

## Bamboo- The Virtue Rich Wonder Plant & Homoeopathy of AYUSH

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**Abstract:** Since ancient times, like the coconut plant of which all the portions of the tree are useful, people in India have been using bamboo tree in its entirety. I distinctly remember eating 'Henua' & 'Kardi' (the dried & fresh bamboo shoots as called in western part of Odisha, a state in eastern part of India) since childhood as part of my regular diet. Currently, nutritional science term bamboo as a super food. Bamboo shoots, leaves, seeds have been found to be rich in amino acids & this ascribes to the lead author's better health conditions currently in the fag-end of the fifth decade of his life. Bamboo is actually grass & needs lots of water to grow. That's why it grows abundantly in the North Eastern part of India. Furnitures, household items, ethanol production, use in agricultural fencing, making huts, cleaning drains, setting the electric wires in order, a tool to reach higher places for painting, glass washing are some of the parts of the endless lists for which bamboo is used. The article links bamboo with Homoeopathy of AYUSH as Homoeopathy has a broad spectrum medicine prepared from bamboo. Thus, the multi dimensional value of bamboo adds one therapeutic aspect through its multi faceted use.

**Keywords:** Bamboo, NBM, Ethanol, Amino Acids, Export.

### INTRODUCTION

Scientific consensus that includes research institutions like National Botanical Research Institute confirms that bamboo is a fast-growing, woody grass belonging to the *Poaceae* family, not a tree. Despite historically being classified as a tree under the Indian Forest Act of 1927, amendments in 2017 reclassified it as a grass, recognizing its botanical nature and facilitating its use as a sustainable, versatile raw material. Bamboo is technically a perennial, giant grass with hollow internodes and vascular bundles scattered throughout the stem. As a grass it acts as a carbon sink, releasing more oxygen than trees and is highly beneficial for soil stabilization.

The amendment to the Indian Forest Act in 2017 removed bamboo from the tree category, which allowed for easier cultivation and harvesting outside forest areas. The classification of bamboo as a grass is as a minor forest produce rather than timber. Thus it allows for greater community use in construction, handicrafts, and industry. The consensus in literature including studies on bamboo as a "green gold" and its role in the National Bamboo Mission consistently classifies it as a grass [1].

#### National Bamboo Mission

Restructured National Bamboo Mission was approved by the Cabinet Committee on Economic Affairs (CCEA) on 25-04-2018. The Mission envisages

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promoting holistic growth of bamboo sector by adopting area-based, regionally differentiated strategy and to increase the area under bamboo cultivation and marketing. Under the Mission, efforts are to increase the availability of quality planting material by supporting the setting up of new nurseries and strengthening of existing ones [2].

To address forward integration, the Mission is taking steps to strengthen marketing of bamboo products, especially those of handicraft items. The Restructured National Bamboo Mission is a centrally sponsored scheme. Implementation is through the state nodal department which is nominated by the State/UT governments concerned. The selection of beneficiaries and delivery of assistance are being carried out by the State Bamboo Mission/State Bamboo Development agency stationed at the State/UT nodal department for implementing the National Bamboo Mission [2].

Since 2025, the mission aims to expand bamboo cultivation, strengthen industry linkages, reduce import dependence. It wants to increase bamboo cultivations on non forest lands such as farms, homesteads, community lands & irrigation canal borders. The process aims to enhance farmer's incomes & ensuring a steady raw material supply [2].

### **Bamboo as Food**

The food scientist & historian K T Achaya writes that Jain monks & forest exiles used bamboo stems & leaves for food since ancient times in India [3]. Bamboo trees across the country are best planted & grown in tropical and humid conditions with good sunlight exposure and soil rich in organic matter. The Indian states where bamboo trees grow abundantly are Assam, Tripura, Mizoram, Odisha, Andhra Pradesh, Karnataka, Kerala & Tamil Nadu. Bamboo based industries using indigenous knowledge can be strengthened scientifically & by policy interventions through setting up bamboo research centres to enhance local knowledge [4].

Bamboo is considered as a super food by the scientists of Anglia Ruskin university explained the nutritional value of bamboo shoots leaves & seeds in the diets. These bamboo materials provide essential amino acids, vitamin A, B6, E. It also regulates blood sugar & lipid levels thus helping in diabetes & heart disease. Further, the scientists also conducted a systematic multi country analysis of the health outcomes of consuming bamboo & revealing that bamboo based foods are also high in antioxidants & offer pro-biotic benefits. Masses should use bamboo in their diets to avail the nutritional benefits thus helping them to deal with the Non Communicable Diseases (NCD) [5].

### **Bamboo Ethanol Plant**

Bamboo addresses sustainability as well as it can replace plastics in disposable cutlery. Prime Minister

of India inaugurated the Numaligarh bio refinery plant in Golaghat district in the state of Assam in 2025. The plant is under the Assam Bio Ethanol Private Limited (ABEPL). The plant will produce 50,000 Metric Tonnes (MT) of ethanol from bamboo. The plant's web site mentions many products made in India from bamboo. These are clothing, baskets, mats, chairs, tables, shelves, roofing & flooring, musical instruments like flutes & drums, incense sticks [6].

### **Export & Bamboo**

Bamboo related materials that are exported are full length glass mirrors, cotton textiles & bamboo jewellery to the United States, Denmark & Nigeria. Globally, India ranks among the top three exporters of bamboo & its products. The other countries are China & Vietnam. India earns several million dollars from bamboo exports. Several states such as Maharashtra, Kerala, Assam have also set up bamboo research & technology institutes & sell bamboo products such as textiles, building materials & food products [7].

### **Homoeopathy & Bamboo**

The medicine prepared from bamboo in Homoeopathy is 'Bambusa Arundinacea'. It is a broad spectrum medicine that is used for both mental & physical symptoms. Broadly the areas where the medicine is used clinically are arthritis, depression, leucorrhoea, post partum depression, rheumatism, stiffness & vomiting [11].

It is critical to note the mental symptoms of this drug. The major mental symptoms are that the patient 'cannot handle things any more', 'overwhelmed by stress', 'fear of something in the head', 'fear of lumps in breast', 'irritable towards husband & children', 'post partum depression', 'forsaken feeling', 'desire for change', 'feels cut off from life', 'aggravation at 4 pm', 'confounds the days of the week', 'blames her partner for her bad mood', 'delusions that left & right side are not the same' [11].

The mind symptoms show that this is a broad spectrum drug that has a myriad of mental symptoms. It only strengthens the broad therapeutic value of bamboo [11].

### **CONCLUSION**

With new metabolic cases being an obstacle with no effective or cost effective cure, it is time to look into the homoeopathy system of Ministry of AYUSH that addresses the reached & unreached areas of the current intervention through use of bamboo. The therapeutic system can address all economic strata of the society. A long term cost effective, therapeutically effective with no side effects approach can be in place on integration of homoeopathy into the domain of high Non Communicable Disease (NCD) related interventions through use of medicines like 'Bambusa' [8-19].

The integration of homoeopathy into the high burden metabolic related interventions will not only help India but also it will be a successful pilot to deal with high NCD levels at the global level through adoption of the pilot especially in the high NCD endemic countries. India can set an example in this regard. The intervention related to homoeopathy of AYUSH can also be initiated with the leading stake holders or development partners in India who work on Non Communicable Diseases (NCD) through the application of bamboo as medicine [8-19].

As homoeopathy has become a part of the culture in India, the intervention will help to deal with the related life style issues of NCDs like poor metabolic related issues. Active surveillance could be the best effort for our nation apart from international cooperation & to develop & use indigenous capacity regarding bamboo for low cost & no side effects medicine manufacturing before other nations. One example is the use of homoeopathic therapeutics from bamboo in this process. All of us know that all these processes take time & hence it is wise to use our strength in the form of integration of Homoeopathy & bamboo into the poor metabolic related interventions. These interventions can be rolled out both at centre & state level thus addressing mental and physical issues through use of broad spectrum medicine like 'Bambusa' [8-19].

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