

Exploring Knowledge about Cultivation, Collection and Medicinal uses 'Abelmoschus esculents L'

Nutan Kisan Unde, Dipti Vilas Sable, Mayur Maruti Varpe, Bhagyashree Ramesh Desale, Thorat Chaitali Sunil, Ms. Dipali Shelke
Samarth Institute of Pharmacy, Belhe, Maharashtra, India

Abstract: Medicinal plants are the nature's gift to human being to have disease-free healthy life. It plays a vital role to preserve our health. In recent times, the use of herbal products has increased tremendously in the western world as well as developed countries. India is one of the most medico-culturally diverse countries in the world where the medicinal plant sector is part of a time-honored tradition that is respected even today. Medicinal plants are believed to be safer and proved elixir in the treatment of various ailments. *Abelmoschus esculentus* (Okra) is an important medicinal plant of tropical and subtropical India. Its medicinal usage has been reported in the traditional systems of medicine such as Ayurveda, Siddha and Unani.

Keywords: Okra, *Abelmoschus esculentus*, Bhindi

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