

NEPHROPROTECTORS- FOLK MEDICINE OF RAYALASEEMA ANDRA PRADESH

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ABSTRACT: *The medicinal plants which are used by the village folk of Rayalaseema area for curing kidney ailments are reported in this paper. They are divided into two categories a) plant drugs which control urination and b) The plant drug which dissolves the stones of urinary bladder.*

INTRODUCTION

The efforts towards prevention and cure from disease is known as therapy. It is a natural instinct to protect oneself from disease or disorder. Therefore it is but natural that tribals and village folk which cure themselves from different kinds of diseases by long experience. Their knowledge is mostly collective wisdom based on trial and error method coming down to generation to generation.

Even today the modern medicine is not complete and has not offered any satisfactory remedies for chronic disease. The therapy from these villagers, where they treat stone in the kidney or urinary bladder and control urination by vegetable drugs.

ABBREVIATIONS USED

L = Latin name

F = Family name

S = Sanskrit name

V = Vernacular name

a) PLANT DRUGS WHICH
CONTROLS URINATION:
(FREQUENCY, URGENCY AND
NOCTURIA)

(1) L – Pedolium murex, Linn

F – Pedaliaceae

V- Pedda-Palleru

The dried plant of Pedda-Pelleru is powdered and mixed with equal amount of cumin seed (*Cuminum Cyminum*) powder. This is taken internally daily to regulate urine. Dose – 10 gms – 2 to 3 times a day until the condition becomes normal.

(2) L –Pongamia glabra, vent

F- Fabaceae

S – Karanja

V – Kanuga

1 to 2 spoons of powdered flowers of pongamia glabra is taken for few days.
Dose – 1 to 2 teaspoons powder – 2 times a day until the pain stops.

- (3) L – Syzyguim Cumini, Skeels
F – Myrtaceae
S – jambu
V – Alla neredu

20 seeds of Alla neredu are boiled in water and made into decoction.

Dose- The decoction is divided into 3 equal parts and taken three times per day. This is repeated until the cure

In initial stages the leaves of Alla neredu are chewed frequently to get relief.

- (4) L – Cassia auriculata Linn
F – Caes alpiniaecae
S –
V – Thangedu

Handful of thangedu roots are boiled and made into decoction and taken internally.

Dose – 10 ml –2 to 3 times a day until the condition becomes normal.

- (5) L – Azadirachta indica, A Juss.
F – Meliaceae
S – Nimba
V – Vepa

The resin of Vepa is boiled in water and sugar is added to that taken internally.

Dose-5 gms – once a day, for week days

- (6) L – Cassia auriculata Linn
F – Caesalpincea
S –
V – Thangedu

Bark of Thangedu and equal amount of gingilly cake (Sesamum Indicum, Linn) is mixed and made into powder.

Dose – a spoonful of this is taken thrice a day for period of 2 months.

The initial stages are cured by taking the decoction that is made with the flowers of Thangedu.

Dose – handful of flowers are boiled in two glass of water until it becomes one glass. A glassful of this decoction is taken once daily for a week.

- (7) L – Ficus hispida, Linn
FY – Moraceae
S – Kakodumbara
V – Bommedu

Bommedu bark and the bark of Cassia auriculata Linn and whole plant of Tribulus terrestris, in equal portion are mixed with the fruits of terminalia belerica (Breyn Exgoerty) Rob, Aegle whole thing is made into powder.

Dose - one teaspoon powder twice a day for about 5 days.

- (8) L – Cicer arietinum, Linn
F – Fabaceae
S – chanaka
V – Sanagalu

Fried seeds of Sanagalu , cumin (Cuminum Cyminum Linn) and gingilly seeds are mixed in equal proportion with jiggery until it forms into paste. This is taken internally.

Dose – 5 gms daily once during night for a fort-night.

(b)THE PLANT DRUGS WHICH DISSOLVES IN THE KIDNEY FOR URINARY BLADDER- (NEPHROCALCINOSIS & URETERNAL

STONES)

(1) L- Tribulus terrestris, Linn

F- Zygophylla ceae

S- Gokshura

V- Palleru.

5 gms of palleru and peddium murex Linn fruits are taken in equal quantities and these are pounded and these are pounded and this is made into decoction.

Dose – the decoction that is obtained from this is taken once in the morning. This is repeated until the pain subsides and dissolves the stone.

(2) L – Syzygium Cumini, Skeels

F – myrtaceae

S – jambu

V – alla neredu

20 gms of Alla neredu seeds are boiled in a liter of water. The glassful of decoction that is obtained from this is taken internally, 2 times a day.

Dose – this is continued upto a week.

(3) L – aerva lanata (linn juss.

F – Amarantaceae

S – Pashana bedha

V – Konda pindi

The powder of whole plant of shade dried Konda Pindi is given daily until the pain subsides.

Dose – 1 to 2 spoons, two times a day with warm water.

Root powder of konda Pindi is mixed with cumin seeds(cuminum cymimum 2) and made into powder is taken internally.

Dose – 2 spoons—2 times a day until the cure.

(4) L – Pistia stratoites, Linn

FY – Araceae

S –

V – Anthara thamara.

One whole plant of medium size is boiled and half a glass of the decoction is made from that.

Dose – the decoction is taken internally daily once. This is repeated until the relief is obtained.

(5) L – Asparagus racemosus, wind.

F – Liliaceae

S – Sathavari

V – Pilli—tegalu

Tuberous roots of pill tegalu and the whole plant of Tribulus terrestris are made into powder (equal wt.). Decoction is prepared from this.

Dose – 10ml of decoction is taken internally 2 times daily for a week.

(6) L – Butea frondosa, Roxb &Koen

F – Fabaceae

S – Palasa

V – Moduga

Handful of flowers of Moduga is taken and made into decoction. A pinch of borax is mixed in an ounce of water and the Borax water is mixed into decoction.

This is taken internally. This removes the stone as a whole and it comes out along with urine.

Dose – Once in a week a glass of this is taken.

(7) L – Hemidismus indicus (Linn)
R. Br Ex schult

F – Periplocaceae

S – Sariba

V – Sugandha pala.

The decoction of the roots of Sugandha pala (5 gms in a glass of water) is taken internally.

Dose – Twice daily until the stone is dissolved.

(8) L - Sphaeranthus indicus (Linn)

F – Asteraceae

S – Sravani

V – Bodasaramu

A small bit of baboon (Bambusa arumdinaceae-L) is mixed with 5 gms of Leaves of Aerva lanata. L. Juss and one Medium sized plant of Bodasaramu. The whole thing is powdered. A glassful full of the decoction is made from this. The residue is removed. To this decoction 5 gms of

‘Silogittu bhasmam’ is added. This is taken internally.

Dose – 25 ml 2to 3 times a day. Repeated until the pain subsides which is the indication of disappearance of stone.

(9) L – Plumbago Zeylanica, Linn

F – plumbaginaceae

S – Chitraka

V – Chitramoolamu.

2 to 3 medium sized Chitramoolamu roots and 2 gms of Soruppu’ are placed in 100 ml of lime water over night. This water is taken 2 to 3 times a day.

Dose – 5 to 10 ml per dose – and it is repeated until there is cure.

(10) L – Zeamays, Linn

F – Poaceae

S – Yavamala

V – Mokka Jonnalu

The silky hairs from Zeamays spike are taken. An ounce of this is boiled in 2 glasses of water and given 2 times daily.

Dose – This is given for about a fort night.

(11) L – Garcinia Morella, desr

F – guttiferae

S – Tamal

V – Revale chinni

Gum Resin of Revale chinni is available in bazaar medicine sold in Rayala seema area. Gum resin is made into powder, and taken internally.

Dose – ½ spoon daily for a week.

(12) L- Musa paradisiacal, Linn

F - Scitamineae

S – Kadali

V – Arati

The juice from the rhizome of Arati is mixed with sugar and milk. A glassful of this is divided equally and given two times daily.

(13) L – *coleus amboinicus*, Lour

F – *lamia ceae*

S – Himasagar

V – Vamu aaku

2 to 3 leaves of vama aaku are chewed daily
2 to 3 times until the stone is dissolved.

(14) L – *Sesbania grandiflora*

(Linn) pers;

F – *fabaceae*

S – Agatha

V – Avisa

The leaves are made into curry and eaten or
1 to 2 spoons of Leaf juice is taken daily.
This repeated until there is relief.

(15) L – *Dichrostachys Cinerea*

(Linn) Wt, Et, Arn

F – *Fimosaceae*

S – Veeratharu

V – Veluthuru chettu

The powdered roots of Veluthuru chettu is mixed with equal amount of sugar or salt.

Dose – 1 to 2 spoons of powder is taken internally, along with water or milk 2 to 3 times a day. This is repeated until the pain subsides.

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