

Periodic Research

Ethnomedicinal Plants Used To Cure Skin Diseases and For Hair Care By Sahariya Tribe of Shivpuri District M.P.



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Abstract

An ethnobotanical survey of medicinal plants of rural areas of Shivpuri district was carried out during 2012-2014. The Shivpuri District is located in northwest part of Madhya Pradesh . The Shivpuri district is inhabited by a large number of Sahariyas. The population of Sahariya tribe is about 198029 which is about 11.4 present of the total population.

The information on the use of medicinal plants in the treatment of skin diseases and for hair care was gathered form 15 informants through interviews. A total number of 31 plant species of 23 families were found useful against skin diseases and 14 plant species of 11 families for hair care.

Keywords: Shivpuri, Sahariya Tribe , Medicinal Plants, Skin Diseases, Hair Care.

Introduction

People of developing countries rely mainly on traditional medicine for primary health care. Traditional medicinal resources, especially plants have been found to play a major role in managing skin disorders. The people of sahariya tribe of shivpuri district are still dependent on medicinal plants to treat skin disorders, The sahariyas of shivpuri district also utilize various plants species for hair care. They utilize these plant species for treatment of baldness, colouring of hair, promoting hair growth, prevention of hair loss, preventing dandruff, prevention of premature greying of hair etc.

Thus the present study is focused on the documentation of traditional knowledge of medicinal plants used in treatment of skin diseases and for hair care.

Material and methods

An ethnobotanical survey of shivpuri district was conducted during feb.2012 to October 2014. During the period of survey we visited fifteen tribal rich villages namely, Mahloni, dourani, Bhaishrawan, sad, vijrawan, vijroni, vedmau, sesai, Bhagrol, Varod, pipalkhadi, Manpura, Bhawarhar, khajuri, deharwara. The information about the medicinal use of plant species was gathered by direct interaction with 15 informants whose age ranged from 45-80years.

The information was recorded in standard questionnaire which include local name of plant, plant part used method of drug preparation, mode of administration, probable dosage and duration of treatment The plant specimens were collected and indentified with the help of floras Voucher specimens were deposited in the department of botany Govt. Model science college Gwalior.

Result

During the present ethnobotanical study 31 plant species of 25 families were found to be used against skin diseases (Table 1) and 14 plant species of 11 families were found to be used for hair care (table 2)

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Table 1
Medicinal Plants Used Against Skin Diseases.

S.No	Botanical name	Local name	Family	Mode of use
1	<i>Achyranthes aspera</i> Linn.	Adhajhara	Amaranthaceae	Juice of plant is used to treat eczema.
2	<i>Adhatoda vasica</i> Medik.	Adusa	Acanthaceae	Paste of leaves is mixed with haldi and cow's urine. This mixture is applied on itching area of body.
3	<i>Albizia lebeck</i> (L.) Willd.	Siris	Mimosaceae	Infusion of bark is used for treatment of scabies
4	<i>Aloe vera</i> (L.) Burm.f.	Gwarpatha	Liliaceae	Juice of leaves is applied on ringworm affected area and also used to treat acne.
5	<i>Argemone mexicana</i> Linn.	Pelikateri (Satyanasi)	Solanaceae	Milky latex of plant is applied on ringworm affected area.
6	<i>Azadirachta indica</i> (L.) A.Juss.	Neem	Meliaceae	Leaves and bark is used for treatment of eczema.
7	<i>Butea monosperma</i> (Lam.) Taub.	Tesu (Palash)	Fabaceae	Powder of seeds is mixed with lemon juice and applied on ringworm affected area .
8	<i>Calotropis procera</i> (Ait.) R.Br.	Aak	Asclepiadaceae	Latex of plant is mixed with haldi powder and applied on ringworm, and brown spots on face. Powder of bark of root and stem is mixed with curd and applied on ringworm . Milky latex of plant is also used for treatment of leprosy.
9	<i>Cassia fistula</i> Linn.	Amaltas (girmala)	Caesalpinaceae	Paste of leaves and bark is applied on white spots of leprosy and ringworm.
10	<i>Cassia tora</i> Linn.	Pamar	Caesalpinaceae	Powder of seeds is mixed with castor oil and applied on white spots of leprosy.
11	<i>Clitoria ternatea</i> Linn.	Aprajita	Papilionaceae	Fried seeds are eaten twice in a day for a month to treat leprosy
12	<i>Curcuma longa</i> Linn.	Haldi	Zingiberaceae	Powder of dried rhizome is used for treatment of psoriasis, eczema and acne.
13	<i>Cuscuta reflexa</i> Roxb.	Akashbal	Cuscutaceae	Paste of whole plant is applied for the treatment of eczema.
14	<i>Cynodon dactylon</i> (L.) Pers.	Doob	Poaceae	Paste of leaves is mixed with haldi powder and applied for treatment of ringworm and scabies.
15	<i>Eclipta alba</i> Linn.	Bhagra	Asteraceae	Paste of leaves is used to treat eczema.
16	<i>Emblica officinalis</i> Gaerth.	Amla	Euphorbiaceae	Juice of fruits is taken orally for treatment of eczema.
17	<i>Euphorbia nerifolia</i> Linn.	Sehund	Euphorbiaceae	Latex of plant is mixed with mustard oil and used to treat psoriasis
18	<i>Euphorbia thymifolia</i> Linn.	Duddi	Euphorbiaceae	Milky latex is used for treatment of pimples.
19	<i>Ficus benghalensis</i> Linn.	Bargad	Moraceae	Latex and paste of bark is applied on white spots of leprosy.
20	<i>Hibiscus rosa sinensis</i> Linn.	Gudhal	Malvaceae	Paste of flowers is used to reduce itching.
21	<i>Lowsonia inermis</i> Linn.	Mehandi	Ly thraceae	Leaves and flowers are used in treatment of leprosy.
22	<i>Mangifera indica</i> Linn.	Aam	Anacardiaceae	Paste of seeds is applied on prickly heat rash (Ghamoria). It gives cooling effect.
23	<i>Ocimum sanctum</i> Linn.	Tulsi	Lamiaceae	Paste of leaves with lemon juice is applied on spots of leprosy.
24	<i>Phyllanthus niruri</i> Linn.	Bhuiamla	Euphorbiaceae	Paste of leaves with some salt is applied on itching area of body.
25	<i>Psoralea corylifolia</i> Linn.	Babchi	Fabaceae	Oil of seeds is used for treatment of ringworm ,scabies and psoriasis
26	<i>Raphanus sativa</i> Linn.	Muli	Brassicaceae	Powder of seeds is mixed with lemon juice and applied on ringworm affected area of body.
27	<i>Solanum nigrum</i> Linn.	Makoi	Solanaceae	Leaf paste is applied on ringworm area.
28	<i>Terminalia arjuna</i> (Roxb.) Wight & Arn.	Kahua	Combretaceae	Powder of bark is taken with a cup of water once in a day for the treatment of leprosy .
29	<i>Thevetia peruviana</i> (Pers.) Schum	Kaner	Apocynaceae	Latex of plant is used for treatment of ringworm.
30	<i>Tinospora cordifolia</i> (Willd.) hook.f. & Thoms	Giloy	Menispermaceae	Decoction of plant is taken orally once in a day for a month to treat leprosy.
31	<i>Tridax procumbens</i> Linn.	Ghamra	Asteraceae	Paste of leaves is applied on ringworm.

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Table -2
Plants Used for Hair Care

S.No	Botanical name	Local name	Family	Mode of use
1	Aegle marmelos (L.) Correa	Bel	Rutaceae	Pulp of ripe fruit is mixed with sesame oil and kapoor and this mixture is applied on head to remove lice.
2	Allium cepa Linn.	Piyaz	Liliaceae	Juice of bulb is applied on head to control hair loss.
3	Aloe vera (L.) Burm.f.	Gwarpadha	Liliaceae	Juice of leaves is used for promotion of hair growth.
4	Centella asiatica (L.) Urban	Brahmi	Apiaceae	Powder of dried plants is taken orally to control hair loss.
5	Citrus aurantifolia (Christm.) Swingle	Nimboo	Rutaceae	Lemon Juice is applied on head to remove dandruff.
6	Cuscuta reflexa Roxb.	Amarbel	Cuscutaceae	Whole plant is crushed in sesame oil and applied on head for promotion of hair growth.
7	Datura metal Linn.	Datura	Solanaceae	Leaves are boiled in mustard oil and this oil is applied on head to remove lice
8	Eclipta alba (L.) Hassk.	Bhagra	Asteraceae	Paste of leaves is mixed with mustard oil and this oil used to control hair loss.
9	Emblica officinalis Gaertn.	Amla	Euphorbiaceae	Paste of amla fruits is rubbed on scalp to prevent greying of hair
10	Euphorbia thymifolia Linn.	Duddi	Euphorbiaceae	Latex of plant is applied on head to treat baldness.
11	Ficus benghalensis Linn.	Bargad	Moraceae	Ash of dried leaves is mixed with mustard oil and this oil is applied on head to treat baldness
12	Hibiscus rosa sinensis Linn.	Gudhal	Malvaceae	Paste of flowers is mixed with cow's urine and this mixture is applied on head to control hair loss.
13	Lowsonia inermis Linn.	Mehandi	Lythraceae	Paste of leaves is used for colouring of white hair.
14	Mangifera indica Linn.	Aam	Anacardiaceae	Paste of seed kernel is mixed with mustard oil and used for hair growth and blankening of hair, this mixture is also used to prevent hair loss.

Discussion

In the present study we have recorded 31 plant species that are used for treatment of skin diseases by sahariyas of shivpuri district. These plant species are used against various skin diseases like eczema, ringworm, scabies, leprosy, psoriasis, acne etc. These 31 plant species belong to 23 families. Out of these 23 families euphorbiaceae is the most frequently represented family followed by fabaceae and solanaceae. We also reported 14 plant species of 11 families which are used for hair care.

The present study shows that the sahariyas of shivpuri district have comprehensive knowledge in use of plant combinations to treat skin diseases. They also have knowledge about plants which can be used for hair care.

Conclusion

The present study shows that medicinal plants have great potentiality to cure skin diseases and many plant species can be used for hair care. This study will help to develop strategy for conservation of plant species of medicinal value.

Acknowledgements

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Ficus benghalensis Linn.



Terminalia arjuna (Roxb.) Wight & Arn.



Euphorbia nerifolia Linn.



Cuscuta reflexa Roxb.



Curcuma longa Linn.



Adhatoda Vasica Medik.

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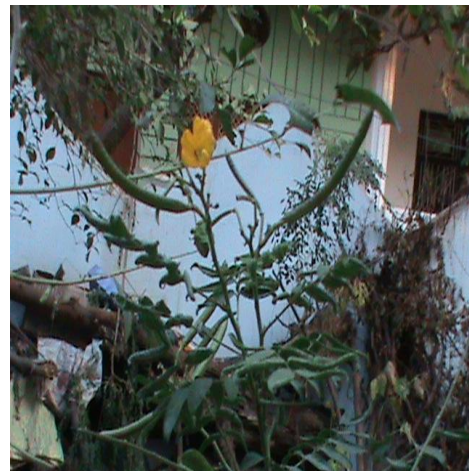
***Albizia lebbek* (L.) Willd.**



***Tinospora cordifolia* (willd.) Hook. f. & Thoms**



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***Calotropis procera* (Ait.) R. Br**

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Citrus aurantifolia (Christm). Swingle



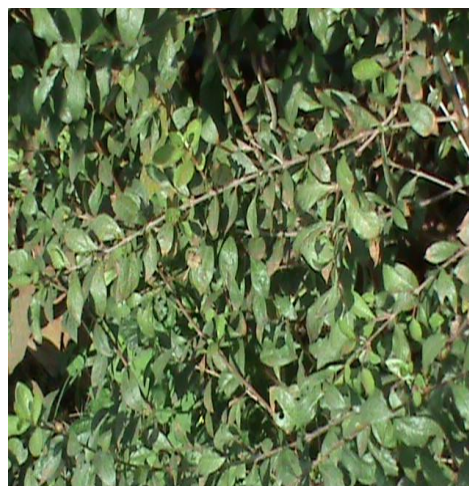
Thevetia peruviana (Pers.) Schum.



Aegle marmelos (L.) Corre



Ocimum sanctum Linn.



Lowsonia inermis Linn.

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Aloe vera (L.) Burm.f.



Cassia fistula Linn.



Euphorbia thymifolia Linn.



Raphanus Sativa Linn.



Allium cepa Linn.

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Phyllanthus fraternus Webster



Butea monosperma (Lam.) Taub



Centella asiatica (L.) Urban



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