

MEDICINAL PLANT USED BY TRIBALS OF RAJGARH DISTRICT OF MADHYAPRADESH FOR JAUNDICE

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ABSTRACT

A survey of medicinal plant of Rajgarh district has been carried out with the co-operation of Vaidyas and tribal villagers. During study 20 medicinal plant belongings to 16 families have been identified for the treatment of Jaundice. Herbarium has been prepared which contains information pertaining to Botanical name, local name, parts used, their dose and process of administration.

KEY WORDS: Medicinal plants, Ethnomedicinal uses, Tribals area Rajgarh District.

INTRODUCTION

Rajgarh district lies in the northern part of Malwa Plateau end in the east part of Madhya Pradesh, it forms the north western part of Bhoal Commissioner's division. Rajgarh district extends between the latitude (23°28' and 24°18' north and the longitude 76°11' and 77°20' east). The total area of the district is 6,154 sq.km. It is one of the smallest districts of Madhya Pradesh and a population of

The tribes of the area are Sehariya gond and Korku, nat, kal, belia or sapera who have been traditionally using the local plants particularly for the treatment of various diseases.

MATERIAL AND METHODS

This is floristically very rich and herbaceous a wide range of bio-diversity. People living in these forests and adjacent rural areas depend upon plants for their daily needs and food.

Villagers have good knowledge about medicinal plant and their uses in different types of diseases. A perusal of literature shows that no systematic study and survey from Ethnobotanical point of view has been carried out in the present area of investigation.

The present communication deals with 20 medicinal plants used by the tribal communities in habiting the region of Rajgarh district for the treatment of Jaundice. The plants are arranged alphabetically each by its botanical name, family, local name and use of the plants.

Plants were collected during flowering period with the help of tribal's and vaidyas, parts of the medicinal plants used in the treatment of Jaundice and other information's were recorded as stated by the tribal's and vaidyas. The specimens were identified with the help of published flora and relevant authorities.

Botanical name, local name, plant part used and process of administration of medicinal plant has been reported. The specimens collected have been maintained in the form of herbarium.

RESULTS AND DISCUSSION

On reviewing we notice that many workers have worked in different regions on medicinal plants, which are employed in the treatment of jaundice, such as *Hydrocotyle javanica* (L), *Lycianthes laevis* (Dunal) and *Pandanus thwaetesii* (Mart) (Henry et al. 1996) *Limnophila heterophylla* & *Aloe vera* (Satapathy et al, 1996) and *Picrorrhiza kurrooa* (Singh, 1996) Some other workers who have contributed in the field of ethnobotany are Jain (1963, 1965a, 1965b). Judah et al., (1994), Khan et al., (1984, 1992), Lal (1993), Oommachan et al., (1987, 1989), Masih (1997), Jain et al., (1966) Sikarwar (1992) and Pai et al., (1989).

We have identified 20 medicinal plants, which are used by the tribal's of Rajgarh in their daily life for the treatment of jaundice, most of these plants are wild and some plants are cultivated. The medicinal plants have been listed alphabetically in Table-1. Despite extensive use of medicinal plants by the people of these regions, extensive work has not yet been done on ethno medicinal aspects in general and jaundice treatment in particular.

Table-1 : Medicinal Plants used in the treatment of Jaundice

S. No.	Botanical Name & local name	Family	Part used	Used for Jaundice Preparation and mode of applications
1.	<i>Acacia nilotica</i> (L.) Babul	Mimosaceae	Flower	Mix equal quantities of its flower powder and sugar candy. Give 10 gm. of this powder to the patient three times a day.
2.	<i>Adhatoda Vasica</i> (Nees) Adusa	Acanthaceae	Stem bark	One cup full of fresh stem bark. Juice is given to the patient for the treatment of Jaundice, twice a day for one week.
3.	<i>Aegle marmelos</i> (corr.) Bel	Rutaceae	Leaf	Ten ml. juice of fresh leaves is mixed 3 pieces of black peper taken morning and evening for 20-25 days.
4.	<i>Azadirachta indica</i> A. (Juss) Neem	Meliaceae	Leaf	Mixture of same quantity of leaf powder, fruit powder, stem bark powder and flowers powder, taken one spoonful with one spoonful ghee and honey (1/2 spoon) twice a day for one month.
5.	<i>Beta vulgaris</i> L. Chukandar	Chenopodiaceae	Root	Root Juice is taken with the juice of citrus limon halp cup twice a day for one month.
6.	<i>Boerhavia diffusa</i> L. Punanarva	Nyctaginaceae	Whole plant	it is a very beneficial medicine for jaundice give 10-20 gm. Juice or its whole plant with 24 gm. babeda powder mixed in it.
7.	<i>Cajanus Cajan</i> L. Arhar	Fabaceae	Leaf	Leaves juice together with black pepper and butter milk (2 tea spoons) is given thrice a day for one week.

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S. No.	Botanical Name & local name	Family	Part used	Used for Jaundice
8.	<i>Cassia fistula</i> L. Amaltas	Caesalpinaceae	Fruit	Give its juice with equal quantity of juice of sugar cane twice a day.
9.	<i>Centella asiatica</i> L. Brahmi	Apiaceae	Whole plant	Plant paste made in to pills (10-20 gm. each) 4-5 pills are taken - 3 times a day for 7 days.
10.	<i>Crotalaria Juncea</i> L. Sun	Fabaceae	Leaf	Two hundred gram leaves is crushed with a cup of water and taken as one cup ful twice a day for two week.
11.	<i>Cucumis Melo</i> L. Kharbuja	Cucur litaceae	Fruit	Fruits are eaten twice a day for one month.

12.	<i>Cuscuta</i> Amarbel	Cuscutaceae	Whole plant	Small pieces of stem (9-10 pieces) are given twice a day for 10-15 days.
13.	<i>Dendrocalamus Strictus L.</i> Bans	Gramineae (Poaceae)	Leaf	Decoction of fresh leaves used for batn after applying the ash of <i>Achyranthes aspera</i> on the body.
14.	<i>Emblica officinalis</i> Anwala	Euphorbiaceae	Fruit	Two cure liver weakness and Jaundice. Prepare a paste of gooseberry fruit with honey. Give this paste to the patient every morning and evening.
15.	<i>Phyllanthus niruri L.</i> Bhuinamla	Euphorbiaceae	Roots	Fresh roots are used for making of paste & its 5-10 gm. is taken with 10 gm. of Juggary for 8-10 days.
16.	<i>Psoralea corylifolia L.</i> Bavachi	Fabaceae		Take 10 ml. juice of spreading hogweed (1/2 gm. bavachi seeds powder and mix them well, give this mixture to the patient every morning and evening.

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S. No.	Botanical Name & local name	Family	Part used	Used for Jaundice
17.	<i>Punica granatum (L.)</i> Anar	Punicaceae		Take 250 ml. Anar juice and mix with 750 gm. sugar and prepare a thick syrup. Give this to the patient 3-4 times a day.
18.	<i>Ricinus communis L.</i> Arand	Euphorbiaceae		Give 80 ml. decoction of its root with 2 teaspoonful honey mixed in it.
19.	<i>Saccharum officinarum L.</i> Ganna	Poaceae		Keep a piece of sugarcane outside the house in open over night so that it gets covered with day. Next day morning, after brushing the teeth suck the sugar cane.
20.	<i>Woodfordia fruticosa L.</i> Dhataki	Lytheraceae		Take 2-3 gm. powder of its flowers and powder of root of leadwort or turmeric powder and medar leaf. Give any of these to the patient with 50 gm. Jaggery.

CONCLUSION

It can be concluded from this study that Rajgarh District is mainly agrarian and most of the plants grow luxuriantly as weeds in wastelands, fallow lands, cultivated fields etc. A good number are locally used in medicine, as vegetables and in folklore. Most of the medicinal plants used by tribal and local people of the district in day to day life for the treatment of different diseases jaundice were reported

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