

Studies on Ethnomedicinal Treatments for Various Disorders in the Marathwada Region of Maharashtra

Dhaware D.A.

Department of Botany

Shrikumarswami Mahavidyalaya, Ausa, Latur, MS, India

Abstract: *In India, the main traditional systems of medicine include Ayurveda, Unani and Siddha. The traditional healers provide considerable information about the use of many plants or plant parts as medicine. The present study deals with an ethano-botanical research work to collect the information on the uses of the medicinal plants for the treatments of various disorders like cough, cold and fever by the rurals of Ausa tehsil, Latur district in the Marathwada region of Maharashtra. The rurals of this area have the authentic information about the medicinal values of plants. They have been using different plant parts like roots, stem, bark, leaves, bulbs, and rhizomes, fruits seeds in the form of juice, paste, powder, infusion, and decoction and in crude form. The indigenous knowledge of local traditional healers about the native plants used for medicinal purposes was collected by personal interviews during the field visits. In the present investigation, 73 plant species, belonging to different 40 families used by the rurals in the treatments of various disorders are documented.*

Keywords: Ethano-botany, Ayurveda, Ausa tehsil, Marathwada

I. INTRODUCTION

India inherits a rich herbal heritage. Our environment is characterized by richly diversified plant forms. The medicinal plants have been crucial in sustaining the health and well-being of mankind. Plants constitute a vital component and play a key role in maintaining Earth's equilibrium and ecological balance. Generally it is believed that major portion of the population especially in the developing and under developing countries seek healthcare from sources other than conventional medicines, they also seek helps of some organized systems of medicines like Ayurveda, Unani, and Siddha. Ethano botanical information from India estimates that more than 40% of the vegetation is used in its codified and folk health care tradition. In India Ayurvedic system of medicine has existed for over five thousand years. Our ancestors possessed a profound understanding of healing powers of plants. According to Siddiqui (1995), the drug obtained from plant is believed to be much safer and exhibits remarkable efficacy in the treatment of various ailments. Extensive work has been done on medicinal plants of India (Kirtikar and Basu, 1935, Nadkarni 1954, Rastogi 1993) but very few reports were reported from Maharashtra, hence to fulfill this lacuna the present investigation has set its objective to record various medicinal plants available in the tehsil area of Ausa and to trace out their significance.

II. MATERIALS AND METHODS

The present survey was carried out among the rural used for treatments on cough, cold and fever as peoples of Ausa tehsil to collect the information on plant species practiced by them commonly. An effort has been made to collect the plants which were in flowering and fruiting conditions and were identified with the help of Cook (1958), Hooker (1872), Razi (1952), Santapau ((1957), Varadpande (1966), Shirke (1983). The information regarding the medicinal uses of plants was gathered from rural peoples of the tehsil to gather information on plant species used for cough, cold and fever by them, this information is collected by following Jain (1991). The medicinal uses were confirmed by Nadkarni (1972).

RESULTS: Table.1.

Sr No	Botanical Name	Common Name	Family	Parts used	Use to cure
1	<i>Abutilon indicum</i>	Petari	Malvaceae	Leaves,roots	Infusion to fever
2	<i>Acalypha indica</i>	Khokali	Euphorbiaceae	Leaf	Drycough,bronchitis
3	<i>Achyranthus aspera</i>	Aghada	Amaranthaceae	Whole plant	Diuretic, used in piles
4	<i>Adhatoda zeylanica</i>	Adulsa	Acanthaceae	Root,leaves	Bronchitis,asthama,fever,jau ndice
5	<i>Aegle marmelos</i>	Bel	Rutaceae	Fruit,leaves	Diabetes,leprosy,intestinal disorders, coolingagent, fever
6	<i>Aerva lanata</i>	Kapuri	Amaranthaceae	Whole plant	cough
7	<i>Allium cepa</i>	kanda	Liliaceae	bulb	cough
8	<i>Alstonia scholaris</i>	satvin	Apocynaceae	Stem, bark	Fever, ulcer of mouth
9	<i>Amaranthus spinosus</i>	Kante-math	Amaranthaceae	Whole plant	Fever,
10	<i>Aristolachia indica</i>	Sapsund	Aristolachiaceae	Leaves, seed	cough
11	<i>Ailanthus excels</i>	Maharukh	Simarubaceae	Leaf,bark	Antiasthamatic,antispasmodic
12	<i>Annona squamosal</i>	Sitaphal	Annonaceae	Whole plant	Purgative,suppurative
13	<i>Andrographis paniculata</i>	Klmegh	Acanthaceae	Whole plant	Wounds,ulcers,chronic fever,cough, bronchitis,skin diseases,dysentry
14	<i>Argemone Mexicana</i>	Pivla-dhotra	Papavaraceae	Root,stem,latex	Laxative,purgative,chronic skin diseases
15	<i>Azardirecta indica</i>	Neem	Meliaceae	Leaves,bark,fruits	Antiseptic,astringent,purgative,leprosy,tooth ache,skin diseases
16	<i>Bauhinia racemosa</i>	Apta	Caesalpiniaceae	Leaves,bark	Pains from stomach, bowels, boil.
17	<i>Barleria prionitis</i>	Katakoranti	Acanthaceae	Whole plant	Cough, stomachcomplaints, ring worms
18	<i>Butea monosperma</i>	Palas	Fabaceae	Bark,leaves,flower	Aphrodisiac,tumors,piles,diarrhea,fractures of bones
19	<i>Calotropis gigantean</i>	Ruchik	Asclepidiaceae	Roots,leaves	Cold,cough,asthama,expectorant,indigestion
20	<i>Carissa carandus</i>	Karvand	Apocynaceae	Root,ripe andunripe fruits	Laxative,appetizer,cooling, antipyretic, aphrodisiac
21	<i>Cassia fistula</i>	Bahawa	Caesalpiniaceae	Fruit,leaf,seeds	Blood purifier,cough,jaundice
22	<i>Cassia occidentalis</i>	Tarwad	Caesalpiniaceae	Leaf	Fever, ringworm
23	<i>Centella asiatica</i>	Brahmi	Apiaceae	Root,leaves	Diuretic, tonic to hair growth, skindiseases, piles
24	<i>Cinnamonaum zeylanicum</i>	Dalchini	Lauraceae	Stem,bark	Cough
25	<i>Citrus aurantifolia</i>	Narangi	Rutaceae	Leaves	Cold
26	<i>Citrus limon</i>	Limboo	Rutaceae	Fruit	Stomach

					ache,dysentery,diarrhea
27	<i>Coccinea indica</i>	Tondli	Cucurbitaceae	Leaves,Fruits	Fever, mouth infections
28	<i>Coleus aramiticus</i>	Patherachur	Lamiaceae	Leaves	Cough
29	<i>Coriandrum sativum</i>	Dhana	Apiaceae	Leaves	Fever
30	<i>Costus speciosus</i>	Kosht	Costaceae	Rhizome	Rhizome juice in Fever
31	<i>Cynadon dactylon</i>	Durva	Poaceae	Leaf, seed, roots	Cough,asthama,bronchial troubles
32	<i>Cuscuta reflexa</i>	Amarvel	Cuscutaceae	Stem	Hair problem, intestinalworms, jaundice
33	<i>Datura metal</i>	Dhotra	Solanaceae	Root, stem, leaf, seed	Cough.asthama,ring worm,skin diseases,leprosy,bronchial troubles
34	<i>Echinops echianthus</i>	Uktara	Asteraceae	Root,seed	Hair tonic, skin diseases,jaundice
35	<i>Eclipta prostrate</i>	Maka	Asteraceae	Root,leaves	Asthama,bronchitis,cooling, fever,jaundice
36	<i>Erythrina variegata</i>	Pangara	Fabaceae	Stem,bark	Bark juice in fever
37	<i>Euphorbia hirata</i>	Dudhi	Euphorbiaceae	Leaves	Leaf juice in fever
38	<i>Emblica officinalis</i>	Awala	Euohorbiaceae	Fruit,seeds	Antioxidants,diabetes,anemia ,bronchitis,laxative
39	<i>Ficus benghalensis</i>	Vad	Moraceae	Stem,root,leaves	Diabetes,improves complexion,dysentery,rheumatism
40	<i>Ficus religiosa</i>	Peepal	Moraceae	Bark,leaves,fruits, roots	Seeds refrigerant,asthama,skin disease,diarrhea,dysentry
41	<i>Ficus glomerata</i>	Umbar	Moraceae	Fruit, latex, root, bark	Cough,diabetes,honorrhoea,wounds
42	<i>Gloriosa superba</i>	Kal lavi	Liliaceae	Underground tubers	Chronic,ulcer,skin disease
43	<i>Gymnema sylvestre</i>	Gudmari	Asclepiadaceae	Leaf,Root	Eye disorder,stomach ache,carminative,expectorant ,heart stimulant
44	<i>Helicteris isora</i>	Murud sheng	Sterculiaceae	Bark, pod, root	Stomach ache, cuts, diarrhoea,dysentry
45	<i>Hemidesmus indicus</i>	Anantmul	Asclepiadaceae	Root,latex,	Fever, urinary troubles,leucoderma,inflamed eye,epileptic fits in children
46	<i>Lawsonia inermis</i>	Mehandi	Lythraceae	Leaves	Jaundice, weakness,cough
47	<i>Mentha longifolia</i>	Jangli pudina	Lamiaceae	Whole plant	Fever
48	<i>Madhuca longifolia</i>	Moh	Sapotaceae	Leaf,flowers	Toothache,tonsil,ulcer,cough, throat swelling
49	<i>Mangifera indica</i>	Aamba	Anacardiaceae	Bark	Stomach ache,jaundice
50	<i>Mimosa pudica</i>	Lajalu	Mimosaceae	Root,leaves,fruits	Purgative,constipation

51	<i>Michelia champaca</i>	Sonchapha	Magnoliaceae	Stem,bark	Cough,fever
52	<i>Morus alba</i>	Tut	Moraceae	Leaves	Cold
53	<i>Moringa oleifera</i>	Shevaga	Fabaceae	Root,leaves,bark, gum,pods	Cardiac stimulant,scurvy,diuretic,eye diseases,
54	<i>Oscimum sanctum</i>	Tulsi	Lamiaceae	Root,stem,leaves, seeds	Expectorant,cough,bronchitis ,gastric disorders,,cold, cough,
55	<i>Oscimum basilicum</i>	Sabja	Lamiaceae	Leaves	Cough,cold,fever
56	<i>Oxalis corniculata</i>	Ambashi	Oxalidaceae	Leaves	Stomach ache,antiscorbic,kidney stone
57	<i>Petrocarpus marsupium</i>	Bibba	Fabaceae	Wood,fruit,leaf	Body pain,skin diseases,diabetes
57	<i>Pongamia pinnata</i>	Karanji	Papilionaceae	Seeds,leaves, bark	Scabies,eczema,leprosy,ulcer sberiberi,cough
58	<i>Phyllanthus emblica</i>		Euphorbiaceae	Fruit	Cough and cold
59	<i>Piper nigrum</i>	Kala-miri	Piperaceae	Seed	Cough and cold
60	<i>Quisqualis indica</i>	Lalchameli	Combretaceae	Seed	Fever
61	<i>Rauwolfia serpentine</i>	Sarpagandha	Apocynaceae	Root	Fever,stomach disorders Laxative
62	<i>Ricinus communis</i>	Erand	Euohorbiaceae	Leaves,seed oil	Jaundice,skin diseases,
63	<i>Solanum nigrum</i>	Kanguani	Solanaceae	Whole plant	Cough
64	<i>Syzigium cumini</i>	Jambhul	Myrtaceae	Bark, seeds, leaf	Diabetes,diuretic,diarrhea,car minative
65	<i>Tamarindus indica</i>	Chinch	Fabaceae	Seed,leaf	Biols,swell
66	<i>Tectona grandis</i>	Saagwan	Lamiaceae	Stembark,wood	Eczema,head ache,stomach ache
67	<i>Terminalia bellirica</i>	Behada	Combretaceae	Bark,seeds,leaf	Heart,wounds,hemorrhages,u lcers
68	<i>Terminalia chebulla</i>	Hirda	Combretaceae	Fruits	Expectorant, cardiotonic, ulcers, laxative
69	<i>Tinospora cordifolia</i>	Gulvel	Minispermaceae	Stem,leaves	Fever,cough,diarrhoea
70	<i>Tridax procumbens</i>	Dagadipala	Asreraceae	Leaves	Wound haemorrhage,bronchitis,diarr hea,dysentry
71	<i>Withania sominifera</i>	Ashwagandha	Solanaceae	Root,leaves,seed	Female disorders,bronchitis,skin disease,joint pais,eye complaints
72	<i>Zinziber officinale</i>	Adrak	Zingibaraceae	Rhizome	Rhizome tea in cough,cold,fever
73	<i>Zizyphus jujube</i>	Bor	Zingibaraceae	Fruit	Decoction in cough and cold

III. CONCLUSION

An attempt has been made to survey and enlist the medicinal plants used in the treatments of various disorders, particularly cough cold and fever with the help of rurals of Ausa tehsil. In this survey 73 medicinal plants belonging to 40 families have been documented in the form of herbarium at the Department of Botany Shrikumarswami Mahavidyalaya Ausa Dist.Latur in the Marathwada region of Maharashtra.

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