

Medicinal plants used against joint Diseases (Rheumatism, Arthritis and Gout) in Rewa District of Madhya Pradesh

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Abstract

The present paper deals with 21 plants belonging to 21 genera, 16 family used against joint diseases rheumatism, arthritis and gout by the tribal and rural people of Rewa district. Their primary treatment of diseases is observation of nature and their understanding of traditional knowledge of medical practices. These plants are arranged alphabetically order with their family, local name(s), part(s) used and method of preparation are given in this paper.

Keywords: Rheumatism, arthritis, gout, tribal, traditional knowledge

1. Introduction

Rewa is a district head quarter of the Madhya Pradesh state in central India. Rewa lies between 24°18' and 25°12' north latitudes and 81°2' and 82°18'. The district is bounded on the north by Uttar Pradesh, on the east and south-east by Sidhi, on the south by Shahdol and on the west by Satna. It is part of Rewa division and has an area of 6,240 km² [2,410 sq km.] Rewa district has a population of 2,363,744 [2011 census].

The medicine man (Vaidya), Local people have knowledge of their surrounding vegetation and easily available no side effects as compare to modern medicine.

Arthritis literally translates to joint inflammation Rheumatic diseases effect your joints and muscles. Some, like osteoarthritis, are the result of wear and tear. Osteoarthritis damages cartilage. The cushiony material on the end of bones. As it wear down, joints hurt and it becomes harder to move. It usually affects the knees, hips, lower back, neck fingers and feet and symptoms pain, swelling, warmth and stiffness. According to Ayurveda, Rheumatoid arthritis can be compared as "Ama vata". It has been described as –

“So Kashtaha sarvarogaanaam yadaa prakupito bhavet|
Hastha paada shiro gulpha trika jaanu uru sandhishu||
Karoti sarujam shopham yatra doshaha prapadyate|

Sa desho rujate atyatham vyavidha iva vrishch koihi||”

This means “If the disease” ama vata” (rheumatoid arthritis) gets aggravated, it becomes most difficult disease comparatively to others. The joints of hands, feet, ankles and elbow, low back, knee, and hip become inflamed and painful. The pain of a scorpion’s sting.” Gout is a kind of arthritis characterized by sudden, severe attacks of burning pain, redness and tenderness in joints often the joints at the base of the big toe.

During present investigation the area which has been surveyed was about 10 square kilometers. Such studies have not so far been undertaken extensively except scattered information and work done by (Kirtikar and Basu 1935^[1], Jain 1981 & 1991^[2-3], Khan *et al.* 2003^[4], Tiwari *et al.* 1996^[5] and Bala and Singh, 2015^[6]).

2. Methodology

The data was collected from local and rural people of district and some data was collected through secondary sources like website and forest department of Rewa district, references from research papers and books.

3. Observation

During present investigation the uses of plants for various ailments is tabulated as follows-

Table 1: Medicinal plants of Rewa district (M.P.)

S. No.	Botanical name	Family	Local name	Habit	Part(s) used	Treatment
1.	<i>Adhatoda vasica</i>	Acanthaceae	Adusa	Shrub	Leaf	Taken a decoction of leaf for joint disease.
2.	<i>Allium cepa</i>	Liliaceae	Pyaz	Herb	Bulb	Juice of bulb and mustard oil mix and massage of effected part for gout.
3.	<i>Aloe vera</i>	Liliaceae	Ghee kuwar	Herb	Leaf	10 gram leaf pulp use in arthritis.
4.	<i>Andrographis paniculata</i>	Acanthaceae	Kalmegh	Herb	Stem, root	Roots are pasted with the root of premna herbacea and applied externally on rheumatic and gout affected parts.
5.	<i>Azadirachta indica</i>	Meliaceae	Neem	Tree	Leaf	Taken a decoction of leaf for joint disease.
6.	<i>Coriandrom sativum</i>	Apiaceae	Dhania	Herb	Seed	Taken a 6 gram seed powder and 10 gram sugar use for joint disease.
7.	<i>Datura alba</i>	Solanaceae	Dhatura	Herb	Whole plant	Juice of whole plant boiled along with Til oil and use externally in rheumatism and arthritis.
8.	<i>Eclipta alba</i>	Asteraceae	Bhangra, Ghamira	Herb	Whole plant	5-10 gram juice of whole plant drink in rheumatism.

9.	<i>Ficus benghalensis</i>	Moraceae	Bergad, vat	Tree	Latex	Taken plant latex along with spongy sugar cake for joint disease
10.	<i>Gloriosa superba</i>	Liliaceae	Kalihari	Herb	Rhizome	Paste of rhizome, onion and garlic boiled in mustard oil. This paste massage on the affected part of the body in rheumatism and arthritis.
11.	<i>Hygrophilla auriculata</i>	Acanthaceae	Tal makhana	Herb	Leaf	Leaf paste used on rheumatism.
12.	<i>Lawsonia inermis</i>	Lythraceae	Meahdi	Shrub	Leaf	Equal part of leaf paste of mehndi and arand use in knee in joint pain.
13.	<i>Lepidium sativum</i>	Brassicaceae	Chandrashur	Herb	Seed	Seed powder is taken in Arthritis.
14.	<i>Ocimum sanctum</i>	Lamiaceae	Tulsi	Herb	Leaf	Taken a 5 leaves of ocimum and 2 black peeper for rheumatism.
15.	<i>Ricinus communis</i>	Euphorbiaceae	Arand	Tree	Seed	Taken a 10 gram of seed oil along with one glass of milk for gout.
16.	<i>Sida rhombifolia</i>	Malvaceae	Mahabala	Under shrub	Root	Taken a root paste along with water for rheumatism.
17.	<i>Terminalia bellerica</i>	Combretaceae	Bahera	Tree	Fruit	Taken a dried fruit powder for rheumatism.
18.	<i>Tinospora cordifolia</i>	Menispermaceae	Giloy, Gurich	Climber	Whole plant	5-10 gram juice of whole plant use in rheumatism.
19.	<i>Withania somnifera</i>	Solanaceae	Ashwagandha	Herb	Root	Taken a 5 gram root powder, 3 gram ghee and 1 gram sugar for cure of rheumatism.
20.	<i>Vanda roxburghii</i>	Orchidaceae	Rasna	Herb	Root	Roots are mixed in medicated oil used externally in arthritis.
21.	<i>Vitex negundo</i>	Vitaceae	Nirgundi	Shrub	Leaf	Dried leaves roasted in iron bowl (karahi) and prepared powder use externally in knee for Gout & rheumatism.

4. Results and Discussion

Total 21 plants are used against rheumatism, arthirits and gout by the rural people of Rewa region. The result of the observation are presented in the table 1. The 21 plant species where 21 genera and 16 families out of these, 14 family are dicotyledonous represented by 17 genera and 17 species and 2 familieis are monocotyledonous represented by 4 genera and 4 species. These treatment have been accepted by local people in the study area.

5. Conclusion

Local people in this region, men and women having use these medicinal plants for cure disease, these plants are easily available and no side effect.

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7. References

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