

Research and Reviews: Journal of Pharmacognosy and Phytochemistry

Folklore Claims on Some Medicinal Plants Used In Jhansi District, Uttar Pradesh, India, by *Rawat* and *Sahariya* Tribes.

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Short Communication

Received: 20/08/2013

Revised: 03/09/2013

Accepted: 26/09/2013

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Keywords: Tribal communities, Jhansi, Uttar Pradesh, Ailments, *Rawat*, and *Sahariya*

ABSTRACT

The present paper deals with the indigenous medicinal plants used by the *Rawat* and *Sahariya* tribes of Jhansi district, Uttar Pradesh. The present study has revealed that 35 species of plants belonging to 23 different families are used in the folk-medicine in the region. Plant species are reported along with plant parts and some local formulations used medicinally for the treatment of various ailments among human beings.

INTRODUCTION

Ethnomedicine is a subfield of ethnobotany that deals with the traditional medicines not only those that have relevant written sources (eg. Traditional Chinese Medicine, Siddha, Ayurveda), but especially those, whose knowledge and practices have been orally transmitted over the centuries [1]. From the ancient times to date, people healed themselves with traditional herbal medicines. In the recent years, one can notice a global trend of interest in the traditional system of medicines. Screening of medicinal herbs has become a potential source of biodynamic compounds of therapeutic value. India is home to about 15000 to 18000 of flowering plants of which about 8000 plant species are recognized as medicinal plants and are being used by various traditional systems of medicine. The global demand for medicine and aromatic plants is growing at the rate of 7% per annum [2].

Jhansi district in Bundelkhand regions lies between 25° 27' North latitude and 78° 35' East latitude and about 275 m above sea level. The district is intersected or bounded by three principle rivers, the Pahuj, Betwa, and Dhasan and is home to many important medicinal plants, have a great potential for their conservation and cultivation. A great deal of information about the traditionally used medicinal plants is still intact with the tribal and rural peoples of this region. This paper deals with some traditionally used medicinal plants used by *Rawat* and *Sahariya* tribes in Jhansi district of Uttar Pradesh.

METHODOLOGY

Several field trips were organized between January 2012 to May 2012 in tribal inhabited localities of Taparian and Goramachia in Jhansi district and the information on uses of plants was collected through the personal interviews with the tribal people. The identity of was confirmed by matching two plants with the flora of region [3,4,5]. The herbarium specimen had been deposited in Department of Botany, Institute of Basic Sciences, Bundelkhand University, Jhansi. Information on ailments part used doses prescribed; time and days of administration of doses etc. gathered from tribal have been enumerated.

Ethno-medicinal Observations

The plant species were enumerated with its botanical name, family, local name and local uses. The plant species have been arranged alphabetically on the basis of their botanical name.

Acacia nilotica Linn. (Fabaceae), Kara-bamura

Bark is crushed and filtered. 1 teaspoon of filtrate is taken thrice a day to cure loose-motion.

Achyranthus aspera Linn. (Amaranthaceae), Azzajharo

Root powder is taken orally with one cup of cow's milk twice a day in flatulence.
Pounded leaves are applied externally in scorpion bite.

Allium sativum Linn. (Liliaceae), Lesun

25 ml seed juice is taken orally with 25 gm honey in scorpion bite.

Azadirachta indica Linn. (Meliaceae), Neem

Young leaves crushed with jaggery (gud) and make pills, one pill taken orally thrice a day with water to cure fever.
Leaves sap is taken orally in snake bite.

Barleria prionitis Planch. (Acanthaceae), Kateli

Leaves are pounded with equal amount of jaggery and make pills. 2 pills are taken twice a day to cure corn.

Bobax ceiba, Linn. (Bombacaceae), Semar

Bark is moulded and fried in rai (*Dissenia pertagyna*) oil then massaged on affected part to cure paralysis.

Butea monosperma Lamk. (Fabaceae), Chieula

25 gm gum mix with 200 gm jaggery and given orally at the time of delivery for easy delivery.

Calotropis procera Ait. (Asclepiadaceae), Akaua

Crushed the roots with roots of andaua (*Ricinus communis*) and fried it in sarson (*Brassica compestris*) oil then it massaged on rheumatic joints to cure rheumatism.

Capparis sepiaria Linn. (Capparidaceae), Heens

Dry roots are grounded and make paste adding few drops of water and externally applied on boils and pimples.

Capsicum frutescens Linn. (Solanaceae), Lal mircha

20 gm dry fruit powder is fried in sarson (*Brassica compestris*) oil and externally applied in dog bite.

Carica papaya Linn. (Caricaceae), Papita

Raw fruits cooked as vegetable and eaten to cure stomach ache.

Carissa spinarum Linn. (Apocynaceae), Karaundi

Fresh roots are crushed with roots of aar (*Mimosa hamata*) and filter it. 5 ml of filtrate is given twice a day in dysentery.

Celosia argentea Linn. (Amaranthaceae), Kamini

10gm dry root powder is taken with 250 ml milk at evening for 8-10 days to cure spermatorrhoea.

Citrus limon Linn. (Rutaceae), Nimbu

1 fruit juice and 2 gm rock salt add in 200 ml water and taken orally in indigestion and vomiting.

Convolvulus pluricaulis Linn. (Convolvulaceae), Shankhpuspi

20 gm plant powder taken with equal amount of sugar candy (mishri) at morning with milk to enhance memory.

Curcuma longa Linn. (Zingiberaceae), Haldi

2gm rhizome powder and 5 gm rock salt pound and add in one cup boil water and taken in gastric problem.

Dalbergia sissoo Roxb. (Fabaceae), Shisham

Green leaves are crushed and filtered. Take 10 ml of filtrate twice a day for 10 - 12 days to cure stone.

Evolvulus alsinoides Linn. (Convolvulaceae), (Shankhahuli)

25 leaves are crushed and mixed in 200 ml whey and taken orally twice a day for 2 days in gripping.

Helicteris isora Linn. (Sterculiaceae), Marorphali

Fruit is crushed and filtered. Take filtrate with water thrice a day to cure gripping.

Launea asplenifolia Linn. (Asteraceae), Gobi

10 gm root powder taken with 250 ml cow's milk for 15 days to cure spermatorrhoea.

Lawsonia inermis Linn. (Lythraceae), Mehndi

Leaves are crushed and make paste, then it is applied on forehead in headache.

Madhuca indica Gmel. (Sapotaceae), Mahua

Make a chapatti of 100 gm dry fruit powder and roasted it. Then it is externally applied on injured part to reduce the pain.

Melia azedarach Linn. (Meliaceae), Mahaneem

About 500 gm leaves are boiled in 5 - 6 litre water till the colour change. Then the patient is bath in this water for 8 - 10 days to cure paralysis.

Mimosa hamata Willd. (Fabaceae), Aar

8 - 10 leaves are crushed and filtered then add mother's milk in filtrate and given to child twice a day to cure stool.

Mimosa pudica Linn. (Fabaceae), Lajwanti

Roots and leaves are crushed and filtered; filtrate is taken with water twice a day to cure loose motion.

Musa paradisiaca Linn. (Musaceae), Kera

Dry leaves are ignited and powdered then taken orally with honey twice a day in cough.

Psidium guajava Linn. (Myrtaceae), Bihi

Young leaves are pound and make paste then externally applied on eyes in eye problems.

Punica granatum Linn. (Punicaceae), Anar

Dry fruit coat is boiled in 200 ml water and taken twice a day to cure cough.

Solanum xanthocarpum Schard & Wendi. (Solanaceae), Bhat-kataia

Roots are washed and divided into small parts then boiled with 8-10 leaves of Tulsi (*Ocimum sanctum*) in 200 ml water till the water remains half then cool down it and taken orally twice a day to cure cough.

Syzygium cumini Linn. (Myrtaceae), Jamun

Crush its bark with the bark of bamura (*Acacia catechu*) and filter it. Take 5 ml of filtrate with 5 ml water twice a day in gripping and indigestion.

Tagetes erecta Linn. (Asteraceae), Genda

Leaves are crushed with one cardamom (*Elettaria cardamomum*) and filter it. Take the filtrate orally with water twice a day for five days to cure small pox.

Leaves are squeezed in ear in the ear pain.

Tinospora cordifolia Willd. (Menispermaceae), Gurbel

Leaves are crushed and filtered. 5 ml of filtrate is taken with 10 ml of water twice a day for 6 - 7 days to cure jaundice.

Tridax procumbens Linn. (Asteraceae), Ghamra

100 ml leaves juice is mixed in 100 ml of water and add 10 gm sugar in it, then taken orally in urinary problems.

Zingiber officinale Rosc. (Zinziberaceae), Adarak

25 gm rhizome is pounded with equal amount of jaggery and taken twice a day to cure cough.

Ziziphus nummularia Burm. (Rhamnaceae), Daria

Roots are crushed with the roots of chieula (*Butea monosperma*) in equal amount and filter it. Take 1 teaspoon filtrate orally with water thrice a day to cure stool.

DISCUSSION

The investigation reveals that 35 plant species belonging to 23 families are commonly used as medicine by Rawat and Sahariya tribes of Jhansi district. Out of the total species, 9 species of trees, 9 species of shrubs, and 17 species of herbs are used to cure different ailments. The plant species are commonly available in the region and play special role in folk medicine.

ACKNOWLEDGEMENT

The authors are thankful to the tribal people and medicine men for providing valuable informations.

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