International Journal of Science and Research (IJSR)
ISSN: 2319-7064
ResearchGate Impact Factor (2018): 0.28 | SJIF (2018): 7.426

Traditional Herbal Remedies for Human Diseases of Bidar Fort, Karnataka

H. C. Shrishail[1], Prashantkumar P[2]

[1]Assistant Professor, Department of Applied Botany Kuvempu University Shankarghatta-577451, India

[2]Assistant Professor, LVD College, Raichur-584101, India

Abstract: ***A floristic survey of Bidar Fort was made to assess the medicinal value of herbaceous flora. It is observed that surrounding people of the fort practices traditional system of medicine in their healthcare system. About 20 plant species belonging to genera and families largely used as medicine have been recorded from the fort. These plants contain valuable chemical substances and are employed in the treatment of various diseases. The present work aims at documentation of traditional uses of the Fort medicinal plants for the benefit of mankind.***

Keywords: Folk medicine, Herbal remedies, medicinal plants, Bidar Fort, Ethno medicine

1. Introduction

Plants are used for medicine, fuel, timber and food. India is one of the richest floristic regions of the world. It has large number of medicinal plant diversity. People using the medicinal plants for curing the diseases since in the beginning of life. More efforts are made in India to document the traditional knowledge on the use of plants but still more knowledge is remain hidden. Bidar fort is rich in plant diversity but no so far detail studies reported. Therefore, it felt necessary to document the traditional knowledge on medicinal plants of Bidar fort.

Bidar district is located in the Northeastern corner of Karnataka state, and it is considered as one of the smaller districts in terms of both area and population.The district lies between 17^0 35' to 18^0 35' North latitude and 76^0 2' to 77^0 39' East longitudes and is located 551 meters above mean sea level. The total rain fall was 815 millimeters during the study period. Bidar fort is regarded as one of the most formidable forts in the country. It is situated in the heart of the Bidar city. The fort was built by Ahmedshah Walli in 1436 A. D. The surrounding are and irregular in shape. It has dry deciduous vegetation with many plant species. The soil of the fort is categorized into red earth comprising red loamy and red sandy soil which covers 70% of the area.

2. Methodology

The Fort is situated at the center of Bidar city. It has about 56 Acre of land and very rich heritage of herbal medicinal plants. During the period from May- 2008 to April-2009 several field trips were undertaken at different seasons. Most of the area covered by medicinal plants and People residing surrounding the fort are aware about therapeutic use of the medicinal plants.

Efforts are made to identify about eight traditional medicinal plant practitioners residing surrounding area of the fort. Information collected from them on usage of medicinal plants for curing various diseases, along with method of drug preparation, mode of administration, probable dosage and duration of treatment. Plant Photographs were taken in the fort. And specimens brought to the laboratory for preparation of herbarium and preservation in the department of Botany, Gulbarga University, Gulbarga for further reference. These plant species were identified using the flora, Flora of Gulbarga District by (Seetharam *et al.,* 2000) flora of presidency of Madras Gambles (1935) flora of Karnataka Saldhana *et al.* (1988.)Flora of presidency of Bombay (Cooke, 1967) Flora of British India (Hooker, 1984).

3. Results and Discussion

Information on 29 plant species belong to 19 genera and 10 families were used commonly as remedies for various diseases are arranged in alphabetical order of their scientific name along with family followed by local names (Kannada language), plant parts, Mode of administration, probable dosage and duration of treatment are enumerated below.

3.1 *Abrus precatorius* Linn.(Fabaceae) Kannada Guluganju

For cough, few leaves are chewed with betel pan once in a day in the night after meals for two days.

3.2 *Acalypha indica Linn*.(Euphorbiaceae) Kannada Gundayela tappalu

Equal proportion of Leaf and root paste applied to skin diseases externally till it cure.

3.3 *Aloe Vera* (L) N.Burn (Liliacee) Kannada Kumari.

For ulcer, the leaf epidermis is removed and juice is mixed with one teaspoonful of sugar and the paste taken internally for 4-5 days.

***3.4 Andrographis paniculata* Nees (Acanthaceae) Kannada Nelabeva**

For stomach pain, a handful of leaves crushed with sugar and made into pills. Two pills every day taken internally for two days.

***3.4 Aristolochia indica* Linn (Aristolochiaceae) Kannada Beelieshwari balli Hindi saged ishri**

One cup of leaf decoction taken internally 1-2 days in the morning cures stomach during menstruation.

***3.6 Asparagus racemosus* wild. (Liliaceae) Kannada shatavari**

For wounds and heel cracks, tender twig paste mixed with coconut oil and applied till it cures.

***3.7 Buchanania lanzan* Spreng. (Anacardiaceae) Kannada Nurkala**

For tonic, one spoonful of seeds powder mixed with cup of cow milk and taken internally in the morning before meals for 15 days.

***3.8 Butea monosperma* Roxb. (Fabaceae) Kannada Mattulugida**

For menorrhagia, succulent young roots roasted, boiled and eaten with salt for two days.

***3.9 Calotropis procera* R Br.(Asclepiadaccae) Kannada Yekkegida**

For elephantiasis, Latex applied on the affected area for 8-10 days.

3.10 *Cassia auriculata* Linn. (Fabaceae) Kannada Avaregida

For stomach pain and skin diseases, one cup of leaf extract taken internally till it cures.

***Cassia fistula* linn(Fabacceae) Kannada Kakkegida Hindi amaltas.**
For wounds, dry fruit powder mixed with pinch of salt taken internally and also applied on the affected area.

***3.11 Cocculus hirsutus* Linn (Menispermacceae) Kannada dagadagya balli**
For body cool, a handful of shade dried whole plant is powdered and one teaspoonful powder is mixed in a glass of water and taken internally in the morning with empty stomach daily once for three days.

***3.12 Commelina banghalensis* linn(commelinaceae) Kannada Eagali**

For wounds and scabies paste of whole plant is applied at the affected parts till it cures.

3.13 *Datura metel* Linn. (Solanaceae) Kannada name .

For septic and asthma, one cup of the leaf and flower extract taken internally for 5-6 days.

3.14 *Euphorbia hirta* Linn.

For dysentery, cough and asthma, whole plant extract mixed with goat milk and taken one cup in the morning till it cure.

***3.15 Ficus religiosa* Linn. (Moraceae)**

For wound and skin diseases, leaves and fruits crushed and the paste applied till it cures.

***3.16 Gardenia gummifera* Linn (Rubiaceae)**

For ulcer, the resin mixed with milk and kept whole night and taken in the morning after meals.

***3.17 Ipomoea aquatica* Forsskal**

For ulcer, Young flowers cooked and eaten after meals in the night.

***3.18 Santalum album* Linn.**

For skin diseases, wood grind well and applied on the affected area till it cure.

***3.19 Terminalia arjuna* Linn.**

For blood pressure, one cup of stem bark decoction taken internally for 1-2 days.

4. Discussion

This study revealed a considerable medicinal plants diversity of Bidar fort, data were compared with available literature. In Karnataka so far there is no reports on fort flora. It is first kind of work carried out from Bidar fort flora. Most of the information are new to the literature. Where as some of plant species information already available in the literature such as-Indira Kalyanasundaram (1995) has conducted the ethnobotanical study of the Kodavas and other tribes of Kodagu district in Karnataka state. She has listed 240 species including 105 medicinal plants, 65 food plants, 60 timber-yielding plants. Among them about 40 species were used in agriculture and in animal husbandry. Bhatt *et al.* (2001) have studied some ethanomedicinal plants of Baroda hills of Saurastra. They have reported 48 plant species used for to cure different diseases like Asthma, Snakebite *etc.* Karthikeyani (2003) has conducted studied on ethnogynaecological plants used by the Irulars of Siruvani hills, Western Ghats, India. They have recorded 33 important species belonging to 24 families. The ethanomedicinal information regarding vernacular name, family name, purpose of usage, mode of preparation, dosage and even whole plants was reported.

5. Conclusion

The fort has rich vegetation of medicinal plants. The traditional knowledge on medicinal plants day by day eroding from the fort area due to the death of the folk practitioners. Thus, it felt necessary to document the medicinal plants traditional knowledge which could be

useful in future, for the development of traditional medicinal system of India.

6. Acknowledgement

The authors grateful to the people of surrounding Bidar fort, for sharing their knowledge on herbal medicine.

References

[1] Bhandari MJ Chandrashekar KR and Kaveriappa KM Ethnobotany of Gowlis of Uttar Kannada district Karnataka India J Econ tax bol additional series 12 (1995) 244.
[2] Bhandari MJ Chandrashekar KR and Kaveriappa KM Medicinal. Ethnobotany of sides of Uttar Kannada district in Karnataka India J Ethnopharmocol 47(3) 1995 149-158.
[3] Gamble JS and Fisher CEC flora of the presidency of madras reprint Vol. I-III (Botanical survey of India Calcutta) 1957
[4] Harsha VH Hebbar SS sripathi v and Hegde GR. Ethnomedicobotany of Uttar Kannada district in Karnataka India J Ethnobot 84(2003) 37.
[5] Indira kalyana sundaram an ethnobotanical study of the kodavas and other tribes of kodagu district Karnataka bull bol surv India 40 (1-4)1998 47-52.
[6] Kirikar KR and Basu BD Indian Medicinal plants Vol. I-IV (periodical Experts Delhi)1935.
[7] Maheswari JK Ethnobotany and Medicinal plants of Indian subcontinent (Scientific publishers Jodhpur) 2000 672.
[8] Saldanha, C. J. (1984). Flora of Karnataka, India. Oxford & IBH publishing Co., New Delhi, India. pp.535.
[9] Seetharam YN Kotresh K and Uplaonkar SB flora of Gulbarga district (Gulbarga University Gulbarga) 2000.
[10] Sen, S. K., Pradhan, N. B. and Mehera, L. M. (2001). Ethno-medicinal plants used against dysurea at bargarh district in Orissa. Ad. Plant. Sci. **14(2):** 459-462.

Author Profile

H.C Shrishail, Assistant Professor, Department of Botany, Kuvempu University, Shankaraghatta, Shimoga