

FOLKLORE REMEDIES FOR DANDRUFF FROM TIRUMALA HILLS OF ANDHRA PRADESH

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ABSTRACT: The report gives an account of the use of 25 plant species by local herbalists of tirumala hills, chittoor district of Andhra Pradesh for dandruff (seborheic). The paper discusses the methods of preparation and dose of administration of curde drugs as suggested by them.

INTRODUCTION

Tirumala is located in chittoor district of Andhra Pradesh, India. The group of hills lying in the shape of a coil called the tirumala hills, forms a feature of the region of south India between 13.17 to 13°43' North and 79°19' to 79°23' East. The tirumala hills is 2820 feet above the sea level and about 150 square Km in extent.

The hill is but a part of the mountain range designated as the Eastern Ghats. The length of this bit of the Eastern Ghats is about 18 km between taakona and tirumala. The tirumala hill contains 7 principal peaks namely seshadri neeladri garudadri anjandri vrsabhadri Narayanadri and venkatadri, In addition there are 17 tirthas several water falls and vagus many valleys numerous clusters of detached hills some of considerable size and elevations and covered with more than a stunted scrub jungles, In spite of the heavy influence of a biotic nature the hills still present a unique flora to a botanical explorer, the climate is salubrious and the rain fall in 400-500 mm.

there is an admixture of natural and endemic species established in different micro-climatic zones of the hills.

The flora of this region has been described in parts (Nadu, 1966 a,b, Naidu and Rao 1967,1969, Naidu et al 1971; Hemadri, 1984, 1985. Nagaraju and Rao 1990 a,b,c; Rangacharyulu, 1991). However ethnobotanically this region has been adequately recorded.

Form time immemorial the forest of tirumala hills has been inhabited by tribes like yanadis, Irla, Yerukalas, Nakkalas, Koyas and some of other nomadic tribes who possess good knowledge of home remedies, by enumeration studies it is known that tirumala hill is a rich source of medicinal plants, An attempt is made in this paper to bring out the medicinal uses of plants in Dandruff.

Dandruff is a functional disease caused by excessive secretion of the sebaceous glands in the skin, the condition may very widely from nothing more than dandruff to seboreic

dermatitis in which the whole scalp and some time the face and other parts of the body develop a greasy kind of crusting and scaling, accompanied by red irritated areas, Dandruff first appears on the scalp and may be confined there but it may spread to the forehead eyebrows, eyelids, parts of the nose and areas behind the ears, Most physicians do not believe that it is responsible for loss of hair.

In some cases dandruff begins in the childhood as a simple scaling of small white bits of skin from the scalp and this continues as a mild annoyance for many years, Often however the process gradually becomes more and more involved with greasy discharges from the scalp and the skin of the face, and “only” seborrhea may develop. Excessive fatigue, lack of sleep, anxiety and emotional strain many lead to the state which is conducive to the development of seborrhea.

METHODOLOGY

Asystematic survey of the folk –lore and tribal-lore of Tirumala hills was carried out during 1992-1994. Ethnomedicinal data on Dandruff was gathered from yanadi , Irla yerukalas, Koyas, Nakkals and some of other nomadic tribes, the information was obtained and recorded by personal interviews with different tribal people according to the methods described by Jain & Rao (1983), Nagaraju & Rao (1989, 1990) who possess good knowledge of home remedies.

Enumeration of Plants

The data obtained on Dandruff are presented here, the various specimens and samples of medicinal plants have been identified and deposited in the S.G.S College Herbarium, tirupati. The plants are arranged

alphabetically according to their scientific names, families in paranthesis and followed by vernacular names (Telugu) place of collection (P.C) authors voucher and specimen number. Then follow the herbal uses of plants.

Abbreviations used

Ln= Local name Pc= place of collection
SGSEBH = S.G.S College ethnobotanical her-barium.

1. *Acacia sinuate* (lour) mer.
(MIMOSACEA)
Ln=Seekai Pc= Garudadri hill range
SGSEBH = 327

The fruit powder is mixed with water and made into paste and applied to the scalp. It cures dandruff.

2. *Acacia concinna* (Wild) D.C.
(MIMOSACEA)
Ln=Tumma Pc= Seshadri hill top
SGSEBH = 296

The dried fruit powder is used to cure dandruff.

3. *Acacia concinna* (Wild) D.C.
(MIMOSACEA)
Ln=Tumma Pc= Seshadri hill top
SGSEBH = 296
Phyllanthus emblica L.Sp
(EUPHORBIACEAE)
Ln=Usirika Pc= Tirumala foot hills
SGSEBH = 221
Nigella sativa L. sp Linn
(RANUNCULACEAE)
Ln=Nalla Jilakara Pc= Kapila theertham
SGSEBH = 119

The dried fruit powder of *Acacia concinna*, the dried cotyledons powder of *Phyllanthus emblica* and seed powder of *Nigella sativa* mixed in equal proportions and a pinch of

camphor are mixed in coconut oil and applied to the scalp. It keeps dandruff free.

4. *Aloe vera* (L) Burm (LILIACEAE)
Ln= Kalabanda Pc= Akashganga
SGSEBH = 321

The peel of the plant is removed and the remaining part is made into paste and applied on scalp for 1 hour before bath. The same is repeated weekly once for two months which keeps dandruff away.

5. *Anamirta cocculus* (L)
(MENISPERMACEAE)
Ln= Kakumanu Pc=Garudadri hill top
SGSEBH= 251

Seed paste mixed with gingelly oil is applied to the scalp to get rid of dandruff.

6. *Annona squamosa* (L)sp.
(ANNONACEAE)
Ln= Seetha palamu Pc= Pathanjali vanamu
SGSEBH= 116

The paste is prepared from the seeds and applied on the head to kill lice and to care dandruff.

7. *Azadirachta indica* A. juss
(MELIACEAE)
Ln= Vepa Pc= Avvacheri kona
SGSEBH= 134

Pongamia pinnata (L) Pierre (FABACEAE)
Ln= Kanuga Pc=Anjanadri hill range
SGSEBH= 187

Oil is taken from the plants in equal proportions, mixed with a pinch a camphor and applied to the scalp.

8. *Carthamus tinctorius* (L)
(ASTERACEAE)
Ln= Kusuma Pc= Papavinasamu water falls

SGSEBH= 465

The seed oil is applied to the scalp before bath. It nourishes the hair and keeps it dandruff free.

9. *Catharanthus pusillus* (wild)
(APOCYANACEAE)

Ln= Telliriku Pc=Sankumitta
SGSEBH= 186.

The leaf powder is mixed with coconut oil and applied on the head to ward off dandruff. It is also used to kill lice.

10. *Cayratia pedata* (wild) Lour
(VITACEAE)
Ln= Advaidummadi theega Pc=
Gogarbhumi
SGSEBH= 109

The fruits are made into paste and applied on the head to destroy lice and dandruff.

11. *Clematis gouriana* (L)
(RANUNCULACEAE)
Ln= Gowrikuntala Pc= Puspathota
SGSEBH= 599

Seed paste is applied externally for one week for the destruction of lice as well as dandruff.

12. *Eclipta prostrata* (L) Hassk
(ASTERACEAE)
Ln= Guntagin jaraaku Pc= Alipiri
SGSEBH= 255

Dried leaf powder mixed with water and made into paste is applied on the scalp before bath, it nourishes the hair and keeps it dandruff free.

13. *Emblica officinalis* (L) SP
(EUPHORBIACEAE)

Ln= Usirika Pc= Garudadri hill range
SGSEBH= 356

Dried fruit powder and dried bark powder are mixed with water and made into paste, this applied to scalp before bath. It prevents fall of hair and keeps it dandruff free.

14. *Gloriosa superba* (L) (LILIACEAE)
Ln= Nabhi Pc= Neeladri hill range
SGSEBH= 564

The leaf juice is applied to the scalp for killing lice in the hair.

15. *Gmelina asiatica* (L)
(VERBINACEAE)
Ln= Adavigummadi Pc= Seshachalam hill range
SGSEBH= 211.

Fruit pulp with mucilaginous juice applied to scalp before bath once a week for 4 weeks to cure dandruff.

16. *Govita rottleriformis* Griff.
(EUPHORBIACEAE)
Ln= Tella poliki Pc= Papavinasanamu water falls
SGSEBH= 290

Seed powder is used to cure dandruff.

17. *Hibiscus rosa-sinensis* (L) sp
(MALVACEAE)
Ln= Dasani/ Mandara Pc= Tirumala foot hills
SGSEBH= 294.

Leaf paste is applied on the scalp for luxuriant hair growth and to keep it dandruff free.

18. *Maytenus emarginata* (wild)
(EELASTRACEAE)

Ln= Danti Pc= Venkatadri hill range
SGSEBH= 399

Stem bark powder is mixed with oil and applied to kill lice in the hair and get rid of dandruff.

19. *Murraya koenigii* (L) spreng
(RUTACEAE)
Ln= Karivepaaku Pc= Akakash ganga
SGSEBH= 410

Leaves are made into paste and applied to the head before bath. It nourishes the hair prevents the fall of hair and keeps dandruff free.

20. *Nyctanthes arbortristis* (L)
(NYCTANTHACEAE)

Ln= Prijathamy Pc= Avvachen Kona
SGSEBH= 291

Seed paste is applied to the scalp and head bath in taken after an hour, it keeps dandruff free.

21. *Ocimum tenuiflorum* (L)
(LAMIACEAE)
Ln= Tulasi Pc= Padmavathi gardens
SGSEBH= 128

Leaf juice is anointed on the head to cure dandruff.

22. *Opilia amentacea* (L) (OPILIACEAE)
Ln= Pachnecheri Pc= Talakona deep forest

Flowers and fruits are cooked in coconut oil, the oil is filtered and applied to scalp to cure dandruff.

23. *Sapindus emarginatus* (wild) Vahl
(SAPINDACEAE)
Ln= **Kunkudu** Pc= Garudachala deep forest

SGSEBH= 456

Seed powder is used in head bath and considered as anti dandruff agent.

24. *Thespesia populnea* (L)
(MALVACEAE)

Ln= Gangaravi Pc= Nalakona
SGSEBH= 413

The stem mixed with goat's milk and made into paste is used against dandruff.

25. *Trigonella foenum-graecum* (L)
(FABACEAE)

Ln= **Menthulu** Pc= Near glass mahal
SGSEBH= 108

The seed paste is applied to the head before bath. It nourishes hair and keeps the head dandruff free.

DISCUSSION

During the survey it has been observed that the folk-lore and tribal-lore herbalists still depend upon ambient vegetation around them for their needs, even though they possess fairly good knowledge about medicinal uses of plants, the tribal use herbal medicines, for minor ailments, the treatment for ordinary diseases is known to the elderly persons and their knowledge is passed on from father to son who knows a

number of forest medicines, herbs and roots from which they make concoctions which are quite effective in ordinary diseases. The knowledge of these medicines is handed down from generation to generation and thus remains a family secret, the present study reveals the ethnobotanical studies have often led to the discovery of important medicinal plants, hence intensive and extensive research should be taken up in tribal medicine to open up new frontiers.

The plants thus collected have been a rich source of medicine because they produce a host of bioactive molecules, most of which probably evolved as chemical defences against infection. More over these plants might provide a dazzling array of potent antiviral antifungal and antimicrobial chemical properties that are sorely needed in the pharmaceutical arsenal in curing dandruff. Further the recorded information is mostly new and different from those given in earlier literature, (Anonymous 1948-1976; Chopra et al 1956,1969; Jain et al; 1973; Kirtikar and Basu, 1975; Singh et al ; 1983).

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