



Indigenous plants remedies used by traditional healers of Garudeshwar Taluka of Narmada district

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Abstract

Ethnobotanical study explores the value of a culture of indigenous knowledge from the tribal community of the world. India has a gold mine of ethnic cultures from indigenous people. Indigenous peoples are closely associated with plants through their roots. The present study enumerated the ethnomedicinal value of plants through the indigenous people. Plants are described with their cultural Ethnomedicinal value from the tribal community of the Narmada district. A total number of 50 plants belonging to the thirty families are Acanthaceae, Alangiaceae, Apocynaceae, Asclepiadaceae, Asparagaceae, Asteraceae, Bignoniaceae, Bombacaceae, Burseraceae, Capparaceae, Caricaceae, Caesalpiniaceae, Combretaceae, Convolvulaceae, Cucurbitaceae, Dioscoreaceae, Euphorbiaceae, Fabaceae, Gentianaceae, Hypoxidaceae, Lamiaceae, Meliaceae, Menispermaceae, Moringaceae, Moraceae, Myrtaceae, Periplocaceae, Poaceae, Punicaceae, Rosaceae, and Solanaceae. The medicinal value of ethnic cultures is describing below.

Keywords: medicinal plants, traditional knowledge, tribal people, Narmada district

Introduction

The word ethnobotany was first coined by a scientist Hershberg, who could suggest the use of a plant useful by the tribes. This study includes an assessment of plant and human relationships as well as the impact of plant environment on human society. A scientist schultes defined Ethnobotany, 'A type of study that found the relationship between the people of a tribal society and their plant environment. ^[1] Plants are used by the local community as timber, firewood, fodder, utensils, medicine, fences as well as musical instruments, etc. ^[2] According to the WHO, 80% of the world's population today relies on traditional plants for their primary health care. As the value of medicinal plants gradually declines due to the Western lifestyle, the number of generations to continue using medicinal plant information is declining which has increased its interest all over the world. ^[3, 6] The unique traditional culture and lifestyle of each of the tribes is mainly based on the biodiversity of the state and the main forest and wildlife. ^[7, 8] The dissemination of education and communication of people in their aline culture through mass media, socio-economic, environmental and technologies change contact has had a profound effect on their ancient traditional way of life. ^[8, 9] Although many people are treated with effective allopathy drugs in modern times, they cause harmful and side effects to the human body. And it is because of all these factors that everyone is turning to the use of medicinal plants. The usefulness and efficacy of the plant as a preventative against many human diseases have long been known. ^[10] The main benefits of natural medicines are their easy influence, economical and few or no side effects. ^[11] The cost of using traditional medicine is rising rapidly in many parts of the world, but traditional medicine is also gaining more respect from national governments and health care providers. ^[12] Natural medicine plays an important role in rural areas and various locally produced medicines are

being used as home remedies for various ailments. ^[13] Herbal tribal people have sufficient knowledge about medicine but are hesitant to tell other communities member. ^[14] Due to deforestation, the number of indigenous people living in forests is slowly declining and hence the information on the plants used by them is also declining. ^[15] This period is considered as the golden age for the origin of ethnomedicine genesis. ^[16]

Methodology

Study Area

Narmada District is a very admirable district of Gujarat. The headquarters of this district is located in Rajpipla. Coordinates of Narmada District is 21°52'14"N 73°30'10"E. It is covered by different areas from all sides, Vadodara district on the North side, Tapi District on the south side, Maharashtra state from the Eastside, and Bharuch district from the west side. The area of this district is 2,755km² and has a population of about 5, 90,297 (As of 2011). Garudeshwar is one of the Taluka of Narmada district. The latitude 23.3 and longitude 72.63 are the Geo-Coordinate of Garudeshwar taluka. SardarSarovar Dam and the world's tallest statue are established on the bank of the holy river of Narmada.

Data Collection

The present study was conducted on selected areas in a different season. ^[17] Information about herbal uses of plants was collected from the local medicine man, traditional healer, vaidya, farmers, etc. ^[18, 19] During the survey, information about the herbal knowledge of plants was obtained from the people thereby asking questionnaires in their language. Plants were identified by indigenous people by their local name and collect all medicinal used with their photograph

and the dry specimen is preserved as herbarium. [20, 21] All plants were identified by the standard flora of Gujarat however the correct identification of plants was confirmed by a taxonomist [22, 23].

Result

A total number of 50 plants belonging to the thirty families are Acanthaceae, Alangiaceae, Apocynaceae, Asclepiadaceae, Asparagaceae, Asteraceae, Bignoniaceae, Bombacaceae, Burseraceae, Capparaceae Caricaceae,

Caesalpiniaceae, Combretaceae, Convolvulaceae, Cucurbitaceae, Dioscoreaceae, Euphorbiaceae, Fabaceae, Gentianaceae, Hypoxidaceae, Lamiaceae, Meliaceae, Menispermaceae, Moringaceae, Moraceae, Myrtaceae, Periplocaceae, Poaceae, Punicaceae, Rosaceae, and Solanaceae.

Different parts of plants like Root, Stem, Bark, Leaf, and Flowers are used as medicines which are listed in Table No. 1.2. The medicinal value of ethnic cultures describing below.

Table 1: Enumeration of Medicinal Plants uses

No.	Family	Botanical Name	Useful Part	Medicinal Uses
1.	Acanthaceae	<i>Achyranthes aspera</i>	Root	If foetus does not conceive during pregnancy, give crushed Root paste with milk for 3 to 4 days.
2.	Acanthaceae	<i>Barleria prionitis</i>	Leaf	The leaf is chewed for teeth strengthen and for toothache the leaf paste apply near the tooth.
3	Alangiaceae	<i>Alangium salvifolium</i>	Root	To give the root paste with goat's milk in the morning, indigestion food will be removed from the chest.
4	Apocynaceae	<i>Rauwolfia serpentina</i>	Entire plant	Powder of this plant is given insomnia, hysteria dementia damage of nervous system delivery pain and in high blood pressure.
5	Asclepiadaceae	<i>Calotropis gigantea</i>	Leaf	In diabetes, its leaves are tied with the feet at night to sleep for some days.
6	Asclepiadaceae	<i>Pergularia daemia</i>	Stem	Stem is used as brush for toothache.
7	Asparagaceae	<i>Asparagus racemosus</i>	Root	To increase health, longevity and strength, To give 2-3 gm root powder with a teaspoon of ghee and sugar in the morning and evening and drink a glass of milk over it. For intestinal ulcers and acidity, Boil water with powder and milk take it twice a day with milk. To give 3 to 4 grams Asparagus powder with cold water 2-3 times a day in urinary problem. If there are fewer breasts feeding after childbirth, to give 2-3 grams of powder with sugar.
8	Asteraceae	<i>Amberboa ramosa</i>	Root	Root paste is used to abort the 2-3 month of foetus. Root paste is applied on Chest for pneumonia.
9	Asteraceae	<i>Echinops echinatus</i>	Root	The root is used for abortion and for early delivery.
10	Asteraceae	<i>Eclipta prostrata</i>	Leaf	5-10 drops of leaf juice put in the nose for any type of headache. Boil one part <i>Glycyrrhiza glabra</i> powder, four parts milk, eight parts <i>Eclipta</i> leaf juice, three parts sesame oil. It is used for premature graying of scalp hair. For abdominal pain and abdominal disease, take 10 gm of <i>Eclipta</i> root in a bowl or 8 to 10 gm of root powder with milk or hot water. To make the hair black, apply the juice of <i>Eclipta</i> leaf on the hair by rubbing it on the scalp and wash the scalp when the scalp dries.
11	Asteraceae	<i>Tridax procumbens</i>	Leaf	Drink leaf juice for 2-3 days to stops the bleeding and wound healing. Leaf juice is also directly applied on wound.
12	Bignoniaceae	<i>Oroxylum indicum</i>	Bark	When a venomous animal or snake bites, its bark is rubbed on the stone and applied.
13	Bombacaceae	<i>Bombax ceiba</i>	Bark	Bark paste is applied on the ringworm of a head. When there is pain on the side of the ribs and kidneys, its bark paste is tied over it.
14	Burseraceae	<i>Garuga pinnata</i>	Stem	When a white layer appears in the eye, water is blown from its branch to dissolve white layer in eyes and cure it.
15	Capparaceae	<i>Crateva religiosa</i>	Bark	The bark is rubbed and applied on the chest in the arthritis of children.
16	Caricaceae	<i>Carica papaya</i>	Leaf	In dengue, when the white blood cells are reduced, the juice of the leaf is given as medicine.
17	Caesalpiniaceae	<i>Cassia occidentalis</i>	Entire Plant	Leaves juice or root paste apply on wasp, ant and scorpion stings. Leaf paste is applied on any type of inflammation or carbuncle. If there is itching apply leaves juice on it or drink 10-30 ml leaf juice twice in a day. In the case of sudden stomach pain due to gas or constipation, crush the entire plant and take four times the amount of water, boil and cool it and give 20-50 ml for drink.
18	Caesalpiniaceae	<i>Cassia auriculata</i>	Leaf	Leaf paste is bound over any type of swelling.
19	Combretaceae	<i>Terminalia chebula</i>	Fruit	Paste of powder is applied on Haemorrhoids Carbuncles and wound. Warm paste is applied on swelling. To give powder with warm water in piles and constipation. For frequent ulcer of mouth, use the toothpaste of powder with black salt instead of other toothpaste, and brush it two to three times in a day.
20	Convolvulaceae	<i>Argyreia nervosa</i>	Leaf	Boiled leaves are placed on stomach for pain. Also applied on the carbuncle, and joint pain.
21	Cucurbitaceae	<i>Benincasa hispida</i>	Fruit	Pumpkin juice is mixed with yellow sugar and ghee in equal proportions and given 200 ml daily. Drinking cures paralysis.
22	Cucurbitaceae	<i>Luffa cylindrica</i>	Seed	Grind the seeds and soak it and drink 10 grams in the morning for jaundice and fever.
23	Cucurbitaceae	<i>Luffa echinata</i>	Fruit	The fruit is used for worming and laxatives. To give leaves juice in intestinal liver pains, jaundice and in spleen growth.
24	Dioscoreaceae	<i>Dioscoria bulbifera</i>	Root	Rubbing the roots and boiled it and add salt, applying it on rib pain.
25	Euphorbiaceae	<i>Embllica officinalis</i>	Fruit,	To give 2 grams amla and 2 gm turmeric powder with water in diabetes. Powder is

			Leaf	directly applied on the mouth ulcer or gargle boiled juice of fruit. In case of indigestion and diarrhoea, to give leaf powder with butter milk.
26	Euphorbiaceae	<i>Phyllanthus reticulatus</i>	Leaf	Leaf paste bind over the cancer tumour for three months get relief. Leaves juice is given orally in goitre disease.
27	Euphorbiaceae	<i>Ricinus communis</i>	Leaf, seed	In Sciatica give boiled water with dry ginger with 10-20 ml castor oil. Rub the castor oil on head while headache from cold. In stomach ache or stomach problem hold the leaves on stomach of 2-3 month child. Soak root in honey whole night and drink it in the morning which reduces the fat of stomach. In vaginal pain soak cotton in castor oil and put by proper method in vagina.
28	Fabaceae	<i>Abrus precatorius</i>	Leaf	Leaves juice is uses to cure mouth ulcer.
29	Fabaceae	<i>Butea monosperma</i>	Bark, Root	When the bones are fractured, a paste of bark and roots is applied and bind over it to heal in a week.
30	Fabaceae	<i>Mucuna pruriens</i>	Root, Leaf	When there is blood in the diarrhoea, take two to four grams of powder of root and give it to drink three times in a day with water or Butter milk. To give 5-10 ml juice of its root or leaf to drink for a month for joints pain.
31	Fabaceae	<i>Rhynchosia minima</i>	Root	The roots are rubbed on the scorpion sting to get amenities from the poison.
32	Fabaceae	<i>Tamarindus indica</i>	Fruit, Leaf, Seed	For vomiting and abdominal pain, give 1-2 grams husk ash of fruit with honey. To give seed powder with 4-6 grams of sugars three times a day for leucorrhoea. Leaf juice is applied on ringworm and skin diseases.
33	Gentianaceae	<i>Enicostemma axillare</i>	Leaf	To prepare tablets of dry leaves, ghee and sugar for diabetes.
34	Hypoxidaceae	<i>Curculigo orchroides</i>	Root	To prepare tablet from dried root powder is used to provide energy power.
35	Lamiaceae	<i>Ocimum canum</i>	Seed	If the woman does not have a foetus conceive, the seed powder and seeds are dipped in water at night and given an empty stomach in the morning.
36	Lamiaceae	<i>Ocimum sanctum</i>	Leaf	To give 10-20 ml leaf juice with milk in cold, cough and fever. For anorexia, eat 20-25 basil leaves with black salt. The juice of the leaf is mixed with lemon juice and applied on skin diseases like ringworm. For malaria and mild fever take 1 gm pepper with 1 gm dry ginger and 10-20 ml juice of basil twice in a day.
37	Meliaceae	<i>Azadirachta indica</i>	Leaf, Seed, Flower	In acidity leaf juice is taken with 10 to 20 ml of sugar. For any type of skin disease, apply leaf paste and drink the juice twice a day. Brush of neem twigs for pyorrhoea Or put 1-2 teaspoons of seed oil in the mouth and gargle after a while. During sty, put 8-10 drops of bud and flower juice in the eye.
38	Menispermaceae	<i>Cocculus hirsutus</i>	Leaf, Root	Eating its leaf as vegetables to reduces the number of glasses. In leucorrhoea root is soak with 50-100 gm aniseed and drink it after filter it through a cloth.
39	Menispermaceae	<i>Tinospora cordifolia</i>	Stem, Leaf	To give stem powder for any type of fever. To give one to two table-spoons of stem juice with honey for vomiting. In jaundice, give a leaf paste mixed with glass of buttermilk twice in a day.
40	Moringaceae	<i>Moringa concanensis</i>	Bark	Warm crush bark applies on the eczema and carbuncle.
41	Moringaceae	<i>Moringa oleifera</i>	Fruit	For joint pain, its fruits are boiled in water and eaten.
42	Moraceae	<i>Morus alba</i>	Fruit	Fruits are placed over roof and eat in the morning when it becomes wet from dew for any type of stomach pain.
43	Moraceae	<i>Ficus glomerata</i>	Bark, Fruit	For mouth ulcers, boil its milk and its bark for 50-100 ml for drink and apply its milk for external ulcers and gargal with its decoction. Take one ripe fruit and sugar with milk 10 gm three times a day.
44	Myrtaceae	<i>Eucalyptus globulus</i>	Leaf	Fume of leaves apply on strong fever of cold.
45	Periplocaceae	<i>Hemidesmus indicus</i>	Root	When a rabid dog bites, the root is rubbed on it, it cure within 10-20 min.
46	Poaceae	<i>Cynodon dactylon</i>	Stem	In ringworm disease seven long stalk of this plant bind with string on Tuesday and Saturday and throw it in sunlight. The ringworm dries as the plant dries.
47	Punicaceae	<i>Punica granatum</i>	Fruit	Peels ash of Pomegranate and tamarind fruit mixed with water and given to young children to stop diarrhoea.
48	Rosaceae	<i>Rosa indica</i>	Flower	In leucorrhoea, give a paste of rose and Hibiscus flowers with two to four teaspoons with sugar. Rose water drops apply in the eye for eye irritation. 5 fresh flowers or buds chew in the morning and drink milk over it for Haemorrhoids and inflammation.
49	Solanaceae	<i>Solanum nigrum</i>	Leaf	Apply leaves juice or leaves paste on ring worm, sorises and skin disease also give 10-20 ml leaves juice for drink. Leaves juice mixed with ghee and apply on erysipelas. Leaves are used as vegetable (sabji) in lever disorder and stomach disease. Pregnant woman has to be pasted below navel causing pain at full time of delivery so that delivery can be done smoothly.
50	Solanaceae	<i>Withania somnifera</i>	Entire plant	To give 2-4 gm Withania powder, 100gm ghee and 200gm milk to increase body power or energy. Leaves paste apply on tumour and swollen part. To give powder with ghee and honey for sperm growth.

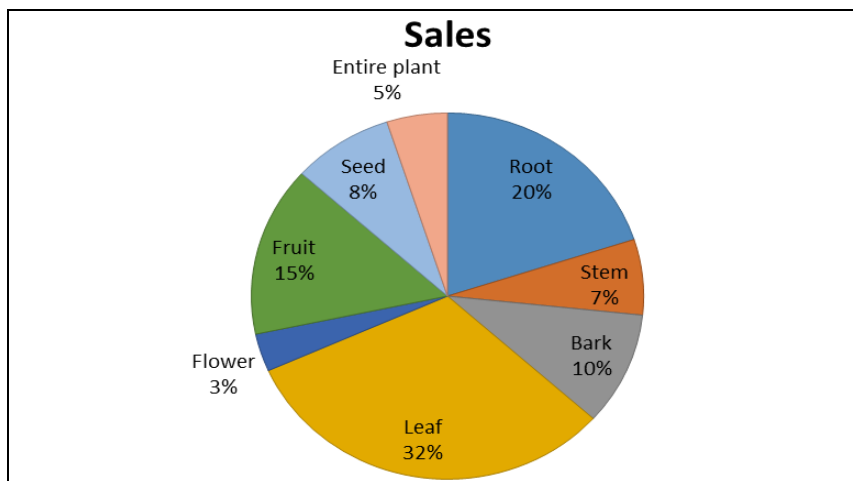


Fig 1: Part of Plants Used as Medicine

Conclusion

Traditional knowledge explores the value of indigenous herbal plants. By getting information about plants useful for medicine by tribal people, they can make modern medicines by knowing the chemical constituents found in wild plants and they can treat the disease for which its information is very useful. Through them, we can know which parts of plants are useful and will be valuable in the future.

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