

REPORT OF SOME MEDICINAL PLANTS USED IN FOLK MEDICINE IN TRIBAL AREAS OF M.P.

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ABSTRACT

About 150 locally available plants used in folk medicine by the natives of M.P. have been listed below. The local name and botanical names and medicinal uses of each plant are given wherever available. The different plants as well as method of use and their distribution in Indian sub-continent are reported.

KEYWORDS: Folk Medicine, Traditional Medicine

The practices of traditional medicine are based on hundreds of years of belief and observations which predate the development and spirit of modern medicine. In some countries, traditional medicine remain an integral part of the formal health system and exists as an equal footing with modern medicine (Saxena 2000). The methods of practices of traditional medicine may appear to be numerous and dissimilar but they all represent variations of three basic activities, faith healing, hygienic measures and drug therapy (Tawson, 1990).

Traditional medicine plays an important role in health care not only in India but also in several other countries like Jordan, Saudi Arabia and china (Khalil, 1995). In India there had been a long practice of using folk medicine by vaidyas, hakims and natives of remote villages during the pre independence era. This survey has been conducted to record the plants known as folk medicine by the natives of tehsil Lateri of Vidisha

district M.P. region in India to botanically identify these plants and to conserve the rare species. In India Dixit & Pandey (1984), Sinha & Dogra (1985) have reported the plants used as folk medicine in Jhansi in Uttar Pradesh and Santhal Pargana in Bihar.

MATERIALS AND METHODS

The survey reported in this study was performed during the period of 1999-2001 and was confined to the remote tribal areas of M.P. only. A plant was recorded only when more than one confirmed it. Because of the local social customs, mostly the male members gave the information's and females did not come out.

The plants were collected from the places where the local people have been using them. The taxonomic identity of the plants was confirmed by an up-to-date vernacular identification was given as per glossary of Indian medicinal plants by Chopra *et al.*(1977)

Some medicinal plants of M.P. in India

Sl no.	Name of the plant/family	Local name	Distribution	Medicinal use
1.	<i>Argemone mexidana</i> Linn. (Papaveraceae)	Satyanasi (Peet Dugdha)	It is a native plant of American subcontinent which is grown plentifully in field, forest etc.	The latex of this plant when applied on wounds or scores it cures them quickly. The powdered material taken with butter and sugar may give relief in Gonorrhoea.
2.	<i>Blumea lacera</i> (Burman f.) DC	Kukrontha (Kukundar)	Found throughout the country even at the height of 2000 ft.	They dried powdered material if taken as smoke may cure piles.
3.	<i>Brassica juncea</i> (L) Czern (brassicaceae)	Rai (Asuri)	It is a small herb, cosmopolitan in distribution, mostly found in subtropical parts in India.	It has a variety of medicinal uses specially wormicidal 10 grms of powdered material in 100 gms of cow-urine when mixed and given twice a day to the patient causes relief from the worms.
4.	<i>Cassytha filiformis</i> L.	Akashdel (anarvalli)	It is well known saprophytic plant found	It is used for blood purification. It is used by natives of bundelkhand in the

	(Lauraceae)		growing on other plants. It has no leaves. Sparsely distributed throughout the area, especially occurrence Acacia and Zyzyphus.	treatment of venereal diseases, gonnorrhoea. 20 gms of powdered whole herb with water daily can cure the venereal diseases.
5.	<i>Chamaesyce hirta</i> (L.) Mild p.	Dudhai Dugdika	It is creeping plant found on moist soil throughout the country.	Dried powdered material of the whole herb is given with sugar may give relief to the patient suffering with venereal diseases .
7.	<i>Glycyrrhiza gabra</i> L (Fabaceae)	Mulathi Yastimodha	It is cosmopolitan in distribution found in India, Iraq, Europe etc. in Punjab and Himachal Pradesh	One gram powdered material with double amount of sugar is quite useful for white discharge in women. It is also caused relief in the constipation.
8.	<i>Kalanchoe pinnata</i> (Linn.) (Crassulaceae)	Jakhmehayat(Pamabeej)	Plants distributed In the tropical region of India both in the garden as well as in the barren lands.	The leaf poultice is used in the healing of wounds and as anticoagulant in case of blood haemorrhage
9.	<i>Linum usitatissimum</i> (Linaceae)	Alsi ,Uma	It is a small plant cosmopolitan in distribution. Mainly cultivated as kharif crop in Bengal, U.P., M.P. and Bihar states in India.	The power of the seeds with sugar taking one tea-spoon daily controls diarrhoea, indigestion and dysentery.
10.	<i>Nelumbo nucifera</i> Gaertn. (Nymphaeaceae)	Kamal Padma	It is distributed throughout the country.	The powdered material when taking with sugar and Kamal Saffron gives relief to the patient.
11.	<i>Operculina turpethum</i> (L.) Silva manso (Convolvulaceae)	Nisoth Trivrit	It is an annual herb found distributed throughout the country.	The powdered material with honey and ginger in equal amount twice a day may cause relief from the chronic fever and it purified.

Some important plants of ayurveda

Albizia lebbeck(Siris)	Inula racemosa (Pushkarmoola)
Allium sativum (Lashun)	Leptadenia reticulate (jivanti)
Achyranthes aspera (Apamarga)	Lepidium sativum (Chandrasura, Halim)
Aloe barbadensis (Ghrit-Kumari)	Myristica fragrans (Jaiphal)
Alpinia galanga (Kulanjan)	Nardostachys jatamansi (jatamansi)
Bergenia ciliata (Pashanbhed)	Nerium indicum (Karavira, Kaner)
Butea monosperma (Palas)	Nigella Sativa (Kalaunji)
Boswellia serrata (Sallaki)	Ocimum sanctum (tulsi)
Carica papaya (papaya)	Onosma bracteatum (Gazoban)
Carum carvi (Jira Siyah)	Operculina turpethum (nishoth Indian Jalap)
Caesalpinia bonduc (lat-karanj)	Paederia foetida (Prasarini)
Calotropis gigantean(Arka)	Phyllanthus fraternus (Bhui-amla)
Cassia fistula (Amaltas)	P.nigrum (Kalimirch)

RESULTS

The results of the present investigation have yielded plants of confined knowledge, number (1) and (2) used in traditional medicine which are used in organised system of medicine like Ayurveda, Unani and Siddha (folk medicine). These results are presented in table (1) and (2).

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