PROPHYLACTIC USES OF SOME MEDICINAL PLANTS IN BASTAR DISTRICT OF MADHYA PRADESH

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ABSTRACT: The present ethnobotanical exploratory study embodies the folk medicinal uses of certain important medicinal plants by tribals of bastar district in Madhya Pradesh state of India. Twenty seven medicinal plants form diverse families have been covered being therapeutically used against different diseases such acidity, debility, diabetes, male and female weakness, fistula, migraine and skin diseases etc. How the tribal folks consider the mode of drug administration and application in different ailments has been elaborately emphasized.

INTRODUCTION

The treasure of herbal know-how in terms of ethnomedicinal therapy is concentrated to aboriginal communities, for they are totally dependent on nature and its cure for their sustenance all round. That is why the tribals in different areas of the country have very astounding herbal formulations to cure acute and chronic human disorders.

Though explorations have been carried out to study the tribal usage of different herbs on different human diseases indifferent parts of the country including the aborigines of madhya Pradesh particularly bastar area (1-5), still much ethnomedicinal information can be collected from the tribals of this area.

Description of climate and area surveyed

The present exploration was conducted in the area of bastar (M.P) to collect more information on ethno-medico- botanical perspectives from the tribals of this area. The area is densely populated by different tribes such as muria, maria, gond and dhrus. Hill, small valleys and plateaus constitute the prominent topographical details of the land surface with lattitudinal and longitudinal measures around 17° 45’- 20°30’N and 80° 15’-82° 15’E. Bastar is surrounded southwards by Andhra Pradesh state and westwards and eastwards by the respective Maharashtra and orissa state. Northwards, the area is surrounded by the districts of M.P viz, Rajnandgaon; drug and rajpur.

Since the area is nearer to the tropic of cancer, the climate of the region is warm and humid with annual rainfall of approximately 152 cms. The plant cover mainly forest tree species includes Anogeissus latifolia wall., Bambusa arundinacea wills., Boswellia serrata Roxb., Diospyros melanoxylon Roxb., Hardwickia binata Roxb., Hardwickia binata Roxb., Holarrhena antidysenterica (L) Wall., Peterocarpus maruspium Roxb etc. The area offers an excellent opportunity to explore tribals’ knowledge of plants used in different ailments.

METHOD
During exploration to this area, to collect the related information, the methods described by Jain (2) was adopted, comprised of detailed interviews with tribals and witness to the uses of plant y tribals in t villages. The information collected was analysed and documented (6and7). Apart from technician standpoint, personal tactics were used to let tribals reveal their conserved information as much as possible regarding treatments of various diseases through herbs. The use of their certain words and expression during interview may be helpful taking hem n belief and continuing the dialogue. Interviewer should be neutral while discussing with group or groups to avoid any conflict and the process of interview should be informal so that the person being interviewed may not feel so any middle man may also be helpful while discussing. During exploration in forest areas, assistance of local informants was sought and also they helped in identification of plants and their uses in diseases.

RESULTS

The enumerations have been given here alphabetically, botanical name of the plant is associated by the authority and family in the bracket, then vernacular or local names(s), followed by ethnomedicinal significance of plants.

Acacia Arabica Willd. (Mimosaceae) Motichoor – Two drops of decoction of ground leaves are used, till the condition is alleviated, in the treatment of migraine permanently; drops should be used in the nostrils.

Adhatoda vasica Ness. (Acanthaceae) Adusa- It is highly useful to cure cough problems. The recipe is as follows- Extract juice of one kg. leaves of the plant and boil, it will look like opium, now take one gm of this preparation with honey for three consecutive days.

Allium sativum Linn. (Liliaceae) Lahsun – Pell off the bulb and boil the cloves in mustard oil, cool down, t preparation thus obtained is used as ear drops to relieve ear pain.

Bacopa monnieri (Linn) Pennell. (Scrophulariaceae) Brahmi – Ten tender leaves of plants pulus ten seeds of Piper longum together with one almond are ground in water and sugar. This recipe should be taken for 21 days, it is a very good nervine tonic.

Boerhavia diffusa Linn. (Nyctagin-aceae) Punarnava- The plant locally known as ‘Patharchata’ is used as an effective remedy of jaundice. The paste of root is made and approximately 3 gms. As a single dose is orally administered daily the disease is cured in a week.

Cassia tora linn. (Caesalpiniaaceae) Chakunda – Tribes call it as ‘Charota’ or “Chekour”. The leaves of the plant together with the seeds of Vigna radiate are used to cure skin diseases and even ulcerous sores when paste of the above is made and applied locally.

Celastrus paniculata willd. (Celastraceae) Malkangni – Oil from the ripe fruits is obtained and quantity equal to two drops of its is taken with batasha (aspherical spongy but crisp sugarcake), the sinus problem is remedied when the formulation is used for a week.

Costus speciosus (Koen) Sm (Zingiberaceae) Keoo – Rhizome paste of the plant is prepared and used locally to relieve snake bite. In mitigating acute
acidity, the paste of rhizome, tamarind (tender fruits) and jaggery are taken orally.

*Dalbergia sissoo* Roxb ex DC. (Fabaceae) Sissom – Ten leaves of the plant with ten leaves of the plant with ten seeds of black pepper and ten dried grapes (Big raisin) comprise one dose should be taken for 21 days continuously to cure acute diabetes.

*Desmodium gangeticum* (Linn.) DC. (Fabaceae) Salparni- this plant is used as contraceptive by the tribals. The whole plant is young stage is dried and powder is made, the therapy is only for three days to a woman during menstruation. After prescribed drug administration, woman will not produce child in future.

*Dioscorea triphylla* Lin. (Dioscoreaceae) Kadukanda – The rhizome of the plant along with sandal wood after making paste are used on blotch.

*Diospyros malabarica* (Desr.) Kostel. (Ebenaceae) Mankad Kendu – Acute fistula is cured by seating the patient in a tub containing decoctioned water of one kg. leaves of the plant. This exercise with fresh preparations is repeated for three consecutive days. The problem is completely mitigated.

*Erythrina indica* Lamk. (Fabaceae) Rakta madar – The leaf juice is useful in alleviating earache and when paste made from leaves is applied externally it is useful in relieving joint pain.

*Garuga pinnata* Roxb. (Burseraceae) Ghogar – The juice of the plant is used to treat asthmatic problems.

*Gloriosa superba* Linn. (Liliaceae) Kalihari – the tribes have a good treatment of leucodermic spots. The prescription is as follows – Grind the roots to paste and apply on the affected spot for three days, watery secretion oozes out, clean the spot with spirit, then the spot should be covered with bandages of d tender leaves of *Butea frondosa*, on second or third day again clean the spot with the help of spirit and apply Burnol. The spots will be cleared and normal skin is developed.

*Gymnema sylvestre* (Retz) R. Br. (Asclepiadaceae) Gurmar – five gms. Leaves of the plant and equal quantity of stones of *Eugenia jambolana* (Jamun) together with the same quantity of *Cyamopsis tetragonoloba* (guar) seeds are ground. This preparation constitutes three doses. To cure diabetes all the three doses should be consumed.

The powder of leaf is stimulant, activates uterus and increases secretion of urine.

*Imperata cylindrica* (L.) Beauv. (Poaceae) – The paste of the plant roots is used locally for the treatments of piles.

*Lagenaria siceraria* (Mol.) standl. (cucurbitaceae) Kashiphal- Bitter fruit pulp when given for three days at the dos of three gms. Daily, jaundice may be cured.

*Mimusops elengi* Linn (Sapotaceae) Bark – The plant locally known as “Maulshri”. The tribals use this plant in curing different ailments, the different formulations corresponding to their diseases are as follows-

Against *pyorrhea* – Bark of the plant + aerial roots of palmyra palm + chankia suhaga (borax) + one fruit of jaiphal (*Myristica fragrans*) + one gm. Javitri + one gm camphor + 2gms. Tobacco, all these ingredients are ground and mixed with mustard oil. The formulation if used
continuously for a fortnight, the disease is cured forever.

Against Constipation – to alleviate constipation, seed paste of the plant is used.

Against Headache – powdered flowers are snuffed to cure the ache.

Bark and fruits of the plants re used to correct the problems of diorhoea and dysentry.

**Momordica dioica** Roxb. Ex. Willd. (Cucurbitaceae) Jangli Karela- The so called ‘Kheksi rhizome’ (tap root) are ground and the powder thus obtained is made in the form of pills. One pill per day is the dos if taken daily till the permanent cure of diabetes is attained.

**Ruta graveolens** Linn. (Rutaceae) sadab – Tribals use this plant variously herb juice in ear as a remedy to ear ache; the juice in applied locally to alleviate rheumatism of joints and when the juice is mixed with the juice of Allium cepa, the preparation is taken orally to stop vomiting.

**Scilla indica** (Wt) Baker Non Roxb (Liliaceae) safed khus – In local and tribals ‘language, it is known as ‘Jangli piyaz’ and ‘Bailagondali’. The bulbs of the plant re used as cardiac stimulant and diuretic.

**Terminalia arjuna** (Roxb.ex DC) W.& A. (Combretaceae) Arjun – A piece of bark of the plant around two square inches in soaked is a glass of water overnight, then in the morning the water is taken orally. This prophylaxis should be continued for a week, it is a good treatment of discomposure and vexing.

**Vitex negundo** Linn. (Verbenaceae) Nirgundi – This plant for tribals is useful to remove acute weakness. They prepare powder after grinding leaves, flowers and fruits together and use this preparation for a fortnight, usually the dose is one to two gms.

**Vitex peduncularis** Wall. Ex Schauer (verbenaceae) – Charaigorwa – Locally this plat is known as ‘nagbail’ and used to cure any kind of fever and chest pain.

- Half cup f decoction alleviates fever.
- Bark paste made with water is applied on the chest to cure pain.

**Withania somnifera** (Linn.) Dunal. (Solanaceae) Asgandh – Roots of the plat are ground with sugar and cow milk, the composition is made in such a was that the pills may be made. Two to three pills should be taken by both man and woman daily, the an produce child.

**DISCUSSION**

The enumerations derived above from the folklore of the area studies are not last, a treasure of ethnomedicinal uses of plants can be explored form these tribal areas, considering previous studies and the present exploration indicate that such kind of ethno-medico-botanical studies ma be highly useful to human race in fighting diseases with cheap ad best, and non-side effect remedies. It is only the disclosure of tribals knowledge and uses of plats studied during exploration but not a medical prescription regarding ailments mentioned, however, it can serve a best tool to replenish the present day sophisticated medical care through synthetic drugs, also can provide an impetus to boost up research in formulating better conventional medicines.

Much curative remedies can be explored from several aborigines of the country. Since Madhya Pradesh has high frequency
of tribal population, it ma serve as a focal point to revolutionise the herbal prophylactic remedies.

It has also been noticed during this study that the tribals particularly the medicine man do not easily reveal the secrets of disease treatment and use of plants. The speak these secrets to only that candidate who is very close to him and even at last time of his life. Thus, to get such kind of information, explorer needs to have more patience and should use tactics to win confidence so that he may start talking freely to reveal etnomedicinal concepts, and also it will be helpful in avoiding aggravation of tribals.

Lastly, from this stud it can be understood that the ethno-medico-botanical reserves in the forests of M.P. and other areas of the country should be conserved that will also ultimately promote the policy of Govt. of India regarding the conservation of ethnic tribes in the country. Thus, the in-situ biodiversity conservation measures may be achieved spontaneously.

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