

## TRADITIONAL HERBAL CARE OF HUMAN HEALTH IN JAUNPUR (U.P.)

MAYANK SINGH<sup>1</sup>

<sup>a</sup>Department of Botany & Environmental Studies, T.D.P.G.College,Jaunpur,U.P.,India  
E-mail: mayanksingh639@gmail.com

### ABSTRACT

The present paper deals with potentiality of vegetational wealth, i.e. 37 plants of 28 families used most frequently and traditionally in human health care in district Jaunpur of eastern U.P. The informations are based on exhaustive surveys, interviews and group discussions from April, 2008 to March, 2009 which comprises total 6 Tehsils and 21 Blocks of district Jaunpur. It was observed that maximum number of plants used were 3 each, of family Cucurbitaceae, Euphorbiaceae and Liliaceae followed by Apocynaceae, Solanaceae and Zingiberaceae 2 each. The interview results based on statistics of different plant parts utilized revealed that leaves are most commonly used (20.50 %), followed by roots (18.92 %), fruits(15.76 %), seeds(12.08 %) and rest or other parts (32.72 %) all in herbal care of human health.

**KEYWORDS:** Traditional, herbal care, medicinal plants, human health

From time immemorial many medicinal plants are well known as depicted in Rig Veda written between 4500 and 1600 B.C. Our several 'Rishis' like Maharshi Charak, Sushrut, Vagbhatt worked hard in searching different herbal plant parts for different ailments of body. It has also been mentioned in the two great epics of India, i.e. in Ramayana and Mahabharat. It has been given in the Ramayana that the Hanumanjee, brought Sanjeevani booti a heterosporous Indian Himalayan Pteridophyte from Himalayas which is in botanical language known as Selaginella bryopteris (Audhya Kanda-Sarga Chapter-1, Shloka Epics 6.89.16) to save the life of Lakshman but doubt only as this plant does not have the power of bioluminescence, as described in Ramayana.

Indigenous medicinal plants are an important component of traditional knowledge. Traditional uses of medicinal plants are most common by rural and urban poor people mostly by ethnic groups like Gond, Mushar or Banmanush and Nat tribals etc. Even today herbal drugs obtained from plants are believed to be much safer (Mitalay et.al., 2003). Plants have formed the basis of sophisticated traditional medicine systems such as Aurvedic, Unani, Chinese and others. The treatment of a variety of ailments of domestic animals in Veterinary Science has been given in detail by Somvanshi (1993) and review of some plants of Indian traditional medicine has been worked out by Singh et al. (2002, 2007 and 2010), Kensa (2011), Srivastava et al.(2011), and as antioxidant Palo and Ester (2000). In Jaunpur the aim of such kind of study is to draw attention and to develop awareness of the people about the

importance of these plants and also to record the rich information contents lying with old generation before it is lost forever.

### MATERIALS AND METHODS

The present work is based on intensive surveys of Jaunpur district in all 21 Blocks and 6 Tehsils from April, 2008 to March, 2009. This District is situated in eastern U.P. and forms the north-western portion of the Varanasi division. It lies between the parallels of 25°24' and 26°12' N latitude and 82°07' and 85°05' E longitudinal. The information regarding the local name traditional, medicinal uses of plants and their components, some mode of medicinal administration was collected through interview from local inhabitants with elderly aged people between 45 to 75 years, and also with 'Vaidhya' or 'Hakim'. Some of the unidentified field collected plants were identified and confirmed with the help of different floras (Duthie, 1960; Srivastava, 1976; Sani et al., 2010). The collected plant materials have been deposited in the Herbarium of Deptt. of Botany, T.D.College, Jaunpur. The statistics of plant parts used has also been calculated.

### RESULTS AND DISCUSSION

The present investigations revealed that during the course of this study spanning a year, total 37 species of 28 families were identified, with their local names that are used most frequently as herbal care of human health. The maximum number of plants used were 3 each of family Cucurbitaceae, Euphorbiaceae and Liliaceae followed by

---

<sup>1</sup>Corresponding author

**Table 1: Traditional herbal care of human health, plant parts used, ailments cured and some mode of medical administration (based on local information and literature)**

S.N.	Botanical name of plant species, family, local name and herbarium No., in big parenthesis	Part/s used & Habit (in parenthesis)	Ailments	Some mode of medical administration
1	<i>Acacia nilotica</i> (L.) Del. ['Babul',MO-1] Mimosaceae	Leaves, twigs, barks & seeds (Small tree)	Pounded leaves used in Jaundice. The new twigs are used as superior tooth sticks and gum arabic obtained from bark used in preparing 'Ladoo' known as 'God ka Ladoo', usually taken or ally by ladies after delivery. Seeds powder used orally in diabetes.	Pounded leaves (50 g) are given 3-4 days with milk in Jaundice.
2	<i>Adhatoda vasica</i> Nees. ['Arusa',MO-149] Acanthaceae	Leaves & root parts (Small shrub)	The leaves and roots parts used for bronchitis, asthma and cough.	Pounded leaves (100g) juice with honey is taken orally twice 7-4 days.
3	<i>Aegle marmelos</i> L. ['Bael',MO-302] Rutaceae	Fruits (Tree)	Laxative & diabetes.	-
4	<i>Allium sativum</i> Linn. ['Lahasun',MO-211] Liliaceae	Bulbs (Herb)	Nervous, bronchial disorders in diabetic and cardiac problems.	4 or 5 'Jawa' taken orally early in the morning to reduce cholesterol in blood.
5	<i>Aloe vera</i> (L.) Burm.f. ['Ghec-Kumari',MO-148] Liliaceae	Leaves (Herb)	Leaves used as laxative, in treatment of liver, spleen, cardiac, piles, fissures and eye troubles. Refrigerant and cathartic in nature, it minimizes diabetic complications, dermatitis and other skin diseases.	The use of mucilage or leaf juice (25 ml) rubbed externally on face daily remove skin black spot and infections.
6	<i>Argemone mexicana</i> L. ['Bharbharwa',MO-12] Papaveraceae	Seeds & latex (Herb)	Seed pest in scabies & latex applied in conjunctivitis.	Seed paste massaged over body half hour before bathing in scabies.
7	<i>Asparagus racemosus</i> Willd. ['Satawar',MO-156] Liliaceae	Roots (Shrub)	Roots are highly valuable as Ayurvedic tonic and medicines. Locally the plant roots are collected and used in increasing milk of feed mothers.	Roots about 20 ml water extract, given orally twice a day in dyspepsia, lack of milk, nervous disorders and rheumatism.
8	<i>Azadirachta indica</i> Juss. ['Neem',MO-152] Meliaceae	Leaves, twigs, barks & seeds (Tree)	Leaves used orally in diabetes, and externally in skin infections, measles, small pox, dressing of wounds and boils. Twigs as tooth stick, stem barks in skin disease & small boils. Seeds oil ectoparasitosis & used in soap.	4 or 5 leaves taken orally in skin infections, diabetes and roasted leaves tide over boils to mature.
9	<i>Bacopa monnieri</i> (L.) Pannell ['Choti brahmi', MO-15] Scrophulariaceae	Entire plant (Sub-succulent herb)	Nerve tonic, asthma & snake bite.	-
10	<i>Beta vulgaris</i> L. ['Chukander',MO-215] Chenopodiaceae	Root(Herb)	Anemic & menstrual cycle regulation.	Sliced, boiled in water milled and filtered about 200 ml of filtrate given orally twice a day.
11	<i>Boerhaavia diffusa</i> Linn. ['Gadapurna',MO-18] Nyctaginaceae	Roots (Prostrate herb)	Anemic & Jaundice.	Roots decoction mixed with black piper consumed twice a day for about 15-30 days in Jaundice.
12	<i>Calotropis procera</i> R.Br. ['Madar',MO-23] Asclepiadiaceae	Leaves, latex & flowers (Shrub)	Leaves are applied on sores skin disease and rheumatic joints. Latex is applied in toothache, ring worm, leprosy. Powdered flowers used orally in cough, cold and asthma.	1-2 g powdered flowers with honey in cough cold and asthma twice about 7 days.
13	<i>Catharanthus roseus</i> (Linn.) ['Sadabhar',MO-271] Apocynaceae	Leaves & flowers (Herb)	Leaf juice applied externally used orally in diabetes on wasp stings, leaves and flowers juice used in diabetes.	5 leaves taken orally early in morning about 21 days in diabetes.
14	<i>Cissus quadrangularis</i> Linn. ['Harjor',MO175] Vitaceae	Stem (Cylindrical herb)	Stem used topically on bone fractures and in rheumatism.	20 g macerated stem parts boiled with one spoon mustard oil used on joints of rheumatic pain.

SINGH : TRADITIONAL HERBAL CARE OF HUMAN HEALTH IN JAUNPUR(U.P.)

15	<i>Citrus limon</i> (L.)Burm [‘Nimbu’, MO- 263] Rutaceae	Fruits (Small tree)	Stomach disorders and to reduce weight of body.	One lemon juice with a glass of warm water taken orally early in the morning to reduce weight of body.
16	<i>Cucurbita maxima</i> Dush.Ex.Lamak [‘Koharan’, MO-204] Cucurbitaceae	Fruits (Climbing herb)	Physical debility, weight loss and reduces cholesterol level of blood.	About 250 ml soup given orally once a day or 200 g eaten as vegetable.
17	<i>Curcuma longa</i> L. [‘Haldi’, MO-221] Zingiberaceae	Rhizome (Tall herb)	Hurt & swellings, in face creams and in Aurvedic medicines.	Rhizome powder mixed with milk given orally in external heart. Its powder mixed with onion and mustard oil tide externally on body dislocated places.
18	<i>Cuscuta reflexa</i> Roxb. [‘Akash bonwar’, MO-301] Convolvulaceae	Whole plant (Twinning parasite)	Whole plant past used as dressing in cuts and coated with mustard oil applied on rheumatic joint pain.	-
19	<i>Datura metal</i> Linn.[‘Dhatura’,MO-290] Solanaceae	Leafs & fruits (Under shrub)	Leaf used to reduce pain and swelling, fruits roasted pulp applied on white spot or ‘Sehmuna’.	Leave coated with mustard oil applied twice to reduce pain & swelling.
20	<i>Emblica officinalis</i> [‘Amala’,MO -219] Euphorbiaceae	Fruits (Small tree)	In stomach disorders, piles( pachis),cough and cold.	500 ml fruits juice taken with early in morning in stomach disorders.
21	<i>Foeniculum vulgare</i> Mill. [‘Saunf’, MO- 279] Umbelliferae	Seed (Tall aromatic herb)	Digestion.	1/4 tea spoon orally daily after lunch & dinner about 21 days.
22	<i>Lagenaria siceraria</i> (Molina) Standl. [‘Lauki’, MO- 209] Cucurbitaceae	Leaf and fruits (Climbing herb)	Leaves in jaundice, fruits juice in cardiac & diabetes used orally.	100 ml juice taken orally early in the morning to cure cardiac and diabetics problems on head externally twice in headache and migraine, Seeds oil used in migraine on head.
23	<i>Lawsonia inermis</i> L. [‘Mehendi’,MO-205] Lythraceae	Leaves (Prickly shrub)	Skin problem and hair dye	Leaves part used as hair dye and in eczema.
24	<i>Launea asplenifolia</i> Hk.F. [‘Ban Gobhi’, MO - 82] Asteraceae	Aerial parts (Herbs)	In piles	Decoction about 20 ml black pepper and ginger used orally.
25	<i>Momordica charantia</i> Linn.[‘Karel’, MO- 199] Cucurbitaceae	Fruits (Climbing Herb)	Diabetes	Fruits are used as vegetable and their juices are taken every morning orally.
26	<i>Moringa oleifera</i> Lam.[‘Sahjan’, MO- 267] Moringaceae	Stem barks & fruits tree	Leaf in night blindness, stem bark kidney stone and urinary infection fruits as vegetable in electrolyte balance & flowering cholesterol in blood.	Stem bark about 25 ml twice a day given orally in kidney stone and urinary infections.
27	<i>Ocimum sanctum</i> Linn. [‘Tulsi’, MO-169] Lamiaceae	Leaves (Herb)	Bronchitis, used as snuff in ozaena, diabetes.	Leaves 20 ml decoction given orally twice a day in cough cold and fever. 10 leaves taken orally every morning in diabetes and in mouth ulcer etc.
28	<i>Phyllanthus niruri</i> L. [‘Bhumiawala’, MO- 165] Euphorbiaceae	Leaves (Herb)	Jaundice & bronchial asthma.	20 g decoction taken early in the morning in Jaundice, about 21 days.
29	<i>Rauvolfia serpentina</i> Benth. Ex Kurz [‘Sarpghandha’, MO-189] Apocynaceae	Roots (Under shrub)	Blood pressure, snake bite & in madness.	Roots parts taken orally twice with curd or milk.
30	<i>Ricinus communis</i> L.[‘Rendi’,MO-164] Euphorbiaceae	Seeds (Small tree)	Purgative & in toothache.	-

SINGH : TRADITIONAL HERBAL CARE OF HUMAN HEALTH IN JAUNPUR(U.P.)

31	<i>Syzygium cumini</i> Skeels ['Jamun',MO-174] Myritaceae	Fruits & seeds (Tree)	Diabetes, dyspepsia and gas troubles.	50 g Seeds powder taken orally daily early in the morning in diabetes.
32	<i>Terminalia arjuna</i> Roxb. ['Arjun',MO-173] Combretaceae	Stem bark (Tree)	Cardiac problem.	5 g bark powder given orally twice a day for 21 days in heart diseases.
33	<i>Tinospora cordifolia</i> (Wild.) Miers ['Gilao or Guruch',-MO -167] Menispermaceae	Roots (Climbing herb)	Fever, cough and in rheumatism	Roots 50 ml decoction with black piper given orally thrice in day in fever. Stem boiled roots macerate applied externally in rheumatism.
34	<i>Tribulus terrestris</i> Linn. ['Chota Gokhru', MO -168] Zygophyllaceae	Roots (Herb)	Kidney stone and urinary diseases.	-
35	<i>Trigonella foenum - graecum</i> Linn. ['Methi', MO -256] Fabaceae	Seeds(Herb)	Secretion of milk in feeding mothers, in diabetes and cardiac problem.	½ tea spoon seeds put in 100 ml water and taken orally in the morning in cardiac pain & diabetes.
36	<i>Withania somnifera</i> (L.) Dunal, ['Ashvagandha', -MO 170] Solanaceae	Leaves & roots (Shrub)	Leaves powder orally in fever. Root powder orally in impotency & rheumatism.	5 g powder taken orally in fever twice a day in impotency and rheumatism.
37	<i>Zingiber officinale</i> Roscoe ['Aadi or Adarkh',MO -179] Zingiberaceae	Rhizome (Herb)	Cough , cold & fever.	50 ml decoction with wheat bran black piper and salt taken orally twice in a day.

Solanaceae and Zingiberaceae 2 each (Table 1). Statistics of plant parts used revealed that leaves (20.50 %) are most communal used followed by roots(18.92 %), fruits(15.76 %), seeds(12.08 %) and rest or other parts (32.72 %) all in herbal care of human health.

The conservation with optimum care is needed about the following plant species, i.e. *Adhatoda vasica*, *Alove vera*, *Azadirachta indica*, *Boerhavia diffusa*, *Cissus quadrangularis*, *Ocimum santum*, *Phyllanthus niruri*, *Terminalia arjuna*, *Tinospora cordifolia*, *Boerhaavia diffusa*, *Tribulus terrestris*, *Rauwolfia serpentina*, *Withania somnifera*, etc. which are exploited maximum for primary health care as herbal drugs and may be extinct in the near future. The conservation efforts are needed by plantation and protection of these plants with maximum participation of local people. The purpose of this article is not to prescribe any remedies of disease. But it is important and need of hour to study and record these herbal therapies so that rich traditions of the past will enable us to live in harmony with the nature.

#### ACKNOWLEDGEMENTS

The author is highly thankful to the rural people who provided the information during the field trips and highly obliged to the Principal, T.D.college Jaunpur and

Dr.U.K.Singh (Retd. Reader & HOD of Botany) for their help and encouragement.

#### REFERENCES

- Duthie J.F.,1960.Flora of Upper Gangetic plain and the adjacent Siwalik and Sub himalayan tracts,Botanical survey of India,VOI I & II.
- Kensa V.Mary,2011. Ethno-botanical aspects of some wild plants of pottalvilai, thengam puthoor panchayat, Nagercoil,Kanyakumari District, Tamil Nadu, India Eco.Env.& Cons.,**17(2)**:331-334.
- Mitalya K.D.,Bhatt D.C., Patel N.K. and Didia S.K.,2003.Herbal medicines used for hair disorders by tribal and rural flock in Gujar Tal at. Indian Journal of Traditional knowledge, **1 (1)**: 389-392.
- Paolo Si and Ester,S ,2000.The Reivew on some plants of Indian traditional medicine with antioxidant activity,. Journal of Ethanopharmacology,**71(1-2)**: 23-43.
- Sani D.C. ,Singh S.K. and Rai Kamlesh, 2010.Biodiversity of Aquatic and Semi-aquatic plants of Uttar Pradesh,U.P. State Biodiversity Board Gomati Nagar Lucknow.
- Singh A.K.,Raghubanshi, A.S. and Singh J.S., 2002.

**SINGH : TRADITIONAL HERBAL CARE OF HUMAN HEALTH IN JAUNPUR(U.P.)**

- Medicinal ethnobotany of tribals of Sonaghati of Sonbhadra distt. U.P., India. *Journal of Ethnopharmacology*, **81** :31-41.
- Singh Mamata and Ali S.J., 2007. Phytorecources of District Mau,U.P. with special reference to medicinal plants .*J.Liv.World*, **14**(1):1-12.
- Singh Mayank, Singh O.P. and Singh M.P., 2010. Traditional economical uses of Gujar lake ecotone vegetation in District Jaunpur (U.P.) India. *Plant Archieves*, **10**(2): 533-542.
- Somvanshi R., 1993.Prachin Bharat main Pashu Palan evum Pashu Chikitsa Vigyan (In Hindi). Part I. Rajbhasha Anubhag,Indian Veterinary Research Institute, Izatnagar, Uttar Pradesh, India. *Behavioural Pharmacology* , **13** (3) :243-247.
- Srivastava T.N., 1976.Flora Gorakhpurensis.Today and Tommorow Printer and Publisher.
- Srivastava Archana, Tewari Alpana and Srivastava Naina, 2011. A study on Road side Therapeutic wonders of Kanpur Areas in Indian - Gangetic Plains. Proceedings of National conference on Resent Advances in Plant Sciences, NCRAPS-2011,15<sup>th</sup> & 16<sup>th</sup> October.,D.S.College Aligarh, U.P.:124-132.

