

## ABSTRACT

The policy, "Health for all by the year 2000" adopted by the World Health Organization (WHO) may not be achieved unless the indigenous system of medicine with the traditional links with the grassroots is integrated into the health care strategy. Ayurvedic method of treatment is mainly based on use of herbal roots, barks, leaves, twigs, seeds, interior and exterior parts of fruit, flowers etc. In recent times, it is very difficult to find out medicinal herbs at their indigenous habitats due to massive destruction of natural vegetation. Clear-cutting across virgin lands destroys thousands of valuable medicinal plants. Therefore, it is high time to introduce the concept of herbal garden establishment in order to popularize the Ayurvedic medicine system. However, there can be several drawbacks in propagating medicinal plants through seeds; long dormancy of seeds and their short viability. In addition, many herbal plants may die away at the sprouting stage due to inability to stand unfavorable climatic conditions.

Among Ayurvedic medicine preparations, Dashamula Ariste (a concentrated decoction, in of grate medicinal value and is widely used to cure a large number of disorders like indigestion, fever, weakness etc. Bth Demata (*Gmelina arborea*) is a very important medicinal tree species and its root is a key ingredient of the Dashamulas Ariste.

According to our studies focused on germination of Bth Demata seeds, dormancy could be broken by damaging the exocarp of fruits while protecting the seeds from injuries. Simply a knife and a flier can be used for this purpose.