

Traditional medicine among the rural folk of Anuppur district Madhya Pradesh, India

Preeti Sagar Malaiya

Assistant Professor of Botany, Govt. Tulsi College, Anuppur, Madhya Pradesh, India

Abstract

The present study carried out in the rural areas of Anuppur district of Madhya Pradesh, concerns the traditional use of indigenous herbal medicines against various diseases. Thirty medicinal plants have been mentioned along with their botanical name, families, local name, locality and medicinal uses.

Keywords: traditional, medicine, rural, folk, Anuppur, Madhya pradesh, India

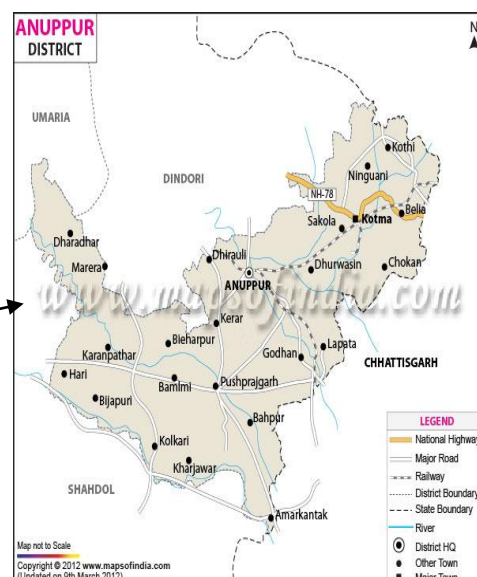
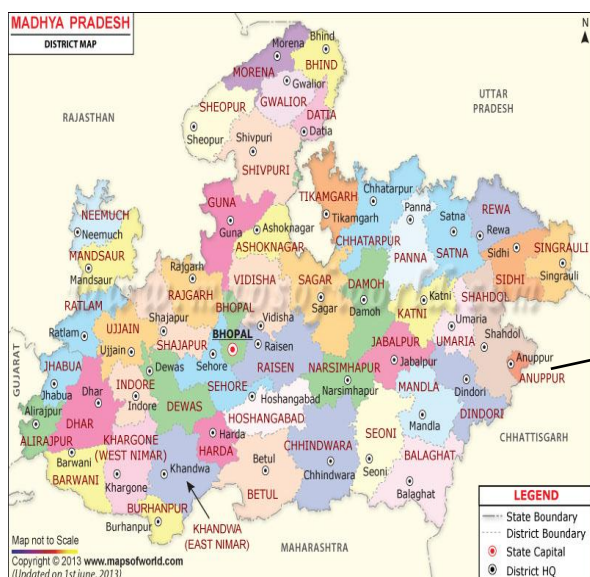
1. Introduction

India lives in her villages. Majority of the population live in rural area where adequate formal medical facilities are not available. With the increasing cost of treatment through allopathic science and adverse effect of synthetic drugs people all over the world are looking to medicinal plants for their health needs.

In view of these conditions the community health workers scheme under the Ministry of Health and Family Welfare was launched on 2nd October 1977 Gandhi Jayanthi day with the ultimate goal of providing medicare to every villagers of the country. The Central Council for Research Ayurveda and Siddha, New Delhi has recently launched a country - wide programme of ethno - Medico- botanical surveys in the tribal pockets to gather data relating to folk medical lore, disease and other health problems affecting the population. The Central Council for Research in Unani Medicine, New Delhi has also conducted ethno botanical

research on Unani herbal drugs. These studies have also been undertaken at the National Botanical Research Institute, Lucknow, Regional Research Laboratory, Jammu-Tawi; Botanical Survey of India, Howrah; Birbal Sahni Institute of Paleobotany, Lucknow; University of Madras, Madras; Bihar Tribal Welfare Research Institute, Ranchi; Calicut University, Calicut; Central Institute of Medicinal and Aromatic Plants, Lucknow etc.

The study site lies between 23°6'0" N Latitude and 81°41'1" E Longitude. Anuppur district situated in the north eastern part of Madhya Pradesh. This District came into existence on 15th August 2003 by reorganising Shahdol District. Anuppur District has total area of 3701 sq. km., extends 80 km from east to west and 70 km from north to south. District Anuppur is surrounded by Korlia District (C.G.) in east, Shahdol & Umaria district in west. Shahdol district in north and Dindori (M.P.) Bilaspur (C.G.) in the south.



Map 1: Location map of Madhya Pradesh and study area of Anuppur district.

The villagers are basically agriculturist and forest products are main source of their livelihood. They use plant as a medicine for curing their ailments and diseases, which are

easily available in their surroundings environment. Synthetic medicines are not often available in the villages and are sold sky high prices to unsuspecting villagers.

2. Material and Methods

During the floristic survey of Anuppur district, the authors have collected data on the plants used for medicine by the local inhabitants. The people living in the rural areas still depend on the local medicine men (Vaidis or Bhagats) for primary health care. These local doctors use seasonally available local floras for treating human illness.

The plant specimens collected during field work were identified with the help of regional floras and confirmed at Herbarium Botanical Survey of India, Central Circle Allahabad (BSA). The plants are arranged alphabetically according to botanical name, family, local name, locality from where collected, and medicinal uses.

The information on medicinal plants presented here were not recorded in well-known literature (Ambasta 1986; and Chopra *et al.* 1956)^[1-2] and research papers - Bhalla *et al.* (1982)^[3]; Bhatnagar *et al.* (1973)^[4]; Jain (1963 & 1965)^[5-6]; Maheshwari *et al.* (1985)^[7]; Rai (1985 & 1987)^[8-9]; Sahu (1984)^[10]; Saxena (1986)^[11]; Verma (1982)^[12]; Jain *et al.* (2010)^[13]; Jayprakash, *et al.* (2011)^[14]; Chaudhary, *et al.* (2012)^[15]; Bharti, (2015a & 2015b)^[16-17] and Maliya, 2016)^[18] published on this aspect.

3. Enumeration

1) *Acacia nilotica* (L.). Willd. Ex. Del. ssp. *Indica*. (Benth) Brenan (MIMOSACEAE)

Local name: Babool, Locality: Anuppur

The pod burnt and the ash is made into a paste with the mustard oil. The paste is applied on boils. Its tender pods are dried in shade. Dried pods are eaten raw with water for spermatorrhoea. The leaves with black pepper (*Piper nigrum* L.) and sugar are made into a paste and paste is given for acidity.

2) *Achryanthes aspera* L. (Amaranthaceae)

Local name: Chirchita, Locality: Anuppur

Its leaves are used for rickets. Two leaves of Onga (*Achryanthes aspera* L.) with three leaves of Ber (*Ziziphus mauritiana* Lamk.) and a handful leaves of Neel (*Indigofera tinctoria* L.) are made into a paste with three year old jaggeri. The paste is put on the head upto 24 days.

3) *Albizia lebbek* (L.) Benth. (MIMOSACEAE)

Local name: Kalasiris, Locality: Pushprajgarh

The seeds are used for cataract. These are pounded with the seeds of Gongchi (*Cardiospermum halicacabum* L.) and made into a paste. The paste is applied on eye

4) *Balanites aegyptiaca* (L.) Del (SIMAROUBACEAE)

Local name: Hingot, Locality: Amarkantak

Bark decoction is used for gum swellings,

5) *Cajanus cajan* (L.). Millsp. (FABSCEAE)

Local name: Arhar, Locality: Anuppur

Leaves are chewed and made into a paste. The paste is applied on cuts.

6) *Calotropis gigantea* (L.) R. Br. (ASCLEPIADACEAE)

Local name: Safed Ack, Locality: Anuppur

The root is made into a paste and paste is applied on scorpion stings

7) *C. procera* (Ait.) R. Br.

Local name: Ak, Locality: Anuppur

Its root are burnt and pounded into powder. The powder is mixed with Tili Oil (*Sesamum indicum* L.) and mixture is applied on the shoulder of bullock to cure wounds. The stem is pounded and the powder is made into a paste with hot mustard oil. The paste is applied on scorpion stings. It is believed that if its leaves are put under the feet it stops vomiting

8) *Capparis deciduas* (Forsk) Edgew. (CAPPARACEAE)

Local name: Kareel, Locality: Amarkantak

The root is pounded and paste is applied on eye conjunctivitis of cattle's

9) *Capsicum annum* L. (SOLANACEAE)

Local name: Mirch, Locality: Anuppur

The red chillies are fried in rectified butter and the fried chillies are made into a powder. The powder is applied on dogs bite.

10) *Coccinia grandis* (L.) Voigt. (CUCURBITACEAE)

Local name: Kunduru, Locality: Jaitahri

Its leaves are warmed with castor oil (*Ricinus communis* L.) and applied on boils.

11) *Convolvulus microphyllus* Siebex. Spreng (CONVOLVULACEAE)

Local name: Sankhpushpi, Locality: Pushprajgarh

The plant is used for blood vomiting. The whole plant is pounded and extract with cow milk is given daily in the morning upto one month

12) *Corchorus dpressus* (L.). Stock (TILLIACEAE)

Local name: Phali, Locality: Chhewlha

The whole plant is pounded and the extract mixed with cow milk and sugar. The mixture is used for spermatorrhoea.

13) *Cynodon dactylon* (L.) Pers. (POACEAE)

Local name: Doob, Locality: Anuppur

Whole plant with pebbles is made into a paste and the paste is applied for pussing boils.

14) *Dalbergia sissoo* Roxb. Ex. DC (FABACEAE)

Local name: Shisham, Locality: Amarkantak

Its leaves are used for spermatorrhoea. The 20gm. Tender leaves of Shisham (*Dalbergia sissoo* Roxb. Ex DC) 5 gm.

Black pepper (*Piper nigrum* L.) and 50 gm. Sugar are pounded and its extract mixed with 250 gm. Cow milk. The mixture is given daily in the morning upto one month

15) *Derris indica* (Lamk) Bennett.

(FABACEAE)

Local name: Kanja, Locality: Amarkantak

The seeds are pounded and used as an ear drop for earache

16) *Dichrostachys cinerea* (L.) Wt. & Arn.

(MINMOSACEAE)

Local name: Biribira, Locality: Amarkantak

The root with they is made into paste and the paste is applied on scorpion stings and snake bites

17) *Elytraria acaulis* (L.F.) Lindau

(ACANTHACEAE)

Local name: Pathrasaga, Locality: Amarkanak

Three pieces of its rood with rhizome of adrak (*Zingiber officinale Roscoe*) are pounded and extract is given for leucorrhoea.

18) *Lapidagathis cristata* Willd

(ACANTHACEAE)

Local name: Kantakganth, Locality: Anuppur

The decoction of this inflorescence is used as a mouth wash for toothache and gm trouble

19) *Leucas cephalotes* (Roth). Spreng.

(LAMIACEAE)

Local name: Gopal gobhi, Locality: Anuppur

The leaves are friend with clarified butter and applied on cuts

20) *Luffa acutangula* (L.) Roxb.

(CUCURBITACEAE)

Local name: Kadutorai, Locality: Anuppur

The leaves are friend with clarified butter and applied on cuts

21) *Merremia gangetica* (L.). Conf.

(CONVOLVULACEAE)

Local name: Golpatti, Locality: Anuppur

The whole plant with they is made into a paste and the paste is applied on boils

22) *Orthosiphon pallidus* Royle ex. Benth.

(LAMIACEAE)

Local name: Diamjari, Locality: Jaitahri

The plant paste with they applied on boils.

23) *Plumbago zeylanica* L.

(PLUMBAGINACEAE)

Local name: Chitawa, Locality: Anuppur

The roots are made into a paste and the paste is given to goat for stomach trouble.

24) *Prosopis cineraria* (L.) Druce

(MINMOSACEAE)

Local name: Chhonkar, Locality: Amarkantak

The bark is pounded and mixed with they the paste is applied on boils

25) *Solanum indicum* L.

(SOLANACEAE)

Local name: Jangli bhata, Locality: Amarkantak

The root is pounded and made into paste. The paste is lightly warned and given for stomach swelling

26) *Tinospora cordifolia* (Willd.) Hook. F & Thomas.

(MENISPERMACEAE)

Local name: Giloe, Locality: Anuppur

The stem is cut into small pieces and these pieces with black pepper are boiled in water. The decoction so obtained is used for malaria fever

27) *Urginea indica* (Roxb.) Kunth

(LILIACEAE)

Local name: Kori kanda, Locality: Amarkantak

The bulbs are pounded and the paste is applied on scorpion sting

28) *Vernonia conyzoides* DC.

(ASTERACEAE)

Local name: Sahadevi, Locality: Anuppur

The whole plant is black pepper is pounded and extract is given for giddiness

29) *Vitex negundo* L.

(VERBENACEAE)

Local name: Nirgundi, Locality: Chachai

Leaves are pounded with black pepper and made into a paste. The paste is given to treat tuberculosis

30) *Xanthium strumarium* L.

(ASTERACEAE)

Local name: Littingi, Locality: Anuppur

The root is pounded and the paste is mixed with whey. The mixture is good for dysentery

4. Acknowledgement

The author is greatly indebted to principal of Govt. Tulsi College, Anuppur (M.P.) who permitted to carryout this work.

5. References

1. Ambasta SP. The useful plants of India, CSIR, New Delhi, 1986.
2. Chopra RN, Chopra IC, Nayar SL. Glossary of the Indian Medicinal Plants, CSIR, New Delhi, 1956.
3. Bhalla NP, Sahu TR, Mishra GP, Dakwale RN. Traditional plant Medicines of Sagar district M.P. J. Econ. Tax. Bot. 1982; 3(1):23:32.
4. Bhatnagar LS, Singh VK, Pandey G. Medico-Botanical Studies on Flora of Ghatigaon Forest, Gwalior, M.P. J. Res. Ind. Med. 1973; 8(2):67-100.
5. Jain SK. Studies in Indian Ethnobotany less known use of fifty common plants from tribal areas of Madhya Pradesh. Bull.bot. Surv. India. 1963; 5:223-226.
6. Jain SK. Medicinal plantlore of the tribals of Bastar. Econ.Bot. 1965; 19:236-256.

7. Maheswari JK. Kalakoti BS, Brinjal. Ethnomedicine of Bhil tribe of Jhabua district, M.P. *Ancient Sci. Life*, 1985; 5(4):255-261.
8. Rai MK. Plant used as medicine by tribes of Chhindwara district (M.P.) *J. Econ. Tax. Bot.* 1985; 7(2):385-387.
9. Rai MK. Ethnomedicinal studies of Patalkot and Tamiya (District Chhindwara) M.P. *Ancient Sci. Life* 1987; 7(2):119-121.
10. Sahu TR. Less known uses of weeds as medicinal plants. *Ancient Sci. Life*. 1984; 3(4):245-249.
11. Saxena HO. Observations on the Ethnobotany of Madhya Pradesh *Bull.bot. Surv. India* 1986; 28(1-4):149-156.
12. Verma, Rajani, Medico-Floristic approach on the forests of Kolaras, Distt. Shivpuri (Madhya Pradesh). III Annual herbs. *J. Econ. Tax. Bot.* 1982; 3:689-694.
13. Jain DL, Baheti AM, Jain SR, Khandelwal KR. Use of medicinal plants among tribes in Satpuda region of Dhule and Jalgaon districts of Maharashtra-an ethnobotanical survey. *Indian J Trad Knowled.* 2010; 9:152-157.
14. Jeyaprakash K, Ayyanar M, Geetha KN, Sekar T. Traditional uses of medicinal plants among the tribal people in Theni districts (Western Ghats), Southern India. *Asian Pac J Trop Biomed.* 2011; 1(1):20-25.
15. Choudhury S, Sharma P, Dutta Choudhury M, Dutt Sharma G. Ethnomedicinal plants used by Chorei tribes of Southern Assam, North Eastern India. *Asian Pac J Trop Dis.* 2012; 2(1):141-147.
16. Bharti Vinay Kumar. Ethno-Medicinal Plants Used by The Tribal People of Shahdol District, Madhya Pradesh For The Treatment of Rheumatism, *International Journal for Research in Applied Science & Engineering Technology (IJRASET).* 2015; 3(12):266-270.
17. Bharti Vinay Kumar. An Ethnobotanical Study of Medicinal Plants in Shahdol District of Madhya Pradesh, India, *International Journal of Science and Research (IJSR).* 2015; 4(10):1501-1505.
18. Malaiya, Preeti Sagar. Medicinal plants used by tribal population of Anuppur district Madhya Pradesh, India. *International Journal of Applied Research* 2016; 2(1):418-421.