

ETHNO BIOLOGICAL TREATMENT OF PILES BY BHOXAS OF UTTAR PRADESH

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ABSTRACT: The paper deals with some less known ethnomedicinal plants as well as animals which are used in the treatment of piles by the Bhoxa tribe of Uttar Pradesh.

Uttar Pradesh is bounded by Tibet and Nepal in the North, Himachal Pradesh in the North-west, Haryana in the West, Rajasthan in the South-west, Madhya Pradesh in the South-west, Madhya Pradesh in the South and Bihar in the East. Uttar Pradesh is the most populous State of India. The state is inhabited by a significant population of tribal in the hill region and also in the plains. Among the tribes found in the state, Bhoxas inhabit in the districts of Bijnor, Dehra Dun, Nainital and Pauri Garhwal.

Bhoxa tribe has been recognized as one of the primitive tribes. Their population is about 34,195 out of a total tribal population of nearly 2,11,159 in the state (Census 1981). Bhoxas always live in the interior parts and in the forests. So, they traditionally utilize many species of the forests. So, they traditionally utilize many species of the forest flora and fauna in the treatment of several fatal diseases.

Bhoxa tribals of Najibabad block of Bijnor district, Sahaspur Doiwala and Vikashnagar block of Dehra Dun District, Kashipur, Gadarpur Bazpur and Ramnagar block of Nainital district

were visited during the ethno-botanical survey in 1986-87. First-hand information gathered from the tribals was further confirmed from the old and experienced 'tribal doctors'. The present paper however deals with the treatment of Piles as practiced in the area under study.

Piles, locally known as 'Babasil' is a common ailment of the anorectal region affecting the human beings. In general the disease is of two types:

- 1) The bleeding piles in which the pile mass swells out and bleeds before and after evacuation.
- 2) The itchy piles with only irritation and pain in the anal region.

The causative factors are said to be chronic constipation, habitual rich protein diet, persistent irritation of the anal infection, sedentary life, tight clothing, obesity, portal obstruction and also heredity.

The use of plants like *Ageratum conyzoides* Linn., *Barleria prionitis* Linn., *Blumea lacera* (Burm.f.) DC., *Cassia sophera* Linn., *Leucas*

cephalotes Spreng. In piles is not recorded so far. So is the case with the two ethno-zoological claims presented in this paper. Diet restrictions recorded here also somewhat differ from the earlier Anonymous (1948-76), Chopra et al (1956), Dastur (1952) and Kirtikar & Basu (1935).

- 1) L: *Achyranthes aspera* Linn;
L/N: *Uta charchita*
F: AMARANTHACEAE
Loc: Kulha (Nainital).

Plant juice is given internally with milk to subside piles and bleeding. The ash of fruiting spikes is also applied externally on piles after defecation.

Restr: Chillies, tamarind and smoking.

- 2) L: *Ageratum conyzoides* Linn
L/N: *Fulania*
F: ASTERACEAE
Loc: Doieala (Dehradun)

Leaf paste with butter is applied externally on swollen piles.

Restr: Chillies and alcoholic beverages.

- 3) L: *Allium cepa* Linn.
L/N: *Pyaz*
F: ALLIACEAE (LILIACEAE s.l)
Loc: Laldhang (Bijnor)

Onion paste with neem oil is employed externally in infected piles.

Restr: Tamarind and Physical strain.

- 4) L: *Azadirachta indica* A. Juss.

L/N: *Neem*

F: MELIACEAE

Loc: Bannakheda (Nainital)

Seed oil is applied on piles to control bleeding and itching. The leaves are also chewed for better results.

Restr: Chillies and cycling

- 5) L: *Barleria prionitis* Linn.

L/N: *Kala-bansa*

F: ACABTGACEAE

Loc: Laldhang (Bijnor).

Decoction of leaves is given internally to control irritation. The ash of leaves is also applied on piles for its curative property.

Restr: Chillies and tamarind.

- 6) L: *Blumea lacera* (Burm.f) DC.

L/N: *Kukraundha, Sarwso*

F: ASTERACEAE

Loc: Kulha (Nainital)

Fresh leaves are ground with 'Kali Mirch' (pepper) and made into pills of 3gm. These pills are given twice a day with tea to control bleeding and irritation.

Restr: Rice and physical strain.

- 7) L: *Butea monosperma* (Lamk) Taub.

L/N: *Dhak*

F: PAPILIONACEAE

Loc: Gularbhoj (Nainital)

Gum is given internally together with milk twice a day for ten days in bleeding piles.

Restr: Tamarind and fatty oil.

- 8) L: Cannabis sativa Linn.
L/N: Bhang
F: CANNABINACEAE
Loc: Pipalsana(Nainital)

Dried leaves are burnt in a pit and the patient is to sit on it exposing the piles.

Restr: Tight clothing.

- 9) L: Cassia sophera Linn.
L/N: Rawasan
F: CAESALPINIACEAE
Loc: Bhattpuri (Nainital).

Leaf paste is applied on the infected piles to relieve itching and pain. The pile mass also subsides when applied with 'Neem oil'. It is believed that the disease can be cured by mere touching the plant early in the morning for 30 days.

Restr: Chillies, tamarind, fatty oil, regular physical strain.

- 10) L: Ficus recemosa Linn.
(= F.glomerata Roxb.
L/N: Gular
F: MORACEAE
Loc: Beduwala (Dehradun)

The latex of unripe fruit is given internally to cure piles. The latex is also applied externally.

Restr: Tamarind

- 11) L: Leucas cephalotes Spreng.
L/N: Gumma
F: LAMIACEAE
Loc: Kunzagrant (Dehradun).

Dry leaves are smoked together with tobacco (Nicotianand tobacum Linn) (1:3) to cure both types of piles.

Restr: Rice and chillies.

- 12) L: Raphanus sativus Linn.
L/N: Muli
F: BRASSICACEAE
Loc: Barhani (Nainital)

Root juice with black pepper (Kali Mirch) is given internally for 45 days to cure piles.

Restr: Violent hard work.

- 13) L: Tinospora cordifolia (Willd.) Miers ex Hook f.et Thoms.
L/N: Giloi
F: MENISPERMACEAE
Loc: Majrabhup Singh (Nainital)

Restr: Chillies, tamarind and hard work.

- 14) L: Solanum nigrum Linn.
L/N: Kali Makoi
F: SOLANACEAE
Loc: Khambari (Nainital)

Leaf juice is given to patient of piles to alleviate pain and itching sensation.

Restr: Chillies, alcoholic drinks.

15) L: Syzygium cumini (Linn) Skeels

L/N:Jamun

F: MYRTACEAE

Loc:Sahab Nagar (Dehradun)

Bark is used for preparing 'Sirka' an alcoholic beverage, which is given with 'Kali Mirch' internally in bleeding piles.

Restr: Tamarind and fatty oil.

16) L: Vitex negundo Linn.

L/N: Muhala, Sinwalu

F: VERBENACEAE

Loc: Rasoalpur (Bijnor)

Powdered root is given with boiled water internally. Leaf paste is also applied on piles.

Restr: Chillies

17) New born mouse is eaten meat to cure bleeding and itchy piles. The ash obtained by burning the head of the mouse is also applied externally on piles with Neem oil.

Restr: Rice and violent hard work.

18) The mouth part of 'Wall-lizard' is boiled in mustard oil and the oil extract thus obtained is applied on swollen piles for cure.

Restr: Rice and cold water

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