



RESEARCH ARTICLE

NATIVE PHYTOTHERAPY AMONG RURAL POPULATION OF MARATHWADA

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ABSTRACT

Present study deals with native phytotherapy among rural population in Marathwada. Marathwada region comprising seven districts. Aurangabad, Beed, Jalna, Latur, Nanded, Osmanabad and Parbhani forms the part of Vast Deccan plateau of India located 70°5'-78°5' E longitude and 17°5' - 20°5' N longitude. The paper deals with hitherto unknown or less known medicinal uses of species recorded from rural communities of Marathwada. This forms the first ethnobotanical report from the Marathwada. Authors have collected the information about native phytotherapy from local inhabitants from rural areas through interviews. For this Author visited villages such as Bhagwati, Tuppa, Kinwat, Renapur, Karepura, Anandwadi, Badnapur, Dharmapuri, Khadgaon, Loni, Godala, Kingaon, Sirsala, Kakhandi, Daheli, Parli-Vajjnath etc. The aim of study was to disseminate this knowledge for benefit of poor people, as plants are easily available locally. Though such a valuable knowledge has been preserved and propagated for future generation and its validity should be proved scientifically.

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INTRODUCTION

Marathwada has recognized the high biological and economic value of its natural forests. High human populations surround all the forests. The neighboring people are poor farmers who depend on forests as an important contribution to their livelihood. Increased protection over the last eight years has led to increased control of resource use and at many forests it has ceased completely. The relationship between local communities and protected areas has been identified as one of the most critical issues in successful park management (Kamstra 1994). Plants are generally rich sources of many natural herbal products, which have mostly used for human welfare to reduce human pain using phytotherapy. The World Health Organization (WHO) has estimated that upto 80%, of world's population rely on plants for their primary health care from the ancient period man has been used several different plants to cure body pain and different diseases. Now a day's throughout the world several thousand plants mostly are medicinal but very few drug plants cultivated. (Upma Dobhal *et al.*, 2006). Marathwada region comprising seven district viz. Aurangabad, Beed, Jalna, Latur, Nanded, Osmanabad and Parbhani forms the part of vast Deccan plateau of India and its located 70°5'-78°5' E longitude and 17°5' - 20° 5' N longitude. From that Marathwada covers 64567 sq.km. With altitude ranging tribles, sharing 6% of total rural population.

METHODOLOGY

The study was carried out during 2004-2006. Each field trip was of 7-12 days duration covering 4-5 localities in a day. 60

local inhabitants have contributed their native phytotherapies. Discussion were held at times with local chiefs Authors visited places such as Bhagwati, Tuppa, Kinwat, Renapur, Karepur, Anandwadi, Badnapur, Khadgaon, Sirsala, Dharmapuri, Kakhandi, Loni, Daheli etc. A standard questionnaire was used to collect the data. Which includes local name of plants, parts used family and different methods of preparation of herbal formulations and different methods used to cure diseases. A total species and families were collected. Using identifies the collected plants. "The flora of Marathwada" (Naik 1998), Flora of Bombay presidency (Cooke, 1958). The herbarium was prepared, labeled and stored in herbarium of department. The identified plants were further studied for their medicinal value.

Enumeration

The plant species are arranged for easy reference with their Botanical names, localities and methods of preparation and mode of uses. The information recorded below is interesting and new.

*Abutilon indicum* (L.) sweet (Malvaceae) 'Pidipidika' Decoction of seeds drunk for diarrhea and vomiting. Utilized by Kasthinath Baba Khadeshwari at Daheli Dist. Nanded.

*Annona squamosa* L. (Annonaceae) 'Atto', 'Sitaphal' Powdered root bark eaten by mother with a glass of water once at bedtime for about one week for post-natal complaints utilized by Patil D.H. at Loni Dist. Nanded.

*Andrographis paniculata* Nees. (Acanthaceae) Leaf powder, Root bark, for skin boils, Leucoderma 35ml of water pasted, applied on skin boils, daily 3-4 hrs. Before bathing 10gm root

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bark powder, 15ml of coconut oil pasted, applied in Leucoderma, while sleeping for 7 days utilized by Madawi N.R. at Bhagwati Dist. Nanded.

*Achillea millefolium* Linn. (Asteraceae) 'Khambu' Whole plant is used in cold and fever in gastritis and as a stimulant utilized by Ramgade Ganpat Husen Anandwadi At Post.Gokunda Dist.Nanded.

*Cocculus hirsutus* (L.) Diels (Menispermaceae) 'Dahdahia' Decoction of leaf drunk,twice daily for Cholera, Root pastes eaten as an anticode to snake poison. Utilized by Magare Kamlakar Ranbaji at Kakhandi Dist.Nanded.

*Berberis asiatica* Roxb. ex. D.C. (Berberidaceae) 'Sanu chutro' (N) Root extract is taken in jaundice utilized by Narwade G.B. at Tuppa Dist. Nanded.

*Datura stramonium* L. (Solanaceae) 'Dhaturo' Mustard oil is applied on the surface of the green leaves and roasted and then leaf is applied locally for curing hydrocoele. Utilized by Narwade G.B. at Tuppa Dist. Nanded.

*Mimosa pudica* L. (Mimosaceae) 'Lajkoli' Leaf juice drunk,after meals to treat burning micturation utilized by Madawi N.R. at Bhagwati Dist. Nanded.

*Equisetum elongatum* willd. (Equisetaceae) 'Kurkure Jhar' (N) The whole plant extract is taken in case of Kidney stones. Utilized by Mohanlal Gupta at Kinwat Dist. Nanded.

*Chenopodium album* L. (Chenopodiaceae) 'Bethu' Plant extract is taken as a digestive anthemintic and antacid. Leafy twinges are taken as curry in cardiac disorders and general debility. Utilized by Puri S.H. at Khadgaon Dist. Parbhani.

*Ficus benjamina* L. (Moraceae) 'Kabra' Paste of young leaves is applied on sore scabies, ringworm utilized by Gowale M.D. at Kakhandi Dist.Nanded.

*Cassia pumila* Lamk, 'Siru payir thalai' (Caesalpiniaceae) Leaf powder used for wound healing, fever, and vomiting 8-10 leaves pasted with 15ml water applied on wounds for 7 days. Utilized by Ambekar R.R. at Renapur Dist Latur

*Vitex negundo* L. (Verbenaceae) 'Nirgudi' Leaf decoction along with other plant ingredients (*Acorus calamus*, *Artemisia vulgaris*, *Justicia adhatoda* etc.) applied externally for curing arthritis, rheumatism and body pains. Leaf juice applied for healing wounds. Utilized by Phad E.N. at Dhamapuri Dist. Beed.

*Justicia adhatoda* L.(Acanthaceae) 'Bishuti' Slightly warm leaves tied on knees for joint pains. Leaf decoction along with other ingredients used to cure external and internal injuries utilized by Pujari K.N. at Dhamapuri Dist. Beed

*Plantago lanceolata* L. (Plantaginaceae) 'Ban Isubgol' Grains fried in Ghee (Refind butter) given for headache. Leaves chewed for mouth infection utilized by Munde Bhimrao Vithalrao at Saradgaon Dist.Beed.

*Solanum nigrum* L. (Solanaceae) 'Makoi' Leaf vegetable prescribed for jaundice as antidote for liver ailments. Utilized by Rangade Vachalabai Rajaram at Gokunda Dist. Nanded.

*Rhododendron arboreum* Sm. (Ericaceae) 'Brah' Flower powder snuffed to stop 'Nuksar' (Nose bleeding). Flowers

also given orally to clear fish bone stuck in throat flowers used for making 'Chatney' flower juice used in preparation of soft drink utilized by Rajmane D.B. at Renapur Dist. Latur.

*Cinnamomum obtusifolium* Roxb. Ex. ees,(Lauraceae)'Bhaley Sinkauli' (N), Decoction of bark used as a liver tonic. Utilized by Phad Eknath N. at Dharmapuri,Dist.Beed

*Citrullus colocynthis* (L.) (Cucurbitaceae) 'Indreni' Root extract is taken in jaundice utilized by Madawi N.R. at Bhagwati Dist. Nanded.

*Asparagus racemosus* willd. (Liliaceae) 'Satawar'

- i) Root powder with water is given on empty stomach in cases of retention of urine.
- ii) Dried roots are ground with roots of *Withania somnifera* (L.) Dunal and given twice a day (1:2 ratio) in case of general debility. Utilized by Wakade Kallapa Gurudappa at Badur Dist. Latur.

*Calatropis procera* (Ait.) R. Br. (Asclepiadaceae) 'Aak' Gynostegium is ground with pigeon dung (2:1) and given (10g) twice a day with fresh water for two to three days in case of Leucorrhoea. Utilized by Patil D.H. at Loni Dist. Nanded.

*Piper longum* L. (Piperaceae) 'Pipramoor' Powder of root is useful for maintaining body heat during pregnancy. Utilized by Rangade V.R.at Gokunda Dist. Nanded.

*Syzygium aromaticum* L. (Myrtaceae) 'Lavng' Syrup roasted cloves powder with jiggery is used in the post delivery period utilized by Sharma G.D. at Kinwat Dist. Nanded.

*Tinospora cordifolia* (willd.) miers. Ex. H.K.f. Th. (Menispermaceae) 'Limbvel'. Juice of stem is given with water every day early in the morning for 7 days to cure leucorrhoea and also menorrhoea. The juice of leaves is shaken with juice leaves of Bhang (*Cannabis sativa*) water and cow urine, after shaking well a glassful juice is prepared taken orally in case of miscarriages utilized by Rangade V.R. at Gokunda Dist. Nanded.

*Cassia fistula* L. (Caesalpiniaceae) 'Garmalo' Bark paste along with turmeric and salt is applied to treat sore throat. One cup of bark decoction is taken to cure stomachache. Bark paste is also applied on boils and ulcers and a cure. Seeds are taken as a tonic and also rubbed on the affected body part to cure scorpion bite. Utilized by Madawi N.R. at Kinwat Dist.Nanded.

*Euphorbia neriifolia* L. (Euphorbiaceae) 'Fafdathor' Thorns are removed from the stem, it is cut into pieces and warmed with salt and turmeric powder in the fire for some time and tied on the abdomen to treat intestinal pain. This is repeated for two nights continuously utilized by Rangade G.H. at Anandwadi Dist. Nanded.

*Dioscorea bulbifera* L. (Dioscoreaceae) 'Adavi dumpa' Tuberous root paste is applied on the affected area after centipede bite. Utilized by Munde B.V. at Saradgaon Dist. Beed.

*Gymnema sylvestra* (Retz. R. Br. ex.schult. (Asclepiadaceae) 'Poda patri' Roots along with seeds of *piper nigrum* are taken

in equal quantities and ground. The paste is applied on the bitten area after snakebite utilized by Madne R.S. at Sirsala Dist. Beed.

*Cocculus hirsutus* (L.) Diels. (menispermaceae) 'Dechri' A paste of fresh leaves is mixed with Jiggery and small pills are prepared. One pill taken, every day at morning with curd for 7 days to cure leucorrhoea. Utilized by Jadhav M.K. at Loni Dist. Nanded.

*Eclipta prostrata* (L.) (Asteraceae) 'Kalibhedo' A paste of leaves applied on wounds. It is also applied over the soles of the feet to prevent cracking. Juice of leaves is applied on the affected part as a cure for scorpion sting utilized by Narwade G.B. at Tuppa Dist. Nanded.

*Anisochilus eriocephalus* Benth. (Lamiaceae) 'Kuluvapachchilai' Leaf extract applied all over the body 4 times for 4 days and bath taken. 50-ml extract orally administered to cure Leprosy. Utilized by Magare K.R. at Kakhandi Dist. Nanded.

*Mirabilis jalapa* L. (Nyctaginaceae) 'Andhimalli' Rhizome decoction given orally, in case of piles utilized by Madawi N.R. at Bhagwati Dist. Nanded.

*Bauhinia racemosa* Lam. (Caesapiniaceae) 'Aathi' Stem bark and fruits powdered mixed with goat's milk given twice for one day for dysentery in children utilized by Jadhav M.K. at Loni Dist. Nanded.

*Cuscuta reflexa* Roxb. (Cuscutaceae) 'Akashbel' Decoction of plant along with black paper *Ocimum sanctum* and butter, used thrice a day for 15 days in cough and bronchitis. Utilized by Gupta S.M. at Mahur Dist. Nanded.

*Gloriosa superba* L. (Liliaceae) 'Kal-lawi' Tuber used for pain in joints. One joint of tuber tied on stomach of women to promote labour pain larger quantity of tuber can be fatal.

*Justicia adhatoda* 'Adusa' (Acanthaceae) Whole plant pounded and given with honey, for cough Utilized by Munde B.V. at Saradgaon.

*Aole vera* (L.) Burm f. (Liliaceae) 'Korephad' About 5ml-leaf juice mixed 10-12 drops of ginger (*Zingiber officinale*) given twice a day, for three days for acute indigenous indigestion and jaundice utilized by Patil D.H. at Loni Dist. Nanded.

*Annona squamosa* L. (Annonaceae) 'Sitaphal' Paste of leaves applied locally on boils to ripen and expel puss. Utilized by Patil D.H. at Loni Dist. Nanded.

*Asparagus racemosus* willd. (Liliaceae) 'Shatavari' Tender parts of plant (10gm) ground with pinch of date palm jiggery and given daily once in the morning for 10 days. For loss of appetite and stomach disorders, utilized by Mrs. Pujari K.N. at Dharmapuri Dist. Beed.

*Bacopa monnieri* (L.) Wettst (Scrophulariaceae) 'Brahmi' Juice of leaves (10ml) with 10ml of honey, given once a day, on empty stomach for 30 days for epilepsy. Utilized by Puri D.D. at Khadgaon Dist. Beed.

*Butea monosperm* (Lam.) O.K. (Fabaceae) 'Palas' 250 gm bark ash mixed with 500 ml of water and kept in an earthen pot. After 2 Hrs. 20ml of this super natal solution with few drops of honey used as anthelmintic utilized by Gutte B.S. at Parli-Vajinath Dist. Beed.

*Lantana camera* L. (Verbanaceae) 'Ghaneri' 'Phulu' Root paste given orally to goats to reduce swellings caused due to consumption of poisonous plant. Root paste also applied on boils utilized by Gutte B.S. at Parali Vajinath Dist. Beed.

## Conclusion

These plant species are either used individually or in combination with some other plant, species. The most extensively used plant species. The most extensively used plant parts in the preparation of ethno medicine are the root (47.6%) followed by leaf, flower (14%), fruit (9%), root and bark (4.7%) mostly medicines are prepared in the form of paste, powder, juice, decoction and pills. Most of the rural peoples do not have modern health facilities. In such a situation they use their traditional knowledge by the guidance of local inhabitants plants are locally available so easily, utilized by local inhabitants to cure many diseases. However due to continuous use of various plant species for medicine and other purpose most of the plant species are getting depleted leading to their extenuation. Therefore it is necessary to document such knowledge about the plant species and conservation them for value addition in future. Due to the illiteracy and lack of information among the tribal regarding importance of natural wealth conservation: plant diversity seems to be depleting fast. Therefore, it is necessary to increase awareness among the tribal communities and document the traditional knowledge to conserve the natural wealth which gift of god given to human being. Increasing awareness and making tribal acceptable for conserving the existing biodiversity, help natural wealth for sustainable use.

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