

AN ETHNOBOTANICAL SURVEY OF NADUVIL PANCHAYAT IN KANNUR DISTRICT KERALA.

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ABSTRACT: *The present paper reports the ethnobotanical uses of 32 plant species belonging to 31 genera of 25 families being practiced by tribals in Naduvil panchayat near "Paithalmala" hills in kannur district in kerala. The researchers collected information from the tribals about their medicinal practices. Vernacular name, botanical name, family, morphology of the useful parts and uses of medicinal plants and preparations of medicines are given. This study throws light on the plant human interaction.*

INTRODUCTION:

Plants are man's earliest source for vital medicines. Indigenous people have used different plant parts as their food, therapeutical agents for remedial measures shelter etc. The plants are wild, commonly available and easy to procure them. Tribals get the knowledge of the medicinal value of the plant from their ancestors and their own experiences.

Approximately 17,000 flowering plants are present in India out of this 3500 are distributed in western ghats. Many of them are medicinally useful. The tribal knowledge about plants and their use can play a key role to determine utility value and the importance of conservation of these plants and spread out the achieve health. In Naduvil panchayat no scientific study of the ethnobotanical aspect was conducted. This is the first well planned through study of this aspect in this area.

ETHNOLOGY

The present population of naduvil panchayat is 29,537 and that comprise of 3,505 tribal

people. Out of this, 3,265 are Karimpalar and 130 are marilan. Other groups are Vannan, Malayan, Paravan, Parayan and velan. Among these karimpalar and marilans have their own traditional medical practices. Most of the tribals are agriculturists and agricultural labourers. Major language is Malayalam and they have their own spoken language. Plants collected for treatment purposes are from their place and nearby forest areas. They have their own cultural beliefs and all believe in Hinduism.

AREA AND METHOD OF STUDY

Naduvil panchayat is situated in kannur district of kerala. It comprises of 87.97 km² area. Annual rainfall of this area is more than 3000mm

Ethnobotanical surveys were conducted in the villages of naduvil panchayat. We interviewed the traditional healers and oldmen for the villages for gathering ethnobotanical information. Generally men and women maintain secrecy about the medicinal uses of plants however, by

developing confidence with the tribals, some useful information on the ethnobotanical uses of plants have been collected. The plant parts used, local name, mode of collection, preparation of medicine, mode of administration were documented with cross interview and interaction. The plant specimens were collected, dried, poisoned and mounted as per standard method (Jain and Rao 1997) and identified with the help of various floras and BSI herbarium, Coimbatore. They were classified according to Bentham & Hooker. Voucher specimens of the important plants are deposited in the herbarium.

ENUMERATION

In the enumeration, first the botanical name, then family, vernacular name (Malayalam) in brackets, the diseases, preparation of medicine and administration are given

1. *Adhatoda Zeylanica* **Medic Acanthaceae** (Adalotakam)

Bronchitis –leaf powder mixed with one and administered or leaf grind and mix with egg roasted and eaten.

2. *Aegle marmelos* (L) **Corr. Rutaceae** (Koovalam)

Diarrhoea –unripe fruits are dried and powdered. 3 to 10g, 2 or 3 times per day. Ear ache –leaf extract mixed with oil and boiled, 3 to 5 drops applied in the ear. Body pain – the leaves are heated and used for massaging on the affected portion.

3. *Aerva lanata* (L) **Juss Amaranthaceae** (Cherula)

Renal stone –whole plant used to prepare decoction and drink

4. *Biophytum sensitivum* (L) **DC Oxallidaceae** (Mukutty)

Dysentery –leaf grind and mixed with butter milk and drink.

5. *Calotropis gigantia* **R.Br. Asclepiadaceae** (Erukku)

Swelling –leaf slightly warmed and crushed and apply on the affected portion. Rheumatic pain –leaf heated and massaged on the affected portion.

6. *Camellia sinensis* (L) **Ktze Theaceae** (Theyila)

Dysentery –prepare black tea by using tea powder and add lemon juice to it, drink twice a day.

7. *Cassia alata* L. **Cesalpiniaceae** (thakara)

Skin diseases –leaf grind with curd milk and apply on the diseased part.

8. *Centella asiatica* (L) **Urb. Apiaceae** (kudangal)

Skin diseases –leaf used to prepare oil and apply on the affected portion or leaf grind with turmeric and apply. Memory power – 2 to 5 leaves to be eaten early in the morning. Ulcer –prepare curry and use.

9. *Coleus amboinicus* Lour. **Lamiaceae** (Panicoorka)

Fever, cough, asthma –leaf extraction is used

10. *Cyathula prostrata* Blume **Amaranthaceae** (Cherukatalady)

Swelling in joints and sprain –leaf grind with curuligo orchioides tubers and applied on the affected portion and massaged

11. *Curuligo orchioides* Gaestn **Hypoxidaceae** (Nilappana)

Jaundice –root powder is used with milk. Sprain and swelling –leaf grind and apply on the affected portion.

12. *Curuma longa* **L. Zingiberaceae** (Manjil)

Anti poison-rhizome juice 50ml or leaf 3 to 6g grind well and add water and drink 2 to 3 times a day.

13. *Elephantopus scaber* **Lasteraceae** (Anachuvat) Eye wounds – whole plant grind with cuminum cyminum. Take the juice and mix with breast milk, apply on the eye

Dysentery – whole plant mix with porridge and drink.

14. *Emilia sonchifolia*(L) **DC Asteraceae** (Muyal cheviyan) Night blindness-leaf extract drink daily morning

15 *Gmeilna arborea* **Roxb. Verbenaceae** (Kumbil) Gonorrhoea and Rheumatism-prepare decotion y using leaf, root and flower, drink 20to 25 ml per day.

16 *Kaempferia galang* **L.zingiberaceae** (Kacholam) cough-rhixome juice mix with stone sugar and drink.

17. *Lawsonia inermis* **L.Lytheraceae** (Mylanchi) Hair growth – prepare oil with leaf and flower and use to prevent falling of hair flower grind with water and drink twice a day

18. *Leucas asperal* **Lamiaceae** (Thumba) Worm trouble- prepare whole plant decotion and drink twice a day

19. *Mimosa pudica* **L. (Mimosaceae)** (Thottavaty) Wounds-leaf grind and apply on wounds and cuts. Dysentery-leaf ex-tract with butter milk and drink.

20. *Mimusops elengi* **L.Sapotaceae** (Elengi) Body scars-bark pulp is applied on scars.

21. *Moringa oleifera* **lam Moringaceae** (Moringa) Swelling-root and bark pulp is applied on the affected portion sinusitis and head ache-root is crushed and inhaled.

22. *Musa Paradisiaca* **L.Musaceae** (Vahza) Ulcer –juice of the stem is used

23. *Mussanda glabrata* **hutch. Rubiaceae** (Vellia or ammakarumbi) conjunctivitis-the inner bark of the stem crushed and ground with cuminum cyminum and the juice is applied on the eye.

24. *Narvelia zeylancia*(L) **DC Ranunculaceae** (Vathakoty) sinusitis-boil the whole plant in water and inhale the vapour Rheumatism-water heated with the plant and use for bathing

25. *Ocimum tenuifolium* **1.Lamiaceae** (Tulasi) Cough-leaf extract is used. Wounds leaf and flower ground with turmeric and applied on the wounds and cuts. It is also used for insect poison.

26. *Pyllanthus amarus* **L. Euphorbiaceae** (Kizhukanelli) Jaundice-Plant is ground and mixed with milk and drink early in the morning.

27. *Pyllanthus maderaspatens* **L. Euphorbiaceae** It is also used for jaundice like phyllanthus amarus.

28. *Ricinus communis* **L.Eupho Biaceae** (Avanakku) Jaundice-tender leaf and cuminum cyminum is ground and mixed with milk drink early in the morning.

29. *Scoparia dulcis* **L.Scrophularaceae**
(Kallurucky)

Renal stone-milk extract of whole plant drink early in the morning

30. *Sida rhombifolia* **L.Malvaceae**
(Kurunthotty)

Rheumatism- decoction of whole plant is used
Dysentery-whole plant with porridge is used.

31. *Tabernaemontana divaricata* (L) **R.BR. APOCYANACEAE** (Nanthya vattum)

Eye injury –flower is kept in water for 12hours and then flower juice is applied on the eye. Tooth ache-chewing the root.

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32. *Vigna mungo* **L.FABACEAE**
(Uzhunnu)

Swelling and sprain-leaf is ground with egg and albumin and applied on the affected portion.

CONCLUSION

Indigenous knowledge is vital information. At present it is diminishing at an alarming rate. There is an urgent need to collect it before it is irretrievably lost. The present study will be useful to understand the nature of diversity for its utilization and conservation. In the overall perspective more serious efforts are needed by us towards the use of our plant resource. Lining conservation strongly with utilization value of diversity.