

# Green Treasures of Wellness: Ethnobotanical Documentation of Medicinal Flora in Indore District, Madhya Pradesh

**Author:** MS Leena. P L (PhD-Scholar, Christ Dept of Life Sciences-Christ Deemed to Be University, Bangalore, Karnataka-560029)

**Co-authors' Name:** Dr Jobi Xavier, Associate Professor, Dept. of Life Sciences, Christ Deemed to Be University, Bangalore.

## Abstract

**Background:** Medicinal plants are the green treasure of wellness. If we were truly connected to this precious gift of nature, we could enjoy a pure and healthy environment, which brings sustainable and holistic wellness options. India, with its rich herbal heritage, boasts significant ethnobotanical diversity; yet urban and peri-urban districts such as Indore remain underexplored.

**Aim:** This study documents medicinal plants traditionally used in the Indore district, Madhya Pradesh, highlighting their therapeutic applications, cultural significance, and the need for conservation.

**Methods:** In January 2025, field surveys were conducted in nine different villages within Indore district. Information was collected through semi-structured discussions with traditional healers. Collected plant samples were verified by a taxonomist and preserved in the herbarium.

**Results:** A total of 50 species belonging to 34 families and 47 genera were documented. Herbs were the most dominant (62%), with Fabaceae being the most represented family (12%). Plants were employed for diverse purposes, including medicine, food, and rituals, underscoring their multifaceted role in community life.

**Conclusion:** The findings reveal rich ethnobotanical knowledge in Indore, but rapid urbanisation and habitat loss threaten both biodiversity and traditional wisdom. These medicinal resources represent the region's "Green Treasures of Wellness", potential sources for pharmacognostic research

**Keywords:** ethnobotany; herbarium; Indore district; medicinal plants; TEK, Green Treasures of Wellness

## INTRODUCTION

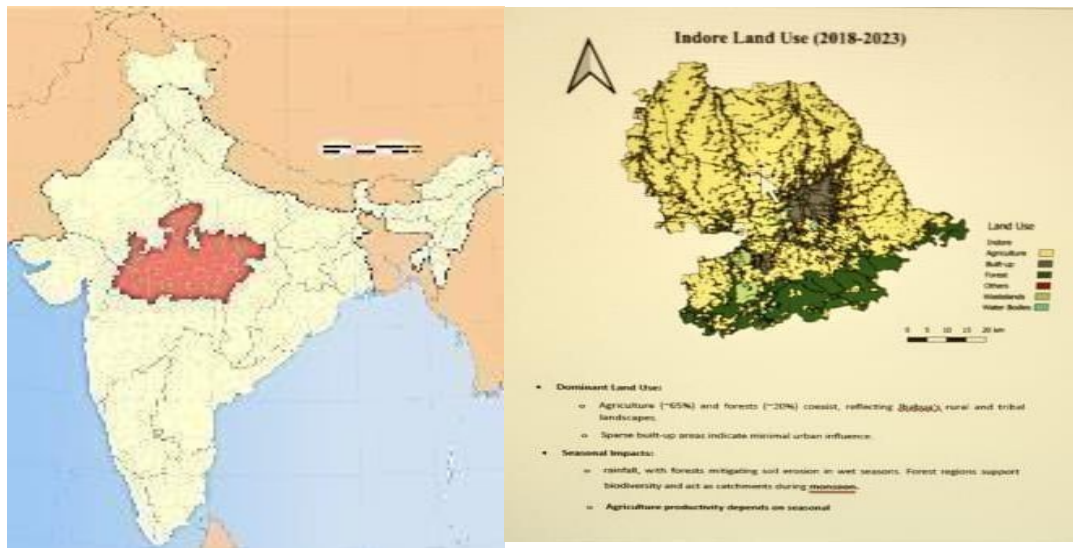
For thousands of years, medicinal plants have played a vital role in maintaining human health by serving as essential sources of cultural practices, healing, and nourishment. According to WHO estimates, around 80% of people worldwide still receive their primary medical care from conventional practitioners.

(1). Across the world, more than 3.3 billion people in over 2,000 ethnic groups depend on plant-based remedies, reflecting their enduring significance in healthcare systems (2).

India, a global centre of medicinal plant diversity, has long embraced herbal knowledge through systems such as Ayurveda, Siddha, and Unani. Despite the growth of synthetic pharmaceuticals, interest in herbal medicine is rising due to concerns about side effects and recognition of plants as reservoirs of bioactive compounds (3). This resurgence of interest represents a "return to nature" (4) where medicinal plants are increasingly valued for their therapeutic potential

Madhya Pradesh, often referred to as the “heart of India” (Fig. 1), is particularly rich in ethnomedicinal traditions. Tribal and rural communities in districts such as Jabua and Dhar have been studied extensively for their ethnobotanical knowledge (5). Systematic assessments of metropolitan and peri-urban areas, such as Indore (fig.2), are still rare, nevertheless. This is a crucial gap since habitat loss and urbanisation endanger both biodiversity and indigenous knowledge transmission orally (6).

By cataloguing 50 species of medicinal plants that are utilized by populations in the Indore district, the current study fills this knowledge gap. This work supports cultural preservation, biodiversity conservation, and possible pharmacognostic uses by fusing ethnomedicinal knowledge with herbarium authentication and references to phytochemical studies.



### **Background:**

Indigenous communities have preserved a wealth of plant knowledge through their diverse uses of plants, including medicinal purposes, food, rituals, and environmental care. For instance, traditional knowledge about plants and their various applications reflects the observation and experimentation of local populations over many generations (7). Many indigenous groups utilise plants for healing, but they also use them to ensure they have food, preserve their culture, and maintain the balance of the world. Ethnobotany is a field of study that examines the interactions between people and plants, and seeks to document traditions that may be lost due to modernisation and cultural changes (8). Researchers offer important insights into ecological adaptation, community healthcare techniques, and potential resources for contemporary pharmacological research by documenting local applications of flora. Ethnobotanical research, therefore, contributes to the integration of modern sciences and traditional knowledge.

### **Traditional Knowledge**

The experience of local populations that have depended on nature for centuries for cultural customs, food, and medicine is represented by traditional plant knowledge. This knowledge informs not only healing practices but also agricultural techniques, environmental preservation, and ceremonial rituals. The study of human interactions with plants, or ethnobotany, has become a crucial field for documenting and conserving this legacy (9). It not only confirms traditional methods through scientific investigation but also guarantees that important knowledge isn't overshadowed by modernisation. By merging indigenous knowledge with contemporary pharmacological research, ethnobotany aids in discovering

species that could lead to new medicinal developments and promotes the sustainable utilization of biodiversity (10). Traditional knowledge systems include the collective wisdom of indigenous peoples regarding the utilization of plants for food, medicine, ceremonies, and environmental stewardship. This knowledge, transmitted orally, is intricately woven into cultural, social, and spiritual traditions.

Ethnobotany is a field that integrates elements from both natural and social sciences, along with traditional knowledge systems. These systems encompass the insights, beliefs, and practices of Indigenous communities regarding the use of plants for various purposes such as nourishment, healing, rituals, and environmental stewardship. This knowledge is transmitted orally across generations and is deeply embedded in the social, cultural, and spiritual identity of a community.

The centuries-old knowledge of plant properties and their applications for treating various ailments serves as the basis for numerous traditional medical systems, such as Ayurveda, Traditional Chinese Medicine (TCM), and African herbal therapy (11). Outside of healthcare, traditional wisdom informs practices in sustainable farming, biodiversity management in forests, and conservation efforts. Indigenous groups utilize methods like crop rotation, agroforestry, and companion planting, which are consistent with contemporary ecological principles.

Sacred groves, often protected due to cultural and spiritual beliefs, serve as natural biodiversity hotspots, preserving rare and medicinal plant species (12). Ethnobotanists play a crucial role in documenting and safeguarding this knowledge, especially as globalization, climate change, and habitat destruction threaten traditional ways of life. By collaborating with local communities, researchers can identify endangered plant species, develop conservation strategies, and promote sustainable resource management (3).

## Materials and methods

### Ethnobotanical Survey and Field Work

The study adopted a **semi-structured survey-based approach**, with input from knowledgeable informants, including **Dr. Joshiji, Netaji, and Dr. Sr. Nirmal Mary (BAMS, Reg. No. 51481)**, as well as local herbalists and Ayurvedic practitioners. Their insights helped document traditional uses of medicinal plants and emphasized the urgent need to safeguard indigenous knowledge systems.

Field explorations were conducted **seasonally**, beginning in **January 2025 (winter season)**, across botanically rich sites, including **Tejajinagar, Anuradanagar, Pushpagunj, Mirjapur, Dethoda, Tillore, Tinha, Asrawadand, and Renguwasa**. These sites represent ecologically diverse habitats within the Indore district.

A total of **50 medicinal plant species**, spanning **34 families and over 45 genera**, were collected. Plants were identified with the help of **The Plant List database (<http://www.theplantlist.org/>)** and confirmed by a taxonomist from **Christ University, Bangalore**. The collected specimens were preserved as herbarium records, serving as a long-term reference for researchers and practitioners. From the total collection, **Phyllanthus niruri** and **Cissus quadrangularis** were selected for in-depth phytochemical analysis due to their therapeutic significance and widespread ethnomedicinal use in various applications (9).

### Study Area, Indore, Madhya Pradesh

Indore, located in western Madhya Pradesh, presents a rich ecological and cultural landscape that is ideal for ethnobotanical research (13). Its geographical features support a diverse range of medicinal flora and traditional healing practices.

- Location: Western Madhya Pradesh, India
- Coordinates: ~22°43'N latitude, 75°50'E longitude
- Elevation: ~550meters (1800feet) above sea level
- Area: ~3,898 square kilometers
- Topography: Undulating terrain with fertile black soil, basaltic rock formations, and river systems including the Kshipra and its tributaries
- Ecological significance: The Malwa Plateau’s unique geology and climate foster rich biodiversity, especially medicinal plants used by local and tribal communities

**Documentation of Biological Activity**

The medicinal uses and bioactive potential of the recorded plants were compiled from phytochemical, pharmaceutical, and pharmacological literature. This included documentation of secondary metabolites and bioactivities reported in previous research. The main target of this study is to spotlight Indore’s green Treasures of Wellness, the green flora and fauna, which are urging authorities and researchers to recognize, protect, and promote these natural healing resources (14). The documentation not only preserves Indigenous knowledge but also opens pathways for sustainable healthcare and biodiversity conservation

**Preparation of Herbarium Specimens**

The herbarium is more than a collection of pressed plants; it is a scientific archive that preserves the botanical wealth of a region for long-term study (14). Each specimen serves as a permanent record of species identity, local distribution, and seasonal variation. Properly prepared and catalogued collections allow future researchers to verify identifications, compare morphological traits, and track ecological changes over time. In ethnobotanical studies, herbarium specimens are particularly valuable because they act as reference vouchers (voucher.Id; CUBGR2025.1 to CUBGR50) for medicinal plants reported by local communities. Without such documentation, it becomes difficult to validate folk claims or to cross-check the authenticity of species used in traditional medicine (15).

For this reason, every species encountered in the present survey was carefully collected, dried, mounted on standardized sheets, and labelled with essential details such as botanical name, family, date of collection, and traditional uses. The specimens have now been placed in a well-established institutional herbarium to guarantee access for taxonomists, pharmacologists, and conservationists. This approach not only preserves knowledge from being forgotten but also paves the way for future scientific research, such as phytochemical and pharmacological research.

The herbarium serves as a permanent reference collection for the identification and authentication of medicinal plant(16). Such curated collections are vital for documenting the floristic diversity of a region and provide authentic material for further ethnobotanical, phytochemical, and pharmacological investigations (Smith, 2018; Kumar et al., 2021).

**The List Of Collected Medicinal Plants With Some Important Details Of Them And Their Medicinal Values [1 To 50] Table 1**

Plant (Scientific/ Common)	Family	Part / Type	Key Phytochemicals	Medicinal Uses (Ref.)
Aconitum	Ranunculaceae	Root / Herb	Alkaloids	Analgesic, antipyretic,

heterophyllum (Asoka)			(mesaconitine, jesaconitine), diterpenes	antibacterial, antidiarrheal [8]
Adhatoda vasicaria (Adusa)	Acanthaceae	Leaf / Shrub	Vasicine (alkaloid), flavonoids, oils	Antitussive, antiviral, hepatoprotective, antitubercular [9]
Aloe barbadensis (Aloe vera)	Liliaceae	Leaf / Succulent	/ Aloin, barbaloin, anthracene glycosides	Skin care, digestive aid, antioxidant, antidiabetic [10]
Asparagus racemosus (Shatavari)	Asparagaceae	Root/ Climber	Saponins, flavonoids, steroids	Women's health, antiulcer, antioxidant, immunomodulator [11]
Azadirachta indica (Neem)	Meliaceae	Leaf / Tree	Azadirachtin, quercetin, limonoids	Anthelmintic, antifungal, antiviral, anti- inflammatory [12]
Bacopa monnieri (Brahmi)	Plantaginaceae	Whole plant/ Herb	Bacosides, saponins, alkaloids	Memory enhancer, anxiolytic, antioxidant, anticancer [13]
Bauhinia variegata (Kachnar)	Fabaceae	Bark, flower / Tree	Flavonoids, tannins, saponins	Antidiabetic, hepatoprotective, antimicrobial [14]
Bryophyllum pinnatum (Pattar chatta)	Crassulaceae	Leaf Succulent	/ Flavonoids, alkaloids, tannins	Antioxidant, kidney stone remedy, anti- inflammatory [15]
Caesalpinia pulcherrima (Peacock flower)	Fabaceae	Leaf / Shrub	Alkaloids, tannins	Abortifacient, antimicrobial, antioxidant [16]
Aloe barbadensis (Aloe vera)	Liliaceae	Leaf Succulent	/ Aloin, barbaloin, anthracene glycosides	Skin care, digestive aid, antioxidant, antidiabetic [10]
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Calotropis procera (Swallow wort)	Aclepiadaceae	Late, root / Shrub	Alkaloids, triterpenes, calotropin	Anticancer, antifertility, hepatoprotective, analgesic [17]
Cassia fistula (Amaltas)	Fabaceae	Pod / Tree	Anthraquinones, flavonoids	Antidiabetic, antifungal, antibacterial, anti-malarial [18]
Catharanthus roseus (Sadabahar)	Apocynaceae	Leaf, root / Herb	Vincristine, vinblastine, alkaloids	Anticancer, antidiabetic, antimicrobial, antioxidant [19]
Centella asiatica (Gotu kola)	Apiaceae	Leaf / Herb	Triterpenoids, asiaticoside, flavonoids	Memory enhancer, wound healing, antiulcer, hepatoprotective [20]
Chrysanthemum indicum (Chameli)	Asteraceae	Flower / Herb	Flavonoids, phenolic acids	Anti-inflammatory, antihypertensive, antibacterial [21]
Cinnamomum camphora (Camphor tree)	Lauraceae	Bark, oil / Tree	Camphor, terpenoids	Antiseptic, antifungal, antispasmodic [22]

Citrus limon (Lemon)	Rutaceae	Fruit / Tree	Citric acid, flavonoids	Antioxidant, antibacterial, digestive aid [23]
Clitoria ternatea (Aparajita)	Fabaceae	Flower / Climber	Tannins, anthocyanins	Antioxidant, antidepressant, anticancer [24]
Costus igneus (Insulin plant)	Costaceae	Leaf / Herb	Flavonoids, alkaloids, saponins	Antidiabetic, antibacterial, anti-inflammatory [25]
Dalbergia sissoo (Sheesham)	Fabaceae	Bark / Tree	Flavonoids, tannins, phenolics	Antidiabetic, antibacterial, anti-inflammatory [26]
Elettaria cardamomum (Elaichi)	Zingiberaceae	Seed / Herb	Essential oils, flavonoids	Carminative, antibacterial, anti-inflammatory [27]
Euphorbia milii (Crown of thorns)	Euphorbiaceae	Stem latex / Shrub	Alkaloids, flavonoids, saponins	Anticancer, antioxidant, antifungal [28]
Euphorbia tithymaloides (Devil 's back bone)	Euphorbiaceae	Leaf / Shrub	Flavonoids, quercetin, afzelin	Antimicrobial, antiparasitic, anti-inflammatory [29]
Ficus religiosa (Peepal)	Moraceae	Leaf, bark / Tree	Tannins, sterols, flavonoids	Antidiabetic, anti-asthmatic, antiulcer [30]
Gaultheria fragrantissima (Wintergreen)	Ericaceae	Leaf / Shrub	Methyl salicylate, tannins	Analgesic, antiseptic, antibacterial [31]

Cissus quadrangularis (Hadjod)	Vitaceae	Stem / Herb	Tannins, saponins, calcium	Bone healing, antioxidant, analgesic [32]
Hibiscus rosa-sinensis	Malvaceae	Flower / Shrub	Anthocyanins, flavonoids	Antioxidant, antimicrobial, Immunomodulatory (33)
Hylocereus undatus (Dragon fruit)	Cactaceae	Fruit / Climbing cactus	Flavonoids, betalains	Antioxidant, antidiabetic, antibacterial [34]

Jatropha multifida (Coral bush)	Euphorbiaceae	Leaf / Shrub	Alkaloids, flavonoids, tannins	Antimicrobial, anticancer, antioxidant [35]
Lantana camara (Lantana)	Verbenaceae	Leaf / Shrub	Phenolics, essential oils	Anticancer, antidiabetic, antimicrobial [36]
Lavandula angustifolia (Lavender)	Lamiaceae	Flower / Shrub	Linalool, terpenoids	Stress relief, antimicrobial, antifungal [37]
Mentha arvensis (Mint)	Lamiaceae	Leaf / Herb	Menthol, flavonoids, essential oils	Antimicrobial, antidiabetic, digestive aid [38]
Ocimum sanctum (Tulsi)	Lamiaceae	Leaf / Herb	Eugenol, flavonoids, saponins	Immunity booster, respiratory aid [39]
Odontone ma strictum (Fire spike)	Acanthaceae	Leaf / Shrub	Flavonoids, tannins	Antioxidant, anticancer, antifungal [40]
Punica granatum (Pomegranate)	Lythraceae	Fruit / Tree	Punicalagins, flavonoids	Antioxidant, cardioprotective, anti-inflammatory [41]
Rauvolfia serpentina (Sarpagandha)	Apocynaceae	Root/shrub	Reserpine, alkaloids	Antihypertensive, antiarrhythmic [42]
Rosa indica (Rose)	Rosaceae	Petal / Shrub	Flavonoids, tannins	Skin care, antioxidant, neuroprotective [43]
Syzygium aromaticum (Clove)	Myrtaceae	Bud / Tree	Eugenol, flavonoids, tannins	Antibacterial, antiviral, antioxidant [44]
Tabernaemontana divaricata (Crepe jasmine)	Apocynaceae	Leaf / Shrub	Alkaloids, flavonoids, saponins	Anticancer, antidiabetic, anticonvulsant [45]
Tinospora cordifolia (Giloy)	Menispermaceae	Stem / Climber	Alkaloids, glycosides, terpenoids	Immunity booster, antidiabetic, antimicrobial [46]
Tridax procumbens (Coat buttons)	Asteraceae	Leaf / Herb	Flavonoids, carotenoids, tannins	Antidiabetic, antioxidant, anticoagulant [47]
Withania somnifera (Ashwagandha)	Solanaceae	Root / Herb	Withanolides, alkaloids	Adaptogen, anticancer, neuroprotective [48]

Euphorbia hirta (Asthma weed)	Euphorbiaceae	Whole plant / Herb	Flavonoids, alkaloids, lignans	Asthma relief, antibacterial, antioxidant [53]
Mimosa pudica (Touch-me-not)	Fabaceae	Whole plant / Herb	Flavonoids, alkaloids, tannins	Antidiabetic, anticancer, antimicrobial [54]
Oxalis corniculata (Wood sorrel)	Oxalidaceae	Leaf/ Herb	Oxalates, flavonoids	Antiscorbutic, diuretic [55]
Phyllanthus niruri (Stone breaker)	Phyllanthaceae	Whole plant / Herb	Lignans, flavonoids, alkaloids	Antihepatotoxic, antiviral, hepatoprotective [56]
Solanum nigrum (Makoi)	Solanaceae	Leaf, fruit / Herb	Steroidal alkaloids, glycoproteins	Anticancer, hepatoprotective, anti-inflammatory [57]
<i>Ricinus communis</i> (Castor plant)	Euphorbiaceae	Seed / Tree	Ricin, flavonoids, oils	Anti-inflammatory, antimicrobial, antioxidant [49]
<i>Argemone mexicana</i> (Mexican poppy)	Papaveraceae	Seed / Herb	Alkaloids, flavonoids, phenolics	Analgesic, hepatoprotective, antibacterial [50]
<i>Brassica juncea</i> (Mustard)	Brassicaceae	Seed / Herb	Glucosinolates, flavonoids	Anti-inflammatory, digestive aid [51]
<i>Coriandrum sativum</i> (Coriander)	Apiaceae	Seed / Herb	Terpenoids, flavonoids	Antihypertensive, antioxidant, antimicrobial [52]

### Results and Discussion Statistical Analysis

Out of the **50 documented medicinal plant species**, the majority belonged to the family **Fabaceae (6 species, 12%)**, followed by **Euphorbiaceae, Asteraceae, and Solanaceae (4 species each, 8%)**, while other families such as **Apiaceae, Lamiaceae, and Apocynaceae** were represented by 2–3 species. A total of **34 families** were recorded, indicating considerable floristic diversity in the study area.

In terms of **plant type, herbs constituted the largest group (62%)**, followed by **shrubs (20%)**, **trees (12%)**, and **climbers (6%)**. This suggests that herbaceous species dominate the ethnomedicinal practices due to their easy availability and seasonal abundance. Regarding **lifespan, annuals accounted for 46%**, while **perennials represented 54%**, indicating a relatively balanced distribution but with a slight dominance of perennial species that are available year-round.

Soil preference analysis revealed that **well-drained soils supported the highest number of species (58%)**, followed by **moist soils (20%)**, **sandy soils (14%)**, and **clayey soils (8%)**. Seasonal occurrence showed that the majority of species were available throughout the year (**72%**), while seasonal species were more common in summer (**12%**), winter (**10%**), and spring (**6%**).

Correlation analysis using Spearman's rank method revealed that plant type was moderately associated

with lifespan ( $r = 0.42$ ), suggesting that most perennial species were trees or shrubs, while annuals were predominantly herbs. A weak but positive correlation was also found between soil type and seasonality ( $r = 0.28$ ), indicating that seasonal plants were more adapted to sandy or moist soils compared to year-round species.

Overall, these findings highlight that herbs, particularly from families like Fabaceae, Euphorbiaceae, and Asteraceae, form the backbone of traditional medicinal practices in the region, with availability largely influenced by soil and seasonal conditions

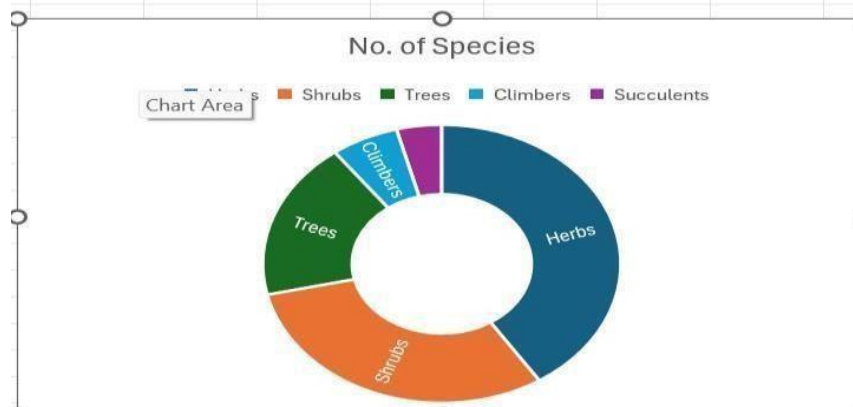


Figure 3

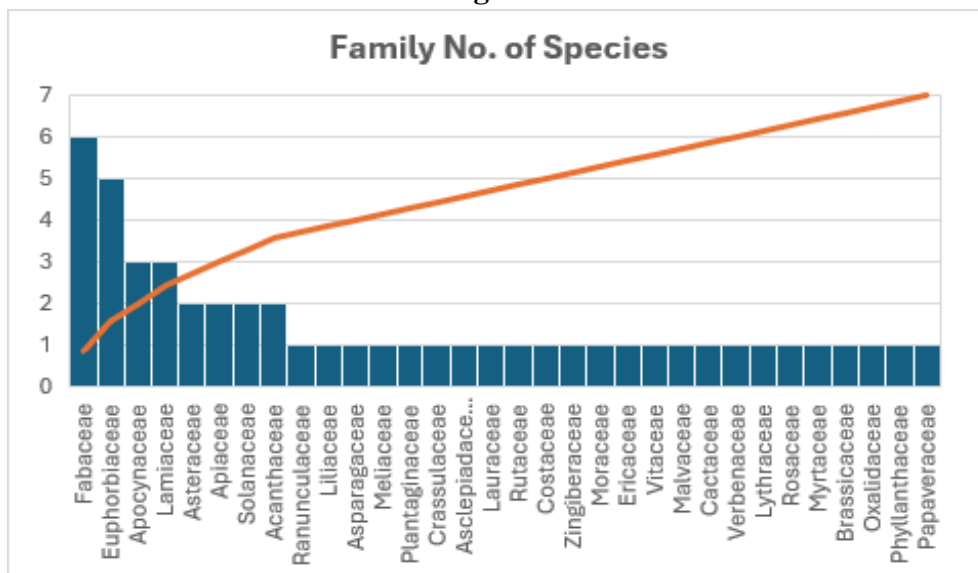


Figure 4

plant part vs plant type

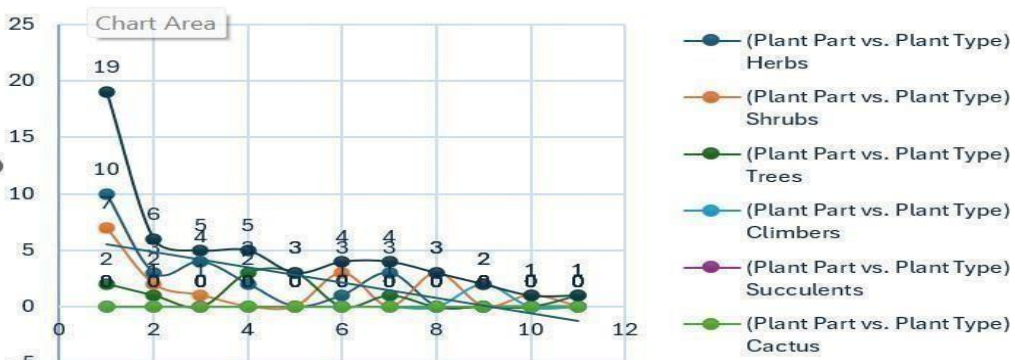


Figure 5

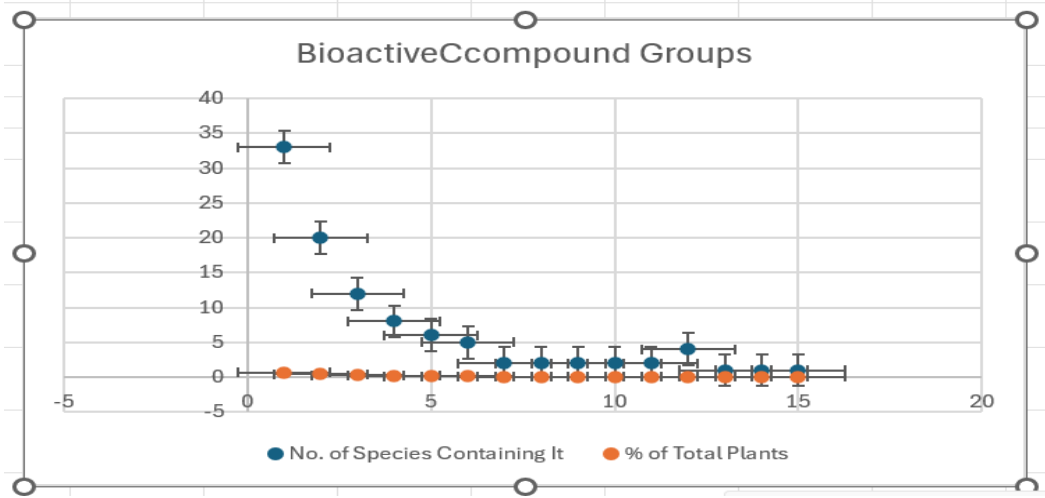
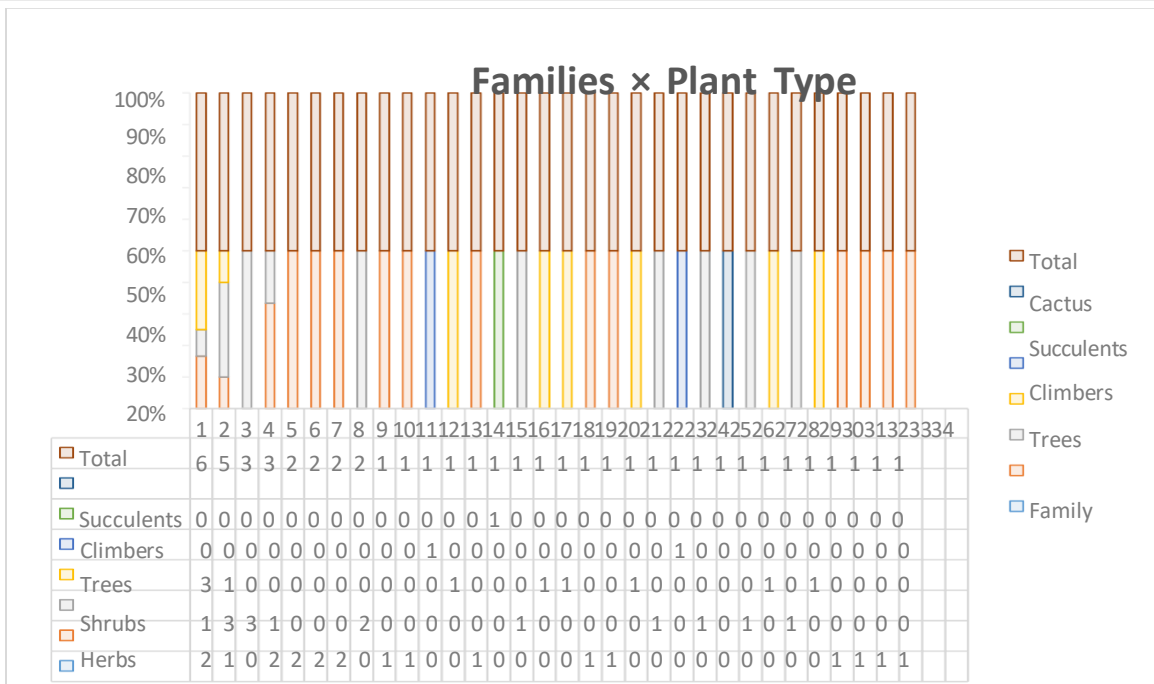
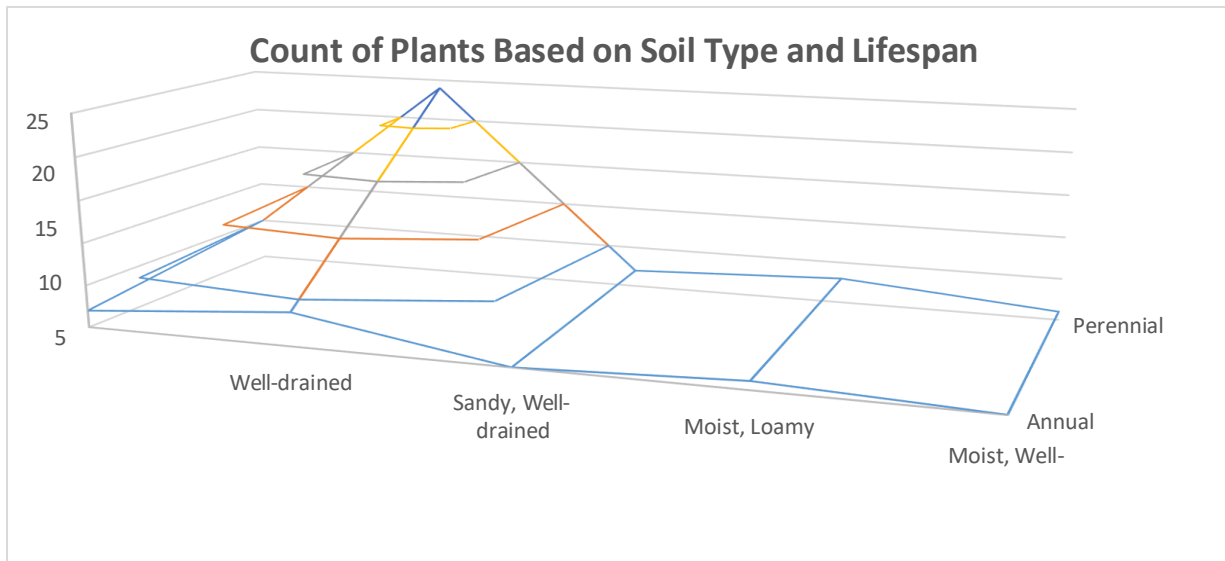


Figure 6



**Table.2**

<b>Bioactive Compounds × Plant Type</b>							
<b>Flavonoids</b>	15	9	5	2	1	1	3
							3
<b>Alkaloids</b>	8	7	2	2	1	0	2
							0
<b>Tannins</b>	5	3	3	0	0	0	1
							1
<b>Saponins</b>	4	2	0	2	0	0	8
<b>Terpenoids</b>	2	2	2	0	0	0	6
<b>Essential oils</b>	2	1	2	0	0	0	5
<b>Steroids / Sterols</b>							
	1	0	1	0	0	0	2
<b>Anthraquinones</b>	1	0	1	0	0	0	2
<b>Glycosides</b>	1	0	0	1	0	0	2
<b>Lignans</b>	2	0	0	0	0	0	2
<b>Phenolics</b>	1	1	0	0	0	0	2
<b>Anthocyanins</b>	/						
<b>Betalains</b>	/						
<b>Carotenoids</b>							
	1	2	0	1	0	0	4
	1	0	0	0	0	0	
							1
<b>Oxalates</b>							
<b>Calcium</b>	0	0	0	1	0	0	1
<b>Ricin (toxin protein)</b>							1
	0	0	1	0	0	0	

### Ethno-Medical and Phytochemical Relevance

The collected **50 medicinal plants** represent a wide range of families, genera, and growth forms, reflecting the **diverse medicinal flora** of the Indore district. Each plant was cross-verified with published literature to record its **secondary metabolites** (e.g., alkaloids, flavonoids, tannins, saponins, terpenoids) and **bioactivities** (antimicrobial, anti-inflammatory, antioxidant, hepatoprotective, etc.). This integration of herbarium documentation with phytochemical references provides a **holistic database** for traditional medicinal uses and their pharmacological validation.

The present collection highlights not only the **taxonomic diversity** but also the **therapeutic potential** of the studied species. By linking herbarium specimens with reported bioactivities, this study provides a valuable resource for both conservation and future pharmacognostic research.

### Challenges and Future Directions

Ethnobotany has greatly advanced sustainable development, healthcare, and conservation— but faces critical challenges. The erosion of Indigenous cultures, urbanization, and globalization threaten the transmission of traditional plant knowledge. With the departure of elders and the transition of younger generations to contemporary ways of living, years of valuable knowledge face the danger of disappearing. Lack of legal recognition and protection leads to biopiracy and unfair exploitation of Indigenous contributions (61). Habitat destruction from deforestation and climate change endangers medicinal plant species, while limited scientific validation hinders their integration into mainstream healthcare.

Digitizing traditional medicinal knowledge is vital. It preserves ancient wisdom, supports research, and bridges traditional practices with modern science(62). Platforms like TKDL and BOLD empower researchers to discover new treatments and protect intellectual rights. Moving forward, ethnobotany must embrace interdisciplinary collaboration, ethical frameworks, and Indigenous leadership to safeguard biodiversity and cultural heritage— ensuring that nature’s healing legacy thrives in the digital age (5).

### Conclusion

Ethnobotany is a powerful interdisciplinary field that bridges traditional wisdom with modern science, playing a vital role in biodiversity conservation, healthcare, cultural preservation, and sustainability (5). Digitizing traditional medicinal knowledge is essential for safeguarding cultural heritage and fostering innovation. It ensures that oral traditions and Indigenous practices are preserved and accessible for future generations.

The therapeutic value of locally sourced medicinal plants and traditional practitioners is undeniable. Their knowledge offers natural resilience against seasonal stressors and contributes to holistic well-being. It is time to awaken, protect our green treasures, and rediscover the healing power of nature (63). By identifying key plant metabolites and embracing sustainable ethnobotanical practices, we can reduce dependence on synthetic alternatives and nurture both human health and the planet. The future lies in honoring tradition while advancing innovation—together, they hold the key to a healthier, more harmonious world.

This study highlights the ethnobotanical richness of **Indore district**, where 50 medicinal plants belonging to 34 families and over 47 genera were documented and preserved in a herbarium. The findings underscore the vital role of these species in healthcare, food, worship, and cultural practices. The enduring reliance on medicinal flora among local and tribal communities reinforces their identity as “Green Treasures of Wellness”, encapsulating their therapeutic, ecological, and spiritual value.

However, these treasures face increasing threats from land-use change, modernization, and loss of traditional knowledge. Conservation strategies, community awareness, and integration of ethnobotanical insights into sustainable healthcare are urgently needed to protect these resources. By acknowledging and safeguarding these plant-based traditions, we ensure that the “**Green Treasures of Wellness**” continue to benefit future generations.

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