FOLKLORE REMEDIES FOR DANDRUFF
FROM TIRUMALA HILLS OF ANDHRA PRADESH

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ABSTRACT: The report gives an account of the use of 25 plant species by local herbalists of Tirumala hills, Chittoor district of Andhra Pradesh for dandruff (seborheic). The paper discusses the methods of preparation and dose of administration of crude drugs as suggested by them.

INTRODUCTION

Tirumala is located in Chittoor district of Andhra Pradesh, India. The group of hills lying in the shape of a coil called the Tirumala hills, forms a feature of the region of south India between 13°17' to 13°43' North and 79°19' to 79°23' East. The Tirumala hills is 2820 feet above the sea level and about 150 square Km in extent.

The hill is but a part of the mountain range designated as the Eastern Ghats. The length of this bit of the Eastern Ghats is about 18 km between Taakona and Tirumala. The Tirumala hill contains 7 principal peaks namely Seshadri Neeladri Garudadri Anjandri Vrsabhadri Narayanadri and Venkatadri. In addition there are 17 tirthas several water falls and vagus many valleys numerous clusters of detached hills some of considerable size and elevations and covered with more than a stunted scrub jungles. In spite of the heavy influence of a biotic nature the hills still present a unique flora to a botanical explorer, the climate is salubrious and the rain fall in 400-500 mm. there is an admixture of natural and endemic species established in different micro-climatic zones of the hills.

The flora of this region has been described in parts (Nadu, 1966 a,b, Naidu and Rao 1967, 1969, Naidu et al 1971; Hemadri, 1984, 1985. Nagaraju and Rao 1990 a,b,c; Rangacharyulu, 1991). However ethnobotanically this region has been adequately recorded.

Form time immemorial the forest of Tirumala hills has been inhabited by tribes like yanadis, Irla, Yerukalas, Nakkalas, Koyas ands some of other nomadic tribes who possess good knowledge of home remedies, by enumeration studies it is known that Tirumala hill is a rich source of medicinal plants, An attempt is made in this paper to bring out the medicinal uses of plants in Dandruff.

Dandruff is a functional disease caused by excessive secretion of the sebaceous glands in the skin, the condition may very widely from nothing more than dandruff to seborheic
dermatitis in which the whole scalp and some time the face and other parts of the body develop a greasy kind of crusting and scaling, accompanied by red irritated areas, Dandruff first appears on the scalp and may be confined there but it may spread to the forehead eyebrows, eyelids, parts of the nose and areas behind the ears, Most physicians do not believe that it is responsible for loss of hair.

In some cases dandruff begins in the child hood as a simple scaling of small white bits of skin from the scalp an this continues as a mild annoyance for many years, Often however the process gradually becomes more and more involved with greasy discharges from the scalp and the skin of the face, and “only” seborrhea may develop. Excessive fatigue, lack of sleep, anxiety and emotional strain many lead to the state which is conducive to the development of seborrhea.

**METHODOLOGY**

Asystematic survey of the folk –lore and tribal-lore of Tirumala hills was carried out during 1992-1994. Ethnomedicinal data on Dandruff was gathered from yanadi , Irla yerukalas, Koyas, Nakkals and some of other nomadic tribes, the information was obtained and recorded by personal interviews with different tribal people according to the methods described by Jain & Rao (1983), Nagaraju & Rao (1989, 1990) who possess good knowledge of home remedies.

**Enumeration of Plants**

The data obtained on Dandruff are presented here, the various specimens and samples of medicinal plants have been identified and deposited in the S.G.S College Herbarium, tirupati. The plants are arranged alphabetically according to their scientific names, families in paranthesis and followed by vernacular names (Telugu) place of collection (P.C) authors voucher and specimen number. Then follow the herbal uses of plants.

**Abbreviations used**

Ln= Local name Pc= place of collection
SGSEBH = S.G.S College ethnobotanical her-barium.

1. **Acacia sinuate** (lour) mer. (MIMOSACEA)
   Ln=Seekai Pc= Garudadri hill range
   SGSEBH = 327

   The fruit powder is mixed with water and made into paste and applied to the scalp. It cures dandruff.

2. **Acacia concinna** (Wild) D.C. (MIMOSACEA)
   Ln=Tumma Pc= Seshadri hill top
   SGSEBH = 296

   The dried fruit powder is used to cure dandruff.

3. **Acacia concinna** (Wild) D.C. (MIMOSACEA)
   Ln=Tumma Pc= Seshadri hill top
   SGSEBH = 296

   **Phyllanthus emblica** L.Sp (EUPHORBIACEAE)
   Ln=Usirika Pc= Tirumala foot hills
   SGSEBH = 221

   **Nigella sativa** L. sp Linn (RANUNCULACEAE)
   Ln=Nalla Jilakara Pc= Kapila theertham
   SGSEBH = 119

   The dried fruit powder of Acacia concinna, the dried cotyledons powder of Phyllanthus emblica and seed powder of Nigellasativa mixed in equal proportions and a pinch of
camphor are mixed in coconut oil and applied to the scalp. It keeps dandruff free.

4. *Aloe vera* (L) Burm (LILIACEAE)
   Ln= Kalabanda Pc= Akashganga
   SGSEBH = 321
   The peel of the plant is removed and the remaining part is made into paste and applied on scalp for 1 hour before bath. The same is repeated weekly once for two months which keeps dandruff away.

5. *Anamirta cocculus* (L)
   (MENISPERMACEAE)
   Ln= Kakumanu Pc= Garudadri hill top
   SGSEBH= 251
   Seed paste mixed with gingelly oil is applied to the scalp to get rid of dandruff.

6. *Annona squamosa* (L)sp.
   (ANNONACEAE)
   Ln= Seetha palamu Pc= Pathanjali vanamu
   SGSEBH= 116
   The paste is prepared from the seeds and applied on the head to kill lice and to care dandruff.

7. *Azadirachta indica* A. juss
   (MELIACEAE)
   Ln= Vepa Pc= Avvacheri kona
   SGSEBH= 134
   Seed paste is applied externally for one week for the destruction of lice as well as dandruff.

8. *Carthamus tinctorius* (L)
   (ASTERACEAE)
   Ln= Kusuma Pc= Papavinasamu water falls
   SGSEBH= 465
   The seed oil is applied to the scalp before bath. It nourishes the hair and keeps it dandruff free.

9. *Catharanthus pusillus* (wild)
   (APOCYANACEAE)
   Ln= Telliriku Pc=Sankumitta
   SGSEBH= 186.
   The leaf powder is mixed with coconut oil and applied on the head to ward off dandruff. It is also used to kill lice.

10. *Cayratia pedata* (wild) Lour
    (VITACEAE)
    Ln= Advaidummadi theega Pc=Gogarbhum
    SGSEBH= 109
    The fruits are made into paste and applied on the head to destroy lice and dandruff.

11. *Clematis gouriana* (L)
    (RANUNCULACEAE)
    Ln= Gowrikuntala Pc= Puspathota
    SGSEBH= 599
    Seed paste is applied externally for one week for the destruction of lice as well as dandruff.

12. *Eclipta prostrate* (L) Hassk
    (ASTERACEAE)
    Ln= Guntagin jaraaku Pc= Alipiri
    SGSEBH= 255
    Dried leaf powder mixed with water and made into paste is applied on the scalp before bath, it nourishes the hair and keeps it dandruff free.

13. *Emblcia officinalis* (L) SP
    (EUPHORBIACEAE)
Dried fruit powder and dried bark powder are mixed with water and made into paste, this applied to scalp before bath. It prevents fall of hair and keeps it dandruff free.

14. *Gloriosa superba* (L) (LILIACEAE)
Ln= Nabhi Pc= Neeladri hill range
SGSEBH= 564

The leaf juice is applied to the scalp for killing lice in the hair.

15. *Gmelina asciatica* (L) (VERBINACEAE)
Ln= Adavigummadi Pc= Seshachalam hill range
SGSEBH= 211.

Fruit pulp with mucilaginous juice applied to scalp before bath once a week for 4 weeks to cure dandruff.

16. *Govita rottleriformis* Griff. (EUPHORBIACEAE)
Ln= Tella poliki Pc= Papavinasanamu water falls
SGSEBH= 290

Seed powder is used to sure dandruff.

17. *Hibiscus rosa-sinensis* (L) sp (MALVACEAE)
Ln= Dasani/ Mandara Pc= Tirumala foot hills
SGSEBH= 294.

Leaf paste is applied on the scalp for luxuriant hair growth and to keep it dandruff free.

18. *Maytenus marginata* (wild) (EELASTRACEAE)

19. *Murraya koenigii* (L) spreng (RUTACEAE)
Ln= Karivepaaku Pc= Akakash ganga
SGSEBH= 410

Leaves are made into paste and applied to the head before hath. It nourishes the hair percents the fall of hair and keeps dandruff free.

20. *Nyctanthes arbororistis* (L) (NYCTANTHACEAE)
Ln= Prijathamy Pc= Avvachen Kona
SGSEBH= 291

Seed paste is applied to the scalp and head bath in taken after an hour, it keeps dandruff free.

21. *Ocimum tenuiflorum* (L) (LAMIACEAE)
Ln= Tulasi Pc= Padmavathi gardens
SGSEBH= 128

Leaf juice is anointed on the head to cure dandruff.

22. *Opilia amentacea* (L) (OPILIACEAE)
Ln= Pachnecheri Pc= Talakona deep forest

Flowers and fruits are cooked in coconut oil, the oil is filtered and applied to scalp to cure dandruff.

23. *Sapindus emarginatus* (wild) Vahl (SAPINDACEAE)
Ln= **Kunkudu** Pc= Garudachala deep forest
Seed powder is used in head bath and considered as anti dandruff agent.

24. *Thespesia populnea* (L) (MALVACEAE)

Ln= Gangaravi Pc= Nalakona
SGSEBH= 413

The stem mixed with goat’s milk and made into paste is used against dandruff.

25. *Trigonella foenum-graecum* (L) (FABACEAE)

Ln= Menthulu Pc= Near glass mahal
SGSEBH= 108

The seed paste is applied to the head before bath. It nourishes hair and keeps the head dandruff free.

**DISCUSSION**

During the survey it has been observed that the folk-lore and tribal-lore herbalists still depend upon ambient vegetation around them for their needs, even though they possess fairly good knowledge about medicinal uses of plants, the tribal use herbal medicines, for minor ailments, the treatment for ordinary diseases is known to the elderly persons and their knowledge is passed on from father to son who knows a number of forest medicines, herbs and roots from which they make concoctions which are quite effective in ordinary diseases. The knowledge of these medicines in handed down from generation to generation and thus remains a family secret, the present study reveals the ethnobotanical studies have often led to the discovery of important medicinal plants, hence intensive and extensive research should be taken up in tribal medicine to open up new frontiers.

The plants thus collected have been a rich source of medicine because they produce a host of bioactive molecules, most of which probably evolved as chemical defences against infection. More over these plants might provide a dazzling array of potent antiviral antifungal and antimicrobial chemical properties that are sorely needed in the pharmaceutical arsenal in curing dandruff. Further the recorded information is mostly new and different from those given in earlier literature, (Anonymous 1948-1976; chopra et al 1956,1969; Jain et al; 1973; Kirtikar and Basu, 1975; singh et al ; 1983).

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