

Flowers Used for Treatment of Gynaecological Disorders by Women of Saran District

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Abstract: Medicinal properties of different plant species is well known to the rural people of India. These plants are integral part of the life of them for treatment of different types of ailments. Now-a days most people of urban regions are also returning on the herbal drugs for safety, less side effects, less cost and easy availability. A survey was conducted to know the medicinal importance of the flowers of plant species growing in territory of Saran district. It was observed that rural folk of this district frequently uses flowers of eight species of plants for treatment of different types of gynaecological disorders.

Keywords: Flowers, Gynaecological disorders, women, Saran district.

1. Introduction

India is one of the great emporia of ethno-medicinal wealth. A number of medicinal plants are being used in different regions of India to treat gynaecological problems related to womenfolk such like to facilitate abortion, to treat infertility, irregular menses, gonorrhoea, leucorrhoea, delivery problems etc. Indian people are using the medicinal properties of different medicinal plant species very significantly since very long time.

Now-a-days Ethnogaecology is an emerging field of Biosciences which deals with the healing of different types of gynaecological disorders with help of indigenous medicinal plants.

Medicinal plants are essential for human survival in remote areas of India. Different indigenous plant are familiar in different cultures and regions of India, which were used to maintain health and treat illness including gynaecological ailments or disorders.

Das *et al.* (2015) documented the knowledge of the people of eastern part of India related to use of medicinal plants useful for treatment of gynaecological diseases. They pointed out that phytomedicines have shown effectiveness in the treatment of aids infections. Menstrual disorders are common in rural women. Rural women have a good deal of faith on locally available medicinal plants for cure of these problems. Communities living in agroclimatic situations are well familiar with natural resources for treatment of different diseases from time immemorial. Tiwari *et al.* (1982) concluded their study as medicinal plants are used for obstetrics & gynaecological disorders in medieval India.

Medicinal plants based traditional health care system has been used in most cultural communities of world. According to him more than three quarter of the world's population uses medicinal plants for treatment of different human ailments. Balamurugan *et al.* (2017) stated that in Indian and other developing countries herbal medication hold high reputational position in rural as well as in urban area due to their affordability, safety and efficacy. The females of the

rural areas of Saran district (Bihar) still have a good faith on use of locally available plant materials for the treatment of different health related problems.

According to Rawat and Kharwal (2011), the ethnic knowledge about gynaecologically important plants is falling prey to the lure of modernisation. Ethno-gynaecology is an emerging branch of science which deals with indigenous rural people to deal with female health issues by application of medicinal plant products. It also deals with medicinal knowledge incorporating whole plants and their respective parts used to treat gynaecological problems. Several workers conducted survey based research studies throughout the globe related to ethno-gynaecology and ethno-botanical knowledge. But the Saran district is almost un-touched with respect of ethno-gynaecological studies related to rural people of this district of Bihar state.

2. Materials and Method

The female health related gynaecological problems are major problem in rural areas of Saran district (Bihar). These problems are treated by the rural women using folklore medicinal plants. A sincere attempt was made to document various folklore medicinal plants used for women diseases, gynaecological disorders and fertility related disorders by local people of the study area by a fresh survey made in different locations of Saran district. Specimen collection and information's related with these medicinal plants was gathered with the help of local practitioners, herbalists, vaidyas, kaviraj as well as from elderly women of the locality. Scientific name local name, family, plant parts used, method of preparation of drug and mode of administration was also recorded.

In order to document the utilization of indigenous medicinal plants, as sample survey was carried out, for two years (February, 2020 to January, 2022) in different villages of Saran district. Survey was carried out, throughout the year so as to get maximum information.

3. Result and Discussion

Women folk of Saran district usage flower of 8 species, of medicinal plants for treatment of various gynaecological disorders (Table-1).

Rural elder women of the rural areas of Saran district pass suitable knowledge about gynaecologically important plant materials and their mode of application to the other women in their surroundings. The floristic and ethno-medicinal investigations of Saran district was conducted by some researchers but information about plants used for gynaecological disorders by rural folk of this district is lacking in these studies.

Table 1: Flowers used for treatment of gynaecological disorders

S. No.	Local Name of Plant	Botanical Name	Family	Gynaecological Disorder	Method of Application
1.	Agast	<i>Sesbania grandiflora</i>	Fabaceae	Dysmeorrhoea	One teaspoon juice of flower taken twice a day orally for 10 days.
2.	Ashok	<i>Saraca asoka</i>	Caesalpiniaceae	Prevention of Miscarriage	5 flowers per day chewed for two weeks during early period of pregnancy to control spontaneous abortion.
3.	Champa	<i>Michelia Champaca</i>	Magnoliaceae	Gonorrhoea, Contraceptive	Paste of 5 flowers with water taken once a day orally for 10 days.
4.	Haldi	<i>Curcuma longa</i>	Zingiberaceae	Syphilis	Paste of flower bud used on infected part for a month.
5.	Jamun	<i>Syzygium cumini</i>	Myrtaceae	Post-partum pain	One teaspoon decoction once a day taken orally for one week.
6.	Palas	<i>Butea monosperma</i>	Fabaceae	Leucorrhoea, Amenorrhoea, Dysmenorrhoea, Oligo menorrhoea, Metrorrhagia, Menstrual disorder	Two teaspoon of flower bud juice taken twice a day orally for five days during menstruation period.
7.	Semal	<i>Bombax ceiba</i>	Bombacaceae	Amenorrhoea, Leucorrhoea	5 gm paste with two milk taken once a day orally for 10 days.
8.	Urhul	<i>Hibiscus rosa sinensis</i>	Malvaceae	Leucorrhoea, Amenorrhoea, Dysmenorrhoea, Gonorrhoea	Fresh flowers boiled with half glass of cow milk taken thrice a day orally for 3 days.

Kumar and Choyal (2012) observed that people of Hamirpur district of Himachal Pradesh uses *Tinospora cordifolia*, *Embllica officinalis*, *Dalbergia sisso* and ten other species of medicinally important plants for the treatment of Leucorrhoea and Menorrhagia. Shalini *et al.* (2022) stated that *Saraca asoka* is frequently used as reproductive tonic and management of gynaecological disorders. Srivastava (2013) documented medicinal plants used by tribal people of Dindori district of Madhya Pradesh for treatment of gynaecological disorders. Ranjith *et al.* (2012) surveyed about medicinal plants used for treatment of menstrual disorders by women of Kerala. Jansirani *et al.* (2018) documented some medicinal plants used for cure of menstrual disorders and fertility related problem by rural women of Nilgiri tribes of southern India.

Nadkarni and Nadkarni (1976) reported that flower decoction of *Butea monosperma* normalises menstrual flow. Paste of the flower of this plant if taken once a day in morning. Women of Saran district usage paste of the rhizome of *Cyperaus rotundus* on breast of lactating women to increase flow of lactation (Table-2).

Traditionally accepted medicinal plants are still the most favoured, acceptable and accessible medication among rural women folk of Bihar. During present study survey was conducted by visiting many places of Saran district (Bihar). Canal, bark of rivers, degraded land, agricultural fields and other habitats of plants were searched for this purpose. Traditional methods of application of medicinal plants may shows way for discovery of new medicines for future generations.

The rural people living in for mandible agro-climatic conditions remain well acquainted with natural products for

health benefits. The knowledge about gynaecological importance of locally available medicinal plants is dissimilated from each generation via speak only not in literally. Medicinal plants available in study area are like a blessing in rural areas of Saran district.

The results of this investigative study showed that the plants and herbs naturally available in Saran district posses immense potentialities for the treatment of different gynaecological disorders which the women of rural areas face.

4. Conclusion

The rural women of Saran district generally do not approach the physicians during gynaecological disorders due to lack of awareness, hesitation and shyness. These women adopt indigenous system of medicine because these are easily and locally available. Different formulations based on locally available medicinal plants are well recognised in different localities of Saran district. This district have rich source of medicinal plant as well as local rural communities are well acquainted with herbal medicine for treatment of gynaecological disorders. But this knowledge is not properly documented uptill now and it is only transmitted orally. So, collection of this traditional knowledge about medicinal importance of these plant species is the need of day. Side by side conservation of these natural wealth by creating awareness among rural people is also needed for the benefit of future generations.

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