch of	[36]

	(Errabadhiaku)		Trace alkaloids Phenolics: Gallic acid Saponins: Triterpenoid saponins		jaggery given orally for the treatment of worm infections.	
35.	*Aristolochia indica L* (Nella eswari)	Aristolochiaceae	Nitrophenanthrene acids: Aristolochic acid Alkaloids: Aristo lactam Flavonoids: Quercetin	Root	A spoon of root decoction administered orally twice a day for 3 days for the treatment of snakebites.	[37]
36.	*Aristolochia bracteata Retz.* (Tella eswari)	Aristolochiaceae	Aristolochic acids Glycosides: Phenolic glycosides Phenolics: Caffeic acid	Leaf	External application of leaf paste for 3-4 weeks for the treatment of leprosy.	[38]
37.	*Curculigo orchioides Gaertn.* (Nelathati)	Hypoxidaceae	Saponins: Curculigoside Flavonoids: Kaempferol Alkaloids: Curculigine	Root tuber	Powder form of root tuber given orally with a glass of hot water for the treatment of diabetes and piles.	[39]
38.	*Dactyloctenium aegyptium* (Nela ragi)	Poaceae	Flavonoids: Apigenin Alkaloids: Trace alkaloids Phenolics: Ferulic acid	Whole plant	Crushed form of whole plant along with a pinch of turmeric powder is applied externally for the treatment of wounds.	[40]
39.	*Diospyros melanoxylon Roxb* (Beediaku)	Sapotaceae	Tannins: Catechol tannins Flavonoids: Myricetin Triterpenoids: Lupeol	Stem Bark	Poultice of crushed form of stem bark applied externally for the treatment of wounds.	[41]
40.	*Flacourtia indica* (Pulleraka)	Flacourtiaceae	Flavonoids: Quercetin Alkaloids: Flacourtin Phenolic acids: Gallic acid	Stem Bark	A spoonful of decoction prepared from stem bark administered orally for 3 days for the treatment of digestive problems.	[42]
41.	*Toddalia asiatica* (Mirapa gandra)	Rutaceae	Alkaloids: Toddaline Coumarins: Scopoletin Essential oils: Limonene	Leaf	Pour 2-3 drops of leaf juice through nostrils once a day until cure for asthma Oral administration of leaf decoction twice a day for 2-3 days for the treatment of fever.	[43]
42.	*Tribulus terrestris* (Palleru)	Zygoghyllaceae	Steroidal saponins: Protodioscin Flavonoids: Quercetin Alkaloids: Harmane	Fruit	Oral administration of spoonful of fruit powder once a day for long time for diabetes and anaemia.	[44]
43.	*Triumfetta rhomboidea* (Dhekki)	Tiliaceae	Flavonoids: Catechin Tannins: Gallic acid Phenolics: Caffeic acid	Flower	Inhalation of flower fumes twice a day for 2 days for the treatment of migraine headache.	[45]
44.	*Tylophora indica* (Meka meyaniaku)	Asclepiadaceae	Alkaloids: Tylophorine Flavonoids: Quercetin Glycosides: Phenolic glycosides	Root	Spoon of root decoction given orally twice a day for 3 days for the treatment of cough.	[46]
45.	*Ziziphus oenoplia* (Pariki cheetu)	Rhamnaceae	Alkaloids: Cyclopeptide alkaloids	Fruit	Spoon of fruit paste administered orally once	[47]

			Flavonoids: Rutin Saponins: Jujubosides		a day for 3 days'Essential oils Flavonoids Glycosides for the treatment of stomach-ache and acidity.	
46.	*Jasminum angustifolium L.* (Garuda malli)	oleracea	Essential oils: Benzyl acetate Flavonoids: Quercetin Glycosides: Jasminin	Root	Poultice of fresh form of root with a pinch of turmeric powder applied externally for the treatment of ring worm infection.	[48]
47.	*Martynia annua L* (Talikondikaya)	Pedaliaceae	Alkaloids:Martynine Flavonoids: Luteolin Tannins: Catechin	Leaf	Oral licking of leaf paste with mixing of jaggery and gingelly oil for the treatment of throat infection.	[49]
48.	*Ocimum gratissimum L.* (Ramathulasi)	Lamiaceae	Essential oils: Eugenol Flavonoids: Apigenin Tannins: Tannic acid	Leaf/ Whole Plant	Whole plant powder given orally with glass of milk for the treatment of cough and fever	[50]
49.	*Polygala chinensis* (Nelajanumu)	Polygalaceae	Saponins: Polygalasaponins Alkaloids: Indole alkaloids Flavonoids: Quercetin	Root	Spoonful of root juice given orally for 3 days for the treatment of fever	[51]
50.	*Randia dumetorum*(Lam, Manga)	Rubiaceae	Saponins: Randioside Alkaloids: Randianine Tannins: Gallic acid	Fruit	External application of paste form of fruit for the treatment of dandruff	[52]
51.	*Anisomeles indica* (Miriyala dumpa)	Lamiaceae	Flavonoids: Luteolin Terpenoids: Anisomelic acid Phenolics: Rosmarinic acid Saponins & Tannins	Whole plant	Spoonful of whole plant decoction given orally twice daily for 3–5 days to reduce fever and cough.	[53]
52.	*Nicotiana tabacum* (Pogaku chettu)	Solanaceae	Alkaloids: Nicotine, Nor nicotine Phenolics: Chlorogenic acid	Root	Spoonful of root juice given orally for 3 days for the treatment of fever. Root paste applied externally once daily to reduce joint pain.	[54]
53.	*Solanum melongena* (Vankaya)	Solanaceae	Alkaloids: Solanine Anthocyanins: Nasunin Flavonoids: Quercetin Phenolic acids: Caffeic acid	Roots	Spoonful of root decoction given orally once daily for 3 days for the treatment of Asthma and cough.	[55]
54.	*Wattakaka volubilis* (Palateega)	Apocynaceae	Alkaloids: Indole alkaloids Flavonoids: Kaempferol Triterpenoids: Lupeol Saponins & Glycosides	Whole plant	Whole plant paste applied externally to heal wounds and skin diseases.	[56]
55.	*Acacia nilotica* (Nalla thumma)	Fabaceae	Tannins: Gallic acid Flavonoids: Catechin	Leaves	Leaf paste applied externally to cure skin infections and wounds.	[57]

			Alkaloids: Trace alkaloids Saponins & Polyphenols			
56.	*Phaseolus trilobus* (Adavi alasanda)	Fabaceae	Flavonoids: Quercetin Proteins: Lectins Phenolics: Ferulic acid Saponins & Alkaloids	Leaf	Leaf juice given orally once daily to relieve stomach pain. Leaf paste applied externally to reduce inflammation and swelling.	[58]
57.	*Bixa orellana* (Rangavalli chettu)	Bixaceae	Carotenoids: Bixin, Norbixin Flavonoids: Luteolin Tannins & Phenolics	Leaves	Spoonful of leaf decoction given orally for 3–5 days to treat Gonorrhoea.	[59]
58.	*Xylia xylocarpa* (Yerra irul)	Fabaceae	Tannins: Catechin Flavonoids: Quercetin Triterpenoids: Lupeol Phenolic compounds	Root Bark	Root bark decoction taken orally once daily to cure gonorrhoea and urinary infections.	[60]
59.	*Memecylon umbellatum* (Anjani chettu)	Melastomataceae	Tannins: Ellagic acid Flavonoids: Myricetin Saponins Phenolic compounds	Root Bark	Spoonful of root bark decoction given orally for 5 days to treat gynaecological disorders.	[61]

CONCLUSION: Andhra Pradesh medicinal flora is a vast and under-studied source of potent compounds with tremendous therapeutic potential for various diseases including cardiovascular, metabolic, inflammatory and communicable diseases. This review demonstrates the fact that a number of traditionally employed plants are scientifically proven to have pharmacologically active properties. Notably, many of the plants exhibit multi-target activity due to the presence of a range of phytoconstituents such as flavonoids, alkaloids, terpenoids and phenolic compounds. Finally, the plants included in this review highlight the need for a more rational approach in ethno pharmacology. Research needs to be directed towards clinical validation, identification of the active constituents, and formulation standardization. In conclusion, medicinal plants of Andhra Pradesh have a high potential for new drug development and complementary therapeutic approaches, but scientific evidence and regulatory issues must be well addressed.

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