



Plant based traditional remedies on child health care in Beed district, Maharashtra

Nagnath K Dahiphale, Savita M Sakte

Department of Botany, Balbhim Arts, Science and Commerce College, Balbhim Nagar, Beed, Maharashtra, India

Abstract

India is a rich source of medicinal plants. Since prehistoric times large number of people depends on medicinal plants for traditional healthcare practices, as plant-based medicines are effortlessly accessible and cost-effective. Based on traditional healers or practitioners who eternally use their precious knowledge to treat plant based traditional remedies on child health care. The information obtained from the traditional practices was also cross verified to check the authenticity. Leaves, flowers, fruits, seeds and bark are commonly used by traditional healers in the form of decoction, paste, extract, juice, ash and infusion to cure various ailments. In the present study revealed that the plant based traditional information collected and document from various traditional healers of beed district through questionnaires and personal interviews. The practitioners use some common medicinal plant material like Tulsi, Turmeric, Ginger etc. Among the plants used by practitioners, herbs are most common followed by Shrubs, trees and climbers. From this study it was concluded that the documentation of the ethno-botanical information in management of local health care is the first step, which will open new door for researcher in the field of child health care.

Keywords: traditional practitioners, child health care, medicinal plants

Introduction

The information of medicinal plants in India has been gathered in course of many centuries based on several prehistoric remedial systems, including ayurveda, unani and siddha etc. (Lone and Bhardwaj, 2013) [8]. According to World Health Organization, around 80% of earth population directly or indirectly relies on traditional medicine for their basic healthcare needs (Rath *et al.*, 2009; Pattnaik *et al.*, 2006) [14, 12]. India is one of the well-known biodiversity regions of the world has diverse ethnic, linguistic, socio-economic and cultural areas. Thus, the original knowledge of therapeutic plants and their use in curing numerous disorders might realistically be expected in this country. In rural India, 70% of the residents are reliant on the conventional system of medicine (Rao and Laxmi, 2012) [13]. The yearly universal market for herbal medicines in year 2000 was over 60 US\$ billion and is rising steadily at a rate of fifteen to twenty five percent (WHO, 2008). In India Healthcare costs increases dramatically over the last decade. According to Towers Watson investigation (based on data from leading global insurance companies), India witnessed 22% growth in health care costs in 2006. It goes to 12% in 2009, and is expected to get higher again to 13% in 2012. Peoples are now looking for simple and cost effective therapies for getting better the quality of life (Biswas, 2012) [4]. The steep raise in health care costs, simultaneously with the threat of increasing side effects risks of synthetic medicine, is convincing populace to believe about low cost alternative medicines having low or no side effects such as Ayurveda, Homoeopathy, Siddha, Unani, Yoga, Naturopathy etc. offer a broad range of preventive and remedial treatments that are both cost effective and efficient. Beed is one of the 36 districts in Maharashtra and the traditional remedial systems are still admired here. Lies between 18.27° to 19.27° Latitude and 74.29° to 76.44° E Longitude an average height of about 600 m above mean sea level. Cover an area of 10227 sq. km. On the Deccan

plateau and is centrally placed in the region. It demarcates boundaries between Parbhani, Jalna, Aurangabad, Ahmednagar, Usmanabad and Latur districts. Prior to independence, Beed was a part of the former Hyderabad state. It was included in the State of Maharashtra in 1960. Topographically, the district may be divided into two parts e.g.

1. Northern part consisting of plains of Godavari valley.
2. Southern and southwestern part consisting of hilly area of Balaghat range.

Most of the areas of this region were converted into an agricultural land. Now days the conventional knowledge get decrease day by day due to ecological degradation, deforestation, and agricultural expansion. Therefore, gathering the information of medicinal plants is an urgent need. Hence, the purpose of this study was to interrelate with local traditional healers and document their knowledge on medicinal plants, their practice and the treatment of various diseases.

Materials and methods

1. Ethno botanical survey

The practice of plant based medicinal system is widespread among the ethnic people of Beed district, and it is intensely rooted in their socioeconomic traditions. Though, the documentation of local medicinal practices is conspicuously missing for the region. Considering the immense cultural and ethno-linguistic diversity of the tribal people of the district, several field interviews in the form of semi-structured questionnaire were designed to cover as in Parli taluka as possible, in order to take full advantage of the diversity of knowledge and the plant species used in conventional therapy. Collected information is useful to curing several ailments on child health care by using different medicinal plants. Take several visits for ethnic places in different seasons when plants get flowering.

Informants getting the information about local names, used plant parts, formulation and dosages were also documented. The aims of this investigation were systematically clarified to all the informants before the interview (Cunningham, 2001) [5].

2. Collection and identification of medicinal plant

Fresh and healthy plant materials of medicinal plants were collected in the month of July-2018 to Feb-2019 from different location of Beed district of Maharashtra. Identification of plant species were confirmed using Flora of Marathwada by Naik *et al.*, 1998. Collected plant materials were pressed, dried, and mounted on herbarium sheet for further study.

Result and discussion

Most of preparation was arranged from fresh and healthy plant material in the form of a decoction, powder and paste. Nearly all used approach of medication administration is oral ingestion, followed by external use. A large amount of diseases and pains were usually treated either with a single plant or a mixture of plant parts. In some cases, ointments like mustered oil, ghee (a remedy from milk) etc. and other ingredients such as black peeper, ginger, tulsi, etc. were also

used to make ethnic formulations along with the parts of plant species. In children diseases the highest use report in the present study were documented for *Melia azedarach*, *Ficus carica*, *Piper nigrum*, *Ocimum sanctum*, *Ocimum basilicum*, *Ficus religiosa*, *Acacia nilotica* etc. Present study aims was undertaken to explore the plant based traditional remedies, and local health care takers from Beed district of Maharashtra state. For this purpose series of field surveys were carried out in Parli taluka. The information on traditional medicinal plants was collected through conversations, questionnaires etc. with local traditional healers (Baidyas, Ojhas, Traditional healer, aged knowledgeable persons). The information collected from the informants along with the medicinal plants, their local names, plant parts used as a medicine, formulation and doses has been given in Table 1. Traditional medicines are easily available and safe to cure various health problems. In recent era almost every nation of the world used it. Hence it is a best choice for alternative medicine due to its huge demand (Aziz *et al.*, 2018) [2]. In several formulations, number of part was used. Such as Leaves, rhizomes, roots, and the whole plant, it is most important hazards in the restoration of the medicinal plants (Ahmad *et al.*, 2009) [1].

Table 1: Plant based herbal remedies practiced for child health

Sr. No.	Remedies	Disease treated	Name of healer
1.	Flower of <i>Acacia nilotica</i> (Babul) is boiled with mustard oil and 2-3 drops are poured in ear.	Earache	Mr. Someshwar Haribhau Lingade
2.	Prepare fine powder of <i>Andrographis paniculata</i> (Bhunimba), take half tea spoon of powder with lukewarm water twice a day.	Stomach disorders	Mr. Maroti Sambhajirao Mokale
3.	Burn the leaves of <i>Ficus religiosa</i> , ash is mixed with water take orally.	Vomiting	Mr. Kulkarni Mama Bhisegaokar
4.	Fresh leaves of <i>Ocimum basilicum</i> are crushed and squeezed; the drops of leaf juice are poured in ear. The decoction of leaves is used for gargling.	Earache, Toothache, Cough and Fever	Mr. Kulkarni Mama Bhisegaokar
5.	Leaf juice of <i>Ocimum sanctum</i> is dropped in nose.	Fever	Mr. Someshwar Haribhau Lingade
6.	4-5 Fruits of <i>Ficus carica</i> (anjir) given twice a day.	Cough, Constipation	Mr. Vitthal Dharmraj Tambud
7.	1 cup of <i>Melia azedarach</i> decoction is used orally before breakfast.	Diabetes	Mr. Vitthal Dharmraj Tambud
8.	5-6 Seed of <i>Embelia ribes</i> boiled with 1 cup of water up to 1/3 and drink it after cooled down for 7 days.	Remove worm, constipation	Mr. Ramesh Balasaheb Shinde
9.	Prepare a ginger juice with the help of grinder or mortar and pestle then add equal amount of jaggery powder and lick it 2-3 times in a day for 5 days.	Dry cough, Fever	Ms. Somitra Udhavrao Dahiphale
10.	Boiled 8-10 curry leaves in water then add trifala powder and amla powder in 1:1 ratio mix well take it at bed time for 7 weeks.	Early greying hair, Hairfall	Mr. Ankush Bhimrao Mundhe
11.	Steam 10-15 leaves of <i>Justicia adhatoda</i> and squeeze three spoon of juice and take with honey twice a day for 4 to 7 days.	Cold, Dry cough	Mr. Abhay Vitthal Lonikar
12.	Take 1 glass of water and add it 2 spoon of sugar and pinch of salt mixed well and give it for several intervals.	Loose motion	Mr. Hanumant Namdev Nagargoje
13.	Prepare fine paste of <i>Asafoetida</i> (hing) with water or olive oil and used it for massage on Stomach.	Stomach ache	Mr. Shaikh Shafik Jafar
14.	10-12 small pieces of stem of <i>Tinospora cardifolia</i> boiled with one glass of water up to remaining half glass then filter it and used an empty stomach at early morning.	Fever (Hadi tap)	Mr. Govind Manik Solanke
15.	Take roasted white sesame seeds, black sesame seeds and flax seeds grind them with the help of grinder then add it jaggery powder and make ladoos give it early morning.	Calcium Deficiency	Ms. Mandakini Jarichand Mundhe

Conclusion

In this study revealed that how different interviewing procedures facilitate to gather the information concerning the name of the diseases treated plants and their usage, with their mode of direction. Total of 15 types of local ailments was treated with 15 phyto-therapeutic uses in this district. The manufacturing process of herbal preparation is yet a

secret and passed on generation after generation vocally. Appropriate examination of herbal formulations and phyto-constituents of used plants can open new entrance for the researchers. However, ethno-botanical facts is the basis of further justification of practices and plant uses in the context of a professional approach to develop new herbal drug (Muhammad *et al.*, 2005) [9].

References

1. Ahmad M, Qureshi R, Arshad M, Khan MA, Zafar M. Traditional herbal remedies used for the treatment of diabetes from district Attock (Pakistan). *Pak J Bot*,2009;41(6):2777-2782.
2. Aziz MA, Khan AH, Adnan M, Ullah H. Traditional uses of medicinal plants used by indigenous communities for veterinary practices at Bajaur Agency, Pakistan. *J Ethnobiol Ethnomed*,2018;14 (1):11.
3. Biradar SD, Ghorband DP. Ethno-medicinal wisdom of tribals of Kinwat forest of Nanded district (Maharashtra), *Indian Journal nat Prod Resour*,2010;1(2):254-257.
4. Biswas S. *The Economic Times*, <http://articles.economictimes.indiatimes.com/2012-07-24/news/328282501-health-care-health-risk-india-health> (accessed on 10.3.13).
5. Cunningham AB. *Applied ethnobotany: people, wild plant use and conservation*. London: Earthscan. Ersity and sustaining local livelihood. *Annu Rev Environ Resour*,2001;30:219-52.
6. Kachare SV, Raut KS, Suryawanshi SR. Medicinal plants used by local inhabitants in Marathwada. *International Journal of Current Research*,2010;4:049-051.
7. Kachare SV, Suryawanshi SR, Raut KS. Traditional medicines for Diabetes from villagers in Marathwada. *Botany Research International*,2010;3(1):14-16.
8. Lone PA, Bhardwaj AK. Traditional herbal based disease treatment in some rural areas of Bandipora district of Jammu and Kashmir, India. *Asian J Pharm Clin Res.*,2013;6:162-71.
9. Muhammad G, Khan MZ, Hussain MH, Iqbal Z, Iqbal M, Athar M. Ethno-veterinary practices of owners of pneumatic-cart pulling camels in Faisalabad City (Pakistan). *J Ethnopharmacol*,2005;97:241-246.
10. Naik VN. Associates. *Flora of Marathwada*. Amurt Prakashan, Aurangabad, India, 1998, 1-2
11. Patil DR, Patil PS, Patil DA. Indigenous home remedies as applied in Shirpur Taluka of Dhule District (M.S.) India. *Current Botany*,2011;2(4):34-35.
12. Pattnaik C, Reddy CS, Dhal NK, Das R. Some Phytotherapeutics Claims by Tribals of Rayagada District, Orissa, India. *Ethanobotanical Leaflet*,2006;10:189-197.
13. Rao GHJ, Laxmi P. Anti diarrhoeal activity of *Ziziphus jujuba* leaf extract in rats, *International Journal of Pharma and Bio Sciences*,2012;3(1):532-538.
14. Rath SK, Mahapatra N, Dubey D, Panda SK, Thatoi HN, Dutta SK. Antimicrobial activity of *Diospyros melanoxylon* barks from Similipal Biosphere Reserve, Orissa, India. *African Journal of Biotechnology*,2009;8(9):1924- 1928.