

TRADITIONAL MEDICINE AMONG THE RURAL FOLK OF MORENA DISTRICT MADHYA PRADESH

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Received: 23 August, 1991

Accepted: 14 November, 1991

ABSTRACT: *The present study carried out in the rural areas of Morena district of Madhya Pradesh, concerns the traditional use of indigenous herbal medicines against various diseases. Thirty medicinal plants have been mentioned along with their botanical name, families, local name, locality, medicinal use and field numbers.*

INTRODUCTION

India lives in her villages. Majority of the population live in rural area where adequate formal medical facilities are not available. With the increasing cost of treatment through allopathic science and adverse effect of synthetic drugs people all over the world are looking to medicinal plants for their health needs.

In view of these conditions the community health workers scheme under the Ministry of Health and Family Welfare was launched on 2nd October 1977 Gandhi Jayanthi day with the ultimate goal of providing medicare to every villagers of the country. The Central Council for Research Ayurveda and Siddha, New Delhi has recently launched a country – wide programme of ethno – Medico – botanical surveys in the tribal pockets to gather data relating to folk medical lore, disease and other health problems affecting the population. The Central Council for Research in Unani Medicine, New Delhi has also conducted ethno botanical research on Unani herbal drugs. These studies have also been undertaken at the National Botanical Research Institute, Lucknow, Regional

Research Laboratory, Jammu-Tawi; Botanical Survey of India, Howrah; Birbal Sahni Institute of Paleobotany, Lucknow; University of Madras, Madras; Bihar Tribal Welfare Research Institute, Ranchi; Calicut University, Calicut; Central Institute of Medicinal and Aromatic Plants, Lucknow etc.

Morena district, covering a total area of 11,594 sq.km. is situated in north west corner of Madhya Pradesh and lies between 25⁰15' to 26⁰62' N latitude and 76⁰22' to 78^E42' longitude. The vegetation of the district is mostly tropical dry deciduous type, comprised of thorny bushes in ravines which merge into mixed deciduous on hills and plateaus. The district has a forest area of 3248 sq.km which accounts for 28.03% of the total geographical area. The soil is of alluvium with different colours and textures. The average annual rainfall in 750 mm.

The villagers are basically agriculturist and forest produces are main source of their livelihood. They use plant as a medicine for curing their ailments and diseases, which are

easily available in their surroundings environment. Synthetic medicines are not often available in the villages and are sold sky high prices to unsuspecting villagers. Moreover, there are only 33 primary and family welfare centres in this district which do not provides sufficient medicinal facilities.

Methodology

During the floristic survey of Morena district, under District Flora Scheme of Botanical Survey of India, Howrah, Calcutta from 1986 to 1989. The authors have collected data on the plants used for medicine by the local inhabitants. The people living in the rural areas still depend on the local medicine men (Vaidis or Bhagats) for primary health care. These local doctors use seasonally available local floras for treating human illness.

The plant specimens collected during field work were identified with the help of regional floras and confirmed at Herbarium Botanical Survey of India. Central Circle Allahabad (BSA). The specimens were deposited in the Herbarium Botanical Survey of India, Central Circle Allahabad and School of Studies in Botany, Jiwaji University, Gwalior (M.P.). The plants are arranged alphabetically according to botanical name, family, local name, locality from where collected, medicinal uses and field numbers (BSI-FMD).

The information on medicinal plants presented here were not recorded in well-known literature (Ambasta 1986; and Chopra et.al. 1956) and research papers (Bhalla et. Al. 1982; Bhatnagar et. Al. 1973; Jain 1963, 1965; Maheshwari et. Al. 1985; Rai 1985; 1987; Sahu 1984; Saxena 1986; Verma 1982) published on this aspect.

Enumeration

Abbreviation used: BSI – FMD = Botanical Survey of India – Flora of Morena District

1. *Acacia nilotica* (L.). Willd. Ex. Del. ssp. *Indica*. (Benth) Brenan (MIMOSACEAE)

Local name : Babool, Locality : Ambah

The pod burnt and the ash is made into a paste with the mustard oil. The paste is applied on boils. Its tender pods are dried in shade. Dried pods are eaten raw with water for spermatorrhoea. The leaves with black pepper (*Piper nigrum* L.) and sugar are made into a paste and paste is given for acidity (BSI-FMD: 176).

2. *Achyranthes aspera* L. (AMARANTHACEAE)

Local name : Onga, Locality : Ambah

Its leaves are used for rickets. Two leaves of Onga (*Achyranthes aspera* L.) with three leaves of Ber (*Ziziphus mauritiana* Lamk.) and a handful leaves of Neel (*Indigofera tinctoria* L.) are made into a paste with three year old jaggeri. The paste is put on the head upto 24 days. (BSI-FMD: 187).

3. *Albizia lebbek* (L.) Benth. (MIMOSACEAE)

Local name : Kalasiris, Locality : Chinnoni

The seeds are used for cataract. These are pounded with the seeds of Gongchi (*Cardiospermum halicacabum* L.) and

- made into a paste. The paste is applied on eye (BSI – FMD : 56).
4. *Balanites aegyptiaca* (L.) Del (SIMAROUBACEAE)
Local name : Hingot, Locality : Sihnoia
Bark decoction is used for gum swellings, (BSI – FMD : 384).
 5. *Cajanus cajan* (L.) Millsp. (FABSCEAE)
Local name : Arhar, Rahir, Locality : Khidaura
Leaves are chewed and made into a paste. The paste is applied on cuts. (BSI – FMD : 8).
 6. *Calotropis gigantean* (L.) R. Br. (ASCLEPIADACEAE)
Local name : Safed Ack, Locality : Sihonia
The root is made into a paste and paste is applied on scorpion stings (BSI – FMD : 908)
 7. *C. procera* (Ait.) R. Br.
Local name : Ak, Locality : Khidaura
Its root are burnt and pounded into powder. The powder is mixed with Tili Oil (*Sesamum indicum* L.) and mixture is applied on the shoulder of bullock to cure wounds. The stem is pounded and the powder is made into a paste with hot mustard oil. The paste is applied on scorpion stings. It is believed that if its leaves are put under the feet it stops vomiting (BSI – FMD : 11).
 8. *Capparis deciduas* (Forsk) Edgew. (CAPPARACEAE)
Local name : Kareel, Locality : Khidaura
The root is pounded and paste is applied on eye conjunctivitis of cattle's (BSI – FMD : 63).
 9. *Capsicum annum* L. (SOLANACEAE)
Local name : Mirch, Locality : Morena
The red chillies are fried in rectified butter and the fried chillies are made into a powder. The powder is applied on dogs bite (BSI-FMD:208).
 10. *Coccinia grandis* (L.) Voigt. (CUCURBITACEAE)
Local name : Kinduri, Locality : Morena
Its leaves are warmed with castor oil (*Ricinus communis* L.) and applied on boils (BSI-FMD: 201).
 11. *Convolvulus microphyllus* Siebex. Spreng (CONVOLVULACEAE)
Local name : Sankaholi, Locality : Chinnoni
The plant is used for blood vomiting. The whole plant is pounded and extract with cow milk is given daily in the morning upto one month (BSI-FMD : 52)
 12. *Corchorus dpressus* (L.). Stock (TILLIACEAE)
Local name : Ondhphali, Locality : Khidaura

The whole plant is pounded and the extract mixed with cow milk and sugar. The mixture is used for spernatorrhoea (BSI –FMD :490).

13. *Cynodon dactylon* (L.) Pers.
(POACEAE)

Local name : Doob, Locality : Morena

Whole plant with pebbles is made into a paste and the paste is applied for pussing boils (BSI-FMD: 714).

14. *Dalbergia sissoo* Roxb. Ex. DC
(FABACEAE)

Local name : Shisham, Locality :
Khidaura

Its leaves are used for spermatorrhoea. The 20gm. Tender leaves of Shisham (*Dalbergia sissoo* Roxb. Ex DC) 5 gm. Black pepper (*Piper nigrum* L.) and 50 gm. Sugar are pounded and its extract mixed with 250 gm. Cow milk. The mixture is given daily in the morning upto one month (BSI-FMD:15)

15. *Derris indica* (Lamk) Bennett.
(FABACEAE)

Local name : Kanja, Locality : Baroda

The seeds are pounded and used as an ear drop for earache (BSI –FMD :510)

16. *Dichrostachys cinerea* (L.) Wt. & Arn.
(MINMOSACEAE)

Local name : Biribira, Locality :
Khulawali

The root with they is made into paste and the paste is applied on scorpion stings and snake bites (BSI – FMD :85).

17. *Elytraria acaulis* (L.F.) Lindau
(Acanthaceae)

Local name : Pathrasaga, Locality :
Hetampur

Three pieces of its rood with rhizome of adrak (*Zingiber officinale Roscoe*) are pounded and extract is given for leucorrhoea (BSI-FMD: 491).

18. *Lapidagathis cristata* Willd
(ACANTHACEAE)

Local name : Sairbatna, Locality:
Hetampur

The decoction of this inflorescence is used as a mouth was for toothache and gm trouble (BSI-FMD:493).

19. *Leucas cephalotes* (Roth). Spreng.
(LAMIACEAE)

Local name : Gopal gobhi, Locality :
Sironi

The leaves are friend with clarified butter and applied on cuts (BSI-FMD :145).

20. *Luffa acutangula* (L.) Roxb.
(CUCURBITACEAE)

Local name : Karaitorai, Locality :
Sironi

The leaves are friend with clarified butter and applied on cuts (BSI-FMD :145).

21. *Merremia gangetica* (L.). Conf. (CONVOLVULACEAE)
Local name : Anchatani, Locality : Morena
The whole plant with they is made into a paste and the paste is applied on boils (BSI-FMD : 202).
22. *Orthosiphone pallidus* Royle ex. Benth. (LAMIACEAE)
Local name : Diamjari, Locality : Morena
The plant paste with they applied on boils (BSI-FMD:87)
23. *Plumbagoizeylanica* L. (PLUMBAGINACEAE)
Local name : Chitawa, Locality : Ambah
The roots are made into a paste and the paste is given to goat for stomach trouble (BSI-FMD:427)
24. *Prosopis cineraria* (L). Druce (MINMOSACEAE)
Local name : Chhonkar, Locality : Sheoppurkalan
The bark is pounded and mixed with they the paste is applied on boils (BSI-FMD:372).
25. *Solanum indicum* L. (SOLANACEAE)
Local name : Jangli bhata, Locality : Pharagarh
The root is pounded and made into paste. The paste is lightly warned and given for stomach swelling (BSI-FMD: 599).
26. *Tinospora cordifolia* (Willd.) Hook. F & Thomas. (MENISPERMACEAE)
Local name : Galoe, Locality : Noorabad
The stem is cut into small pieces and these pieces with black pepper are boiled in water. The decoction so obtained is used for malarial fever (BSI-FMD : 470).
27. *Urginea indica* (Roxb). Kunth (LILIACEAE)
Local name : Kori kanda, Locality : Sesaipura
The bulbs are pounded and the paste is applied on scorpion sting (BSI-FMD:769)
28. *Vernonia conyodes* DC. (ASTERACEAE)
Local name : Sahadevi, Locality : Morena
The whole plant is black pepper is pounded and extract is given for giddiness (BSI-FMD:49).
29. *Vitex negundo* L. (VERBENACEAE)
Local name : Nirgundi, Locality : Sesaipura
Leaves are pounded with black pepper and made into a paste. The paste is given to treat tuberculosis (BSI-FMD:533).
30. *Xanthium strumarium* L. (ASTERACEAE)

Local name : Chirchita, Locality :
Ambah

The root is pounded and the paste is mixed with whey. The mixture is good for dysentery (BSI-FMD : 186).

ACKNOWLEDGEMENTS

The authors are grateful to Prof. R. R. Das, Head School of Studies in Botany, Jiwaji University, Gwalior (M.P.) for facilities, Dr. J.K. Maheshwari, Head Ethnobotany and conservation Discipline, National Botanical Research Institute, Lucknow for suggestions and encouragement and Director, Botanical Survey of India, Howrah, Calcutta for financial assistance.

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