P: ISSN No. 2231-0045 RNI No. UPBIL/2012/55438 VOL.-III, ISSUE-II, November-2014
E: ISSN No. 2349-9443
Periodic Research

Traditional Uses of Medicinal Plants among the Tribals of Shivpuri District (M.P.)

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Abstract

The tribals of Shivpuri district live in the vicinity of forest and due to being close to the nature, they possess a deep practical knowledge of medicinal value of different plant species growing around them. This paper deals with the medicinal uses of 45 plant species of 30 families. The tribals of Shivpuri district utilises various plant species for treatment of various diseases and ailments like Bronchial diseases, intestinal disorder, skin disease, bone fracture, jaundice, menstrual disorder, leucomea, malarial fever, rheumatism, toothache, earache etc.

Keywords : Shivpuri, Medicinal Value, Tribals

Introduction

Shivpuri is a district of Madhya Pradesh with beautiful landscape consisting of small hills and deciduous forest. Shivpuri district is located on the lower vindhyan plateau. It is bordered by the Betwa in the East end the Kuno in the West. The district extends between the parallels of latitude 24°51'16" North and 25°55'15" North, and between the meridians of longitude 77°55'25" East and 78°28'10" East. The district lies in the northern part of Madhya Pradesh state. It is the central district of Gwalior commissioner's division.

Shivpuri has a total area of 10,298 square kilometres and a population of 14,41,950 (census 2001).

The Shivpuri district is inhabited by a large number of Sahriyas. The population of Sahariyas is about 139124, which is about 8 percent of the total population. The traditional occupation of Sahariyas is working in forest and agriculture. The name Sahariyas probably means inhabitants of the jungle. They have faith in good and bed power of plants, taboos, sacred plants worship and folklore. A number of plant species are used for primary healthcare and treatment of various diseases by Sahariyas.

Methodology

An enthnobotanical survey of Shivpuri district was conducted during Feb. 2012 to March 2014. In this survey the information on the use of medicinal plants was gathered from people of Sahariya tribe whose age ranged from 40-60 years. The information was recorded in standard questionnaire which include local name of plant, plant part used in medicine, method of drug preparation and mode of administration. Voucher specimens were collected for making herbarium sheets by standard method. The plant specimens were identified with the help of Floras. (Hooker et al 1872-1897).Duthie (1973) and other standard literature.

Enumeration of Medicinal Plants

The species are arranged alphabaticaly with local name, family name plant part used followed by medicinal use.

1. Abelmoschus esculentus Linn.
   Local Name – Bhindi
   Family – Malvaceae
   Part used – Fruits
   Fruits use in abdominal disorder.
2. Abrus precatorius Linn.
   Local Name – Ratti
   Family – Fabaceae
   Part used – Leaves, Root
   Leaves paste used in headache and skin disease. The powder of root is given with water in cold and cough for 2 days.
3. Acacia arabica – Willd
   Local Name – Babul
   Family – Mimosaceae
   Part used – Tender shoot and bark.

Shoots are used as tooth brush. They strengthen teeth on a gums. Bark boiled in water is used in cough.

4. Acacia catechu Willd
   Local name – Khair
   Family – Mimosaceae
   Part used – Bark
   Juice of Fresh bark is given in diarrhoea
5. Acalypha indica Linn
   Local Name – Kuppi
   Family – Euphorbiaceae
   Part used – Leaves
   Leaves are used in skin disease. Leaf decoction is given in earache.
6. Adhotoda vasica Mill
   Local name – Adusa
   Family – Acanthaceae
   Part used – Leaves
   Juice extracted from leaves mixed with ginger or honey is generally used in chronic bronchitis and asthma.
7. Aegle marmalos Correa ex Roxb.
   Local Name – (Bel)
   Family- Rutaceae
   Part used – Fruits
   Pulp of unripe fruits mixed in water is given in diarrhoea, pulp of ripe mixed with water for making sharbat.
8. Ageratum conyzoides Linn.
   Local Name – Safed Sag
   Family – Asteraceae
   Part used – Leaves
   Leaves paste use in leprosy and wounds.
9. Aloe barbadensis Mill
   Local name – Gwarpatha
   Family – Liliaceae
   Part used – Tender, Leaf
   Tender pulp is eaten in rheumatism. Leaf juice is used in skin infection and sunburns.
10. Anogeissus pendula Edge
    Local name – Kardhai
    Family – Combretaceae
    Part used – Twigs
    Twigs decoction is applied on burn part of the body to clear the spot.
11. Asparagus racemosus Willd
    Family – Liliaceae
    Local name – Satavar
    Part used – Root
    Fleshy roots used in dysentery. The root boiled in milk is used as appetiser.
12. Azadirachta indica A. Juss
    Local Name – Neem
    Family – Meliaceae
    Part used – Leaves and bark (whole tree)
    Juice of leaves (100 ml) and bark is given orally thrice a day for 2 days in dysentery. Leaves are boiled in water and the extract is used to cure eczema and other skin disorder. Juice of leaves taken with honey cures jaundice. The bark is dried and powdered and taken orally to cure cold and fever. The oil extracted from seeds is applied on head to killing lice.
13. Bauhinia tomentosa Linn.
    Local Name – Kachnar
    Family – Leguminaceae
    Part used – Buds and Flowers
    Dried buds and young flowers are used in dysenteric affections.
14. Boerhaavia diffusa Linn.
    Local Name – Pattarchata, Punarnava
    Family – Nyctaginaceae
    Part used – Leaves
    Leaves decoction in used in asthma. The root paste is taien orally to cure jaundice.
15. Butea monosperma Lam.
    Local name – Tesu
    Family – Papilionaceae
    Part used – Bark
    Bark used in bone fracture. The powder of bark is also given for treatment of menstrual disorder in women.
16. Cyanodon dactylon Pers.
    Local name – Dooba
    Family – Poaceae
    Part used – Leaves
    Leaves paste is used in eczema and fresh cuts and wounds.
17. Chlorophytum tuberosum Baker
    Local Name – SafedMusli
    Family – Liliaceae
    Part used – Root
    The root powder is given to animal to cure fractured bone.
18. Cassia fistula Linn.
    Local Name – Amaltas
    Family – Caesalpiniaceae
    Part used – Fruit (Pod)
    Fruits used in constipation and diabetes.
19. Cissus quardrangularis Linn.
    Local name – Hadjod
    Family – Vitaceae
    Part used – Whole Plant
    Extract of whole is given orally in bone fracture.
20. Carica papaya Linn.
    Local name – Papita
    Family – Caricaceae
    Part used – Fruit and plant later
    The plant latex is applied against burns, cuts wounds and heals crack. Fruits used in constipation and skin disease.
21. Carissa opaca Linn.
    Local Name – JungliKaronda
    Family – Apocynaceae
    Part used - Fruits
    Fruits are also used in digestive problem.
22. Calotropis procera R.B.
    Local Name – Aak
    Family – Asclepiadaceae
    Part used – Root
    Fresh root used as a tooth brush is considered to cure tooth ache.
23. Catharanthus roseus G. Don.

Local Name – Sadabahar,
Family – Apocynaceae
Part used – Leaves
Leaves decoction used in diabetes and leucomea

24. Chenopodium album Linn.
Local name – Bathua
Family – Chenopodiaceae
Part used – Whole plant
Plant is used as an anaemia for intestinal ulcerations.
25. Cleome viscosa Linn
Local Name – Hulhul
Family – Capparidaceae
Part used – Leaves
Leaf juice is put into the ear to relieve earache mixed with oil.
26. Citrus limon (Linn) Burn.
Local Name – Nibu
Family – Rutaceae
Part used – Fruit
Fruit juice is taken with salt twice a day for 2 days in dysentery.
27. Diospyros melanoxylon Roxb.
Local Name – Tendu
Family – Ebenaceae
Part used – Fruit
Unripe fruits is eaten for relief from cough and extract of unripe fruits in milk is given for two days in diarrhoea.
28. Dioscorea bulbifera Linn.
Local name – Ratalu
Family – Dioscoreaceae
Part used – Tuber
Roasted tuber used in bronchitis
29. Datura inoxia – Mill
Local name – Datura
Family – Solanaceae
Part used – Seed
Smoke the seeds and leaves to cure asthma
30. Euphorbia hirta Linn.
Local Name – Dudhi
Family – Euphorbiaceae
Part used – leaves
Leaves decoction given in asthma and bronchial affection.

31. Emblica officinalisGaertn.
Local Name - Amla
Family – Euphorbiaceae
Part used – Leaves
A tea prepared from leaves given common salt for constipation.
32. Eclipta alba (Linn.) Hassk
Local name – Bringraj
Family – Asteraceae
Part used – Leaves
Leaves are chewed for control of malarial fever.
33. Ficus recemosa Roxb.
Local name – Umar
Family – Moraceae
Part used – Bark, fruit
The bark made into a paste and used for dysentery and vomiting. Fruit power mixed with honey is given diarrhoea.
34. Ipomoea turpenthum Linn.
Local Name – Pithori
Family – Convolvulaceae
Part used – Root
Root part used in pain of chest and joints.
35. Jatropha curcas Linn.
Local Name – Ratanjot
Family – Euphorbiaceae
Part used – Root bark
Decoction of root bark is given thrice a day for three days in dysentery. Seed oil is externally applied in chronic rheumatism.
36. Madhuca indica J.F. Gmel
Local Name – Mahua
Family – Sapotaceae
Part used – Flower
Flowers also used in preparation of vine and used for cold and cough. Flowers are eaten as remedy of piles.
37. Mangifera indica Linn.
Local Name – Aam
Family – Anacardiaceae
Part used – Fruit
Unripe fruits used in dysentery.
38. Melia azedarach – Linn
Local Name – Bakayan
Family – Meliaceae
Part used – Root
Root paste used in skin disease and leprosy
39. Ocimum sanctum Linn
Local Name – Tulsi
Family – Lamiaceae
Part used – leaves
Leaves used in couth especially in children and are given with honey.
40. Psidium guajava – Linn.
Local name - Amrud
Family – Myrtacea
Part used – Leaves
Leaves when chewed are a remedy in toothache.
41. Sida cordifolia – Linn.
Local Name – Bala
Family – Malvaceae
Part used – Whole plant
Juice of the whole plant is used in rheumatism.
42. Solanum nigrum Linn
Local name – Makoi
Family – Solanaceae
Part used – Leaves
Paste of leaves in used in case of body swelling.
43. Terminalia arjuna (Roxb) Weight and Arn.
Local Name – Arjun
Family – Combretaceae
Part used – Leaves
Juice of fresh leaves is a remedy for earache.
44. Terminalia belliricaRoxb.
Local Name – Bahera
Family – Combretaceae
Part used – Seed

Seed used in cough and make Triphala and used in intestinal and liver problem.

45. Terminalia chebula Retz.
Local Name – Har
Family – Combretaceae
Part used – Seed, Bark
Bark used in Bronchitis and seed make Triphala used in Liver Problem

Discussion

In the present study we have reported 45 plant species which are utilised for the treatment of various diseases and ailments. Out of 45 plant species 4 are used for diarrhoea, 6 for dysentery, 1 for appetiser, 2 for digestive problem, 1 for dyspepsia, 1 of intestinal ulceration, 2 for liver problem, 3 for toothache, 6 for cough and cold, 4 for bronchitis, 4 for asthma, 2 for rheumatism, 3 for bone fracture, 4 for skin diseases, 1 for eczema, 1 for piles, 2 for leprosy, 1 for diabetes, 1 for malaria, 1 for leucomea, 1 for body swelling, 1 for chest and joints pain, 3 for earache, 5 for constipation, 1 for jaundice and 1 for menstrual disorder.

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Summary of Questionairs

Name of Informer	Age	Experience	Locality	Information received for [Botanical names of plants]
Phula Adivasi	45	15	Majhera (Shivpuri)	Aegle marmelos, Acacia catechu, Terminalia bellirica, Calotropis Procera, Azadirachta indica
Vija Adivasi	30	10	Kalothra (Shivpuri)	Asparagus recemosus, Carrissa, Opaca, Emblica officinalis, Bauhinia tomentosa, Chenopodium album
Vindra Adivasi	35	10	Budi Barod (Shivpuri)	Citrus limon, Psidium guajava, Mangifera indica, Terminalia chebula
Sunita	40	15	Raipur (Shivpuri)	Chlorophytum tubersum, Carica papaya, Cassia fistula, Abrus precatorius.
Jagdish Sahariya	50	20	Dehde (Shivpuri)	Acalpha indica, Adhotoda vasika, Aloe vera, Occimum sanctum,Anogeissus, Pendula, Cyanodon dactylon.
Rambeti	55	20	Badera (Pichore, Shivpuri)	Catharanthus roseus, Iopomea turpenthum, Cleome viscosa, Solanum nigrum, Datura innoxia, Terminalia arjuna
Kalicharan	60	30	Ranja (Kolarash,Shivpuri)	Madhuca indica, Euphorbia hirta, Sida cordifolia, Cissus quardragularis, Melia azedarach
Shanti	30	8	Imaliya (Shivpuri)	Diosyros melonoxylon, Jatropha curcus, Ficus recemosa, Acacia arabica, Ablemoscus esculentus
Bhurelal	50	20	Amolpatha (Karera, Shivpuri)	Boerhaavia diffusa, Dioscorea bulbifera, Ageratum conyzoides, Butea monosperma, Eclipta alba.