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Medicinal use of *Centaurea cyanus* Linn. To cure ophthalmia

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Abstract

In this paper highlights a brief description of *Centaurea cyanus* L. belongs to Asteraceae family is provided along with its medicinal use to cure Ophthalmia.

Keywords: *Centaurea cyanus*, Medicinal use, Ophthalmia

Introduction

The Indian system of Ayurvedic medicines has played an important role in our country in providing medical care since antiquity. This system of medicine is as old as our history and has formed an integral part of the Indian tradition since time immemorial.

During survey on the medicinal plants of Uttar Pradesh, the author came across common ornamental population of *Centaurea cyanus* at Hastinapur, Meerut district. Uttar Pradesh is divided into two geographical regions, which are Southern hills and Plateau and Ganga Plain. The Western Uttar Pradesh situated in the Northern part of India and it includes seven regions (Meerut, Saharanpur, Moradabad, Aligarh, Bareilly and Agra). During the major part of the year climate of W.U.P. is influenced largely by the prevalence of dry air of the continental type, the summer being intensely hot and winter cold.

Uttar Pradesh has a very ancient and colorful history. The region finds mention in the great epics, the *Ramayana* and *Mahabharata*. Uttar Pradesh lies between 23°52' and 29°45' North Latitudes, to 77°04' and 84°38' East Longitudes. The Uttar Pradesh region covers a surface area of 240,928sq km and ranks fifth in terms of area and the most populous state of the India. Uttar Pradesh comprises 75 districts. Uttar Pradesh is one of the border states of India and is bounded in the north by Uttaranchal, in the north-west by Haryana, in the south-west by Rajasthan, in the south by Madhya Pradesh and Chhattisgarh, in the south-east by Jharkhand and in the east by Bihar.

In this region, soil mostly loamy and in some area it is sandy loam, silty loam and clay loam occasionally meet within the area. The rainfall varies considerably from year to year. The maximum rainfall recorded during the monsoon in the month of July-September. Climatically the year may be divided into four seasons. The cold season from near the end of November to the beginning of March is followed by hot season, which continues till about the end of June, when the south-west monsoon arrives, the monsoon season lasting till September end and the next two months forming the transitional period. The air is dry for the most part of the year. In April and May, these are usually the driest months.

Materials and Methods

The present paper is based on the survey and collection of the data from the native informants, who are Vaidhya or Hakim (Ayurvedic medicine practitioners) and rural people who have knowledge about Ayurvedic medicine with their local name. Oral interviews were held in villages and information recorded at the spot.

Medicinal plants were collected and preserved for the future use. The plants were pressed in old newspapers and blotting sheets for dehydration in strong ply board. The Species were changed to fresh sheets after an interval of 24 hours to 2-3 days depending on the weather conditions until the specimens were completely dry. The plant species were identified with the help of available floras. Doubtful medicinal plants are confirmed at the herbaria of Forest Research Institute (F.R.I.) and Botanical Survey of India (B.S.I.) Dehradun.

Species is commonly found in all places of cultivated field areas in Uttar Pradesh. It is cultivated in gardens and parks as a ornamental annual herb. There is no method to preparation of medicinal use for treating their disease reported by earlier researchers. Perusal of literatures on medicinal plants.

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Ahuja 1993 ^[1], Singh 1993 ^[5], Tomar and Singh 2005 ^[7], Tomar and Singh 2006 ^[8], Tomar 2007 ^[9], Tomar 2008 ^[10], Prachi *et al.* 2009 ^[4], Singh *et al.* 2009 ^[6], Tomar 2009 ^[11], Jain and Suryavanshi 2010 ^[2], Tomar 2011 ^[12], Tomar 2015 ^[13], Tomar 2015 ^[14], Tomar 2015 ^[15], Tomar 2016 ^[16], Pedroza-Escobar D *et al.* 2016 ^[3], Tomar 2017 ^[17], Tomar 2017 ^[18] and Tomar 2017 ^[19]. In this present study a brief description of species is provided along with its medicinal use.

This method to preparation of remedy has been recorded for the first time by the author to cure ophthalmia and described here:

Method to preparation of Medicine

Cold infusion is prepared with dried flowers (2-3 tsp) with two cups of normal water. This solution is kept for twelve hours overnight and strained the next morning.

Medicinal use

It is applied to cure ophthalmia and eye wash.

Dose: The solution is applied once a day.

Description of Species

Centaurea cyanus It is an annual plant growing to 16-35 inches tall, with grey-green branched stems. The leaves are lanceolate, 1-4 cm long. The flowers are most commonly an intense blue colour, produced in flowerheads (capitula) 1.5-3 cm diameter, with a ring of a few large, spreading ray florets surrounding a central cluster of disc florets.



Centaurea cyanus L.

Chemical composition: The flowers contain centaurocyanin and flavones.

Results and discussion

The species has been identified as *Centaurea cyanus* L. The species occurs as an annual herb. It is cultivated in gardens and park as an ornamental plant. Therefore, study was conducted and revealed that *Centaurea cyanus* L. is used as Ayurvedic medicines in some part of Uttar Pradesh.

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