

Traditional Phytotherapy for Diarroal Diseases in Dhenkanal district of Orissa, India.

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Abstract: *Medico- ethnobotanical exploration carried out in Dhenkanal district of Orissa during 1996-98 reveal that, people use 21 plant species belonging o 20 genera and 17 families on 10 different combinations for the treatment of diarrhoeal diseases. The method of preparation of medicine and details of application care recorded.*

Keywords: *Medico- ethnobotany, Diarrhoea, Phytotherapy*

INTRODUCTION

Traditional phytotherapy for diarrhoeal diseases in India is practiced common people form pre-historic period. But there have been some sporadic studies exclusively on this disease ^(1,2,3) which are largely confined to the medico-ethnobotany of a particular region of a tribe. However, there is a compilation of reports of different workers ⁽⁴⁾ depicting the use of 151 plant species in treatment of this disease. The present stud highlights the typical combination of some common household stuff and kitchen garden products in preparation of medicine for the immediate treatment of diarrhoeal diseases in Dhenkanal district of Orissa

LAND AND PEOPLE

Dhenkanal is a land locked district lying between 20°29'-21° 11' N and 85°7' -86°02'' E and extending over an area of 4597 sq. kms. The forest and hills cover around 1890.15 sq kms. (40.46% of total land area) and the vegetation is mixed dry deciduous in nature. Around 91.7% of its total population (947870) live in rural areas and tribals

constitute 12.68% (120226) of the total ⁽⁵⁾. The prominent among them are santal Juang and Bhuyan Community inhabiting interior hilly regions of the district. The people adopt traditional phototherapy for some common diseases and occasionally opt of allopathic treatment based in the availability of modern health care system in the locality

MATERIALS AND METHODS

Quarterly visits were made regularly to different parts of the district during 1996-98. Information on medicinal uses of plants for diarrhoeal diseases was collected through interviews with local medicine men and knowledgeable elderly persons of either sex belonging to tribal and rural communities. Vernacular names of the plants, parts used method of preparation and administration of the drug in appropriate doses were also recorded. The plant specimens were identified following the standard treatise and voucher specimen of two uncommon species (Sl no) 4&8) were preserved for future reference.

ENUMERATION

The 21 plant species belonging to 20 general and 17 families in 10 different combinations are arranged alphabetically with their family names in parenthesis followed by their local names, locality, ethnobotanical recipes, used, doses, mode of administration etc.

1. *Bryophyllum pinnatum* Kurz. (Crassulaceae), 'amarapoi' Kamakshya nagar. Two to three leaves ground with five black peppers (*Piper nigrum* L., Piperaceae)

2. *Cajanus indicus* Spreng (Fabaceae), 'Kandula', Hindol.

The decoction, extract by boiling the mixture of 100 gms of arhar dal (*Cajanus indicus*), little turmeric powder (*Curcuma longa* L) and mustard oil (*Brassica nigra* L.) is used another extract of tamarind (*Tamarindus indica* L.) fruit juice, little sugar and salt. About 25 ml of this mixture is administered thrice daily for three days to diarrhoea patients

3. *Eucalyptus citriodora* Hock. (Myrtaceae), 'Eucalptus', Dhenkanal.

Aqueous extract of three to seven leaves and two and a half black peppers administered to children as well as adults along with sugar candy in diarrhoea and dysentery. Dose two times for three days.

4. *Flacourtia cataphracta* Roxb (Flacourtiaceae), Bhainchikoli', Saptasajya.

Roots ground with black pepper and taken with raw cow milk rice a day to cure stomach-ache and diarrhoea.

5. *Nymphaea pubescens* Willd. (Nymphaeaceae), 'Nali kain' Bhuban

Roots of *Nymphaea* and three black peppers are ground with raw cow milk and taken twice a day in gastric disorder and diarrhoea.

6. *Piper betle* L. (Piperaceae) 'Panapatra Parjang.

A compound mixture of leaves of piper betle L., *Mentha viridis* L. (Lamiaceae), *Bryophyllum pinnatum* Kurz. (Crassulaceae) and *Aegle marmelos* (L) Corr. Rutaceae are ground together along with cumin (*cuminum cyminum* L., Apiaceae), Caraway (*Carum Carvi* L., Apiaceae) and little salt. The extract is administered both to children and adults approximately 10 gms. Thrice for three days in indigestion and diarrhoea.

7. *Psidium guajava* L. (Myrtaceae) 'Pijuli' Odapada.

Young leaves of guava (*Psidium guajava*), Pomegranate (*Punica granatum* L. Punicaceae), Mango (*Mangifera indica* L., Anacardiaceae) and black peppers and taken along with sugar candy in diarrhoea Half glass for adults and half cup for children twice for three days.

8. *Pterospermum acerifolium* Willd. Sterculiaceae), 'Muchkunda' Dhenkanal. One to two flowers are ground with seven black peppers for adults or two to three for children and administered twice a day in diarrhoea and dysentery.

9. *Punica granatum* L., (Punicaceae) 'Dalimba' Kankadahada

Unripe fruit s ground with five black peppers and taken with sugar candy two to three times a day in diarrhoea

10. Shorea robusta Gaertn f. (Dipterocarpaceae), 'Salajhuna' Gondia.

About 10 gms of resin of Sal tree (Jhuna) is powdered and administered with one once to trice both to children and adults in diarrhoea

CONCLUSION

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Although Broyophyllum pinnatum, Psidium guajava or Punica granatum are well known species for their therapeutic use in diarrhoeal disease, their typical combination with some other plants or plant products in preparation of the drug is unique in Dhekanal district of orissa. It is reported to be effective wit quick action in checking the diseases. Moreover, some of the combinations can be prepared immediately b collecting the ingredients from the kitchen items or backyard gardens. Phytotherapeutic use of pterospermum acerifolium eucalyptus citriodra Nymphaea pubescens and shorea robusta are new reports from Orissa.

CORRIGENDA

We forgot to mention the authors name in the articles studies on the adaptogenic and antibacterial properties of polyscias fruticosa (L) harms page 231 -246 Published in (vol.No XVIII No 3&4 January and April 1999). The authors name is a Madhu C. Divakar, Head of the Department of Pharmacognosy & Phytochemistry Sri Ramkrishna College of Pharmacy, Coimbatore – 641 044.

Omission if regretted.

EDITOR