

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

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**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.

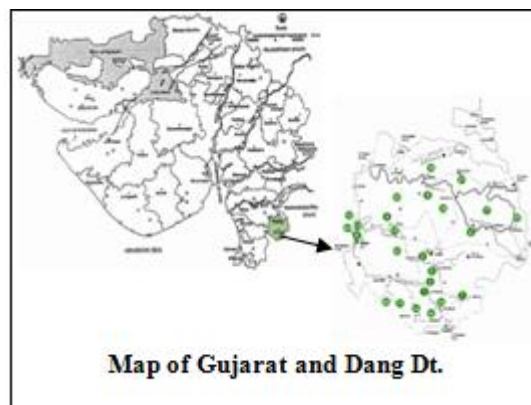
Ethno-botany is the study of the relation between man and plant. How plants influence the life, culture, custom and religion of man. Plants are also used for food, shelter, medicine, clothing, hunting, religious ceremonies etc. An ethno-botanist undergoes a research on the utilization of plants in the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

The jungles and moist deciduous forest of Dangs, 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 rely 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 problem 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, Tecomella 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. Aashi, 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, Dendrophthoe 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.

**vii. Bivula, *Pterocarpus marsupium* , Bark**

**Bivula vel, *Milletia racemosa* ,Bark**

**Tettu, *Oroxylum indicum* ,Bark**

**Madhl, *Lannaea coromandelica* ,Bark with Gum**

**Preparation:** The above mentioned plant parts are crushed and boiled in a glass of water, and the extract is taken and stored in bottles.

**Dosage:** One table spoonful of it is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

**viii. Ranval, *Pteramnus labialis* , Roots' 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:** One table spoonful of it is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

**ix. Arjun Sadad, *Terminalia Arjuna* , arjun-Bark**

**Bivala, *Pterocarpus marsupium* ,Bark**

**Polas, *Butea monosperma* ,Bark**

**Preparation:** The above mentioned plant parts are crushed and soaked in a glass of water, over night and then the extract is taken.

**Dosage:** Take one table spoonful twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

**x. Thevura, *Cassia tora* , Root \*23**

**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:** Half cup of the extraction is taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

**xi. Rui, *Calotropis gigantea* , Flower\*24**

**Preparation:** The plant's root is crushed made into a paste and made *Roti* out of this paste.

**Dosage:** One *Roti* each is taken twice a day.

**xii. Kumbhi , *Careya arborea* , Bark**

**Echan, *Acacia* sp., Bark**

**Polas, *Butea monosperma* ,Bark**

**Pavuta , *Costus speciosus* ,Rhizome**

**Chamoli , *Piliostigma foveolatum* ,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.

**xiii. Devkurudu, *Cilosia cristata* , Root**

**Arani, *Ricinus communis* , Root**

**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:** Half cup of the extract 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 tiliifolia* ,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 crushed *Tectona* bark is added to this water.

**Dosage:** Half cup of it is taken twice daily, morning on an empty stomach, evening after the meals.

**xix. 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 , *Tecomella febrifuga* ,Bark**

**Chilar, *Acacia pinnata* ,Bark**

**Kumbhi, *Careya arborea* ,Bark**

**Safed Bondar, *Lagerstroemia lanceolata* ,Bark**

**Sardanatad, *Tacca 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  
Ranval, *Pteramnus labialis*, Root**

**Preparation:** These plant parts are crushed and warmed.

**Application:** These warmed pant parts are tied on to the stomach.

**xxii Rakathrohidi , *Tecomella febrifuga*, Bark  
Devakuradu, *Cilosia cristata*, Root;**

**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.

**xxiii Ranval, *Pteramnus labialis*, 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 taken twice a day; morning on an empty stomach and evening after the meals. Continue this treatment for a week.

## 2. WHITE DISCHARGE

**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, *Lannaea coromandelica* , Bark**

**Barik Polas, *Butea monosperma* , Root**

**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**

**Bivula, *Pterocarpus marsupium*, Gum/ 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 , *Tabernaemontana 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**

**Bivala , *Pterocarpus marsupium* , Bark**

**Polas , *Butea monosperma* , Bark**

**Preparation:** The above mentioned Barks 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.

## 3 PAIN DURING MENSTRUATION

**i. Bhootjad , *Ailanthus excelsa* , Bark**

**Chamoli, *Piliostigma foveolatum* Bark**

**Preparation:** These barks are 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. Kandoli, *Sterculia urens*, Gum;**

**Isabgol, *Plantago indica*, Whole plant**

**Preparation:** Equal amount of these plant parts are crushed and one spoon of the extract is added to a cup of milk.

**Dosage:** Twice in a day, morning on an empty stomach and at night before going to bed.

## 4 STERILITY IN WOMEN

**i. Nadkkant , *Urginea Indica* , Bulb**

**Preparation:** This bulb is crushed and soaked in a glass of water, and the extract is taken after one 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.

**ii. Sevara , *Asparagus racemosa* , Roots**

**Mirch, *Capsicum annuum*, root**

**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**

**Kalam, *Mitragyna parvifolia*, Bark**

**Upersadi, *Hemidesmus indicus*, Root**

**Halund kaeri, *Clematicss sp.*, Root**

**Tanvelo, *Cissampelos pareira*, Root**

**Preparation:** Equal amount of this plant parts (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 swietenoides*, 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 *Calotropis 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 lebbek*, 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 leontopetaoides*, Tuber**

**Nagli, *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 1**

<b>List Of The Plants Used For Healing Women's Problem</b>				
<b>No.</b>	<b>Botanical name</b>	<b>Family</b>	<b>Local Name</b>	<b>Parts used</b>
1	<i>Acacia pinnata</i> 2	Mimosaceae	Chilarvel, Chilar	Bark
2	<i>Aegle marmelos</i>	Rutaceae	Bel, Bili	Bark
3	<i>Ailanthus excels</i> 5	Simaroubaceae	Bhoot jad, Harduso, Arduso	Bark
4	<i>Albizia lebbeck</i>	Mimosaceae	Siris	Leaves
5	<i>Asparagus racemosus</i>	Liliaceae	Sevara, Sevur, Saslana gugadi	Roots
6	<i>Atylosia platycarpa</i>	Fabaceae	Bhara	root
7	<i>Bombax ceiba</i>	Poaceae	Savar, SimardoSavar, Simardo	Bark
8	<i>Butea monosperma</i>	Fabaceae	Polas, Kaharo	Bark
9	<i>Calotropis gigantea</i>	Asclepiadaceae	Rui, Bhui rui	Root
10	<i>Capsicum annuum</i>	Solanaceae	Marcha	Root
11	<i>Careya arborea</i>	Barringtoniaceae	Kumbi, Kumbhiya	Bark
12	<i>Carissa carandas</i>	Apocynaceae	Korunta, Karvantha	Bark
13	<i>Cassine glauca</i>	Celastraceae	Bootiya Aaland	Root, Bark
14	<i>Cilisia cristata</i>	Amaranthaceae	Devkurudu	Root
15	<i>Cissampelos pareira</i>	Menispermaceae	Tanvel (Gol pana),, ahadvel	Root
16	<i>Cordia dichotoma</i>	Boraginaceae	Gundi, Bhokar	Bark
17	<i>Costus speciosus</i>	Zingiberaceae	Pevuta	Rhizome
18	<i>Dalbergia paniculata</i>	Fabaceae	Pathal	Bark
19	<i>Dalbergia volubilis</i>	Fabaceae	Nilisotti	Bark
20	<i>Dolichandrone falcata</i>	Bignoniaceae	Modsing	Bark
21	<i>Dregea volubilis</i>	Asclepiadaceae	Torsidi, Dorsisi, Kodusidi	Bark
22	<i>Eleusine coracana</i>	Poaceae	Nagali	seed
<b>No.</b>	<b>Botanical name</b>	<b>Family</b>	<b>Local Name</b>	<b>Parts used</b>
23	<i>Euphorbia caducifolia</i>	Euphorbiaceae	Cactus, Savar	Stem
24	<i>Ficus racemosa</i>	Moraceae	Umber	Latex
25	<i>Garuga pinnata</i>	Bruseraceae	Kakad	Bark
26	<i>Grewia tiliifolia</i>	Tiliaceae	Dhaman	Bark
27	<i>Hemidesmus indicus</i>	Asclepiadaceae	Upersadi, Antmuli	Root
28	<i>Hibiscus camabinus</i>	Malvaceae	Ambadi, Devambadi	Root
29	<i>Hibiscus esculentus</i>	Malvaceae	Bhendi, Choki bhendi	Root
30	<i>Holarrhena antidysenterica</i>	Apocynaceae .	Kuda	Bark
31	<i>Lagerstroemia lanceolata</i>	Lythraceae	Nano Bondar, Safed bondar	Bark
32	<i>Lagerstroemia parvifolia</i>	Lythraceae	Bondar, kali bondar, motobondar	Bark
33	<i>Lannaea coromandelica</i>	Anacardiaceae	Madhul, Modad	Bark, Gum
34	<i>Madhuca indica</i>	Sapotaceae	Mahu, Mahudo	Bark
35	<i>Milletia racemosa</i>	Fabaceae	le bibula, Bibulavel	Bark
36	<i>Mitragyna parvifolia</i>	Rubiaceae	Kadam, Kalam	Bark
37	<i>Oroxylum indicum</i>	Bignoniaceae	Tettu	Bark
38	<i>Piliostigma foveolatum</i>	Cesalpiniaceae	Chamoli	Bark
39	<i>Plantago indica</i>	Plantaginaceae	Isabgol	whole herb
40	<i>Pteramnus labialis</i>	Fabaceae	Ran val, Jangali val, Pivan	Root-Bark
41	<i>Pterocarpus marsupium</i>	Fabaceae	Bio, Bhyo, Bivula	Gum bark
42	<i>Ricinus communis</i>	Euphorbiaceae	Aran, Arani	Root
43	<i>Schrebera swietenoides</i>	Oleaceae	Mokha	Bark
44	<i>Sphaeranthus indicus</i>	Asteraceae	Borothda	flower
45	<i>Sterculia urens</i>	Sterculiaceae	Kandol, Kadavai	Bark
46	<i>Syzygium cumini</i>	Myrtaceae	Jamboo, Jamla, Jabuda	Bark
47	<i>Tabernaemontana divaricata</i>	Apocynaceae	Takari	Bark
48	<i>Tacca leontopetaoides</i>	Taceaceae	Sardana tad	Tuber
49	<i>Tecomella febrifuga</i>	Asteraceae	Mokamani	Bark
50	<i>Tectona grandis</i>	Verbenaceae	Sag, Sal	White leaf
51	<i>Terminalia Arjuna</i>	Combretaceae	Arjn sadad	Bark
52	<i>Terminalia crenulata</i>	Combretaceae	Sadad, Sada sadada	Bark
53	<i>Urginea Indica</i>	Lilliacae	Janjali pyaz, Nalgut	Bulb
54	<i>Vanda roxburghii</i>	Orchidaceae	Jadela Lasun, Rasna, Vando	Ariel root
55	<i>Ventilago denticulata</i>	Orchidaceae	Jadela Lasun, Rasna, Vando	Root

#### 4. Discussion

As mentioned in the beginning of this paper the people of Dang 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*, *Pteramnus labialis* and *Tecomella febrifuga* 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 preparation and then the dosage are mentioned. Different medicine person's contribution for a particular ailment is numbered in Roman letter and presented here.

For Ethno-Therapeutic Remedies for **WOMEN'S PROBLEMS**, 55 medicinal plants referred by the 24 medicine men are given. The 55 medicinal plants that are used in this paper are given in table 1 with their botanical names, family, local names and the parts that are used. The medicinal plants *Careya arborea*, *Pterocarpus marsupium* and *Butea monosperma* are used for maximum ailments by most of the medicine persons. Then come *Sterculia urens*, *Tecomella febrifuga*, *Pteramnus labialis*, *Ailanthus excelsa* and *Asparagus racemosus* in the frequency of utilization. It is important to protect these medicinal plants, screen for active principles of these medicinal plants and to have a comparative study with the existing medicines.

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