

# Utilization of Medicinal Plants by the Tribes of Bhatiya, District Shahdol, Madhyapradesh

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**Abstract:** Study area of Bhatiya, District-Shahdol (M.P.) there are hundreds of medicinal plants that have a long history of curative properties against various diseases and ailments. The present paper reports 10 plant species of 10 Families are used by the indigenous people for several common diseases like bronchitis, leprosy, cough, skin, disease etc. Documentation of such knowledge is important to evaluate culture and protection exert on local biodiversity.

**Keywords:** Medicinal Plants, Bhatiya, Tribes, Shahdol.

## 1. Introduction

The use of various parts of several plants drugs as indigenous medicine to cure specific ailments has been in vogue from ancient times. We have rich heritage of knowledge about medicinal plants with rural and tribals gathered through experience of generations in the form of folk medicine. But in the last few decades, there is an unprecedented depletion of biodiversity, its habitat and knowledge world over. This raised a global concern, as these three factors have been fundamental natural resources for human development. So far, the full potential of the folklore knowledge has not been scientifically explored.

Such medicinal plants have become rare, endangered or threatened. A number of workers have drawn attention towards medicinal plants such as Sexton & Sedgwick (1922), Yogi (1970), Jadeja et al. (2004,2005.) The present work is an effort to document and explore the common people's knowledge about some plants of Bhatiya Jaitपुर district Shahdol (M.P.)

## 2. Material and Methods

Shahdol district is north eastern of Madhya Pradesh, under 23°17'47"N latitude and 81°21'21"E longitude. Total geographical areas sums up to 5671 sq/km. and has a population of 908148. Shahdol is riched in vast resources of forest and minerals. It is bounded in the north by Satna and Sidhi district, in the east by Korea district, in the south by Anuppur district, in the west by Umaria district. The area is full of water springs which come out on the top hill slopes. The average rainfall is 85.11% and above temperature 13.6°C. The tribes, *Kol*, *Gond*, *Baiga*, *Panika*, *Bharia* and *Muria* are residing there.

Present survey of medicinal plants was conducted for two(2012-2013) consecutive years in villages of Bhatiya, Jaitpur, Mantolia, Bairag, Khora, Kudeli, Mahora. Medicinal plants were collected and deposited in the Department of Botany of Pt. S.N.S. Govt. P.G. College Shahdol (M.P.). The plant species were identified with the help of available flora, State Forest Research Institute Jabalpur (M.P.) India and Botanical Survey of India (Central Circle), Allahabad (U.P.) India, Tiwari 1968.

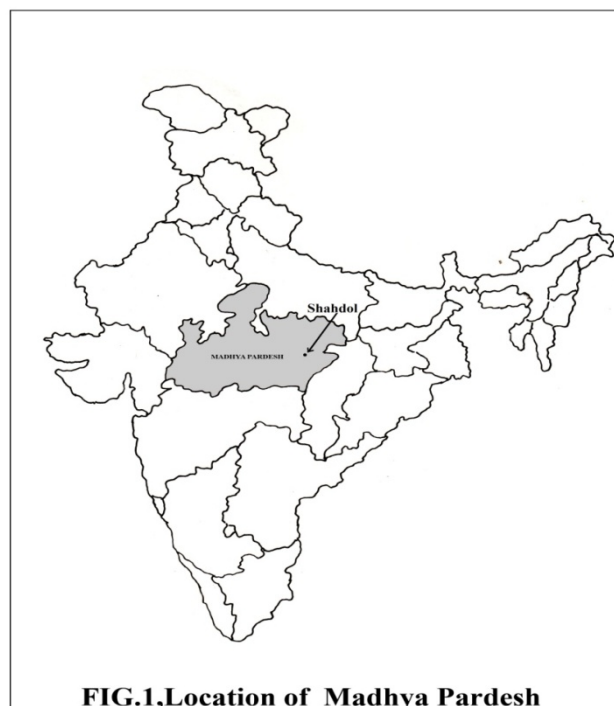


FIG.1, Location of Madhya Pradesh

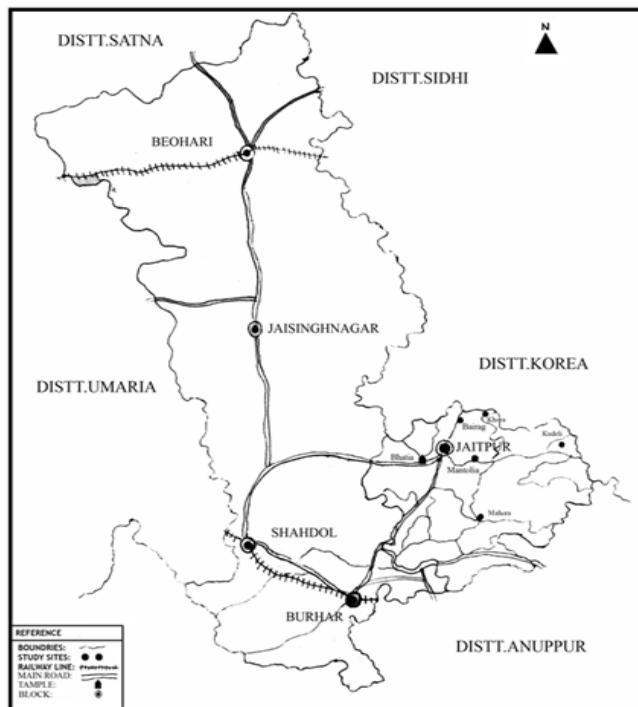


FIG.2.LOCATION MAP OF THE STUDY AREA DISTT. SHAHDOL (M.P.)

### 3. Results and Discussion

As a result of survey, many interesting and useful information about the plants were identified. Total 10 number of species of plants from 10 families (table1) were recorded which are used medically by the rural and tribal's of Bhatiya Village. Among these 10 species of herbs, it was observed that modern systems of the medicine for their ailments. People who extensively and solely use these plants as medicine, found it to be effective without side effects. The present study revealed that the folk medicine is a very important aspect of medical anthropology and is rightly attracting. Though the modern medicine system has made more spectacular strides during the last century, yet many people still follow native or indigenous system of medicine. The indigenous or folk medicine still remain alive as precious to the medicinal needs of the third world and herbal medicinal continue to cater to the medicinal needs of the third words countries, as it is considered to be almost free side effects and cost effective.

**Table 1:** Enumeration of Plants used by Bhatiya Tribes District- Shahdol (M.P.) India

S. No.	Botanical name, family & Voucher specimen No.	Local name	Medicinal use	Part used	Mode of administration
01	<i>Aegle marmelos</i> (L) Corr.(Rutaceae) (A-01)	Bel	Cholera	Fruit	Flesh of fresh fruit is taken along with sugar.
			Dysentery	Fruit	Fruits are dried in sun light and pounded. One spoon of powder is taken with one tea spoon of honey, twice daily.
			Vomiting	Leaves	Tender leaves are crushed and 5 ml of expressed juice is taken thrice daily for three days.
			Migraine	Roots	Fresh roots are taken orally with ginger for 7 days before sun rise.
02	<i>Andrographis paniculata</i> (Burm.f.) Wall. ex Ness. (Acanthaceae) (A-02)	Kiriyaath	Diabetes	Whole plant	A decoction of fresh plant parts is prepared, 10 ml of which is taken thrice daily for 41 days.
			Respiratory disorders	Whole plant	A decoction is prepared from fresh plant parts, 15 ml of which is taken twice daily for 7 days.
03	<i>Asparagus racemosus</i> Willd. (Liliaceae) (A-03)	Satavar	Haematuria	Tuber	Fresh tubers are crushed and taken along with milk.
			Leucorrhoea	Tuber	Fresh tubers are crushed and made into the form of porridge, which is taken daily in the morning.
04	<i>Azadirachta indica</i> A. Juss. (Meliaceae) (A-04)	Neem	Diabetes	Leaves	10 fresh leaves are chewed along with peeper.
			Fever	Leaves	A decoction is prepared from fresh leaves, 10 ml of which is administered twice daily for 3 days.
			Worm disinfectant	Leaves	5-6 leaves are chewed as such in the morning.
			Piles	Seed	Seeds are ground and made into a paste, which is taken along with one tea spoonful of sugar.
05	<i>Boerhavia diffusa</i> L. (Nyctaginaceae) (A-05)	Punarnava	Urinary complaints	Whole plant	Fresh leaves are boiled in water and the resultant extract taken orally.
			Jaundice	Root	A decoction is prepared, 10 ml of which is taken thrice daily for 7 days.
06	<i>Centella asiatica</i> (L.) Urban (Apiaceae) (A-06)	Bramhi	Diabetes	Whole plant	5 ml of expressed juice is taken daily once for 21 days.
			Toothache	Leaves	Leaves are dried, powdered and the powder is used for brushing of teeth.
07	<i>Cynodon dactylon</i> (L.) Pers. (Poaceae) (A-07)	Doob	Fever	Whole plant	Juice from the whole plant is mixed with double the quantity of water and taken thrice a day for three day's
			Bleeding during pregnancy	Whole plant	Juice (6 tea spoon full) of the whole plant is taken orally along with 1 glass cow's milk at bed time.
08	<i>Dhatura Stramonium</i> L. (Solanaceae) (A-08)	Dhatura	Asthma	Leaves	Inhaling of dried powder of leaves and flowers frequently.

09	<i>Mimosa pudica</i> L. (Mimosaceae) (A-09)	Lajvanti	Cuts and Wounds	Tender leaves	A fistful of fresh tender leaves is crushed and juice so obtained is applied externally over the wound twice daily till the wound heals.
10	<i>Rouwolfia serpentina</i> (L.) Benth. ex Kurz (Apocynaceae) (A-10)	Sarpagandha	Snake bite	Root	Fresh roots ground and applied on the affected area.

Now, there is an increasing awareness about its usefulness. It is hoped that documentation of such information will play an important role in formulating the health policies for the people in general and for those living in tribal dominated regions in particular. Moreover, there has been a renewed interest in herbal medicines as it is considered to be time tested and safer than synthetic drugs. It is therefore hoped that greater interest shown in the system can be used in curing the illness and promoting and preserving the health of people in rural or semi urban areas.

Some of the Ethno medicinal uses in table – 1 are reported for the first time. The herbal recipes recorded in the present study many provide the basis for further scientific investigation on the medicinal plant's used by the Bhatiya Tribe. This may lead to the discovery of new bioactive molecules with therapeutic potential for the development of new drugs and drug intermediators.

#### 4. Acknowledgement

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