

Ethnomedicinal Uses of Some Plants Species by the Tribes of Amarkantak District Anuppur, Madhya Pradesh, India

Ramesh Kumar Ahirwar¹, Manoj Kujur²

^{1,2}Department of Botany, Govt. Nehru P.G. College Burhar, District Shahdol, Madhya Pradesh – 484110, India

Abstract: *The present paper deals with new or less known ethno medicinal uses of 34 plants species recorded from Knowledge persons of the area. The Anuppur district is shows remarkable diversity in its floristic elements. An efforts has been made to give an account of angiosperm plants in there, of which potential value among the tribal population observed.*

Keywords: Ethnomedicinal, Anuppur, Amarkantak, Tribes, Angiosperm

1. Introduction

District Anuppur is one of the important district of Madhya Pradesh. This District is located in the Central part of India. It is lying between 23°15' to 24°N Latitude and 81°0' to 81°45'E longitude. The total area of 3701 Sq. Km extends 80 Km. from east to west and 70 Km. from North to South. The district is habited by large number of Tribals viz. *Gond, Baiga, Panika, Kol, Agaria* etc. Who live in the remote forest areas and present a unique Physical rainfall of 244.68mm and on the whole District has a salubrious climate. District Anuppur is surrounded by Korea district (C.G.) in east, Shahdol & Umaria district in west, Shahdol district in north and Dindori, Bilaspur (C.G.) district in the south area. It is called Plateau of Beghel Khand and due to very rich diverse flora, of District Anuppur Madhya Pradesh, Central India.

The area of Anuppur district is inhabited by a large section of tribal population. The highest tribal population, exists in this tract, totally or partially, depends upon natural vegetation for the necessities of life, including remedies for several diseases. Some of these have a supernatural basis to the tribal mind, while others are recognised as physical and attempts are made to treat them. They usually collect there materials from nearby forests and use them in their health care system, which is well developed and proven successfully for generation together. Considerable work has been done on ethno botanical used by various ailments by the tribals, Brijlal and Dubey(1992); Jain (1963 ,1981); Dubey and Bahadur (1966); Raizada(1984); Maheshwari *et al*, (1990); Khan(2008); and Ahirwar, (2015)are reported (Figure 1-2).



Figure 1: Location Map of India in Madhya Pradesh

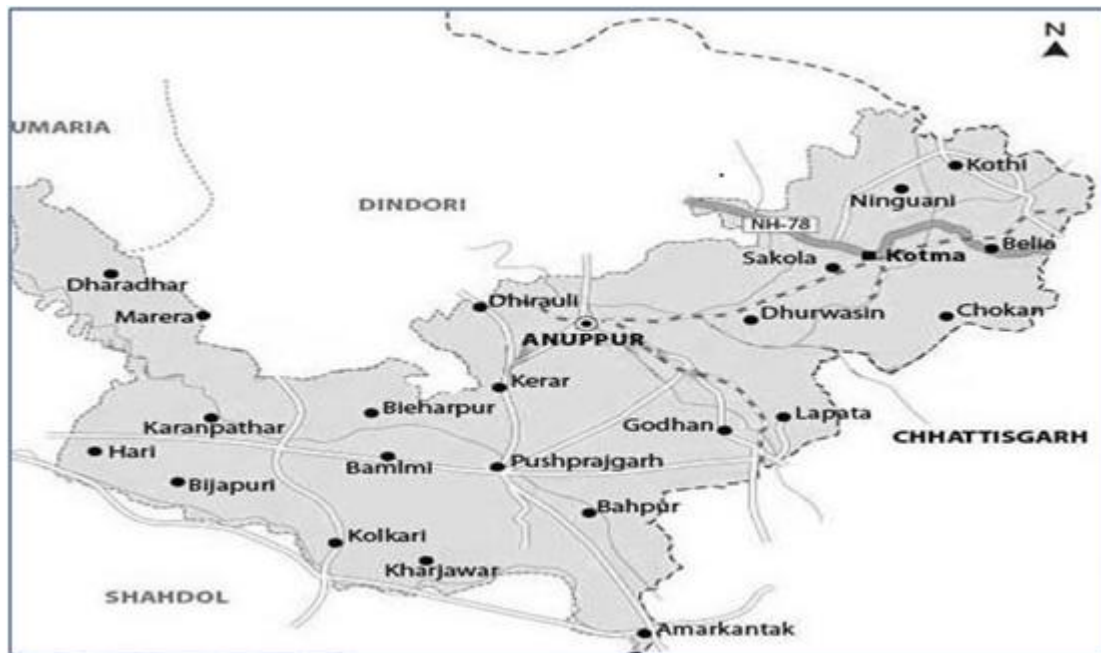


Figure 2: Location Map of study site in District Anuppur.

2. Material and Methods

The present paper gives an account of 34 plants species of Angiosperm belonging families, used by the tribes of district Anuppur to treat human ailments. More than 10 villages were visited during the period of 2013 to 2014 to collect the information, some proper knowledgeable informants, elderly people, head man of the hamlets, tribal medicine man, Vaidya and Osha were interviewed, because they are only source to collect the information about local plant name and their uses. Voucher specimens and recorded species, were deposited in Department of Botany, Government P.G. College, Shahdol, Madhya Pradesh India.

3. Results and Discussion

Present paper study has been reported 34 ethno medicinal plants represented here. The household remedies used by the tribal communities are presented. According to the plant species the plant species have been arranged alphabetically according to their Botanical name, family, local name and plant part used and mode of administration.

- 1) *Achyranthes aspera* Linn. (Amaranthaceae) 'Chirchita'.
Ethnomedicinal Uses: An infusion of the root is used as mild astringent and is also used as for skin diseases.
- 2) *Adathoda vasica* Nees. (Acanthaceae) 'Adusa'.
Ethnomedicinal Uses: The leaves are boiled with water and extract is obtained. The warm decoction is used for scabies, skin diseases and cough complaints.
- 3) *Ageratum conyzoids* Linn. (Asteraceae) 'Phulani'.
Ethnomedicinal Uses: A hot poultice of the leaves and stem is applied to skin diseases. Leaf powder is dusted to cure boils till the relief.
- 4) *Asparagus racemosus* Willd. (Liliaceae) 'Satawar'.
Ethnomedicinal Uses: The pulp of ripe fruit is used in efficacious in eczema. The extract of tubers, one teaspoon thrice a day, is given for 15 days for the treatment of excess menstrual flow.

- 5) *Azadirachta indica* Juss. (Maliaceae) 'Neem'.
Ethnomedicinal Uses: Chicken pox and measles are controlled when leaf paste is applied on the infected sites.
- 6) *Boswellia serrata* Roxb. (Burseraceae) 'Salai'.
Ethnomedicinal Uses: Stem bark is chewed in toothache and to check pus formation in mouth gums. Lukewarm stem bark paste is applied on eye inflammation.
- 7) *Caesulia axillaris* Roxb. (Asteraceae) 'Akshaphula'.
Ethnomedicinal Uses: The whole plant is crushed and juice is extracted, which is given orally thrice a day along with curd to cure amoebic dysentery, indigestion and loss of appetite.
- 8) *Calotropis procera* R.Br. (Asclepiadaceae) 'Aak', 'Madar'.
Ethnomedicinal Uses: The flowers are burnt and the ash is mixed with honey and given orally thrice a day to cure whooping cough and asthma. Flower is applied externally on stiff joints to cure the pain.
- 9) *Carissa opaca* Stapf. (Apocynaceae) 'Karaonda'.
Ethnomedicinal Uses: Root paste along with the root paste of *Bombax ceribaand* rhizome paste of *Acorus calamus* is applied on the chest and back of the body for the treatment of pneumonia.
- 10) *Centella asiatica* Linn. (Apiaceae) 'Barahmibooti'.
Ethnomedicinal Uses: The whole plant is crushed into a fine paste and then dissolved in water to make a lotion. This is taken orally early in the morning; it acts as a brain tonic.
- 11) *Chlorophytum arundinaceum* Baker (Liliaceae) 'Safedmusli'.
Ethnomedicinal Uses: Root crushed in the rice wash water and the extract is taken twice a day for 2 days for dysmenorhoea.
- 12) *Croton bonplandianum* Baill. (Euphorbiaceae) 'Char Chorngi'.
Ethnomedicinal Uses: The stem, leaves and inflorescence are all crushed and juice is extracted and warmed. The decoction is given orally twice a day with sugar syrup to cure cough, congestion of nose and chest and headache arising due to congestion.

- 13) *Cynoglossum lanceolatum* Forsk, (Boraginaceae) ‘Kamraaj’ Ethnomedicinal Uses: The roots of the plant are crushed along with molasses and hathil (*Murraya paniculata* Jacq.): 60 tablets are prepared and are given orally twice a day for a period of one month. The tablets provide strength, vigour and also cure rheumatic pain.
- 14) *Datura metel* Linn.(Solanaceae) ‘ Kala datura’ Ethnomedicinal Uses: Root powder, 1 teaspoon 2 times a day, after menstruation period is given for 15 days for inducing permanent sterility.
- 15) *Diospyros melanoxylon* Roxb. (Ebenaceae) ‘ Tendu’ Ethnomedicinal Uses: Powdered leaves along with powdered root of *Gardenia turgid* and *Tephrosia purpurea*, 2 teaspoons 2 times a day, are given for 15 days for the treatment of gonorrhoea.
- 16) *Dryopteris cochleata* C. Chr.(Aspidiaceae) ‘ Chhoti Bhulan’ Ethnomedicinal Uses: The whole plant crushed in bowl and the extract is given orally twice a day in the event of snake bite. The leaves and roots are applied on the bite wound to prevent infection.
- 17) *Eclipta alba* Hassk (Asteraceae) ‘ Bhangra’ Ethnomedicinal Uses: The fresh plant is used on various chronic skin diseases.
- 18) *Euphorbia hirta* Linn. (Euphorbiaceae) ‘ Dudhi’ Ethnomedicinal Uses: Paste of the whole plant and salt is applied on carbuncle boil for suppression and healing.
- 19) *Ficus benghalensis* Linn.(Moraceae) ‘ Bar’ Ethnomedicinal Uses: Warm paste of the aerial root together with egg paste is applied in bone fracture and tried with the help of *Dendrocalamus strictus* for 3 days for the treatment of bone fracture.
- 20) *Hedychium coronarium* Koenig (Zingiberaceae) ‘ Gulbakaoli’ Ethnomedicinal Uses: The roots of the plant are crushed and juice is extracted and warmed with water and then it is filtered and cooled. This extract is put into eyes to cure eye troubles like red eye, swelling eye, pain, excessive excretion watering etc.
- 21) *Helicteres isora* Linn.(Sterculiaceae) ‘Ainthi’ Ethnomedicinal Uses: Aqueous extract of the root, 1 teaspoon thrice a day, is given for 3-7 days for the treatment of dogbite.
- 22) *Holarrhena antidysenterica* DC. (Apocynaceae) ‘ Dudhi’ Ethnomedicinal Uses: Powdered bark, 2 teaspoon thrice a day for 5 days, is given in malarial fever.
- 23) *Jatropha curcas* Linn.(Euphorbiaceae) ‘ Bhakerenda’ Ethnomedicinal Uses: The fresh latex is locally used over scabies, eczema and ring worm.
- 24) *Lapidagathis cristata* Willd.(Acanthaceae) ‘ Katili’ Ethnomedicinal Uses: Two teaspoon of plant decoction is given twice a day, for 7 days, for measles.
- 25) *Leucaea cephalota* Spreng. (Lamiaceae) ‘ Gumma’ Ethnomedicinal Uses: The extract of the seed, 1 teaspoon once a day for 3 days after menstruation, checks conception. Leaf powder is sniffed for treating half headache.
- 26) *Madhuca longifolia* Roxb. (Sapotaceae) ‘ Mahua’ Ethnomedicinal Uses: The flowers are dried, grained and applied in the form of a paste on aching muscles to relieve the pain. The flowers also given to cattles to kill worms. Seed oil applied on joints to cure pains and stiffness.
- 27) *Martynia annua* Linn. (Martyniaceae) ‘ Baghmecha’ Ethnomedicinal Uses: Due to severe attack of cold, the sphincter of the urinary bladder due to which urine passes out intermittently with much pain. To cure this, the extract of the root is taken orally. The root is crushed in bowl of water to make this extract.
- 28) *Murraya paniculata* Jacq. (Rutaceae) ‘Hanthil’ Ethnomedicinal Uses: The leaves are crushed and made into paste. This paste is mixed with the syrup of old molasses and made into tablets and given orally twice a day to cure joint pains. The leaves are cooked in mustard or till oil along with 20 gm of ‘Sonth’ (Dried ginger) and applied externally to the inflamed joints.
- 29) *Psidium guajava* Linn.(Myrtaceae) ‘ Amrood’ , ‘Bihi’ Ethnomedicinal Uses: The paste of the bark imparts cooling effect on burns and blisters.
- 30) *Sphaeranthus indicus* Linn. (Asteraceae) ‘ Mundak’ Ethnomedicinal Uses: The leaves are used to treat chronic skin diseases. 20 grams of the shade dried leaves are given twice a day.
- 31) *Tephrosia purpurea* Pers. (Fabaceae) ‘ Patarchata’ Ethnomedicinal Uses: The leaves are removed from the stem and the denuded stem and root are boiled in water to get the extract. The droplets appearing on the surface of the water are removed and mixed with ‘Ghee’ (Clarified butter) and heated again after mixing with crushed leaves of the plant. The decoction thus obtained is massaged on the stiff and aching joints of fire to cure stiffness and pain.
- 32) *Terminalia bellirica* Roxb. (Combretaceae) ‘ Bahera’ Ethnomedicinal Uses: Good fruits are taken and seeds are removed the remaining portion of fruit are powdered with equal portion of ‘Amla’ (*Emblica officinalis* Gaertn.) and ‘Harra’ (*T. chebula* Gaertn) and dried in sun. This is kept in a corked bottle for two days for ageing, 5 gm powder is consumed daily early in the morning along with 15-20 gm ‘ Swarnabhasma’ to cure weakness ; it imparts strength , vigour and vitality.
- 33) *Terminalia chebula* Retz.(Combretaceae) ‘Herra’ Ethnomedicinal Uses: Good fruits are selected and seeds are taken out. The remaining portion are dried and powdered with equal proportion of ‘Bahera’ (*T.bellirica* Roxb.) and ‘Amla’ (*Emblica officinalis* Gaertn.) and kept for ageing for 2 days in a corked bottle. 5 gm. powder is consumed daily early in the morning along with ‘ Ghee’ (Clarified butter) and honey in the ratio of 2:1 or 2 gm long pepper powder or 2 gm Rock salt powder to cure weakness. The powder acts as a brain tonic and provides strength and vigour and enhances vitality.
- 34) *Tinospora cardifolia* Miers. (Menispermaceae) ‘ Gurich’ Ethnomedicinal uses: The leaves and flowers are crushed and juice is extracted, mixed with curd and given orally on empty stomach. After 3 hour since can be given but fats are prohibited. The medicine is given after every three days for two weeks to cure enlarged liver and reduced bile production.

4. Acknowledgements

The authors are thankful to their respective college authorities for granting permission to carry out of this work. They are also thankful to tribes and rural people who co-

operated in sharing their knowledge on ethno medicinal uses.

References

- [1] Ahirwar, Ramesh Kumar (2010). Ethnomedicinal uses of plant roots from Shadol district of M.P. India. *Ind. J. Appl. Pure Bio.* 25 (1):71-76.
- [2] Ahirwar, R.K. (2015) Diversity of Ethnomedicinal Plants in Boridand Forest of District Korea, Chhattisgarh, India. *American Journal of Plant Sciences*, 6, 413-425. <http://dx.doi.org/10.4236/ajps.2015.62047>
- [3] Brijlal Dubey , V.P. 1992. A survey of plant ethnomedicine of Amarkantak plateau in Central India , Agri . Biol. Res. 8, pp. 29-37.
- [4] Chopra, R.N., Nyar, S.L. and Chopra, I.C. (1956) Glossary of Indian Medicinal Plants. Council of Scientific and Industrial Research, New Delhi
- [5] Dubey , B.K. and Bhadur , F. 1996. A study of the tribal people and tribal areas of Madhya Pradesh . Tribal Res. And Dev. Ins., Bhopal .
- [6] Jain , S.K. 1963, Observations on ethnobotany of the tribals of Madhya Pradesh . *Vanyajati* II(4) ,pp.177-183.
- [7] Jain , S.K. 1981, Observations on the ethnobotany of Central India . In *Glimpses of Indian Ethnobotany*.
- [8] Khan, A.A., Agnihotri, Santosh Kumar Singh Manoj Kumar and Ahirwar, Ramesh Kumar 2008. Enumeration of certain Angiospermic plants used by Baiga, Tribe for conservation of plants species. *Plant Archives*(8) 1:289-291.
- [9] Maheshwari, J.K., Painuli, R.M. &, R.P. 1990. Notes on Ethnobotany of the Oraon and Korwa tribes of Madhya Pradesh. *Contributions of Ethnobotany of India* pp. 75-90.
- [10] Oommachan M., Masih S.K. (1989) Ethnobotanical observations on certain forest plants of Jabalpur (M.P.) *Ind. J. Appl. pure Bio.*4 (2) 73-78.
- [11] Parna, I.C., Ahirwar, R.K. and Singh, G.K. (2014) Traditional Medicinal Knowledge about Some Herbaceous Plants Used by Baiga Tribes of Bajag Forest, District Dindori Madhya Pradesh India. *Int. J. Sci. Res. Vol.3* (12) 2232-2236.
- [12] Raizada, A..1984. Tribal Development of Madhya Pradesh – A planning perspective , Inter – India Publication, New Delhi, pp. 1-220.
- [13] Tiwari, Usha, S.K. Mishra and D. Chatterjee 1996. Conservational aspects of ethnobotanical medicinal plants used by Kol tribes of Bandhavgarh region of Madhya Pradesh. *Ecodevelopment and Environ* (ed. Singh et al.) Vindra Publication, Jalgaon. 48-51.