Ethno-Therapeutic Remedies for Women’s Problems, in Dang District of Gujarat, India

Thresia Paul
Department of Botany, JIJT University, Rajasthan, India

Abstract: The medicine men of Dang district of Gujarat have their own home remedies to treat problems related to women. This paper is to highlight Ethno-Therapeutic Remedies for WOMEN’S PROBLEMS in Dang district of Gujarat, India and present it under eight titles and their subtitles. The titles under which the results presented are: Excess Bleeding and Irregular Menstruation, White Discharge, Pain during Menstruation, Sterility in Women, Enhancement of Lactation, Breast Abscess, Lumps in the Uterus and Problems after Delivery (Backache, stomach ache and bleeding etc). In the result medicinal plants’ local name, botanical name and the parts which are used are mentioned first, then the preparation and dosage are mentioned. Different medicine person’s contribution for a particular ailment is numbered in Roman letters. For Ethno-Therapeutic Remedies for WOMEN’S PROBLEMS, 55 medicinal plants are referred by the 24 medicine men from different parts of Dang Dt. The medicinal plants Pterocarpus marsupium, Butea monosperma, Careya arborea, Pteramnus labialis and Tecomella febrifuga are referred frequently by most of the medicine person for women related problems. A synoptic view of the 55 medicinal plants that are used for therapeutic remedies for these problem are given with their botanical name, family, local name and the parts that are used.

Keywords: Dangs, Ethno, Therapeutic, Ethnobotanical, women related problems, Botanical Name, Local Name, Preparation, Application. Careya arborea, Pterocarpus marsupium and Butea monosperma

1. Introduction

Man’s life on earth cannot be discussed without associating them with plants. We depend on plants from survival to death. In recent years man began to focus on plants, learn various properties of them. Use various techniques to screen out the active principles in them. Most of the drugs that are used today are extracted from plants, used for cure of various diseases. In fact medicine and plants are interlinked. This is how Ethno botany today is.

Ethno-botany is the study of the relation between man and plant. How plants influence the life, culture, custom and religion of man. Plants are also used for food, shelter, medicine, clothing, hunting, religious ceremonies etc. An ethno-botanist undergoes a research on the utilization of plants in the lives of people.

The jungles and moist deciduous forest of Dang s, in South Gujarat for example, have an extraordinary diversity of plant species and has been regarded as a treasure trove of medicinal plants. There are many traditional healers who utilize these resources for the people of Dangs to protect them from various diseases. Most of the population relay on herbal medicine to cure all their ailments. People from various parts of Gujarat as well as from the neighboring states do visit these local medicine men for cure. The paper Ethno-Therapeutic Remedies for WOMEN’S PROBLEMS is part of the PhD thesis. The researcher has visited the area stayed there for weeks on and gathered the information.

DANG: The Study Area

Location, Topography and Geomorphology

The study tract falls between the parallels of latitude 20.33°53” and 21.4°52” and the meridians of longitude 73.27°58” and 73.56°36”.

The Dang forest tract starts from the rugged mountain chains of Sahyadri in the east and descends on the western side extending to the edge of plains of Gujarat.

The District of Dangs has geographical area of 1778 Sq. Km. The entire population is rural living. The forest area which is about 95% of the total geographical area and it comprises of 844.06 Sq. km Reserved Forest and 854.50 sq. km protected forest. Dangs contributed about 70% of the total major forest produce in the state, and about 15 lakhs tonnes of bamboos produced that make upto about 50% of the state production. In this area a number of medicinal plants are found. The medicine men utilize these plants for various illness and ailments.

2. Materials and Methods

The research was conducted in several potential stands of the area during the year 2012 to 2014. For data collection, 42 traditional healers, who are native to the area, were interviewed. The researcher was accompanied by a translator who knows Gujarati as well as Dangi, the local language. The information was usually shared in the local dialect, and plants were indicated with vernacular names. The researcher...
along with medicine men visited the forests to identify the plants. Using the Botanical knowledge, and botanical knowledge of the guide the plants were identified. Medicine men treat many illnesses. It is very interesting to see how different medicine men use different combination of medicinal plants for treating a particular ailment. In Ethno-Therapeutic Remedies for WOMEN’S PROBLEMS out of 42 medicine persons 24 of them gave information related to this paper. Treating women related problems were one of their main concerns.

The study trips were made periodically from October to April 2012 and from July to December 2014. The field work was based on observations, interviews and guided field trips, with the help of local personnel.

The methods included two stages:
1) Extensive surveys were carried out during the field work; interviews were conducted with the medicine persons in the presence of a person who can translate the local language very efficiently. 42 medicinal men were interviewed from 25 different villages of Dangs. 24 medicine persons gave information regarding women related problems. Through questioning and discussions, information pertaining to different combinations of plants that are used for various diseases, how to prepare the medicine and when and how much should be taken was ascertained and documented.

2) In order to make sure the medicinal plants botanical identity the researcher made visits to the forest for identification, and documented with their local names, botanical names and parts which are used. After gathering this preliminary information it was presented under different titles. In Ethno-Therapeutic Remedies for WOMEN’S PROBLEMS is presented in eight titles. Under each title different information given by different medicine persons is documented and numbered in Roman letters as subtitles.

3. Results

In this chapter Remedies for women related problems are arranged in eight titles. Under each title more than one remedy is mentioned. The result presents first the local name followed by botanical name and then the parts of the plant used for it. The local names are given as it was told by the medicine person. One particular medicinal plant’s local name is different at different regions of Dang. For example, Butea monosperma is known as polas, kesuda etc; Pterocarpus marsupium is known as Biyo, Bivla, Bivula etc. For one particular medicinal plant more than one medicinal plant is utilized. So the different plants are arranged one after another. After the name of the medicinal plants’ details the preparation and the dosage are mentioned. The different problems that are very often faced by women are given under 8 titles. For a particular ailment more than one remedies is given and are numbered in Roman numbers.

1. Excess Bleeding and Irregular Menstruation

i. Kesuda, Butea monosperma, Root
Bhara, Atylosia platycarpa, Root
Kumbhi, Careya arborea, Bark

Kandol, Sterculia urens, Bark
Sag, Tectona grandis, Bark
Bhoker, Cordia dichotoma, Bark

Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: Take one table spoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

ii. Madhud, Lannaea coromandelica , Bark
Kakad, Garuga pinnata, Bark
Tettu, Oroxylum indicum, Bark
Pathal, Dalbergia paniculata, Bark
Aran, Ricinus communis, Root
Kumbhi, Careya arborea, Bark

Bivla, Pterocarpus marsupium, Bark *7

Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: Take one table spoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

iii. Biyo, Pterocarpus marsupium , Gum and Bark
Rakarhrodi, Tecoma febrifuga, Bark
Nilisoti, Dalbergia volubilis, Bark
Gunti, Cordia dichotoma, Bark

Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: Take one table spoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

iv. Sivan, Gmelina arborea, bark
Bhotiya aranth, Cassine glauca, Root
Bivla, Pterocarpus marsupium, Bark

Preparation: The mixture is dried and powdered.
Dosage: Take one table spoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

v. Aashl, Ventilago denticulata, Root

Preparation: The above mentioned plant part is crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: Take one table spoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

vi. Jadla Lasunth, Vanda roxburghii, Ariel root
Bendgul, Dendroplphoe falcata, Twigs
Sadad, Terminalia crenulata, Bark
Mahu, Madhuca indica, flower shed at night=Bark
Modsing, Dolichandrone falcata, Bark

Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is taken after 12 hours.
Dosage: Take one table spoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

• Each time fresh mixture is prepared.
Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

xiv. Polas, Butea monosperma, Bark
Karund, Carissa carandas, Bark
Bondar, Lagerstroemia parvifolia, Bark
Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

xv. Jambuda, Syzygium cumini, Bark
Dhamada, Grewia illifolia, Bark
Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: Take one cup of the extract twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

Oily food should be avoided during the treatment.

xvi. Umber, Ficus racemosa, Latex
Bivula, Pterocarpus marsupium, Bark
Application: Bivula bark is chewed with umber latex.
Dosage: This has to be taken in the morning on an empty stomach and in the evening, after the meals.

xvii. Choki bhendi, Hibiscus esculentus, Root
Pipal on Polas, Ficus religiosa on Butea monosperma, Bark
Bivla, Pterocarpus marsupium, Gum/Bark
Kumbiya, Careya arborea, Bark
Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

xviii. Sag, Tectona grandis, White leaf
Umber, Ficus racemosa, Latex
Preparation: Sag or Teak wood leaf is washed and the water is collected in a glass of water. Few drops of Umber latex and crushedTivis bark is added to this water.
Dosage: Half cup of it is taken twice daily, morning on an empty stomach, evening after the meals.

xiv. Savar, Bombax ceiba Bark
Polas, Butea monosperma, Bark
Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

xx. Rakath rohidi, Tecomaella febrifuga, Bark
Chilar, Acacia pinnata, Bark
Kumbhi, Careya arborea, Bark
Safed Bondar, Lagerstroemia lanceolata, Bark
Sardanatad, Tacula leontopetaoides, Tuber
Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

xxi. Bhootjad, Ailanthus excelsa, Bark
Preparation: These plant parts are crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

xxii Rakathrohidi, Tecomeella febrifuga, Bark
Preparation: These plant parts are crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: One table spoonful taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

3 PAIN DURING MENSTRUATION

i. Devambadi Hibiscus cannabinus Root
Preparation: The above mentioned plant part is crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: One table spoonful of this extract is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

ii. Bili, Aegle marmelos, Bark
Preparation: The above mentioned plant part is crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: One table spoonful of the extract is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

iii. Madhul, Lannea coromandelica, Bark
Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

iv. Kandol, Sterculia urens, Bark
Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: One cup of it is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

v. Tagari, Tabernaeamontana divaricata, Bark
Preparation: The above mentioned bark is crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

vi. Arjun Sadad, Terminalia arjuna, Bark
Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

vii. Saslanagugadi, Asparagus racemosus, Roots
Preparation: This root is crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: One table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

4 STERILITY IN WOMEN

i. Nadakkant, Urginea Indica, Bulb
Preparation: This bulb is crushed and soaked in a glass of water, and the extract is taken after one hour.
Dosage: Take one table spoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

ii. Sevara, Asparagus racemosus, Roots
Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is taken after twelve hours.
Dosage: Two table spoonful is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

iii. Kuda, Holarrhena antidysenterica, Bark
Preparation: The above mentioned plant parts are crushed and soaked in a glass of water, and the extract is taken after half an hour.
Dosage: One cup of it is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.
Tanvelo, *Cissampelos pareira*, Root
**Preparation:** Equal amount of this plant parts (1:1:1:1:1:1) are dried in shade and powdered and stored.
**Dosage:** One teaspoonful of this powder is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week. During this treatment non-veg., ghee or oily food should be avoided. This treatment is continued up to 5-6 months.

5 ENHANCING LACTATION

i. *Sabar*(Thor), *Euphorbia caducifolia*, Stem
**Preparation:** One piece of this cactus is roasted and the outer layer is removed.
**Dosage:** This is taken twice a day along with meals.

ii. *Bhootjad*, *Ailanthus excelsa*, Bark
*Mokha*, *Schrebera swietenioides*, Bark
*Bhotaposa*, *Cassine glauca*, Bark
*Nagali*, *Eleusine coracana*, flour
**Preparation:** Equal portions of these barks are crushed and 2-3 table spoonful extract is mixed with *Nagali* soup and drunk.
**Dosage:** One cup of soup is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

iii. *Rui Caloropis gigantea* Root
**Preparation:** Crush about 5gms of *Rui* root and keep it in a glass of water for about an hour. Filter it and take the extract.
**Dosage:** Half cup of the extracts taken thrice daily, morning before the meals, after noon and night after the meals.

iv. *Siris*, *Albizia lebbeck*, Leaves
**Preparation:** Siris leaves are collected.
**Application:** 5 - 6 leaves are eaten for a week.

v. *Nagli*, *Eleusine coracana*, Flour
**Preparation:** All these mixtures are crushed well and added to *Nagli* porridge.
**Dosage:** One cup of this porridge has to be taken twice in a day, for a week.

6. BREAST ABSCESS

i. *Bhirui*, *Calotropis gigantea*, Root
**Preparation:** This root is crushed and made into a paste.
**Application:** The paste is applied on the affected part.

ii. *Karbat*, *Grewia hirsuta*, Root
**Preparation:** This root is crushed and made into a paste.
**Application:** The paste is applied thrice in a day on the affected part.

iii. *Borothda*, *Sphaeranthus indicus*, flower
**Preparation:** This flower is crushed and mixed with crab, roasted.
**Dosage:** It is taken twice in a day.

7 LUMPS ON THE UTERUS

i. *Dhorsidi*, *Dregea volubilis*, Bark
**Preparation:** Dhorsidi’s bark is dried and powdered and stained with a strainer.
**Dosage:** Half tea spoon of this powder is taken twice in a day for 3-4 months.
**Precaution:** During this medication non-vegetarian food and oily food should be avoided.

ii. *Sardana tad*, *Tacca leontopetaloides*, Tuber
*Nagal*, *Eleusine coracana*, Flour
**Preparation:** This tuber is dried, powdered and stored. One tea spoonful of this powder is added to Nagli soup.
**Dosage:** This soup is taken twice a day, morning on an empty stomach and in the evening after the meals.

8 PROBLEMS AFTER DELIVERY (Backache, stomach ache and bleeding etc)

i. *Kumbhi*, *Careya arborea*, Bark
**Preparation:** The bark is crushed, soaked in water on the previous night and then the extract is taken.
**Dosage:** Half cup of the extract is taken on an empty stomach.

ii. *Jadla Lasunth*, *Vanda roxburghii*, aerial Root
*Bendgul*, *Dendrophthoe falcata*, Twig
*Sadad*, *Terminalia crenulata*, Bark
*Mahu*, *Madhuca indica*, Bark
*Modsing*, *Dolichandrone falcata*, Bark
**Preparation:** These plant parts are crushed and soaked in water for 12 hours.
**Dosage:** Half cup of it is taken twice a day, morning on an empty stomach, and in the evening after the meals.

iii. *Shaver*, *Asparagus racemosus*, Root
**Preparation:** These plant parts are crushed and soaked in a glass of water for about 2-3 hours and then the extract is taken.
**Dosage:** Half cup of it is taken twice a day, morning on an empty stomach, and in the evening after the meals.

A synoptic view of the medicinal plants referred by 24 medicine men for women’s problems is given in Table1. The 55 plants that are referred are documented with their botanical name, family, local name and the parts which are used.
<table>
<thead>
<tr>
<th>No.</th>
<th>Botanical name</th>
<th>Family</th>
<th>Local Name</th>
<th>Parts used</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Acacia pinnata 2</td>
<td>Mimosaceae</td>
<td>Chilarvel, Chilar</td>
<td>Bark</td>
</tr>
<tr>
<td>2</td>
<td>Aegle marmelos</td>
<td>Rutaceae</td>
<td>Bel, Bili</td>
<td>Bark</td>
</tr>
<tr>
<td>3</td>
<td>Alilanthus excels 5</td>
<td>Simaroubaceae</td>
<td>Bhoot jag, Harduso, Arduso</td>
<td>Bark</td>
</tr>
<tr>
<td>4</td>
<td>Albizia lebbeck</td>
<td>Mimosaceae</td>
<td>Siris</td>
<td>Leaves</td>
</tr>
<tr>
<td>5</td>
<td>Asparagus racemosa</td>
<td>Liliaceae</td>
<td>Sevara,Sevur, Saslana gugadi</td>
<td>Roots</td>
</tr>
<tr>
<td>6</td>
<td>Atylosia platicarpa</td>
<td>Fabaceae</td>
<td>Bhara</td>
<td>root</td>
</tr>
<tr>
<td>7</td>
<td>Bombax ceiba</td>
<td>Poaceae</td>
<td>Savar, SimardoSavar, Simardo</td>
<td>Bark</td>
</tr>
<tr>
<td>8</td>
<td>Butea monosperma</td>
<td>Fabaceae</td>
<td>Polas, Kaharo</td>
<td>Bark</td>
</tr>
<tr>
<td>9</td>
<td>Calotropis gigantea</td>
<td>Asclepiadaceae</td>
<td>Rui, Bhui rui</td>
<td>Root</td>
</tr>
<tr>
<td>10</td>
<td>Capsicum annuum</td>
<td>Solanaceae</td>
<td>Marcha</td>
<td>Root</td>
</tr>
<tr>
<td>11</td>
<td>Careya arborea</td>
<td>Barringtoniaceae</td>
<td>Kumbi, Kumbhiya</td>
<td>Bark</td>
</tr>
<tr>
<td>12</td>
<td>Carissa carandas</td>
<td>Apocynaceae</td>
<td>Korunta, Karvantha</td>
<td>Bark</td>
</tr>
<tr>
<td>13</td>
<td>Cassine glauca</td>
<td>Celastraceae</td>
<td>Bootiya Aaland</td>
<td>Root</td>
</tr>
<tr>
<td>14</td>
<td>Cilosia cristata</td>
<td>Menispermaceae</td>
<td>Torsidi, Dorsisi, Kodusidi</td>
<td>Root</td>
</tr>
<tr>
<td>15</td>
<td>Cordia dichotoma</td>
<td>Bignoniaceae</td>
<td>Devkurudu</td>
<td>Root</td>
</tr>
<tr>
<td>16</td>
<td>Costus speciosus</td>
<td>Zingiberaceae</td>
<td>Nagali</td>
<td>seed</td>
</tr>
<tr>
<td>17</td>
<td>Dalbergia paniculata</td>
<td>Fabaceae</td>
<td>Pathal</td>
<td>Bark</td>
</tr>
<tr>
<td>18</td>
<td>Dalbergia volubilis</td>
<td>Fabaceae</td>
<td>Nilisotti</td>
<td>Root</td>
</tr>
<tr>
<td>19</td>
<td>Dolichandra falcat</td>
<td>Bignoniaceae</td>
<td>Modsing</td>
<td>Root</td>
</tr>
<tr>
<td>20</td>
<td>Dorea volubilis</td>
<td>Asclepiadaceae</td>
<td>Torsidi, Dorsisi, Kodusidi</td>
<td>Root</td>
</tr>
<tr>
<td>21</td>
<td>Dregea volubilis</td>
<td>Fabaceae</td>
<td>Marcha</td>
<td>Root</td>
</tr>
<tr>
<td>22</td>
<td>Eleusine coracana</td>
<td>Poaceae</td>
<td>Pevuta</td>
<td>Rhizome</td>
</tr>
<tr>
<td>23</td>
<td>Euphorbia caducifolia</td>
<td>Euphorbiaceae</td>
<td>Cactus, Savar</td>
<td>Stem</td>
</tr>
<tr>
<td>24</td>
<td>Ficus racemosa</td>
<td>Moraceae</td>
<td>Umber</td>
<td>Latex</td>
</tr>
<tr>
<td>25</td>
<td>Garuga pinnata</td>
<td>Bruseraeeae</td>
<td>Kakad</td>
<td>Bark</td>
</tr>
<tr>
<td>26</td>
<td>Grewia tiliifolia</td>
<td>Tiliaceae</td>
<td>Dhaman</td>
<td>Bark</td>
</tr>
<tr>
<td>27</td>
<td>Hemidesmus indicus</td>
<td>Asclepiadaceae</td>
<td>Upersadi, Antmuli</td>
<td>Root</td>
</tr>
<tr>
<td>28</td>
<td>Hibiscus cannabinus</td>
<td>Malvaceae</td>
<td>Ambidi, Devambadi</td>
<td>Root</td>
</tr>
<tr>
<td>29</td>
<td>Hibiscus esculentia</td>
<td>Malvaceae</td>
<td>Bhendi, Choki bhendi</td>
<td>Root</td>
</tr>
<tr>
<td>30</td>
<td>Holarrhena antidysenterica</td>
<td>Apocynaceae</td>
<td>Kuda</td>
<td>Bark</td>
</tr>
<tr>
<td>31</td>
<td>Lagerstroemia lanceolata</td>
<td>Lythraceae</td>
<td>Nano Bondar, Safed bondar</td>
<td>Bark</td>
</tr>
<tr>
<td>32</td>
<td>Lagerstroemia parisiolida</td>
<td>Lythraceae</td>
<td>Bondar, kali bondar, motobondar</td>
<td>Bark</td>
</tr>
<tr>
<td>33</td>
<td>Lannea coronandlica</td>
<td>Anacardiaceae</td>
<td>Madhul, Modad</td>
<td>Bark, Gum</td>
</tr>
<tr>
<td>34</td>
<td>Madhuca indica</td>
<td>Sapotaceae</td>
<td>Mahu, Mahuda</td>
<td>Bark</td>
</tr>
<tr>
<td>35</td>
<td>Millettia racemosa</td>
<td>Fabaceae</td>
<td>Je bibula, Bibulavel</td>
<td>Bark</td>
</tr>
<tr>
<td>36</td>
<td>Mitragyna parvifolia</td>
<td>Rubiaceae</td>
<td>Kadam, Kalam</td>
<td>Bark</td>
</tr>
<tr>
<td>37</td>
<td>Oroxylum indicum</td>
<td>Bignoniaceae</td>
<td>Tetu</td>
<td>Bark</td>
</tr>
<tr>
<td>38</td>
<td>Pilostigma joveolatum</td>
<td>Cesaipinaceae</td>
<td>Chamoli</td>
<td>Bark</td>
</tr>
<tr>
<td>39</td>
<td>Plantago indica</td>
<td>Plantaginaceae</td>
<td>Isabgol</td>
<td>whole herb</td>
</tr>
<tr>
<td>40</td>
<td>Pteranuss labialis</td>
<td>Fabaceae</td>
<td>Ran val, Jangali val, Pivan</td>
<td>Root-Bark</td>
</tr>
<tr>
<td>41</td>
<td>Pterocarpus marsupium</td>
<td>Fabaceae</td>
<td>Bio, Bhyo, Bivula</td>
<td>Gum bark</td>
</tr>
<tr>
<td>42</td>
<td>Ricinus communis</td>
<td>Euphorbiaceae</td>
<td>Aran, Arani</td>
<td>Root</td>
</tr>
<tr>
<td>43</td>
<td>Schrebera swietenioides</td>
<td>Oleaceae</td>
<td>Mokha</td>
<td>Bark</td>
</tr>
<tr>
<td>44</td>
<td>Sphaeranthus indicus</td>
<td>Asteraceae</td>
<td>Borothda</td>
<td>flower</td>
</tr>
<tr>
<td>45</td>
<td>Sterculia urens</td>
<td>Sterculiaceae</td>
<td>Kandol, Kadavai</td>
<td>Bark</td>
</tr>
<tr>
<td>46</td>
<td>Syzygium cumini</td>
<td>Myrtaceae</td>
<td>Jambo, Jamla, Jabuda</td>
<td>Bark</td>
</tr>
<tr>
<td>47</td>
<td>Tabernaeamontana divaricata</td>
<td>Apocynaceae</td>
<td>Takari</td>
<td>Bark</td>
</tr>
<tr>
<td>48</td>
<td>Taecca leontopetoides</td>
<td>Taceaeaceae</td>
<td>Sardana tad</td>
<td>Tuber</td>
</tr>
<tr>
<td>49</td>
<td>Teconella febrifuga</td>
<td>Asteraceae</td>
<td>Mokamani</td>
<td>Bark</td>
</tr>
<tr>
<td>50</td>
<td>Tectona grandis</td>
<td>Verbenaceae</td>
<td>Sag, Sal</td>
<td>White leaf</td>
</tr>
<tr>
<td>51</td>
<td>Terminalia Arjuna</td>
<td>Combretaceae</td>
<td>Arjn sadad</td>
<td>Bark</td>
</tr>
<tr>
<td>52</td>
<td>Terminalia crenulata</td>
<td>Combretaceae</td>
<td>Sadad, Sada sadada</td>
<td>Bark</td>
</tr>
<tr>
<td>53</td>
<td>Urginea Indica</td>
<td>Liliaceae</td>
<td>Janjali pyaz, Nalgut</td>
<td>Bulb</td>
</tr>
<tr>
<td>54</td>
<td>Vanda roxburghii</td>
<td>Orchidaceae</td>
<td>Jadela Lasun, Rasna, Vando</td>
<td>Ariel root</td>
</tr>
<tr>
<td>55</td>
<td>Ventilago denticulata</td>
<td>Orchidaceae</td>
<td>Jadela Lasun, Rasna, Vando</td>
<td>Root</td>
</tr>
</tbody>
</table>

**Table 1**

List Of The Plants Used For Healing Women’s Problem
4. Discussion

As mentioned in the beginning of this paper the people of Dangs have to depend upon herbal remedies for all their ailments. Almost everyone is aware of treating women’s problems and the medicine persons are even more alert about it. Remedies for Women’s problems are many. 24 medicine persons mentioned about 55 medicinal plants for curing women related problems.

Women’s problem are presented under 8 titles. Information given for a particular disease varies from medicine men to medicine men. Everyone has their own style of treatment. At the same time we can see one or two plants are common in the combination of medicine preparation. For example under the title excess bleeding and irregular menstruation Pterocarpus marsupium, Butea monosperma, Careya arborea, Pteranum labialis and Tecomaella fefrfigu are used by most of medicine men. The medicine men consider that these trees as a bundle of medicinal properties. The women of this area totally depend on these medicines for most of their ailments.

It is important to consider the following points:
1) It is obvious that most of these medicinal plants are trees. Their roots or bark are utilized for medicinal purposes. These two parts are vital part of a plant and excessive utilization of these parts can destroy these plants / trees. It is a felt need to preserve & propagate these trees. For example Pterocarpus marsupium & Terminalia Arjuna are most endangered plants and these plants should be protected and propagated.
2) It is important to screen for active principles of these medicinal plants and have a comparative study with the existing medicines.

5. Summary and Conclusion

The medicine men of Dang district of Gujarat have their own home remedies to treat problems related to women. This paper highlights Ethno-Therapeutic Remedies for WOMEN’S PROBLEMS, in Dang district of Gujarat, India and present it under eight titles and subtitles. In the results, medicinal plants’ botanical name, family, local name and the parts which is used are mentioned first, then given the combination of medicine preparation. For example under the same time we can see one or two plants are common in the combination of medicine preparation. For example under the title excess bleeding and irregular menstruation Pterocarpus marsupium, Butea monosperma, Careya arborea, Pteranum labialis and Tecomaella fefrfigu are used by most of medicine men. The medicine men consider that these trees as a bundle of medicinal properties. The women of this area totally depend on these medicines for most of their ailments.

It is a felt need to preserve & propagate these trees. For example Pterocarpus marsupium & Terminalia Arjuna are most endangered plants and these plants should be protected and propagated.

2) It is important to screen for active principles of these medicinal plants and have a comparative study with the existing medicines.

6. Acknowledgement

Author is thankful to the Jesuits fathers and Vedruna sisters who are working at Subir, Pimpri and Shamlghahan in DangDt. for providing local persons who understand both local and Gujarati language to interview the medicine person and to make visits to different forests of DangDt.

Reference

[8] Indian Oil Corporation Ltd. (IOCL), Gujarat Refinery, Vadodara, Gujarat. 28 p.
[17] Nirmal Kumar at el., Studies on plant species used by tribal communities of Saptapara and Purna forests, Dangs district, Gujarat, India., Journal of Traditional Knowledge; Vol. 6(2), April 2007, pp. 368-374