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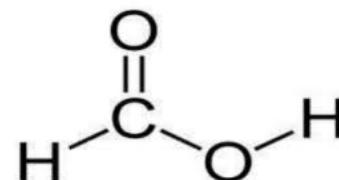
Medicinal Plants of Himalaya: A Case Study on Stinging Nettle

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In India, Ayurveda has been in vogue for many years. Ayurveda has been given priority in our scriptures and Puranas. Maharishi Charaka is considered the father of Ayurveda. He wrote a great treatise on medical science called "Charaka Samhita", which is regarded as the foundation of Ayurveda. Rajiv Dixit Ji promoted Ayurveda and Indian traditions at the global level. He was born in 1967 and passed away in 2010. Because of him, millions of people became connected with Ayurveda. He also gave priority to Ayurveda. Many types of medicines are found in the Himalayan region. One of these plants is scorpion grass, which is called Kanda, Sissoo or Sissoo in Uttarakhand. Its scientific name is *Urtica dioica*. When you touch this plant, you feel a burning sensation. It is called scorpion grass because the way a scorpion stings and a burning sensation is felt, similarly, you feel a burning sensation when you touch this plant. Formic acid is found in the stings of ants and bees. The same acid is found in this plant as well. When someone touches this plant, he feels a burning sensation due to formic acid. Stinging nettle (*Urtica dioica*) is found at an altitude of about 300 meters to 3,500 meters above sea level. This is present in its leaves and gets into our body and we feel a burning sensation. Formic acid whose chemical formula is HCOOH is also called methanoic acid. When formic acid gets into our body, we feel a burning sensation and this chemical is found in this scorpion grass and due to this chemical we feel a burning sensation.



Common Name	Stinging Nettle / Bichhu Ghaas
Scientific name	<i>Urtica dioica</i>
Pollination	Wind Pollination (Anemophily)
Origin	Europe & Asia (now widespread in temperate regions)
Ch. No.	2n = 48
Kingdom	<i>Plantae</i>
Species	<i>urtica</i>
Class	Magnoliopsida (Dicotyledons)
Family	Urticaceae (Nettle family)
Species	<i>Urtica dioica</i>
Order	Rosales

Formic acid is used in many places

- In making insecticides, germicidal medicines
- To prevent animal feed from rotting.
- In cleaning leather
- To prevent animal feed from rotting

Temperature for Scorpion Grass

Scorpion grass is found in all three seasons, winter, summer and rainy season. This plant usually grows more in winter. For this, the best temperature in winter is considered to be 10–15°C. Its roots spread very fast and new plants keep coming out from place to place, due to which it spreads in a large area in a short time. For this, loamy soil or clay loam soil is made good and the soil whose PH is 5.5 to 7.5 is considered good and there should be moisture in the soil. If there is water logging in the soil, then it is not that good. It requires a cold climate, due to which it is found the most in the Himalayan region. The best humidity for growing Scorpion Grass should be 70 to 90%. It is not possible to cultivate it in areas with low humidity.



Ayurveda uses of scorpion grass

- Beneficial in itching, boils and skin diseases.
- Very beneficial for arthritis and joint pain
- If you eat its vegetable and you are suffering from anemia, then your anemia is cured
- Eating its vegetable also removes fatigue and weakness
- If scorpion grass is dried and fed to animals, then the animals give more milk
- If you cook its vegetable and eat it, then hunger increases more.

Scorpion grass is found in large quantities in Europe, North America and North Africa. The US government encourages farmers to cultivate scorpion grass and scorpion grass is also used a lot in Ayurveda. It is found in abundance in the Himalayan region because it is cold in the Himalayan region and it is found in large quantities in cold regions because this plant needs cold temperature, which is found in the Himalayan region during summer but is less.

Diseases on scorpion grass

Diseases Name	Scientific Name
Powdery Mildew	<i>Erysiphe urticae</i>
Downy Mildew	<i>Peronospora urticae</i>
Leaf Spot Disease	<i>Ramularia urticae</i>

Powdery Mildew - A white powdery layer appears on the leaves of scorpion grass due to which the plant is unable to perform photosynthesis and the leaves of the plant dry up. If sulfur is used to avoid this, then it can be cured.

Downy Mildew - In this, purple spots appear on the lower part of the strip and yellow spots appear on the upper part. For this, we should reduce the humidity and use organic fungicide containing copper.

Rust Disease - Due to this disease, orange or brown spots appear on the lower part of the leaves. Remove the infected leaves from the plants and use fungicide

Leaf Spot - The leaves of the plant turn yellow and develop black brown spots and the leaves dry up. Use neem based spray and remove the infected leaves from the plant.

Root Rot - The plant turns yellow and the roots turn black due to which the plant dries up. Prevent water logging, put organic *Trichoderma* in the field

Insect Pests

Nettle Aphid	<i>Microlophium carnosum</i>
Nettle Caterpillar	<i>Euproctis fraterna</i>
Red Spider Mite	<i>Tetranychus urticae</i>

Aphids - They weaken the plant by sucking the juice of the leaves.

Spider mites - Gel appears on the leaves and the leaves turn yellow because photosynthesis is not possible.

Caterpillars - They harm the plant by eating the leaves.

Conclusion

Scorpion grass is being used a lot in Ayurveda today. It is being used in leather industry, in making clothes and in making some medicines. Today, Scorpion grass is also being cultivated and along with this scientists are doing research on it and telling about its many properties. Scorpion grass contains many vitamins which are beneficial for us. Its use in Ayurveda is considered very useful today. Today everyone understands the importance of Scorpion grass and everyone is using it.