

Ethnomedicinal plants for the management of cardiovascular disease used by the local people of Bangladesh

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Cardiovascular diseases (CVD) are the major causes of death globally. Maximum people die annually from cardiovascular disease than from any other factors. The treatment of CVD by using modern medicines is very expensive. The present article mainly tried to evaluate and screen out the potential ethnomedicinal plants used by the local people of Bangladesh for the management of CVD. Information on the medicinal uses of plants was collected using semi-structure interviews with key informants during the year of 2017 and 2018. A total of 43 medicinal plant species was recorded for the management of CVD. The most frequently cited ethnomedicinal plant species for the management of CVD are Terminalia arjuna (Arjun) Terminalia bellirica (Bastard myrobalan), Terminalia chebula (Black myrobalan), Allium sativum (Garlic), Tamarindus indica (Tamarind), Phyllanthus emblica (Indian gooseberry), Spondias pinnata (Wild Mango), Dillenia pentagyna (Elephant apple), Baccaurea ramiflora (Rambai) and Alternanthera sessilis (Sessile joyweed).

Among the ailments categories high informant consensus factor (Fic) was found in case of antioxidant, heartache, high blood pressure and blood purifier. Comparing with previous research articles Hylocereus undatus, Alternanthera panicoides and Lactuca sativa were seem to be newly reported medicinal plant for the management of CVD in Bangladesh. From the list of most cited ethnomedicinal plants, six species including Terminalia aurjuna, Allium sativum, Phyllanthus emblica, Baccaurea ramiflora, Spondias pinnata, Dillenia indica have been subjected to study in vitro thrombolytic activity. Among the six plants, Terminalia aurjuna, Allium sativum and Dillenia indica exhibited highest thrombolytic activity of 10.36%, 9.8% and 8.09%, respectively. From our findings it is observed that all the plants revealed remarkable thrombolytic activity. Therefore, steps should be taken to observe in vivo clot dissolving potential and to isolate active component(s) of these extracts.

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