



## Studies on ethnobotanical remedies for gynaecological disorders used by Irula Tribes, Kozhikarai, The Nilgiris, Tamilnadu

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### Abstract

The present study is about a survey of medicinal plants used for gynaecological disorders by Irula tribes of Kozhikarai village, Kotagiri, The Nilgiri District, Tamil Nadu. Nineteen plant species belonging to eighteen families were identified in this study. The parts of the plants used in this study are leaves, tuber, stem, tender shoots, flowers and fruits. This study revealed that adivasi people in kozhikarai village continues to have and use for the gynaecological disorders and how to collect plants and mode of preparation and consumption. In the present the study apart from the listing the plant names, the family of the plant species and the morphology of the part used, local name of the plant, mode of preparation of medicine and the ailment for which the medicine given in details.

**Keywords:** gynaecological disorders, Irula tribes, Kozhikarai village, medicinal plants

### Introduction

India a tropical country with rich biological and cultural diversity, 67.37 million tribal people belonging to 573 tribal groups living in different geographical location with various subsistence patterns. These tribal groups living in biodiversity rich area possess a wealth of knowledge on the utilization and conservation of food and medicinal plants. This knowledge has been passed on from one generation to another without any written document and also it has helped them to have sense of responsibility in judicious utilization of the plant resources and also to conserve. Moreover, it is an undeniable fact of that the knowledge of indigenous people identity invaluable in the present day context of biological diversity conservation and its sustainable utilization. (Murugesan *et al* 2005, Bosco and Arumugam 2012, Amuthavalluvan 2011, Shanmugam *et al* 2012) <sup>[10, 1, 14]</sup>. Consuming wild edible plant parts is a part of the food habits of people in many societies and intimately connected to virtually all aspects of their socio-cultural, spiritual life and health (Setalaphruk 2007, Sundryial and Sundryial 2001) <sup>[13, 1]</sup>. It plays major role in meeting the nutritional requirement of the tribal population in remote parts of the country throughout the year (Grivetti and Britta 2000, Britta 2001, Sasi *et al* 2011) <sup>[12]</sup>. The Plant used in ethno medicine contain a wide range of substance that can be used to treat chronic as well as acute diseases. They are rich in secondary metabolites and essential oil of therapeutic uses (Ayyanar *et al* 2010, Atal and Kapoor 1989) <sup>[2]</sup>. The present report is about the ethno medicinal information gathered from the Irular tribal village of Kozhikarai village, Kotagiri, The Nilgiris, Tamilnadu.

### Materials and Method

An ethno botanical survey was carried out during the period Jan 2020 – Feb 2021 for collecting medicinal plants and collecting the information from tribal people. Many tribal people were interviewed for this study particularly Vaidya of Irula tribes, for collecting the information the method given by Jain (1989) <sup>[7]</sup> was followed.

Herbarium specimens were prepared from the collected medicinal plants.

The prepared herbarium specimens were deposited in the Department Herbarium.

### Results and Discussion

The present study document the indigenous knowledge of biodiversity of Kozhikarai village, Kotagiri, the Nilgiris, Tamilnadu. A total number of nineteen species of eighteen families have been documented (Table -1).

Among the families, Fabaceae two species are adequately used in the mode preparation of ethno medicine followed and other families have only one species each.

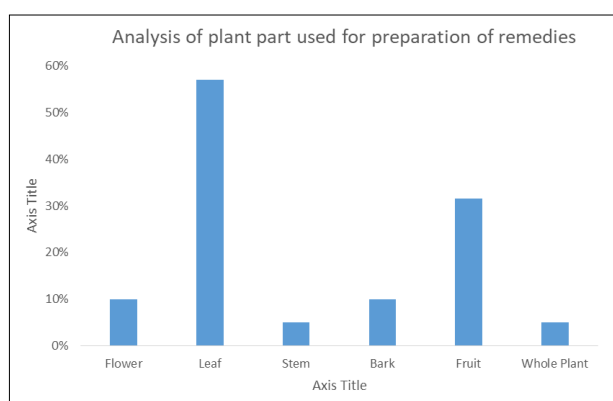
Regarding the plant parts used for medicine preparation mostly include fresh leaves followed by flower, stem, bark, leaves, fruit and whole plant (Fig -1). It is found that in the mode of preparation in medicine that prepared for mostly recommended decoction method can be utilised for medicine purposes and followed by powder, juice, raw plant parts (Fig -2).

The results of the documents are presented in Table – 1. The plants are arranged alphabetically with botanical name local name, parts used, mode of preparation and mode of ailments treated.

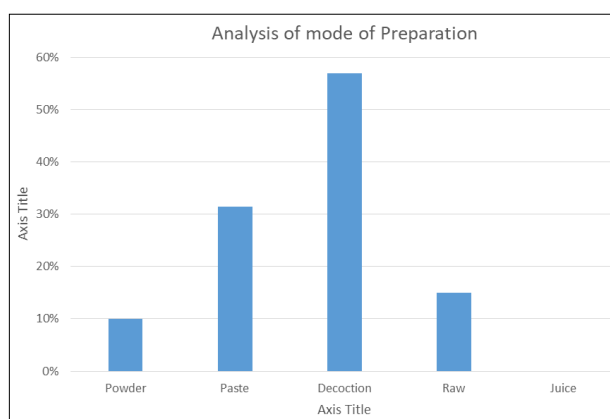
**Table 1:** Ethno botanical Information of Herbal Plants used in Treatment of Gynaecological Disorders

Botanical Name	Family	Local Name	Parts used	Mode of Preparation	Route of Application	Ailments Treated
<i>Annona squamosa</i> L.	Annonaceae	Seetha palam	Leaf, Fruit	Paste, Raw	Internal	Menstrual Problem
<i>Ageratum conyzoides</i> L.	Asteraceae	Appakodi	Leaf	Decoction	Internal	Uterus strengthening
<i>Ailanthus excels</i> Roxb.	Simaroubaceae	Perumaram	Leaf	Decoction	Internal	Menstrual problem
<i>Aloe vera</i> L.	Liliaceae	Sotthukathalai	Leaf	Flesh added with cumin seeds	Internal	Menstrual problem
<i>Andrographis paniculata</i>	Acanthaceae	Nilavembu	Leaf	Decoction	Internal	Discontinuation of

(Burn.f.)						menstrual problem
<i>Amaranthus spinosa</i> L.	Amaranthaceae	Mullu keerai	Leaf	Decoction	Internal	Over bleeding
<i>Argemone Mexicana</i> L.	Papaveraceae	Kuddiyotti	Whole plant	Paste	Internal	Menorrhoea, Leucorrhoea
<i>Catharanthus roseus</i> (L.) G.Don	Apocynaceae	Sudukattu malli	Leaf and Flower	Paste	Internal	Dysmenorrhoea
<i>Erythrina variegata</i> L.	Fabaceae	Mullmurungai	Leaf	Paste, Powder, and Decoction	Internal	Uterus Strengthening
<i>Ficus racemosa</i> L.	Moraceae	Athi	Leaf and Fruit	Paste, Raw	Internal	Uterus strengthening
<i>Garcinia gummi- gutta</i> (L).N.Robson	Clusiaceae	Kodampuli	Fruit	Culinary purposes	Internal	Uterus Strengthening
<i>Limonia acidissima</i> L.	Rutaceae	Vilampalam	Fruit	Raw	Internal	Leucorrhoea
<i>Dendrophthoe falcate</i> (L.f.) Ettingsh	Loranthaceae	Pulluruvi	Bark and Fruit	Decoction	Internal	Menstrual problem
<i>Lowsonia innermis</i> L.	Lythraceae	Maruthani	Leaf	Paste and Decoction	Internal	Leucorrhoea
<i>Mangifera indica</i> L.	Anacardiaceae	Maamaram	Leaf, Bark, Fruit	Decoction ,Raw	Internal	Menstrual problem
<i>Mimosa pudica</i> L.	Fabaceae	Thotal sinigi	Whole plant	Decoction	Internal	Abortion
<i>Plumbago zeylanica</i> L.	Plumbaginaceae	Chittira moolam	Flower	Decoction	Internal	Sterility in women
<i>Tinospora cardipolia</i> (Thunb) Miers.	Menispermaceae	Seenthil kodi	Stem	Decoction	Internal	Menstrual problem
<i>Tridax procumbans</i> L.	Asteraceae	Vettukaya pundu	Leaf	Paste	Internal	Menorrhagia, Leucorrhoea



**Fig 1:** Analysis of plant parts used for preparation of remedies



**Fig 2:** Analysis of mode of preparation for remedies.

Compare with data collected in this study literature on gynaecological disorders and the medicine (Vidhyasagar and Prashankumar 2006, Karthikeyani 2003, Sinha 1991, Ong and Nordiana 1999, Kirthikar and Basu 1933) [8, 15, 11, 9]. Further scientific assessment of these medicines on phytochemistry, biological activity and clinical studies is however greatly needed. This may provide a lead in the development of drug to be used in a modern system of medicine.

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