



Herbal Garden (Muligai Vanam)



Bamboo

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| Botanical Name | : | <i>Bambusa vulgaris</i> Schrad. |
| Tamil Name | : | Moongil |
| Sanskrit Name | : | Vanshah |
| English Name | : | Bamboo |

Distribution and Habitat

Bamboo, a perennial, giant woody grass belongs to the family Poaceae. It is widely found in tropical, subtropical and mild temperate zones of the world. It often occurs spontaneously or naturalized on river banks, roadsides, wastelands and open grounds. Although bamboo is taxonomically a grass, its habit is tree like. It is described as tall woody with stems thorny and numerous.



It grows up to a height of 30-40 metres, curving at the top. Culms are 15-18 cm across; lemon-yellow or green color; nodes prominent; internodes are 30-45 cm long with dark green narrow lanceolate leaves up to 30 cm long and 2-4 cm wide. Inflorescence consists of enormous panicles often occupying the whole stem. Flowering, fruiting and seedlings occur once in lifetime. Flowering pattern is highly unpredictable and it may vary from a few years to up to 100 years.

Parts used

Leaves, roots, shoot and seed

Phyto-chemical constituents

Silicious substance, cholin, betain, cynogenetic glycosides, albuminoids, oxalic acid, carbohydrate, resins, waxes, benzoic acid, arginine, cysteine, histidine, niacin, riboflavin, thiamine, gluteline, lysine, methionine, proteolytic enzyme, nuclease, and urease.

Uses

The plant is categorized as a Non-Timber Forest Product (NTFP). It is used for construction of houses, boats, fence, and furniture; as raw material for paper pulp; shoots are rarely used

as a vegetable or as livestock fodder; split stems used to make musical instruments and handicrafts (Rathod et al. 2012). The seeds of the dying bamboo plant are consumed as a grain known as "bamboo rice". Bamboo can absorb CO₂, and it can be a good option for reducing global warming and climate change.



Medicinal uses

Ancient records describe various medicinal properties of *B. vulgaris* as a popular source to cure variety of different disease conditions in China, and India. In Ayurveda, the entire plant is used as an astringent, laxative, for inflammatory conditions and as diuretic. Shoots of the plant are used for dislodgement of worms from ulcer. Leaves are used in the treatment of leprosy, eye trouble, haemorrhoids and hematemesis. Leaf juice is given for strengthening the cartilage in osteoarthritis and osteoporosis. It plays an important role in maintaining the integrity of the bones, skin, teeth, gums, hair and nail. Silicates of bamboo are very useful in creation of body structural matrix for forming and repairing connective tissues (Vaidya Gogte, 2000). Paste made out of ash of roots is used locally in skin disorders, ringworm infection, and rabies. An ointment prepared from roots is used to treat cirrhosis and tumour of stomach, abdomen, liver and spleen. The Kani tribes in Kanyakumari district believe that the seeds of bamboo enhance fertility. Decoction of leaves is given after childbirth to human and animals which acts as a laxative. In Mauritius an infusion prepared from the leaves is used to take bath for healing of measles (Nunkoo et al. 2012; Aakruti et al. 2013).

Conclusion

Bamboo plant is reported to possess antidiabetic, antibacterial, anti-inflammatory, antiulcer, antitumor, anthelmintic, insecticidal, antiarthritic, antioxidant, and vessel protection activities. Bamboo is an important plant with tremendous economic, ecological and environmental benefits, such as improving rural livelihood and mitigating environmental problems.

Photo link: <https://krishijagran.com/news/beema-bamboo-the-wonder-bamboo-by-a-biotech-company-will-help-mitigate-climate-change/https://www.agrifarming.in/bamboo-farming-project-report-cost-profit>

