

Enumeration of ethno-medicinal plants of Sidhi District (Madhya Pradesh)

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Abstract

The ethnomedicinal information of Sidhi is described. The plants used by the Rural and tribal people were listed in alphabetical orders by their botanical name together with family, local name and ailments. A total 90 species belonging to 45 families were documented.

Keywords: enumeration, ethno-medicinal plant, sidhi district

1. Introduction

Human beings have been using plants since long. Research works are bringing to light additional information on the relationship between plants and man. This relationship between the indigenous people and their plant surroundings forms the subject of ethnobotany. The field approach of study of ethnobotany plays a vital role because of the direct contact that can be established with the authentic information on the uses of plants, both wild and cultivated. The rural and tribal society depends on the plants around him, made him to acquire knowledge of economic and medicinal properties of many plants by trial and error. Consequently, the storehouse of knowledge of many useful as well as harmful plants accumulated and enriched through generations and passed on from one generation to another, without any written documents.

It is therefore important to study ethnobotany and it must be properly documented and preserved urgently because most of the rural and tribals are rapidly being assimilated into modern societies and the treasure of knowledge of uses of plants and plant resources is fast disappearing. Ethnobotany is a biological contribution of the ethnic society to the modern man. The ethnobotany has now become a critical need of the time. It has records and documents the age old knowledge and wisdom of the traditional people about the miraculous properties of diverse plants *sp.* is now emerging as holistic segment of ecology.

Sidhi district is located on the Northeastern Boundary of the state between 22,475 and 24.4210 North Latitude and 81:1840 and 82.4830 East longitude. The district has Singrauli district in the north-east, Koriya district of Chhattisgarh on the east, and Rewa district on the west. According to the 2011 census, Sidhi District has a population of 1,126,515, roughly equal to the nation of Cyprus or the US state of Rhode Island. This gives it a ranking of 411th in India (out of a total of 640). The district has a population density of 232 inhabitants per square

kilometre (600/sq mi). Its population growth rate over the decade 2001-2011 was 23.66%. Sidhi has a sex ratio of 952 females for every 1000 males, and a literacy rate of 66.09%. In Sidhi district Gond, Kol, Baiga tribes are mostly found.

3. Materials and Methods

The present work is based on the results of two years. During the course of study a large number of rural persons including tribal men were interviewed together the ethnobotanical information through specially prepared questionnaire. Selected villages of three tahasils were surveyed and ethnobotanical information and plant specimens were collected.

Attempt was made to extract the ethnobotanical information from medicinemen, knowledgeable persons of villages through personal communication. While collecting such ethnobotanical information, care was taken to record only that information whose curative potentialities have been confidently claimed by the informants.

The data were documented according to the methodology (Jain, 2004) ^[1]. Each specimen was collected and identified on the spot and later confirmed with the help of Flora of Upper Gangatic Plain (Bentham and Hooker) ^[2]. The information recorded in field were further screened in laboratory as per work pertaining to Indian ethno-botany (Jain, 1981 & 1991) ^[3, 4] and plants recorded (Chopra, *et al.* 1965; Kapur, 1990 and Jain, 1996) ^[5, 7].

4. Results and Discussion

There are many indigenous drugs of extreme utility. In the present study, detailed ethno-medicinal importance of several plants was collected mostly from rural area. The ethnomedicinal importance of the plants alongwith the local name with their botanical name, family have been enumerated in Table –1.

Table 1: Ethnomedicinal Importance of Plants with Local Names

S. No.	Plant name	Local name	Family	Part use	Ailments
1.	<i>Abrus precatorius</i>	Ghungchi/ Ratti	Papilionaceae	Plant decoction seed paste roots	Gonorrhea ulcer & skin infection For securing roots conception in women.
2.	<i>Acacia catechu</i>	Khair	Mimosoidae	Bark	Conjunctivitis, diarrhea, leprosy's, skin disease.
3.	<i>Adhatoda vasica</i>	Adusa	Acanthaceae	Leaf and leaf smoked	Bronchitis, cough, throat infection, asthma
4.	<i>Aegle marmelos</i>	Bel	Rutaceae	Fruit juice & pulp. Leaf paste, root bark	Abdominal pain, bleeding piles, applied externally on piles, vomiting, diarrhea.
5.	<i>Aloe vera</i>	Gheekumar	Liliaceae	Leaf pulp & Leaf juice	Clean the uterus of delivered women, leukoderma, eczema, skin disease.
6.	<i>Alstonia scholaris</i>	Chhatiban	Apocynaceae	Stem bark	With honey for the treatment of malaria.
7.	<i>Amaranthus viridis</i>	Chauli	Amaranthaceae	Root paste	Leucorrhoea
8.	<i>Anogeissus latifolia</i>	Dhawa	Combretaceae	Bark powder	Polyurea & other urinary disorder.
9.	<i>Anona squamosa</i>	Sitaphal	Annonaceae	Young fruit powder	Dysentery
10.	<i>Anthocephalus chinensis</i>	Kadam	Rubiaceae	Leaf decoction	Stomach problem & flatulence (cattle disease)
11.	<i>Argemone maxicana</i>	Peeli kantilee	Papaveraceae	Yellow latex of floral bud	Eyes treatment to control small, tumor
12.	<i>Asparagus racemosus</i>	Shatawar	Liliaceae	Tuber Boiled tubers with milk	Lactagogue, given before delivery to relieve pain To stabilize the foetus (abortion)
13.	<i>Baliospermum montanum</i>	Wild Jamal Ghota	Euphorbiaceae	Seed	Asthma, dropsy, jaundice.
14.	<i>Bauhinia racemosa</i>	Mahulain	Caesalpiniaceae	Stem gum Leaf decoction	Skin disease urinary disorders
15.	<i>Bauhinia variegata</i>	Kachnar	Caesalpiniaceae	Leaves	Anthelmintic, diarrhoea
16.	<i>Boerhaavia diffusa</i>	Punarnava	Nyctaginaceae	Root, leaves, seeds, juice, leaf decoction	Diuretic (urinary infection), asthma, jaundice, painful urination.
17.	<i>Bombex ceiba</i>	Semal	Bombacaceae	Flower paste Flower powder Root paste Young fruit	Contraceptive piles spermatorrhoea & irregular menstruation, bladder & kidney stone
18.	<i>Boswellia serrata</i>	Salai	Bursaceae	Stem barkresin	Antiseptic diabetic
19.	<i>Butea monosperma</i>	Chhiwla	Papilionaceae	Bark decoction Stem bark Seed paste	Fever & menstrual disorders, bound on fractured bone & sprain, expel intestinal worms
20.	<i>Calotropis gigantean</i>	Aak/ Madar	Asclepiadiaceae	Root decoction Leaves Latex Flower paste	With pepper to treat leucorrhoeaInducing abortion eczema wheezing treatment
21.	<i>Careya arborea</i>	Kumbhi	Myrtaceae	Stem bark & flower paste Root bark paste	Cough & cold healing of bone fractures
22.	<i>Carissa opaca</i>	Karaunda	Apocyanaceae	Root powder	Wounds treatment
23.	<i>Cassia fistula</i>	Amaltas	Caesalpiniaceae	Bark decoction Fruit pulp Seed powder	Dysentery, jaundice leucoderma lever disorder diabetes
24.	<i>Cassia obtusifolia</i>	Chirota	Caesalpiniaceae	Leaves decoction	Anthelmintic, skin disease
25.	<i>Cassia occidentalis</i>	Chakora	Caesalpiniaceae	Leaves Seed powder	Leucoderma, leucorrhoea, with honey to treat urinary disorder
26.	<i>Cassia tora</i>	Chakaunda	Caesalpiniaceae	Leaf paste	Ringworm diseases & used as plaster to treat bone fracture.
27.	<i>Curculigo orchoides</i>	Kalimusli	Amaryllidaceae	Root tubers	Aphrodisiac, lactagogue, antiseptic used in venereal diseases.
28.	<i>Cyanodon dactylon</i>	Dub	Poaceae	Whole plant	Vomiting, burningsensation, fever, menorrhagia, retention of urin, diuretic
29.	<i>Datura metal</i>	Kaladhatura	Solanaceae	Leaves Root powder	Reduce swelling asthma and bronchial disorder.
30.	<i>Delonix regia</i>	Gulmohar	Caesalpiniaceae	Leaf juice Dry leaves	Body pain gastric problem
31.	<i>Embellica officinalis</i>	Amla	Euphorbiaceae	Fruit juice	Lever tonic (anemia, jaundice cold, diabetes) hair tonic
32.	<i>Feronia limonia</i>	Kaitha	Rutaceae	Ripe fruit	Antiscorbuticlithargic habit treatment carminative
33.	<i>Ficus benghalensis</i>	Bargad	Moraceae	Young bud Leaves Latex	Diarrhoea pultis over the abscess cracks of the feet
34.	<i>Ficus glomerata</i>	Gular	Moraceae	Unripe fruit	Menorrhoea, jaundice, diarrhoea
35.	<i>Ficus religiosa</i>	Peepal	Moraceae	Bark infusion Root ash Dry fruit	Ulcers vomiting, asthma
36.	<i>Gmelina arborea</i>	Gamer	Verbenaceae	Root decoction Leaf decoction	Increase strength, Indigestion small pox
37.	<i>Grewia tiliacifolia</i>	Dhaman	Tiliaceae	Stem bark Stem powder	Chronic dysentery emetic
38.	<i>Gymnema sylvestre</i>	Gudmar	Asclepiadiaceae	Leaf juice	Stomach ache, cough, diabetes, heart stimulant, activate uterus.
39.	<i>Helicteres isora</i>	Marod Phali	Sterculiaceae	Leaf decoction Root decoction	Stomach problem diarrhoea, dysentery
40.	<i>Holarrhena antidysenterica</i>	Dudhi	Apocynaceae	Stem bark decoction Root powder	Skin diseases, tooth achestomach pain & kill intestinal worms
41.	<i>Jatropha curcas</i>	Ratanjot	Euphorbiaceae	Latex Leaf juice Leaves Seeds Bark decoction	Blisters in mouth earache anemia, lactagogue inflammations poisonous anthelmintic skin diseases rheumatism, leprosy

42.	<i>Lantana camera</i>	Lantana	Verbenaceae	Plant decoction Leaf paste	Tetanus, rheumatism measles, chickenpox
43.	<i>Lawsonia inermis</i>	Mehndi	Lythraceae	Leaf paste Leaf decoction Leaf paste	Skin diseases, burn injuries, mouth wounds & throat infection fungal infection
44.	<i>Madhuca indica</i>	Mahua	Sapotaceae	Flower	Cough, bronchitis & sexual disability
45.	<i>Mangifera indica</i>	Aam	Anarcardiaceae	Stem bark decoction/powder Fumes of leaf	Menorrhagia, syphilis, gonorrhoea bronchial disorder
46.	<i>Melia azadirachta</i>	Bakayan	Meliaceae	Paste of leaves	Boils, eczema, wounds, stomach pain.
47.	<i>Moringa oleifera</i>	Munga	Moringaceae	Crushed Bark boiled in Mustard oil Leaf & Fruit	Used as balm for acute traumatic pain, lowering of BP
48.	<i>Murraya koenigii</i>	Meethi Neem	Rutaceae	Leaves Leaf decoction	Hair falling treatment, with ghee for vision improvement, cough, cold & dysentery
49.	<i>Nerium indicum</i>	Kaner	Apocynaceae	Dry leaf Bark boiled in mustard oil fresh leaf juice	Stomach pain, scabies & scaly skin, eye disorder
50.	<i>Nyctanthus arbortristis</i>	Harsingar	Nyctaginaceae	Seed powder Stem bark decoction paste	Killing of lice, dandruff dysentery fever, constipation, cold breast tumors
51.	<i>Ocimum basilicum</i>	Wild Tulsi	Labiataeae	Leavesseed	Diaphoretic, stomachic, expectorant. piles & gonorrhoea
52.	<i>Ocimum sanctum</i>	Tulsi	Labiataeae	Root decoction Leaf juice	Malaria prevention earache
53.	<i>Opuntia dillenii</i>	Nagphani	Cactaceae	Stem mucilage Plant powder with sugar	Conjunctivitis contraceptive
54.	<i>Parkinsonia aculeata</i>	Vilayati babool	Caesalpiniaceae	Leaf & bark decoction	Vaginal douche for abortion
55.	<i>Phoenix sylvestris</i>	Khajur	Palmaceae	Root Seed powderFruit	Toothache, nervous debility leucorrhoea cough, fever, tuberculosis
56.	<i>Pithecellobium dulce</i>	Jangal Jalebi	Papilionaceae	Root decoction Stem bark	Dysentery, fever leucorrhoea
57.	<i>Pongamia pinnata</i>	Karanj	Fabaceae	Seed oil Root juice Seed paste	Scabies clean wound & sores, contraction of uterus during delivery
58.	<i>Prosopis juliflora</i>	Vilayati kikar	Mimosaceae	Flower burnt in mustard oil	Treat discharges from ear
59.	<i>Pterocarpus marsupium</i>	Beeja	Papilionaceae	Wood	Dibetes and chest pain
60.	<i>Ricinus communis</i>	Arandi	Euphorbiaceae	Leaf paste Seed paste Seed oil	Stomach pain, rheumatic swelling constipation cathartic
61.	<i>Salvadora persica</i>	Peelu	Salvadoraceae	Paste of leaves fruit	Boils, swelling, piles constipancy, indigestion
62.	<i>Santalum album</i>	Chandan	Santalaceae	Wood	Fever, skin disease, dysuria, cystitis
63.	<i>Sapindus emarginatus</i>	Reetha	Sapindaceae	Seeds Fruit	Dandruff, ophthalmic diseases anthelmintic
64.	<i>Schluchera oleosa</i>	Kusum	Sapindaceae	Paste of stem bark	Dysentery
65.	<i>Schrebera swietenoids</i>	Mokha	Oleaceae	Bark	Stomach ache
66.	<i>Sida cordifolia</i>	Bala	Malvaceae	Root	Urinary diseases, piles, leucorrhoea
67.	<i>Smilax macrophylla</i>	Ramdatun	Liliaceae	Stem	Toothache (tooth-brush)
68.	<i>Solanum nigrum</i>	Makoya	Solanaceae	Plant extract	Jaundice, dropsy, cough
69.	<i>Solanum xanthocarpum</i>	Bhatkataiya	Solanaceae	Plant decoction Fruit powder	Gastric problem asthma, fever
70.	<i>Soymida fabrifuga</i>	Rohan	Meliaceae	Bark decoction	Stomach pain
71.	<i>Sterculia urens</i>	Kullu	Sterculiaceae	Gum	Leucorrhoea
72.	<i>Syzigium cumini</i>	Jamun	Myrtaceae	Seed powder Ripe fruit Leaf fruit with goat milk	Antidiabetic stomach ache, colitis blood dysentery
73.	<i>Tamerindus indica</i>	Imali	Caesalpiniaceae	Ripe fruit Bark extract Fruit juice	Toungue sores stomachsache Dysentery
74.	<i>Tectona grandis</i>	Sagwan	Verbenaceae	Flower decoction Seed decoction Seed oil	Bronchitis, diuretic scabies
75.	<i>Terminalia arjuna</i>	Arjun	Combretaceae	Bark powder	Body pain, blood purifier, chest pain, dysentery
76.	<i>Terminalia ballarica</i>	Baheda	Combretaceae	Fruit paste Root paste Ripe fruit	Blood purifier body pain purgative
77.	<i>Terminalia tomentosa</i>	Saja	Combretaceae	Bark	Fractured bones & in the ear of hard hearing
78.	<i>Tinospora cordifolia</i>	Gudbel	Menispermaceae	Root & stem extract	Snake bite, diarrhoea, leucoderma chronic fever
79.	<i>Tribulus terrestris</i>	Gokhru	Zygophyllaceae	Plant paste Fruit powder	Break stones spermatorrhoea & UTI infection during pregnancy, aphrodisiac
80.	<i>Tridax procumbens</i>	Bhrangraj	Compositae	Leaf paste Leaf juice	Migrain, eysentery, bbronchial disorder antiseptic-eczema
81.	<i>Ventilago denticulata</i>	Kewati	Rhamnaceae	Seed powder Leaf & flower crushed	Body pain, head- ache
82.	<i>Vitex negundo</i>	Neergud	Verbenaceae	Decoction of leaf Root powder	For bathing of women recently gave birth to a child, neuro skeletal & muscular disorder expectorant, anthelmintic & diuretic
83.	<i>Vitis quadrangularis (Cissus quadrangularis)</i>	Hadjod	Vitaceae	Stem paste	Asthma, muscular pain, applied as plaster for healing bone fractures

84.	<i>Withania somnifera</i>	Ashwagandha	Solanaceae	Root powder with milk Root decoction Leaf juice Seed decoction	Lactagogue (during pregnancy), aphrodisiac abortion syphilis diuretic
85.	<i>Wrightia tinctoria</i>	Dudhi	Apocynaceae	Bark & leaf decoction Seed, Root decoction	Dropsy, stomachache, dysentery, venereal diseases aphrodisiac & anthelmintic epilepsy
86.	<i>Wrightia tomentosa</i>	Kalidudhi	Apocynaceae	Leaves Leaf & Root juice	Toothache fever
87.	<i>Xanthium strumarium</i>	Littingi	Compositae	Plant decoction	Leucorrhoea, UTI infection
88.	<i>Ziziphus mauritiana</i>	Ber	Rhamnaceae	Root decoction Fruit Stem bark	Chest pain, aphrodisiac tonic dysentery & uterus inflammation
89.	<i>Ziziphus nummularia</i>	Jharbery	Rhamnaceae	Leaf paste	Boils, wounds & cuts
90.	<i>Ziziphus xylopyrus</i>	Ghotahar	Rhamnaceae	Bark & leaf powder paste	Externally to chest pain

5. Conclusion

The rural and tribal men are well versed with the symptoms of various types of diseases and with their herbal remedies because they have carried on practice traditionally by verbal instruction. Moreover it has been observed that although modern medical facilities are approachable at places, still they prefer to use herbal drugs owing to their confidence and belief in such treatment. In view of the fact that the medicinal uses of plants have been confidently claimed by the rural and tribal people, detailed pharmacological and clinical studies are needed to ascertain their role in modern medicines.

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