



RESEARCH ARTICLE

**HERBAL FORMULATIONS USED BY RURAL PEOPLE IN MARATHWADA FOR THE
TREATMENT OF COMMON DISEASES**

Kachare S.V*

*Dept. of Botany, Late L.D., M.M., Parli-V. Dist. Beed-431 515, India

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ABSTRACT

Present study deals with common diseases treated with the help of herbal formulations, used by rural peoples in Marathwada. Marathwada region comprising of seven districts viz. Aurangabad, Beed, Jalna, Latur, Nanded, Osmanabad and Parbhani forms the part of the vast Deccan plateau of India and its located at 70° 5'-78° 5' E longitude and 17° 5'-20° 5' N longitude. Authors have collected the traditional knowledge from villages through interviews. For this author visited the villages such as Daheli, Bhagwati, Tuppa, Mahur, Kinwat, Nanded, Renapur, Saradgaon, Parli-Vajinath, Ambajogai. The aim of study was to disseminate this knowledge for benefit of poor people. Though such valuable knowledge has been preserved and propagated for future and its validity should be proved scientifically.

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INTRODUCTION

Herbal formulation used by local inhabitants to cure common diseases in case of human beings. These herbal formulations are nothing but the various medicinal plants or plant parts are mixed, remedies are prepared in the form of paste, tablets, dried powder, decoction etc are used to cure common diseases. Author has collected the traditional knowledge about this. At the ancient time the indigenous people of Marathwada fully depend on both. Wild and cultivated plants for their food shelter medicine and other uses. Such an important useful traditional knowledge they acquire from Guru-Shishya Parampara but now a day, these herbal medicines have become more popular in recent years. Their importance and acceptability as commercial products in the form of medicines, cosmetics and other herbal products has increased many fold not only in our country, but also the world over globally about 85%, of the traditional medicines used for primary healthcare are derived from plants (Fransworth 1988). In traditional herbal medicine, numerous plants have been used to treat age related cognitive disorders (Adams *et al.*, 2007). Traditional medicines and Ethno medicinal information play an important role in scientific research, particularly when the literature and field data have been properly evaluated (Awadh *et al.*, 2004) 300 to 350 million indigenous people would equate to just less than 6% of the total world population India comprises, the largest and most diversified 'tribal' population in the world.

The tribal people belong to 698 tribes. (<http://www.indianetzone.com>). The present study deals with specific uses of herbal formulations against common diseases in case of human beings. The tribal people possess considerable knowledge about various uses of herbs found in their surroundings. The plants used in traditional systems are mostly procured from the wild resources. These herbs are easily available in wild, but they can also be easily grown in the kitchen garden documentation of these local knowledge systems. Concerning medicinal plants may have high impact from future bio-economic point of view (Ghiselin and Landa, 2005).

Study Area

Maharashtra state laying between 72°6, 80° g E longitude 22°1'-16°4N latitude covers an area 3,07,762 sq.km. Marathwada region comprising of seven districts viz. Aurangabad, Beed, Jalna, Latur, Nanded, Osmanabad and Parbhani forms the part of the vast Deccan plateau of India and its located at 70° 5'-78° 5' E longitude and 17° 5'-20° 5' N longitude. From that Marathwada area covers. 64567 sq.km. with altitude ranging, tribel's sharing 6% of total tribal population country. As per 200/census. All the above districts are considered as tribal districts. The tribal population of these Nanded – 28,68,158, Beed – 10,693 respectively. The major occupation is agriculture.

MATERIAL AND METHODS

During investigations frequent field trips were organized during Jan.2004 to Dec.2006 in the tribal pockets of study area. The information was collected through interviews and informal talks with village elders and local inhabitants of different localities such as Daheli, Bhagwati, Tuppa, Mahur, Kinwat, Nanded, Renapur, Saradgaon, Parli-Vajnath, Ambajogai. A standard questionnaire was used to collect the data. Which includes local name of plants, parts used methods of preparation of herbal formulations used to cure various diseases. The help of local medicinal practitioners also taken voucher specimens were collected relevant data recorded in the field note book. The specimens were identified using different floras (Naik 1998, 1979; Maheshwari, 1980, 1989) among 30 plants species being belonging to 30 families, herbal formulations used to cure common diseases is presented.

Enumeration

The plant species are arranged for easy reference with their Botanical name, family, local names, localities, and method of preparation and mode of uses with collection numbers. The information recorded below is new / interesting.

Allium carolinianum DC. (Liliaceae) A. belandum wall.

Whole plant is aromatic root and leaves powder used against constipation one teaspoonful taken early in the morning with warm water orally this method of treatment used by Madawi R.S. at Kinwat Dist. Nanded.

Asparagus racemosus willd. (Asparagaceae) 'Shatawari'

Root acts as a tonic and diuretic and is used medicinal oils. Utilized in treating nervous and rheumatic complains utilized by Sunil Mahesh Gupta at Kinwat Dist. Nanded.

Evolvulus alsinoides (L.) L. (Convolvulaceae)

'Decoction of whole plant in milk used in ceases of loss of memory and nervous debility used by Mohanlal Gupta at Mahur Dist. Nanded.

Asparagus racemosus willd. (Liliaceae) 'Shatavari'

Root powder of *Withania somnifera* (L.) Dunal and *Rauvolfia serpentina* (L.) Benth. ex. Root powder each 5 gm. Made pills and given to the patient orally for 2-3 months to cure Hysteria. Used by Mohanlal Gupta at Mahur Dist. Nanded.

Centella asiatica (L.) (Apiaceae) 'Brahmi'

Root powder (3gm) with *Evolvulus alsinoides* (L.) L. (Convolvulaceae) 'Hirankhuri' root powder (3gm) mixed with warm water taken orally for 6 months to the patient of Hysteria used by Mohanlal Gupta at Mahur Dist. Nanded.

Adhatoda vasica Nees. (Acanthaceae) 'Adulsa'

Oral intake of expressed juice from fresh leaves along with one tea spoonful of honey given orally to the patient of Asthma utilized by Gutte S.B. at Parli-Vajnath Dist. Beed.

- 1] A decoction of fresh leaves and 5gm black salt is prepared. The decoction (5-10m) is given thrice a daily for 3 months in case of cough. Used by Gutte S.B. at Parli-Vajnath Dist. Beed.
- 2] 5ml of juice obtained from fresh leaves are taken along with an equal quantity of goat's milk, thrice a day for 21 days given to the patient of whooping cough.

Aegle marmelos (L.) corr. (Rutaceae) 'Bel'

- 1] Flesh of fruit is given along with sugar to the patient of cholera utilized by Munde B.V at Saradgaon Dist. Beed.
- 2] Fruits are dried in sunlight and pounded one spoon of powder is with tea spoon of honey twice daily taken given to the patient of Dysentery utilized by Munde B.V. at Saradgaon Dist. Beed.
- 3] Fresh roots are taken orally with ginger for 7 days before sunrise given to the patient of migraine utilized by Munde B.V. at Saradgaon Dist. Beed.
- 4] Leaves crushed with ginger and 5ml of Tender expressed juice is given thrice daily for 3 days in case of vomiting utilized by Munde B.V. at Saradgaon Dist. Beed.

Aloe barbadensis Mill. (Liliaceae) A. vera 'Korephad'.

- 1] All plants are crushed (pounded) in water to form mucilaginous lather, which is then applied as shampoo.
- 2] Baths are commonly called "Bain-faey" (leaf bath) are used to treat external skin diseases, boils, rashes, itches, liver spot warts, internal disorders, inflammation utilized by Jogi P.C. at Daheli Dist. Nanded.

Allium cepa L. (Liliaceae) 'Piyaj'

Swaras of bulb at intervals of 2-3 h, given orally to the patient of dysentery, even good for cholera utilized by Vaidya P. Basawaraj at Parli-Vajnath Dist. Beed.

Azadirachta indica A. 'Juss.' (Meliaceae) 'Neem'

- 1] Leaves boiled with water used for washing body.
- 2] Throat exposed to Neem steam, washed with Neem water and neck bandaged with warm leaves used to treat glands in throat utilized by Sonpethkar K.R. at Nanded.

Acacia nilotica (L.) Del. sp. indica (Benth.) Brenan. 'Babool'

Spines boiled in water decoction given for colic pains utilized by More R.B. at Ambajogai.

Calatropis gigantea (L.) R. Br. ex Ait. (Asclepiadaceae)

'Safed Ak; Roots burnt ground made into a powder, mixed with sesame oil (*seamum indicum* L.); mixture applied to shoulder to cure wounds.

Nerium indicum Mill. (Apocynaceae) 'Kaner'

Floral buds of this plant and *Hibiscus rosasinensis* L., boiled together in water – Leprosy patients are advised to expose affected parts to vapor for about 15 – 20 min. Every week to treat leprosy utilized by Rajmane D.B. at Renapur Dist. Beed.

***Ocimum americanum* L. (Lamiaceae) 'Bantulsi'**

Seed decoction drunk twice daily for dysentery utilized by Rajmane D.B. at Renapur Dist. Beed.

***Plumbago indica* L. (Plumbaginaceae) 'Nalichitrak'**

Root paste applied on hydrocele 3-5 cm. Piece of root tied as an amulet on the wrist to alleviate fever and pain utilized by Narwade G.B. at Tuppa Dist. Nanded.

***Plumbago zeylanica* L. (plumbaginaceae) 'Chitrak'**

Powdered root given once daily to pregnant women for ebolic action in delayed labour utilized by Pujari Kantabai Narhari at Renapur Dist. Beed.

***Butea monosperma* (Lam.) Taub 'Palas' (Fabaceae)**

Root bark powder Decoction given orally once a day to the patient of blood pressure utilized by Ambekar R.R. at Renapur Dist. Nanded.

***Tinospora cordifolia* (Willd.) Miers ex. Hook 'Gulwel'**

Root or leaves powder given with warm water once a day to the patient of blood pressure utilized by Gutte M.G. at Mahur Dist. Nanded.

***Gymnema sylvestre* (Retz). R.Br. schult 'Kavali', 'Pitani' (Asclepiadaceae)** leaves powder given with warm water once a day to the patient of diabetes utilized by Sharma G.B. at Kinwat Dist. Nanded.

***Solanum nigrum* L. (Solanaceae) 'Mahanandi'**

Leaf juice 5ml with cow milk, given on empty stomach for 7 days to the patient of jaundice, utilized by Gutte D.B. at Mahur Dist. Nanded.

***Ficus benghalensis* L. (Moraceae) 'Bargad'**

Young leaves or buds are crushed with 'deshighee' 2 tied on the anus to get relief from simple pile utilized by Khan Tauphic Khan D. at Kinwat Dist. Nanded.

***Euphorbia hirta* L. (Euphorbiaceae) 'Dudhibari'**

Whole plant is given (20gm) on empty stomach in cases of leucorrhoea and spermatorrhoea utilized by Khan Tauphic Khan at Kinwat Dist. Nanded.

***Sida cordifolia* L. (Malvaceae) 'Barial'**

Decoction of root bark is given with milk and sugar for giving relief in frequent micturation and leucorrhoea juice of whole plant is pounded with litter water and given in spermatorrhoea.

Conclusion

Herbal formulations of 30 species of Indian plants have been documented on the basis of information gathered and verified by cross-checking with traditional healers or medicine men and herbal practitioners of Marathwada. Inhabitants of Marathwada and others professionals exploit these plant occurring inside Indian boundaries for various ailments. It is notable that all the species referred used frequently in Marathwada for various common diseases among human beings. The present study indicates that the study areas are rich in herbal plants or medicinal plants. The documented Ethnobotanical information may be valuable for economic development of inhabitants of the villages.

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