



ETHNOMEDICINAL PLANTS USED IN THE HEALTHCARE SYSTEM OF TRIBES OF YAVATMAL DISTRICT (M.S.), INDIA.

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Abstract

The present research paper deals with traditional ethnomedicinal knowledge of tribals located in Yavatmal district. Indigenous knowledge was collected by interviewing people of different age groups between 45-80 years. Ethnobotanical information of 53 plants belonging to 36 families are recorded as being used by local inhabitants for curing various ailments. Brief information about plant parts used, botanical & local names, families, the mode of preparation of drugs and method of applications have been given. Such type of ethnomedicinal survey may prove useful in preservation and passing of traditional knowledge from tribals to other ethnic communities and also the next generations.

Key Words– ethnomedicinal, Tribals, Yavatmal district, Traditional

Introduction

Ethnobotany is most important method to study natural resources and their management by indigenous people. Ethnobotanical investigation provides a wealth of information regarding the past and present relationship between plants human.

India has got a centuries old ethno – medico – botanical heritage since long ago. Even today many people in villages, towns & tribal areas practice home remedies & formula⁽⁶⁾. The tribals in Yavatmal district sustain their healthcare on plant based drugs for combating different ailments & disorders. They possess vast store of knowledge about natural resources in vicinity. It is also true that their experience and knowledge were subjected to modifications and refinements by the successive generations which have been also with their traditions.

Yavatmal district is situated in eastern part of Maharashtra between north latitudes 19° 28' & 20° 48' & longitudes 77° 19' & 70° 07'. It occupies an area of about 13,517.2159 km. The temp. varies from 9° to 45° c. The rainfall increases from the north west towards the south east on an average there are 53 rainy days, i.e. days with rainfall of 2.5 mm. Wardha and Penganga are the main rivers of the district, both of them forming the district boundaries. The soil in the district is slightly alkaline, clayey, loamy and contain calcium carbonate. Limestone is only mineral of economic importance found in district. Agriculture is the main source of livelihood of the people of Yavatmal district.

Material & Methods

An extensive field survey was carried out together traditional ethnomedicinal information from the tribals & local people. Ethno medicinal information about the plant was collected on the basis of frequent interviews with local physicians practicing indigenous system of medicine. Plant species collected were identified with the help of standard floras^(1,2,3,4,7,9,10)

**Observation:-**

Plant Botanical/ Local Name	Family	Parts used	Medicinal Use(s)	Mode of administration
<i>Abrus precatorius</i> L. (Gunja)	Fabaceae	Root, leaves and seeds	Piles	1) 5 gm of root powder with a cup of milk twice a day for 12-15 months to cure piles. 2) Young leaves consumed 2-3 time daily for mouth ulcer. 3) The seed powder mixed with water is applied locally to reduce swelling.
<i>Acacia chundra</i> Willd. (Khair)	Mimosaceae	Stem, leaves and fruits.	Scabies, Intestinal Worms	1) Ash obtained from stem & leaves mixed with coconut oil, applied on burns & scabies till cure. 2) 2-3 spoonful of leaf juice & fruit pulp 5-7 gm taken orally daily for a week to kill intestinal worms.
<i>Acanthospermum hispidum</i> DC. (Gokhru)	Asteraceae	Roots and leaves	Urination	1) Root & leaves extract (1:1) is taken



		.		orally twice a day to regulate urination.
<i>Achyranthes aspera</i> Linn. (Aghada)	Amaranthaceae	Roots , leaves	Earache, Piles Snake Bite Asthama	1) 5 gm of root powder with a cup of milk twice a day for 12-15 days to cure piles and 2-3 drops of root juice are recommended on Earache. 2) Paste of leaves in applied on snake bite. 3) Decoction of leaves about 5-10 ml is given 2-3 times daily in asthma.
<i>Adathodavasica</i> Nees.	Acanthaceae	Leaves	Cough & Cold	1) 2 tea spoon juice of leaves is given to relieve the symptoms of cough & cold for 3 days.
<i>Aervalanta</i> (Linn.) Juss. (Maduri)	Amaranthaceae	Leaves		1) Warmed juice of the leaves is dropped in ear on pus formation in an ear.
<i>Agglemarmelos</i> (Linn.) Carr. (Bel)	Rutaceae	Leaves and fruit.	Asthama, Cough and Diarrhoea.	1) Decoction (10-15 ml) of the leaves is used once a day at night in asthma &



				cough. 2) Fruit juice is administered daily twice for 3-5 days to cure diarrhoea.
<i>Ailanthus excelsa</i> Roxb. (Ghod-limb)	Simaroubaceae	Stem, leaf and fruit.	Asthama, Diarrhoea and Diabetes	1) Decoction of stem bark (10-20 ml) is given twice daily to cure asthma. 2) 5 ml of leaf juice administered daily twice to cure diarrhoea. 3) About 20 gm of fruit powder taken orally to check diabetes.
<i>Annonasquamosa</i> L. (Sitaphal)	Annonaceae	Leaves	Wounds & ulcers.	1) Paste of fresh leaves applied on wounds and ulcers.
<i>Argemonemexicana</i> L. (Piwala – dhotra)	Papavaraceae	Latex	Eczema	1) Latex is mixed with coconut oil & applied on wounds of eczema till cure.
<i>Azadirachtaindica</i> A.Juss.	Meliaceae	Leaves	Dysentery	1) Extract of leaves (10 ml) given thrice a day for 3-5 days to cure dysentery.
<i>Bauhniaracemosa</i> Lamk. (Apta)	Caesalpiniaceae		Headache and Malaria	1) Decoction of leaves about (10-20



				ml) administered in headache & malaria.
<i>Boerhaviadiffusa</i> Linn. (Punarnava)	Nyctaginaceae	Whole Plant	Bronchitis	1) Whole plant decoction (15-20 ml) is given twice a day in bronchitis & jaundice.
<i>Calotropis procera</i> R. Br. (Rui)	Asclepiadaceae	Leaves and Latex	Dog bite and skin infections.	1) Extract of leaves mix with sugar (3:1), applied over dog bites. 2) Latex is applied over skin infection.
<i>Capparis grandis</i> L. (Pachunda)	Capparidaceae	Leaves and stem bark.	Rheumatism	1) Decoction of leaves & stem bark applied on joints to cure rheumatism.
<i>Carica papaya</i> L. (Papai)	Caricaceae	Seed and Latex	Menstrual disorders, Eczema and ringworm.	1) Spoonful seed powder along with the leaf of <i>Piper betel</i> L. Consumed to regulate menstruation. 2) Latex is used to treat eczema & ringworm.
<i>Celosia argenta</i> L. (Kukada)	Amaranthaceae	Root	Kidney Stone	1) Root powder mixed in water and taken internally to cure kidney stone.



<i>Cissampelospareira</i> L. (Pahadvel)	Menispermaceae	Roots	Indigestion	1) Root powder mixed with honey and ginger taken orally in indigestion.
<i>Cocculushirsutus</i> L. (Vasanvel)	Menispermaceae	Leaves	Gonorrhoea	1) Juice of leaves, mixed with water and warmed, taken internally for gonorrhoea.
<i>Cuscuta reflexa</i> Roxb. (Amarvel)	Cuscutaceae	Whole plant.	Wounds & sores.	1) The boiled extract of the plant is used to wash wounds & sores.
<i>Datura stramonium</i> L. (Dhotra)	Solanaceae	Leaves and seeds.	Asthama	1) Power of dried leaves & seeds is mixed with water & taken twice a day for 5-6 days to cure asthma.
<i>Ficus religiosa</i> L. (Pimpal)	Moraceae	Stem bark.	Hepatitis	1) Spoonful of stem bark powder is kept in a cup of water for 10-12 hrs. It is taken orally hepatitis till cure.
<i>Gloriosa superba</i> Linn. (Kal- lavi)	Liliaceae	Tuber	Asthama	1) Decoction of tuber is administered twice a daily in asthma.
<i>Helecteresisora</i> L. (Muradsheng)	Sterculiaceae	Leaves	Eczema	1) Paste of leaves & green fruits applied on



				eczema for 8-10 days.
<i>Hemidesmus indicus</i> (Anantmul)	Asclepiadaceae	Root	Arthritis	5 gm of root powder with honey thrice a day consumed a day to relief arthritis.
<i>Lagenariasiceraria</i> (Malina) Standl (Bhopla)	Cacurbitaceae	Stem	Sunstroke	1) Paste of stem applied on foot to treat sunstroke.
<i>Lepidagathiscuspidata</i> Nees. (Bendyaghas)	Acanthaceae	Leaf	Wounds & scabies.	1) Leaf powder applied on wounds & scabies for 8-10 days.
<i>Meliaazedarach</i> (Bakneem)	Meliaceae	Leaf	Menstrual disorders.	1) 5ml leaf juice administered daily in menstrual disorders.
<i>Merremiagangetica</i> L. (Undirkani)	Convolvulaceae	Whole Plant	Memorrhagia	1) Dried powder of whole plant is used in memorrhagia.
<i>Mimosa hamta</i> Willd. (Arati)	Mimosaceae	Root	Rheumatism	1) Decoction of root (10-15 ml) is given at morning & evening to treat rheumatism for 8-10 days.
<i>Mimosa pudica</i> L. (Lajalu)	Mimosaceae	Root	Urination	1) Decoction of roots, taken orally to regulate urination.
<i>Moringaoleifera</i> Lamk. (Shevaga)	Moringaceae	Stem bark.	Asthma and respiratory	1) Decoction of stem bark (10-12 ml) is



			ailments.	given daily to cure asthma & respiratory ailments for 8-10 days.
<i>Ocimumamericanum</i> Linn. (Ran-Tulasi)	Lamiaceae	Leaves	Short Breath and rhinitis.	1) Juice of leaves (10-12 ml) with honey is given to cure short breath & rhinitis.
<i>Opuntiaelator</i> Mill. (Nivdung)	Cactaceae	Fruit	Rheumatism	1) Fruit powder consumed at morning for 10-15 days to treat rheumatism.
<i>Oxalis corniculata</i> L. (Ambusi)	Oxalidaceae	Whole Plant	Headache	1) The paste of plant is massaged on forehead to relieve headache.
<i>Pergulariadaemia</i> (Forsk.) Chiov. (Utaran)	Asclepiadaceae	Leaf	Asthama and Jaundice	1) The fresh leaf juice (5-7 ml) is given 2-3 times a day in asthma. 2) Leaf extract, about 10 ml taken orally 8-10 days to check jaundice.
<i>Prosopis cineraria</i> L. (Shami)	Mimosaceae	Leaf	Leucoderma	1) Paste of leaves used externally on Leucoderma.
<i>Psoraleacorylifolia</i> L. (Bawchi)		Seed	Leucoderma	1) Seed oil is used in Leucoderma and other skin diseases.
<i>Semicarpusanacardium</i> L.	Anacardiaceae	Seed	Eczema	1) Seed ash



(Bibba)				mixed in coconut oil applied on eczema 10-15 days.
<i>Shorea robusta</i> Gaertn F. (Salai)	Dipterocarpaceae	Resin	Diarrhoea and Indigestion.	1) The resin powder mixed with water consumed to check diarrhoea & indigestion.
<i>Sidarbambifolia</i> Linn. (Antibala, Sahadevi)	Malvaceae	Root	Respiratory diseases.	1) Decoction of root (5-7 ml) is taken 2 times orally in lower respiratory track diseases.
<i>Solanum xanthocarpum</i> Schrad & Wendl. (Bhuiringani)	Solanaceae	Fruit	Arthritis	1) Dried powder of fruit (5g) is boiled with 5-6 black peppers (<i>Piper nigrum</i>) in 200 ml water, decoction is taken twice a day for 8-10 days to cure Arthritis.
<i>Tephrosia purpurea</i> (L.) Pers. (Unhali)	Fabaceae	Stem bark and root	Kidney stone.	1) Powder of stem bark & root (8-10 gm) mixed in water & given twice a day to treat kidney stone, till cure.
<i>Terminalia arjuna</i> (Roxb. Ex. Dc.) Wight & Arn. (Arjun – Sadada)	Combretaceae	Stem bark	Wounds	1) Stem bark powder mixed with



				coconut oil, applied on wounds for 8-10 days.
<i>Terminaliabellica</i> (Gaertn.) Roxb. (Behada)	Combretaceae	Fruit and bark.	Whirling	1) Extract made from fruits & bark (1:1) given (10-12 ml) in morning for 8-10 days to cure whirling.
<i>Tinosporacordifolia</i> (Willd.) (Gulvel)	Menispermaceae	Leaf	Jaundice	1) Leaf extract mixed with cow milk (1:1), (10-20 ml) taken orally in the morning to check jaundice, advised 8-10 days.
<i>Tribulusterrestris</i> Linn. (Gokharu)	Zygophyllaceae	Fruit	Respiratory diseases	1) Decoction of fruit about 10 ml is administered daily in respiratory diseases.
<i>Tridaxprocumbens</i> L. (Kambarmodi)	Asteraceae	Root and leaf.	Wounds	1) Paste is prepared from the root powder & leaves are applied on wounds till cure.
<i>Vernoniacinerea</i> Less. (Sahadevi)	Asteraceae	Whole plant.	Asthama	1) The decoction of whole plant is given twice daily in asthma.
<i>Vitexnegundo</i> L. (Nirgudi)	Verbinaceae	Leaves	Rheumatism	1) Leaves warmed &



				<p>tied on joints to treat rheumatism, advised till cure.</p>
<i>Withaniasomnifera</i> : Dunal (Ashwagandha)	Solanaceae	Root	Bronchitis	1) Decoction of root (10-12 ml) taken twice daily to cure bronchitis.
<i>Xanthium indicum</i> (L.) Koen. (Shankheswar)	Asteraceae	Leaf	Wounds	1) Leaf paste is applied on the wounds twice a day for 5 days.
<i>Ziziphus mauritiana</i> Lamk. (Bor)	Rhamnaceae	Seed	Rheumatism and muscular pain.	1) Seed oil is used for external application of Rheumatism and muscular pain.

Discussion & Conclusion

In all 53 plant species from 36 families having ethno medicinal significance are reported & found curing certain human ailments. Although root, tuber, bark, stem, leaves, fruit, seed, latex and whole plant is used but leaf is the most common part used in the treatment. Majority of the preparations are used internally in the form of infusion or decoction.

The detailed information regarding the therapeutic application of different parts of plant species are obtained & their role in curing various diseases like asthma, wounds swelling, scabies, earache, urination, diabetes, jaundice, malaria, rheumatism, snake bite, cough and cold, diarrhoea, eczema, dysentery, bronchitis, dog bite, menstrual disorder, ringworm, kidney stone, hepatitis, gonorrhoea, sunstroke etc & mode of administration by tribal healers, priests & villagers were compared with available literature in different regions of India on medicinal plants^(5,8) It was found that many of the uses listed are not recorded earlier. Tribal of Yavatmal district have rich heritage of medicinal knowledge. We should preserve this treasure house of their knowledge & experience for better prosperity at the back drop of obvious forces of acculturation prevailing in the area of study.



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Argemonemexicana L

Calotropis procera R. Br. *Tridaxprocumbens* L



Cocculushirsutus L

Oxalis corniculata L *Tinosporacordifolia* L