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Phyto-Ethno-Medicinal Knowledge of Folklore People in Kappathgudda Region of Gadaga District, Karnataka, South India

H. M. Shivakumar[1], T. R. Parashurama[2]

[1,2]Department of P.G. Studies in Botany, Davangere University, Shivagangothri, Tolahunse- 577 002, India

Abstract: ***The ethnobotanical study conducted in the year 2014 at the Kappathgudda region of Gadaga district (Karnataka). This area is rich in plant wealth; therefore, this study has been made to prepare an inventory of indigenous medicinal plants and to bring traditional knowledge on record. The informal interviews with folklore people provided the data about 114 useful medicinal plants, The information gathered from the folklore perople was arranged by ailments followed by plant botanical name as well as local names along with family, parts used, method of preparation of medicine, dosage, duration, and ingredients were documented in study area. The families such as Euphorbiaceae and Fabaceae were most commonly used families for treatment. The phyto-ethno-medicinal survey of Kappathgudda region gives an important base line data of medicinal plants diversity in study area for future conservation aspects.***

Keywords: Phyto-Ethno-Medicinal Knowledge, Folklore People, Kappathgudda Region, Karnataka

1. Introduction

India is well known for significant geographical diversity, which has favoured the formation of different habitats and vegetation types. India is enriched with 15 per cent (3000-3500) out of 20,000 medicinal plants all over the world (Kirtikar and Basu, 1996). About 90 per cent of these are found growing wild in different climatic regions of the country (Chopra and Nayar, 1956). India is also home to many languages, cultures and beliefs, which have in turn contributed to high diversity of traditional knowledge. Large populations in India still rely on traditional herbal medicine (Dubey, 2004). In India, it is reported that traditional healers use 2500 plant species and 100 species of plants serve as regular sources of medicine (Pei, 2001). Folklore means tales, legends and superstition of a particular ethnic population. The knowledge of plants to cure diseases and disorders is inherited to these people from generations. 'Traditional medical knowledge' is declining rapidly, mainly due to the attraction of folk or tribal people towards the modern allopathic medicine. It has been pointed out that 80% of the population, globally, still depends on traditional medicine for their primary health care needs (Anon, 2002).

Comprehensive detailed information on ethnobotanical knowledge in Karnataka, which are lacking to certain areas (Bhandari *et al.*, 1995, Parinitha *et al.*, 2004, 2005) and particularly it is so in Kappathgudda of Gadaga district of Karnataka. Hence an attempt has been made to collect and document the ethnobotanical knowledge of local herbal healers of different communities in the Kappathgudda region of Gadaga district.

2. Materials and methods

2.1 Study Area

Kappathgudda region of Gadaga district located in central part of Karnataka state and lies between 75° 16 to 76° 03" E longitude and 14° 56 to 15° 53" N latitude (Fig.1,). The Gadaga district is spread over an area of 4,656 sq.km with a forest area of 326.14 sq.km. Vegetation-Hilly, deciduous, semi evergreen, scrubby types of forest supporting various species of flora and fauna. Rainfall - 500 to 650 mm; the minimum temperature recorded during winter is 18°C (during December) and highest is 42.5°C.

2.2 Selection of study sites

Kappathgudda is a holy place where there is a temple called *Kappathmallayya*, and people believed that every plant species had a special medicinal value, local people have a great belief in folklore medicinal system and about 95% of population is depends on it. Almost all deseases and ailments were cured by local medicinal plants given by the folklore family member called *sannyasin.* In Kappathgudda region the folklore people are giving medicine from about 1000 years ago. There are more than 5 families which are following this method and one of the family member should dedicate their lives to spiritual persuits. People in this stage of life develop vairagya, or a state of dispassion and detachment from material life, renouncing wordly thoughts and desires in order to spend the remainder of their lives in spiritual contemplation. A member of the sannyasa order is known as a sannyasin (male or female) or "sanyasini" (female).

2.3 Field survey and data collection

In present work the data collected by these folklore families by discussing with them and roaming all around the hills of Kappathgudda region along with photography and collection of medicinal parts of plants. Before going to the field survey, a rapport was established with the well-known persons of the village. Experienced people and knowledgeabble elder folklore people of the study area were contacted for collecting the information on their knowledge of medicinal treatment against human and veternary ailments.

2.4 Plant identification

Plants were photographed, flowering twigs were collected and brought to the laboratory and identified using standard identification manual - Flora of the Presidency of Madras (Gamble, 1995)

3. Results and discussion

Kappathgudda is a sacred groove, where so many folklore families are found all around the hilly regions. They almost totally depend mainly on the forest resources for their livelihood. They are hindus and believe in spiritual and supernatural existence and do not follow any specific system of alternative health care. They collect minor products from the forest and sell them at the nearby towns in exchange for money. People in Kappathgudda village were treated for their diseases and disorders by these folklore people. The people all around the village and even from other states also comes here for the better treatment for human ailments or diseases. Folklore people were cordial but revealed their knowledge only after persuation and educating them about the documentation of their knowledge for the sake of mankind.

In the present study, a total of 147 medicinal plant species belongs to 132 genera and 81 families used for treatment of human and livestock ailments were collected. Of these, 114 were used as human medicine, 33 as veterinary medicine. The presence of such a large number of medicinal plant species and associated ethnomedicinal knowledge in the district compared to number of species reported for other regions in Karnataka (Harsha, 2002, 2003, 2005; Bhandary *et al*., 1995, 1996; Rajkumar and Shivanna, 2010, 2012; Ramachandra *et al.*, 2012; Shivanna *et al.*, 2008; Pradeep *et al.*, 2014; Raju and Parashurama, 2014) indicates that the area has high diversity of medicinal plant species including a rich source of indigenous knowledge.

The analysis of families and number of usage of species for treatment of human ailments Euphorbiaceae and Fabaceae were most commonly used families that is about 8 species from each family and are dominant in Kappathgudda region (Fig 2). Five species from Cucurbitaceae, 4 species each from Caesalpinaceae, Mimosaceae, Verbanaceae, and 3 species each from Acanthaceae, Apocyanaceae, Aristolochiaceae, Asteraceae, Lamiaceae, Moraceae, Rutaceae and Solanaceae, were documented in this area.

The analysis of growth forms showed that in present work for the treatment of human diseases and ailments among 114 medicinal plant species 50 were trees, that is 44% followed by 29% herbs, 13% shrubs, 11% climbers and 3% were runners (Fig 3). The tree species constituted the largest number or proportion in treating of human ailments. The most commonly used plant part to prepare the herbal remedies was leaf followed by root, seed, bark, whole plant, latex, flower, corm, tuber, twig and plant oil (Fig 4). In many case, more than one part of the same plant species is used in the treatment of different ailments. The use of plant material can also depend on its availability. The leaves and root are always available and most of the healers prefer these parts for preparing herbal formulation. The less prefer parts of the plants were flower due to short time of availability in this region.

In present investigation, the information about ethno-medicinal plants was documented by the folklore people in Kappathgudda village of Gadaga district. They are basically from a lingayath category and are following the folklore practice from 1000 years ago, every member of the family are very expert in identifying the local plants, about 250-300 species of medicinal plants are present around the Kappathgudda region and are almost in natural habitat. They use medicinal plants very intelligently and sustainably, but still so many plant species were today in endemic condition. The precious, important, peculiar plants were heartlessly destroyed by the local uneducated persons, they didn't know the value of those plants and they simply use them for household purposes.

Here in present work an attempt have been done to interviewing all kinds of people in Kappathgudda region and collecting old folks to gather information about the relevance of plants to them. After scrutinizing the data, photography, documentation and enumerated the plants scientifically. The documentation of ethno-medicines of Kappathgudda had done for the sake of better future in the field of medicinal plants.

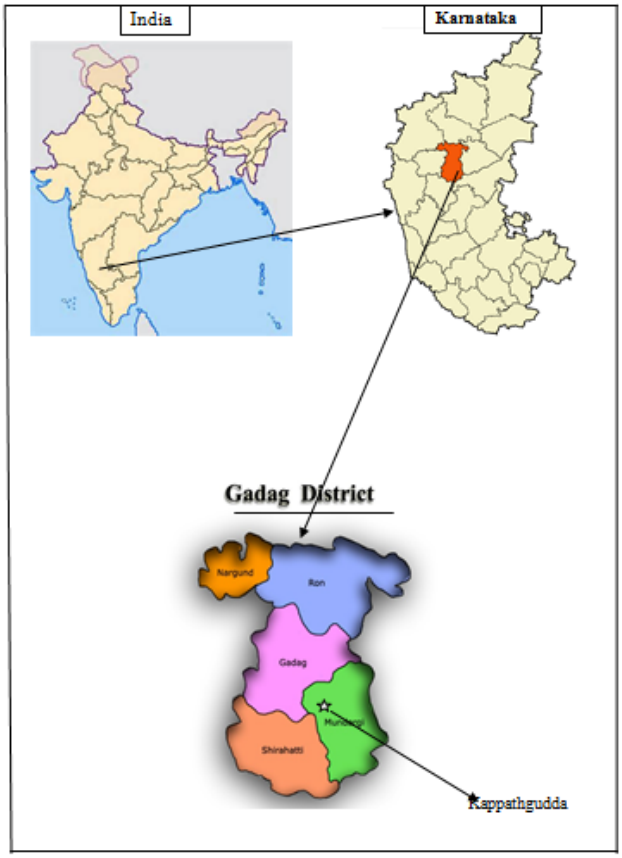

Figure 1: Location map of study area.

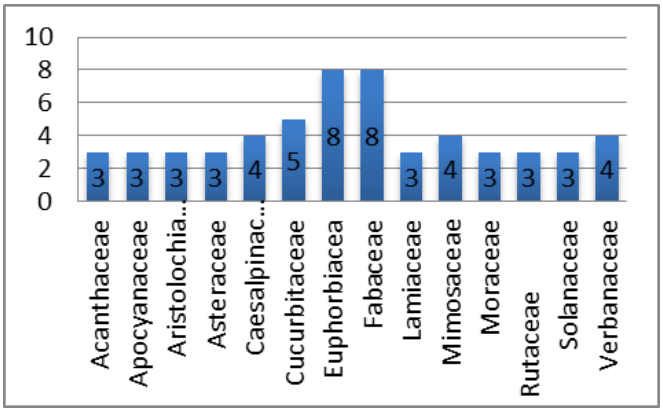

Figure 2: Dominantly represented families in treatment of human ailment

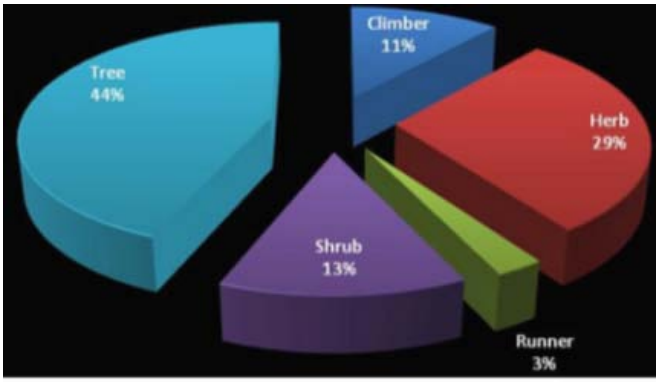

Figure 4: Plant parts used by folklore people for remedy preparation for human ailments

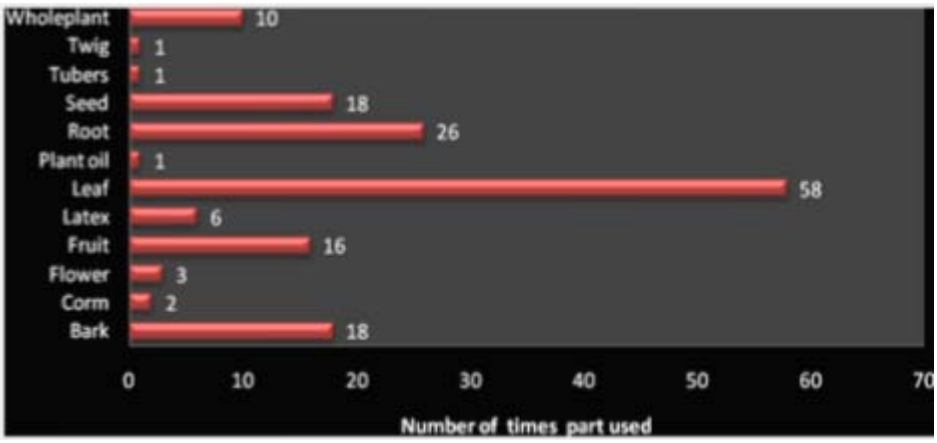

Figure 3: Life forms of medicinal plants for treatment of human ailments

Table 1: Medicinal plants used in the treatment of human diseases by folklore people in Kappathgudda region of Gadaga district.

Sl no	*Ailments*	*Botanical name/ Common name/ Family*	*Mode of usage*
1	Fever	*Andrographis paniculata* (N.Burman) Nelabevu (Acanthaceae)	Leaves of these plants with equal quantity each are finely powdered and boiled in a liter of water with sugar and honey, divided into 3 parts and taken orally as thrice a day, for 3-4 days.
		Picrorhiza scrophulariflora (Pennel) Katuka rohini (Scrophulariaceae)	
		Tinospora cordifolia (Willd.) Amruta balli (Menispermaceae)	
2	Diahrrea (Aama shanke)	*Cynodon dactylon* (L.) Garike hullu (Poaceae)	Leaves of these 2 plants and ginger with *Foeniculum vulgare* are crushed, boiled in 200ml of water to prepare decoction and taken orally 2-3 times per day for 4 days.
		Aegle mormelos (L.) Bilwapatre (Rutaceae)	Fruits are boiled; the inner pulp is mixed with jiggery, taken orally twice a day until cure.
3	Piles	*Achyranthus aspera* (L.) Utrani (Amaranthaceae)	All the three roots with equal quantity are taken, crushed, boiled in water to make decoction, taken orally twice a day early in the morning for a week.
		Asperagus racemosus (Willd.) (Liliaceae)Shatavari	
		Adhatoda zeylanica (Medikus) Aadusoge (Acanthaceae)	
4	Indigestion	*Maytenus rothiana* (Walp.) Ankli mara (Celastraceae)	Bark is crushed with milk, filtered and taken orally twice a day for a week.
		Picrorhiza scrophulariflora (Pennel) Katuka rohini (Scrophulariaceae)	Leaves and ginger are taken and equally mixed, powdered. About 6g of powder is added to 1litre of water boiled and cooled, and then sugar and honey is added and taken orally twice a day for a week.
5	Back pain/ Chest pain/ Abdomen pain.	*Jatropha curcas* (Miers) Kadu oudala mara (Euphorbiaceae)	Roots of the two plants are taken in equal amount and crushed to make decoction and taken orally for 2-3 days

		Rauvolfia serpentina (L.) Sarpagandhi (Apocyanaceae)	
		Caesalpinia bonduc (L.) Gajjaga (Caesalpinaceae)	Leaf extract is made into decoction and taken orally for a week, twice a day.
6	Cold	*Argemone mexicana* (L.) Golagolike, datturi (Papaveraceae)	Extract of stem taken orally with hot water for only one time.
		Hopea odorata (Roxb.) Kallu guggula (Dipterocarpaceae)	Both leaves are dried and powdered then burnt, the smoke is inhaled daily for a week.
7	Cough	*Pongamia pinnata* (L.) Pierre Honge mara, honge (Fabaceae)	Leaf extract is mixed with powder of *Piper nigrum* and taken orally early in the morning for a week.
		Calotropis procera (Aiton) Biliekke (Asclepiadaceae)	Root bark is shade dried and powdered and stored, then (2g) of powder is mixed with 1 spoon of honey, taken orally twice a day for 2-3 weeks.
		Centella asiatica (L.) Ondelaga (Apiaceae)	Leaves (12g) and *Piper nigrum* (3g) are crushed and leave it to boil in ½ lit water until the water reduces to 125ml it is filtered, taken orally twice a day for a week.
		Semecarpus anacardium (L.f.) Guddegeru (Anacardiaceae)	Latex of fruit is taken on the finger tip and applied on ulva for 2-3 days.
8	Asthama (Dhammu, ubbasa)	*Argemone mexicana* (L.) Golagolike, datturi (Papaveraceae)	Plant is dried and powdered and smoked until cure.
		Calotropis procera (Aiton) Biliekke (Asclepiadaceae)	The leaves are burnt and powdered and mixed with honey and taken orally twice in a day for 2-3 weeks or Young twig is taken orally with the *Piper beetle* leaf for 40 days.
		Fagonia indica (N.Burman) Nelaingalara (Zygophyllaceae)	Whole plant powder mixed with cardamoum and taken orally, along with cold water for 20-40 days.
		Ficus religiosa (L.) Arali mara (Moraceae)	Sun dried seed powder of plant is taken orally along with cold water thrice a day for 20-40 days.
		Limonia acidissima L. Belada mara (Rutaceae)	Fruit juice of the plant mixed with the fine seed powder of *Terminalia bellarica* (1.25g) and taken orally twice a day for 3-4 weeks.
		Sapindus laurifolia (Vahl) Antuvala mara (Sapindaceae)	The seeds of the plant is mixed with ginger in equal proportion and finely powdered and mixed with jaggery to prepare a 0.5 g size of tablets. 2 tablets should be taken per day for 1-2 weeks.
9	Cough with sputum (Kapha)	*Withania somnifera* (L.) Dunal Ashwagandha (Solanaceae)	Young leaves of the plants are crushed and boiled in water to prepare decoction taken orally twice a day for 3-5 weeks.
10	Hiccups (Bikkalike)	*Tamarindus indica* L. Hunase mara (Caesalpinaceae)	The cleaned leaves of the plant are squeezed and 3-4 drops of that extract administered into the nose twice a day for 1-2 days.
		Limonia acidissima L. Belada mara (Rutaceae)	20 g leaf extract of plant is mixed with fine powder of *Terminalia bellarica* and 15 ml of honey, taken orally twice a day for 2-3 days.
		Ficus benghalensis (L.) Alada mara (Moraceae)	4-5 fresh fruits are crushed along with honey and taken orally twice a day for 3-4 days.
11	Helmentiasis (Hotteya jantu)	*Butea monosperma* (Lam.) Muthugada mara, muthuga. (Fabaceae) *Embelia ribes* N. Burman Vayuvidanga, hulimeese (Myrsinaceae)	Seeds of both plants are taken equally and finely powdered mixed with lemon fruit extract and honey taken orally for 7 days on 8th day 20 ml of castor oil is taken orally.
		Mangifera indica L. Mavina mara (Anacardiaceae)	Fine seed powder of *Mangifera indica* will be taken orally early in the morning for 4 days on 5th day castor oil will be taken orally in the morning.
		Mucuna pruriens (L.) DC. Nasagunni (Fabaceae)	24 g of seeds of the plants are finely powdered and mixed with jiggery taken orally early in the morning for 4-6 days on the 7th day castor oil will be taken orally
12	Louse (Taleya henu)	*Azardirachta indica* (A.Juss.) Bevina mara (Meliaceae)	Seeds is crushed with cow's urine and applied to head before in the morning bath done for 1 week.
		Aegle mormelos (L.) Bilwapatre (Rutaceae)	Root crushed with cow's urine and applied to head before 2 hours at morning bath for 1 week.
13	Jaundice (Kamalae)	*Picrorhiza scrophulariflora* (Pennel) Katuka rohini (Scrophulariaceae)	30 mg of the fruit powder mixed in 800 ml of water to boil and reduce it to volume 100 ml and filtered taken orally, with 15 ml of honey early in the morning for 7 days.
		Lawsonia inermis L. Madarangi, goranti, (Lythraceae)	24 g of leaves is crushed with 200 ml of cow milk and taken orally early in the morning for 1-2 weeks.
		Phyllanthus amarus (Schumach.) Nelanelli, kallenchi (Euphorbiaceae)	The leaves crushed and mix with cow milk taken orally, for 1-2 weeks.
14	Haematemesis (Rakta pitha roga)	*Adhatoda zeylanica* (Medikus) Aadusoge (Acanthaceae)	60 ml of leaf extract of plant is mixed with 30 ml of honey taken orally, early in the morning for 2 weeks.
		Archidendron monodelphum (Roxb.) Kakki (Mimosaceae)	The leaves twig is fried along with castor oil and 12 g of sugar and 8 ml of honey is mixed and taken orally, twice a day for 2 weeks.
		Asperagus racemosus (Willd.) Shatavari (Liliaceae)	The leaves of the plant and *Emblica officinalis* are powdered equally 1.25 g this powder is mixed with 100 ml of cow milk taken orally, for 2 weeks.

15	Uncontiousness (Moorcha roga)	*Centella asiatica* (L.) Ondelaga (Apiaceae)	The leaf extract of *Centilla asiatica* seed powder of *Centrtherumant helminticum* (L.) and 3g of *Anacyclus pyrethrum* (DC.) are mixed properly with 6g of honey is taken orally twice a day, for 40 days.
		Achyranthus aspera (L.) Utrani (Amaranthaceae)	Seeds 3g are crushed along with cow's urine to make paste then tied in cloth to obtain 3-4 drops of extract administered into the nose early in the morning, weekly thrice, for 2 months.
		Madhuca longifolia (L.) Hippe mara, ippe mara (Sapotaceae) *Lagenaria siceraria* (Molina) Kahi sore (Cucurbitaceae)	In the seed oil of *Madhuca longifolia* and the seeds of *Lagenaria siceraria* are crushed and administered into the nose for a week.
16	Psychiatric disorder (Unmada , huchhu)	*Rauvolfia serpentina* (L.) Sarpagandhi (Apocyanaceae)	Root powder is mixed with leaf extract of *Centella asiatica* taken orally twice a day for 2-3months.
		Centella asiatica (L.) Ondelaga (Apiaceae)	Equal quantity of both leaf powder is added to 200ml of water to prepare decoction taken orally twice a day for 20-40 days.
		Tinospora cordifolia (Willd.) Amruta balli (Menispermaceae)	
		Balanites roxburghii (Planchon) Ingalara (Simaroubaceae)	Roots are crushed with donkey milk and administered into the nose early in the morning for a week.
		Hybanthus enneaspermus (L.) Ratnapurusha (Violaceae)	Tuesday before sunrise 24g of whole plant is finely crushed an mixed with 1 cup of cow's milk, taken orally, early in the morning for 4-6 weeks.
17	Tuberculosis (Kshaya)	*Adhatoda zeylanica* (Medikus) Aadusoge (Acanthaceae)	60ml of leaf extract is mixed with 30ml of honey taken orally, twice a day for 21-40 days.
		Withania somnifera (L.) Dunal Ashwagandha (Solanaceae)	These plant leaves (3g) are made into fine powder and mixed into the equal amount of water and milk to prepare decoction, taken orally thrice a day, for 1-2 month.
		Tinospora cordifolia (Willd.) Amruta balli (Menispermaceae)	
		Solanum virginianum L. Nelagulla (Solanaceae)	
		Tamarindus indica L. Hunase mara (Caesalpinaceae)	Bark is made into ash and mixed with cold water, taken orally twice a day for 40 days.
18	Heart disease	*Terminalia paniculata* Roth Mathi (Combretaceae)	The bark is made into fine powder and mixed with sugar, taken orally twice a day for 1 month
		Butea monosperma (Lam.) Muthugada mara, (Fabaceae)	Seeds are crushed in lemon extract and made into small pills, taken orally early in the morning for 3 days.
		Terminalia paniculata Roth Mathhi (Combretaceae)	Equal amount of these three 3 leaf extract is boiled in water to make decoction, to that milk and sugar is added, taken orally early in the morning for 2-3 months.
		Withania somnifera (L.) Dunal Ashwagandha (Solanaceae)	
		Asperagus racemosus (Willd.) Shatavari (Liliaceae)	
		Centella asiatica (L.) Ondelaga (Apiaceae)	Both these plant leaves are finely powdered equally and mixed with 250ml of water to prepare decoction, taken orally twice a day for 2-3 months.
		Tinospora cordifolia (Willd.) Amruta balli (Menispermaceae)	
19	Vaata problems	*Pongamia pinnata* (L.) Pierre Honge mara, honge (Fabaceae)	15 leaves are boiled in 1 litre of water and the steam is inhaled once in a day, until cure.
		Asperagus racemosus (Willd.) Shatavari (Liliaceae)	24g of root and 24g of leaves are crushed and boiled in water to prepare decoction taken orally twice a day, for 3-4 weeks.
		Tinospora cordifolia (Willd.) Amruta balli (Menispermaceae)	
		Hopea odorata (Roxb.) Kallu guggula (Dipterocarpaceae)	3g of *Hopea odorata* (Roxb.) crushed leaves is mixed with 60ml of cow's urine taken orally twice a day, for 2-3 weeks.
		Clerodendrum inerme (L.) Vishamadari (Verbenaceae)	Leaf extract with *Ocimum bascilicum* is mixed, taken orally twice a day, for 1-2 week.
20	Elephantiasis (Anekalu roga)	*Datura stramonium* (L.) Madugunike (Solanaceae)	*Gingiber officinalis*, *Centratherumant helmenticum*, *Curcuma amada*, are mixed in equal proportion and finely crushed to that leaf extract of *Datura metel*, Brassica oil is added and a full egg is added and mixed thoroughly, heated and applied to affected part over that *Riccinus communis* leaf is tied, twice a day for 1-2 month.
21	Burning michurian (Uri mootra)	*Argemone mexicana* (L.) Golagolike, datturi (Papaveraceae)	10 drops of leaf extract is mixed with 100ml of curd taken orally, early in the morning for 7 days.
		Ficus racemosa (L.)	Latex of the tree 100ml is mixed with 2g of seeds of *Cuminum cyminum*,

		Atthi mara (Moraceae)	taken orally, early in the morning for 1 week.
		Strychnos potatorum (L.f.) Chillada mara (Strychnaceae)	Seed powder is mixed with coconut milk with sugar, and power of *Syzigium aromaticum* is mixed properly and taken orally, twice a day for 1 week.
22	Continues urination (Mootra tade)	*Borassus flabellifer* L. Taale mara (Arecaceae)	Root is crushed in the water which is used for cleaning rice is applied to abdomen region, till the cure.
		Cynodon dactylon (L.) Garike hullu (Poaceae)	36g of root is crushed with 250ml of cow curd, taken orally twice a day for 1-2 weeks.
		Asperagus racemosus (Willd.) Shatavari (Liliaceae)	24g of root extract is mixed with 125ml of cow milk, along with 15ml of honey is mixed thoroughly and taken orally, twice a day for 1-2 week.
23	Kidney stone	*Achyranthus aspera* (L.) Utrani (Amaranthaceae)	Root of the plant is dried and finely powdered and 1.25g is taken along with hot water, taken orally, early in the morning for 2-3 weeks.
		Hybanthus enneaspermus (L.) Ratnapurusha (Violaceae)	Leaf paste is taken orally along with hot water for 2-3 weeks.
		Tephrosia purpurea (L.) Adavihuruli (Fabaceae)	36g of seed mixed with 200ml of water, boiled, filtered, to that 200ml of goat milk is added, taken orally twice a day for 1-2 weeks.
		Opuntia stricta (Haw.) Dabbugalli (Cactaceae)	Fruits are cleaned and taken orally.
		Aegle mormelos (L.) Bilwapatre (Rutaceae)	Leaves are crushed with butter milk, filtered, to that 24g of buttermilk, filtrate taken orally early in the morning for 1-2weeks.
24	Haematuria (Rakta mootra)	*Phyllanthus amarus* (Schumach.) Nelanelli, kallenchi (Euphorbiaceae)	12g of whole plant and 2g of *C. cyminum* is crushed along with buffalo butter milk, filtered taken orally along with buffalo butter milk, early in the morning for 1-2 weeks.
		Ficus racemosa (L.) Atthi mara (Moraceae)	4-6 fruits taken orally along with the honey twice a day for 1-2 weeks.
		Cynodon dactylon (L.) Garike hullu (Poaceae)	60ml of leaf extract, 3g of stone sugar and 72g of seed powder of *Syzigium aromaticum* mixed thoroughly, taken twice a day for 1-2 weeks.
25	Decentry	*Terminalia chebula* (Retz.) Alalekai (Combretaceae)	Seeds, ginger are taken in equal proportion and finely powdered, taken orally along with 12g of jiggery until cure.
		Pedalium murax (L.) Aane neggilu mullu (Pedaliaceae)	Whole plant is mixed with *C. cyminum, S. aromaticum* are taken equally and finely powdered, 24g of that extract is mixed with sugar and taken orally, along with water until cure.
		Thottea siliquosa (Lam.) Chakranike or chakrani balli(Aristolochiaceae)	Root decoction 20ml is taken orally once in a day until cure.
		Maytenus emerginata (Willd.) Tandrasi. Tandarasi mara (Celastraceae)	Leaf paste is taken orally along with sugared water.
		Jatropha curcas (Miers) Kadu oudala mara (Euphorbiaceae)	Leaf paste is taken orally along with water.
26	Polyurea	*Curculigo orchioides* (Gaertner) Neladale (Hypoxidaceae)	Whole plant Corm, date palm and banana each crushed in cow milk, taken orally, twice a day for 1-2 weeks
27	Diabetes	*Ficus racemosa* (L.) Atthi mara (Moraceae)	Shade dried bark 48g is mixed in 480ml of water to prepare decoction, taken orally twice in a day for 7-14 days.
		Aegle mormelos (L.) Bilwapatre (Rutaceae)	Leaf extract (120ml) is taken orally twice a day until cure.
		Gymnema sylvestre (Retz.) Madhunashini (Asclepiadaceae)	Leaf paste is made into small pills and taken orally twice a day.
		Pterocarpus marsupium (Roxb.) Raktha honne (Fabaceae)	Bark is finely powdered and 6g of that powder is mixed with 200 ml of water, taken orally four times per day, until cure.
		Cassia senna (L.) Nelavare (Caesalpiniaceae)	Whole plant is finely powdered and stored; 15ml is taken and mixed with hot water, taken orally twice a day for 21 days.
		Phyllanthus emblica (L.) Dodda nelli, bettada nelli (Euphorbiacea)	Fruits are taken orally.
		Semecarpus anacardium (L.f.) Guddegeru, kerubeeja (Anacardiaceae)	Fruit pulp (12g) is mixed with cow milk and keep it for over night, then 15g of sugar is added and taken orally early in the morning for 3 days.
		Achyranthus aspera (L.) Utrani (Amaranthaceae)	Root of plant is crushed along with coconut milk, taken orally early in the morning for a week.
		Pterocarpus indicus (Willd.) Bilihonne (Fabaceae)	Bark (24g) is crushed and boiled in water to prepare decoction, taken orally once in a day for 2 weeks.
		Tinospora cordifolia (Willd.) Amruta balli (Menispermaceae)	Leaf extract 12g is mixed with 15ml of honey, taken orally twice a day for a week.
28	Ovulation related problems	*Caesalpinia bonduc* (L.) Gajjaga (Caesalpinaceae)	Leaves are made into ash form, and 2 tea spoon full of that ash is taken orally along with cold water until cure.
		Mimosa pudica (L.) Nachike mullu (Mimosaceae)	The roots of both plants are crushed and applied to affected part for a week.
		Caesalpinia bonduc (L.) Gajjaga (Caesalpinaceae)	
29	Lympadenopathy (Gandamale)	*Ficus racemosa* (L.) Atthi mara (Moraceae)	Root is finely powdered to that 6g of asafetida and 10ml of castor oil is mixed and applied to affected part for 1-2 weeks.

		Aloe vera (L.) Kathligida, lolesara (Liliaceae)	Leaf extract is mixed with salt and finely crushed and applied to affected part for 1-2 weeks.
		Hibiscus rosa-sinensis L. Dasuvala, bili dasuvala (Malvaceae)	Flower is crushed along with coconut oil heated and applied to affected part for 1-2 weeks.
		Vernonia cinerea L. Sahadevi (Asteraceae)	Root is collected on Sunday then it is tied to the ear of affected person.
30	Leprosy	*Calotropis procera* (Aiton) Biliekke (Asclepiadaceae)	The root is made into paste along with cow's urine is applied to affected part until cure.
		Azardirachta indica (A.Juss.) Bevina mara (Meliaceae)	24 g of leaf extract is taken orally along with cow's urine twice a day until cure.
		Tinospora cordifolia (Willd.) Amruta balli (Menispermaceae)	60-90 ml of plant juice is taken orally twice a day for 3-4 months.
		Terminalia chebula (Retz.) Alalekai (Combretaceae)	Ectocarp is finely powdered and mixed with neem oil, applied on the affected region until cure.
		Abrus precatorius (L.) Gulagangi (Fabaceae) *Plumbago zeylenica* (L.)Chitramoola (Plumbaginaceae)	*Abrus precatorius* seeds, *Plumbago zeylenica* root, *Semecarpus anacardium* seed and *Azardirachta indica* leaves are taken in equal amount and make it fine paste and applied on affected region until the cure.
		Semecarpus anacardium (L.f.) Guddegeru (Anacardiaceae)	
		Azardirachta indica (A.Juss.) Bevina mara (Meliaceae)	
31	Sinus	*Mimosa pudica* (L.) Nachike mullu (Mimosaceae)	Plant paste is applied on affected region until cure.
32	Abscess	*Cynodon dactylon* (L.) Garike hullu (Poaceae)	Plant is fried in cow ghee and applied on affected region until cure.
33	Diabetic ulcer	*Plumaria rubra* (L.) Devakanagalu (Apocyanaceae)	Root is crushed in water to make paste and applied on affected region until cure.
34	All type of ulcer	*Withania somnifera* (L.) Dunal Ashwagandha (Solanaceae)	Leaves are covered on affected region and tied with cloth until cure.
		Ophiorrhiza mungos (L.) Patala garuda (Rubiaceae)	Root, ginger and ghee are taken in equal amount, boiled and applied on affected region until cure.
		Ficus racemosa (L.) Atthi mara (Moraceae)	Cotton is dipped in latex and tied on affected region until cure.
		Butea monosperma (Lam.) Muthugada mara, muthuga. (Fabaceae)	Leaf extract is applied on affected region until cure.
		Croton tiglium L. Japala (Euphorbiaceae)	Root is made into paste in fresh turmeric and applied on affected region until cure.
		Holoptelea intergrifolia (Roxb.) Tapsi mara (Ulmaceae)	Leaves are dipped in coconut oil and heated, then it is covered on affected region until cure.
35	Ulcer (Arasu hunnu)	*Bamboosa vulgaris* Schrader Bidiru, haladi bidiru (Poaceae)	Sprout extract is applied on affected region, until cure.
36	Saeborrhic dormetitis	*Acacia ferruginea* (DC.) Banni mara (Mimosaceae) *Azardirachta indica* (A.Juss.) Bevina mara (Meliaceae)	Leaf extract of *Acacia ferruginea* (4ml), neem leaf extract (3ml), *Pongamia* leaf extract (2ml), lemon extract (1ml) are mixed in 5ml of linseed oil, then little amount of *Piper nigrum* is added then applied on affected region, until cure.
37	Strongylrides stercorelis	*Calotropis procera* (Aiton) Biliekke (Asclepiadaceae)	Leaf is dipped in castor oil, heated and tied on affected region daily twice, until cure.
38	Fresh wound	*Tridax procumbens* (L.) Tikki soppu (Asteraceae)	Leaf paste is applied on the affected place.
		Bridelia retusa (L.) Aasana mara(Euphorbiaceae)	Bark is removed, burnt and the ash is applied on the wound.
39	Burnt wound	*Archidendron monodelphum* (Roxb.) Kakki(Mimosaceae)	Fruit paste is applied on burnt region.
40	Bone fracture	*Tamarindus indica* L. Hunase mara (Caesalpinaceae)	Seed paste and salt is mixed applied on fracture region and tied with the cloth.
		Tamarindus indica L. Hunase mara (Caesalpinaceae)	Leaves are crushed and applied on fracture region and tied with the cloth.
		Mangifera indica L. Mavina mara (Anacardiaceae)	Bark and tamarindus leaves are crushed and the paste is boiled in pot, then applied on fracture region and tied with the cloth.
41	Pasonychysia	*Lawsonia inermis* L. Madarangi, goranti, (Lythraceae)	Leaf, garlic, pepper, lemon extract all are taken in equal amount and crushed to make paste and applied on affected region.
42	Skin cracks	*Madhuca longifolia* (L.) Hippe mara, ippe mara (Sapotaceae)	Bark powder is mixed with tripala choorna and mixed with butter and applied on affected region.

		Terminalia chebula (Retz.) Alalekai (Combretaceae)	Seed powder is mixed with butter and applied on affected region.
43	Foot corm	*Ophiorrhiza mungos* (L.) Patala garuda (Rubiaceae)	Root is crushed in cow's urine and the paste is applied on affected region.
		Eichhornia crassipes (Mart.) Antaragange (Pontederiaceae)	Whole plant is mixed with cow's ghee and crushed; paste is applied on affected region for 2-3 weeks.
44	Skin problems	*Momordica charantia* L. Haagalakai (Cucurbitaceae)	*Momordica charantia* fruits and leaves of *Myristica fragrans* are crushed in curd and applied on affected region.
		Myristica fragrans (Houttuyn) Patre mara (Myristicaceae)	
		Centella asiatica (L.) Ondelaga (Apiaceae)	Fresh leaves paste is applied on affected region.
45	Dermatitis	*Picrorhiza scrophulariflora* (Pennel) Katuka rohini (Scrophulariaceae)	Leaf paste is mixed with pepper and applied on affected region until cure.
		Terminalia chebula (Retz.) Alalekai (Combretaceae)	Seed powder is mixed with honey and applied on affected region.
		Butea monosperma (Lam.) Muthugada mara, muthuga. (Fabaceae)	Seed powder is mixed with lemon extract and applied on affected region until cure.
46	White patches	*Hopea odorata* (Roxb.) Kallu guggula (Dipterocarpaceae)	Seeds powder is mixed with ghee and heated, then it is applied on affected region along with massage, until cure.or
			Bark is crushed in butter and it is applied on affected region along with massage, until cure.
		Pterocarpus santalinus (L.f.) Rakta chandana (Fabaceae)	Bark powder is mixed with turmeric, coconut water or lemon extracts and applied on affected region until cure.
47	Perspirarian Bad smelling	*Terminalia chebula* (Retz.) Alalekai (Combretaceae)	Ectocarp is made into paste in little amount of water and applied all over the body leave it for 15min and take bath.
		Aegle mormelos (L.) Bilwapatre (Rutaceae)	Leaf paste is applied all over the body, after 15min take bath with cold water.
48	Pimples	*Ocimum basilicum* (L.) Kamakasturi (Lamiaceae)	Leaf extract is applied on the whole face.
		Caesalpinia bonduc (L.) Gajjaga (Caesalpinaceae)	Root paste is applied on pimples until cure.
49	Face glow/ for rough and dark face	*Pongamia pinnata (*L.) Pierre Honge mara, honge (Fabaceae)	Seeds are crushed in milk and applied to face.
		Tinospora cordifolia (Willd.) Amruta balli (Minispermaceae)	Leaf or fruit extract is applied to face.
		Cochlospermum religiosum (L.) Bettadavare (Bixaceae)	Fresh flowers are taken orally daily, early in the morning
50	Poisoning by thorn	*Calotropis procera* (Aiton) Biliekke (Asclepiadaceae)	Latex is applied on the affected region.
		Aloe vera (L.) Kathligida, lolesara (Liliaceae)	Leaf is crushed in ghee, boiled and then applied on affected region.
51	Chicken pox	*Adhatoda zeylanica* (Medikus) Aadusoge (Acanthaceae)	Leaves extract (15-30ml) and honey 15ml, mixed and taken orally twice a day, for 8-10days.
		Bamboosa vulgaris Schrader Bidiru, haladi bidiru (Poaceae)	Pealed bark is mixed with *Oscimum sanctum*, *Centella asiatica*, ghee and crushed and put it on flame, the smoke is made to fall on all over the body for 6-7 days.
		Azardirachta indica (A.Juss.) Bevina mara (Meliaceae)	Leaf paste is applied all over the body, leave it for 30min and take bath.
52	Gastro oesophageal reflux disease	*Aloe vera* (L.) Kathligida, lolesara (Liliaceae)	Leaf extract (72g) is mixed with (12g) of jiggery and taken orally daily, early in the morning, until cure.
		Terminalia chebula (Retz.) Alalekai (Combretaceae)	Seed powder (12g) is mixed with (12g) of ghee and taken orally twice a day, for 1-2 weeks.
		Tinospora cordifolia (Willd.) Amruta balli (Menispermaceae)	Plant extract (30ml) is mixed with (12g) of sugar, taken orally twice a day for 1-2 weeks.
53	Head ache	*Sapindus laurifolia* (Vahl) Antuvala mara (Sapindaceae)	Seeds are dipped in water and kept it for overnight, in the morning it is squeezed and clean cloth is dipped in that extract and dried and stored. Whenever necessary required amount of cloth piece is cut and dipped in cow milk and the smell is inhaled.
		Achyranthus aspera (L.) Utrani(Amaranthaceae)	Aroma of seed powder is inhaled, until cure.
		Ocimum gratissimum (L.) Kadu tulsi/ rama tulsi (Lamiaceae)	Leaf extract is crushed with Cardomum and applied on forehead.
		Acacia nilotica (L.) Karijali, vajra musthi(Mimosaceae)	Leaf extract is dropped into the nose, until cure.
		Aristolochia indica (L.) Eeshwari balli (Aristolochiaceae)	4 drops of root or plant extract are applied into the nose.

54	Hair fall	*Semecarpus anacardium* (L.f.) Guddegeru (Anacardiaceae)	1-2 seeds are boiled in linseed oil, and then seeds are removed and applied to the hairs.
		Alternanthera sessilis (L.) Honaganne (Amaranthaceae)	Leaf extract, cow milk, linseed oil taken in equal amount and mixed, applied to the hairs.
		Sapindus laurifolia (Vahl) Antuvala mara (Sapindaceae)	Leaf extract is applied to the hairs for 2 hours and wash.
55	white hairs	*Abrus precatorius* (L.) Gulagangi (Fabaceae)	Leaf extract of each plant is mixed in lin seed oil and applied to hairs.
		Semecarpus anacardium (L.f.) Guddegeru (Anacardiaceae)	
		Eichhornia crassipes (Mart.) Antaraganga (Pontederiaceae)	
		Alternanthera sessilis (L.) Honaganne (Amaranthaceae)	
		Aegle mormelos (L.) Bilwapatre (Rutaceae)	Leaf extract is rubbed to hairs before bath.
56	Dandruff	*Eclipta prostrata* (L.) Garuga (Asteraceae)	Extract is mixed with cow's milk and applied to hairs for 1-2 hours before bath.
57	Ear disease	*Calotropis procera* (Aiton) Biliekke (Asclepiadaceae)	Leaf is burnt and crushed to make extract and then it is dropped into the ear, once in a day.
		Limonia acidissima L. Belada mara (Rutaceae)	Bark extract is mixed with honey and dropped into the ear daily twice.
		Terminalia chebula (Retz.) Alalekai (Combretaceae)	Seed powder is boiled along with lin seed oil and dropped into the ear daily once.
58	Deafness	*Ailanthus triphysa* (Dennst.) Maddi, guggula dhoopa (Simaroubaceae)	Smoke is blowed into the ear with the help of small pipe.
		Achyranthus aspera (L.) Utrani (Amaranthaceae)	Seed powder is boiled with linseed oil and dropped into the ear.
59	Ear worms	*Capparis moonii* (Wight) Totlugida (Capparaceae)	Leaf extract is mixed within seed oil, boil, filter and dropped into the ear.
		Datura stramonium (L.) Madugunike (Solanaceae)	Leaf extract (12g), garlic (12g), linseed oil (48g) mixed, boiled, filtered and dropped into the ear.
60	Eye disorders	*Rauvolfia serpentina* (L.) Sarpagandhi (Apocyanaceae)	Leaf extract is used as eye drops, 3-4 drops per time once in a day for a week.
		Butea monosperma (Lam.) Muthugada mara, muthuga. (Fabaceae)	Seeds are fried in ghee and crushed finely and applied into the eyes.
61	Nasal disorders	*Adhatoda zeylanica* (Medikus) Aadusoge (Acanthaceae)	Leaf extract (60ml) and cow's milk (120ml) mixed and taken orally daily, early in the morning 3-4 days.
		Ocimum basilicum (L.) Kamakasturi (Lamiaceae)	Leaf extract is mixed with little amount of camphour and used as nose drops.
		Tinospora cordifolia (Willd.) Amruta balli (Menispermaceae)	Leaves are crushed in curd and the paste is applied at top of head and tied with the help of cloth.
62	Dental problem	*Acacia nilotica* (L.) Karijali, vajra musthi (Mimosaceae)	Bark is crushed and make it into decoction, used for mouth wash.
		Aegle mormelos (L.) Bilwapatre (Rutaceae)	Root paste is applied at affected region.
		Holarrhena pubescens (Buch.-Ham.) Halagathhi (Apocynaceae)	Leaf and root paste is applied at affected region.
		Sapindus laurifolia (Vahl) Antuvala mara (Sapindaceae)	Seed powder is fried and equal amount of salt is added and used as tooth powder.
		Achyranthus aspera (L.) Utrani (Amaranthaceae)	Plant stick is used for tooth cleaning.
		Mimusops elengi (L.) Nanjalu mara, pagade mara (Sapotaceae)	Plant stick part is used for tooth cleaning.
		Datura stramonium (L.) Madugunike (Solanaceae)	Seeds are crushed with salt and used as tooth paste.
63	For jaws and vocal cords	*Ficus racemosa* (L.) Atthi mara (Moraceae)	Leaf extract is used for mouth wash, and also mixed with honey and taken orally, or latex applied over tongue.
		Terminalia chebula (Retz.) Alalekai (Combretaceae)	Seed powder is used to prepare decoction and used for mouth washing.
		Plumbago zeylenica (L.) Chitramoola (Plumbaginaceae)	Roots of both plants are mixed with *saindralavana* and crushed to make paste and then little amount of ghee is added and applied over the tongue.
		Picrorhiza scrophulariflora (Pennel) Katuka rohini (Scrophulariaceae)	
64	Snake bite.	*Aristolochia indica* (L.) Eeshwari balli (Aristolochiaceae)	Leaf or root is crushed along with pepper and water, taken orally once in every 20min and also applied onto snake bite region.

		Cynodon dactylon (L.) Garike hullu (Poaceae)	Plant extract is taken orally once in every 20min, also applied onto snake bite region.
		Calotropis procera (Aiton) Biliekke (Asclepiadaceae)	Latex is applied on snake bite region and also 21 young leaves are taken orally immediately after snake bite.
		Sapindus laurifolia (Vahl) Antuvala mara (Sapindaceae)	Fruits are crushed in water and taken orally once in every 30min.
		Adhatoda zeylanica (Medikus) Aadusoge (Acanthaceae)	Root paste 12-24g is mixed with water and taken orally once in 60min.
		Rauvolfia serpentina (L.) Sarpagandhi (Apocyanaceae)	Root extract is mixed with lemon juice and taken orally and also used to apply on snakebite region.
65	Scorpion sting	*Strychnos potatorum* (L.f.) Chillada mara (Strychnaceae)	Seed paste is applied on scorpion bite.
		Madhuca longifolia (L.) Hippe mara, ippe mara (Sapotaceae)	Flowers are crushed in water to make paste and applied on scorpion bite.
		Ocimum gratissimum (L.) Kadu Tulsi / rama tulsi (Lamiaceae)	Leaf extract is applied on scorpion bite.
		Achyranthus aspera (L.) Utrani (Amaranthaceae)	Leaf paste of *A. aspera* and seed powder of *S. potatorum* is mixed and applied on scorpion bite.
		Strychnos potatorum (L.f.) Chillada mara (Strychnaceae)	
		Aloe vera (L.) Kathligida, lolesara (Liliaceae)	Root is crushed inside the mouth.
66	Rat bite	*Strychnos potatorum* (L.f.) Chillada mara (Strychnaceae)	Seed powder is mixed with butter milk and taken orally, once in a day early in the morning for 1 week.
67	Dog bite	*Calotropis procera* (Aiton) Biliekke (Asclepiadaceae)	Latex is mixed with equal amount of jaggery and lin seed oil and applied on dog bite region, once daily for 1week.
		Calotropis procera (Aiton) Biliekke (Asclepiadaceae)	Latex is applied on dog bite region and rubbed hardly.
		Aloe vera (L.) Kathligida, lolesara (Liliaceae)	Leaf paste is mixed with salt and applied on dog bite region for 7 days.
68	Menstruation problems	*Asperagus racemosus* (Willd.) Shatavari (Liliaceae)	Root is crushed to make decoction and equal amount of cow's milk is added and taken orally twice a day for 10-14 days
		Ficus racemosa (L.) Atthi mara (Moraceae)	Fruit extract (48g), *A. racemosus* (24g) mixed well and crushed along with (10g) sugar and taken orally twice a day for a week, after milk should be drink. Or
			Root is crushed along with *F. racemosa* bark and add little amount of honey, taken orally once in a day at night for 3-4 weeks.
		Acacia ferruginea (DC.) Banni mara (Mimosaceae)	Leaves (50g) are crushed in cow's milk and filtered then (6g) *Cuminum cyminum*, (6g) stone sugar, taken orally daily early in the morning once, for 7-14 days.
69	Leucorrhia	*Aegle mormelos* (L.) Bilwapatre (Rutaceae)	Leaf extract 30-60ml mixed with cow's milk taken orally before breakfast, twice a day for 2 weeks.
70	Macorrhagia	*Adhatoda zeylanica* (Medikus) Aadusoge (Acanthaceae)	Leaf extract 12-18g is mixed with sugar taken orally twice a day until cure.
71	Dysmenorrhea	*Corallocarpus epigaeus* (Rottler) Gili moothi gedde (Cucurbitaceae)	*Corallocarpus epigaeus* Corm is crushed and made into small pills taken twice a day every month thrice.
72	Bearing for male child	*Limonia acidissima* L. Belada mara (Rutaceae)	Fruit pulp 38-46g is mixed with 200ml of cow's milk taken orally twice a day from the third month of pregnancy.
		Ficus benghalensis (L.) Alada mara (Moraceae)	Root is grown in north direction is collected, and then tied to the shoulder of pregnant.
73	Soma roga	*Phyllanthus amarus* (Schumach.) Nelanelli, kallenchi (Euphorbiaceae)	Leaf extract (60ml) is mixed with 100ml of cow's milk taken orally twice a day for 7-9 days.
74	Infertility	*Ficus racemosa* (L.) Atthi mara (Moraceae)	3-4 fruits are taken orally along with honey after sugared milk is taken orally for 40 days.
		Diplocyclos palmatus (L.) Mahalinganaballi (Cucurbitaceae)	Seed powder is taken orally along with water for 20-30 days.
75	Veginal problem	*Stachytarpheta jamaicensis* (L.) Kari utrani (Verbanaceae)	Root (12g) is crushed in 12g of ghee taken orally twice a day for 1-2 weeks.
76	For abortion	*Ficus racemosa* (L.) Atthi mara (Moraceae)	Root (24g) bark decoction is mixed with honey, taken orally early in the morning for 2-3 weeks.
77	Garbha hulu nivarane	*Aristolochia bracteolata* (Lam.) Katthe kirubana gida (Aristolochiaceae)	Leaf is crushed with ginger, taken orally along with honey for 3-4 weeks.
78	Labour pain	*Aegle mormelos* (L.) Bilwapatre (Rutaceae)	Fruit pulp is mixed with ginger with equal proportion to make decoction, taken orally twice a day, for 7-8 days.
79	During pregnency	*Balanites roxburghii* (Planchon) Ingalara (Simaroubaceae)	Root bark of the tree is crushed with children urine for 3-5 days.
80	Contraception	*Abrus precatorius* (L.) Gulagangi (Fabaceae)	Seed (4g) powder is mixed with butter milk and taken orally after 3 days of periods.

81	Lactation problems (to increase breast milk)	*Phoenix sylvestris* (L.) Eechalu mara (Aracaceae)	Copra is taken orally.
		Olax scandens (Roxb.) Nakkare, nakkaraki (Olacaceae)	Roots and leaves are crushed and taken orally.
82	To stop lactation	*Azardirachta indica* (A.Juss.) Bevina mara (Meliaceae)	Leaf paste is applied over the breast nipples.
83	Sperm dysfunction	*Achyranthus aspera* (L.) Utrani (Amaranthaceae)	Root powder (2.5g) of plant is mixed with sugar and milk, taken orally twice a day until cure.
		Ficus racemosa (L.) Atthi mara (Moraceae)	Bark (6g) *of F.racemosa*, twig of *F.bengalensis* and (6g) of stone sugar is mixed in cow's milk taken orally early in the morning for 40 days.
		Ficus benghalensis (L.) Alada mara (Moraceae)	
		Tinospora cordifolia (Willd.) Amruta balli (Menispermaceae)	Leaf extract (30ml) is mixed with (30ml) of honey, taken orally twice a day for 3-4 weeks.
84	Male infertility	*Ocimum gratissimum* (L.) Kadu Tulsi / rama tulsi (Lamiaceae)	Equal quantity of Seed powder and jiggery mixed well and taken orally twice a day, for 21-42 days.
85	Anti aging	*Tinospora cordifolia* (Willd.) Amruta balli (Menispermaceae)	Plant powder is mixed with jiggery, honey; ghee mixture is taken orally twice a day along with cow's milk.
86	Early ejaculation	*Tamarindus indica* L. Hunase mara (Caesalpinaceae)	Seeds (960g) are soaked in water for 4 days, then it is fried and remove seed coat, then it is finely powdered, to that equal amount of sugar is added, taken orally 3-6g along with honey and ghee.
87	Vaajikarana	*Terminalia chebula* (Retz.) Alalekai (Combretaceae)	Seed powder is taken orally along with sugar or ginger or salt or honey.
88	Sleeplessness	*Rauvolfia serpentina* (L.) Sarpagandhi (Apocyanaceae)	Rice is mixed with water and kept for overnight, then that water is mixed with leaves of *R.serpentina* and crushed, taken orally once in a day for 1-2 weeks.
		Centella asiatica (L.) Ondelaga (Apiaceae)	Root is crushed and the paste is applied over top of the head and tied with the help of cloth until cure.
89	High Bp	*Rauvolfia serpentina* (L.) Sarpagandhi (Apocyanaceae)	Root is powdered and taken orally twice a day along with lemon extract and honey for 3-4 weeks.
		Cassia auriculata (L.) Honnavare (Caesalpiniaceae)	Flower paste is made into small pills and taken orally twice a day.
90	Vomiting	*Ocimum gratissimum* (L.) Kadu Tulsi / rama tulsi (Lamiaceae)	15ml of leaf extract and 2g of cardamom powder is mixed and taken orally until cure.
		Tinospora cordifolia (Willd.) Amruta balli (Menispermaceae)	120g of cold decoction of plant is mixed with 24g of honey taken orally twice a day for 1 week.
91	Blood vomiting	*Adhatoda zeylanica* (Medikus) Aadusoge (Acanthaceae)	Root decoction is cooled and honey is mixed, taken orally until cure.
92	Emetic	*Murraya koenigii* (L.) Gandhabevu, karibevu (Rutaceae)	Bark or the leaf extract is mixed with water and taken orally about 200-300ml.
93	Herpes	*Pterocarpus santalinus* (L.f.) Rakta chandana (Fabaceae)	Bark is crushed to make decoction and taken orally about 12g for 20days.
		Cynodon dactylon (L.) Garike hullu (Poaceae)	Plant is crushed in cold water and applied on affected region until cure.
94	Impotency	*Securinega virosa* (Willd.) Bilihuli (Euphorbiaceae)	Leaf is crushed and make into small pills, taken orally twice a day for 15 days.
		Ipomea batatus (L.) Adavi genasu (Convolvulaceae)	Tubers are taken orally.
95	Nerve weakness	*Holoptelea intergrifolia* (Roxb.) Tapsi mara (ulmaceae)	Oil extracted from the bark is applied on affected area and gently massaged.
96	Arthritis	*Opuntia vulgaris* (Miller) Mullugalli (cactaceae)	Latex is applied on affected area.
		Abutilon indicum (L.) Shreemudre (Malvaceae)	Oil is applied on painful region and gently massaged.
97	Cancer	*Hemidesmus indicus* (L.) Haluballi , halikudi (Periplocaceae)	Whole plant is crushed mixed with equal amount of sugar, taken orally along with crystals of salt.
98	Lungs problem	*Boswelia serrata* (Roxb.) Sambranimara, lobana gida (Burseraceae)	Dried latex is put into the fire and the smoke is inhaled through nose, daily once a day in early morning.

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