

ETHNOMEDICINAL PLANTS USED BY SOME INDIAN TRIBES**Mukul Tailang***

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Article Received on
27 October 2014,Revised on 18 Nov 2014,
Accepted on 10 Dec 2014***Correspondence for
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(M.P.) INDIA**ABSTRACT**

The present communication pertains to the ethnomedicinal plants used for therapeutic purposes by some Indian tribes. In the present study, as many as 135 plant species are reported as an important ethnomedicines used by some tribals of Bihar, Orissa, Uttar Pradesh, Madhya Pradesh, Andhra Pradesh, Tamil Nadu and some other eastern parts of India.

KEY WORDS: Indian tribes, Bihar, Orissa, Uttar Pradesh.**INTRODUCTION**

Ethnobotany deals with total direct relationship between man and plants. Many currently widely used plants owe the origin of their use to ethnobotanical knowledge. The search for new sources of drugs, foods and other life support species has compelled man to look again at nature. It has been considered necessary and useful to seek clues from people living closer to nature.

There has been resurgence of interest in direct relationship between man and plants all over the world during the last 50 years. The flora of India is rich. The total number of species of higher and lower plants is estimated to be about 45000 (higher plants 15000). There are over 400 different tribal and other ethnic groups, constituting about 7.5% of India's population. Apart from the tribal groups, many other forest dwellers and rural people also possess unique knowledge about plants. Some such folklore and tradition has also survived also among urban societies.

Most of the tribals live in or around the forest region and the forest provides complimentary source of food, medicine, and other materials. They are also engaged in seasonal collection of minor forest Products like gums, resins, spices, medicinal plants etc. However, the shrinkage of forest areas and degradation of resources due to increasing population and overexploitation

by the civilized world have threatened their very existence. This situation is forcing many tribals discard their traditional ways of living and drifting into fringes of the industrial working sites or nearby cities leading to the decimation of traditional skills and knowledge system. Pharmacists, phytochemists, botanists, agriculture scientists and other researchers often look the plants for curing any ailment. It was therefore, considered useful that a handy work be prepared to provide a lead to the ethnomedicinal uses and symbolic relationship between man and plants. Some tribal and other ethnic groups of India using plants for some therapeutic purposes have been included in the present work.

S. No.	PLANT	PLACE/TRIBE	USE
1	Achyranthum aspera (Apamarg)	Bondo, Gond, Munda, Santal (Orissa)	Treatment of fever, Joint Pain, Headache, Diarrhoea, as abortifacient.
2	Clerodendrum colebrookianum ² (Nefafu)	Nocte, Tangsa (Arunachal Pradesh)	Treatment of Hypertension
	Clerodendrum colebrookianum (Dringi)	Zemi Naga (Assam)	
	Clerodendrum colebrookianum (Amphai)	Kuki (Manipur)	
	Clerodendrum colebrookianum (Sla-iong)	Khasi (Meghalaya)	
	Clerodendrum colebrookianum (Phuinum)	Laushai Mizoram, (Tripura)	
	Clerodendrum colebrookianum (Arum)	Lutha Naga (Nagaland)	
3	Cleome gynandra ³ (Viclaikerai)	Irulas (Tamil Nadu)	Plant juice mixed with butter milk given in the treatment of diarrhoea.
4	Thespesia Populnea (Poovarsau)		Crushed fresh fruits are applied for insect stings as an antidote.
5	Bauhinia monandra (Invatchi)		Decoction of crushed leaves taken for the treatment of cold.
6	Lawsonia inermis (Maruthanni)		Leaf paste applied externally for grey hairs.
7	Citrullus colocynthis (Peykkumutti)		Leaf paste consumed to cure stomach pain.
8	Gardenia gummifera (Kambil)		Plant resin applied externally as an antiseptic and stimulant.

9	<i>Spilanthes calva</i>		Crushed stem and leaves are given along-with buttermilk for jaundice.
10	<i>Calotropis gisentea</i> (Erukku)		Latex externally applied as an antidote for dog, cat and rat bites.
11	<i>Solamum surattense</i> (Kandangthari)		Crushed seeds are applied locally to cure toothache.
12	<i>Acalyha indica</i> (Kuppaiment)		Infusion of leaves along with Aloe vera, lime and tobacco used as antiseptic in cashing the wounds.
13	<i>Euphorbia hirta</i> (Semenaiipoondu)		Infusion of leaves given with butter milk to cure diarrhoea.
14	<i>Euphorbia tirucalli</i> (Thirukkalli)		Thin cloth soaked in the latex of the plant applied to cure boils.
15	<i>Jatropha curcas</i> (Kattamankku)		Latex applied externally to cure boils.
16	<i>Trachelospermum involucreatum</i> (Valamburi)		Infusion prepared from dried fruits by boiling with castor oil used to cure earache.
17	<i>Trachelospermum involucreatum</i> (Omum)		Powdered fruits taken to treat vomiting diarrhoea and stomach pain.
18	<i>Embellia ribes</i> (Vayu villangam)	Koravas (Tamil Nadu)	Powdered fruits mixed with milk or water given for gastric troubles.
19	<i>Piper cubeba</i> (Vilmilagu)		Powdered berries taken to cure cough and bronchitis.
20	<i>Piper longum</i> (Tippili)		Berries along with betel leaves taken to cure cold.
21	<i>Myristica fragrans</i> (Jattikkai)		Seeds used to cure ulcer.
22	<i>Quercus ingectoria</i> (Massikkai)		Seeds used to cure ulcer.
23	<i>Abutilon crispum</i> (Sirutthuthi)		Fruit extract taken for curing diarrhoea.
24	<i>Indigoferatinctoria</i> (Avuri)		Root bark chewed as an antidote for snake bite.
25	<i>Bauhinia retusa</i> (Atti)	Puliyas (Tamil Nadu)	Leaf paste mixed with coconut oil is applied to burn injury.
26	<i>Cassia italica</i> (Nilavirai)		Crushed roots taken as purgative.
27	<i>Eucalyptus glovulus</i> (Karuppuramaram)		Leaf decoction applied externally to cure headache and cold.
28	<i>Centhium dicocum</i>		Root juice taken to cure

	(Malaikozhingi)		stomach pain.
29	<i>Evolvulus alsinoids</i> (Vishnu kanthi)		Paste of leaves is applied to burn injury
30	<i>Barleria longifolia</i> (Chithirai morekuringi)		Leaves given as an antidote if somebody consume any poisonous plant.
31	<i>Anisochilus carnosus</i> (Chettuchedi)		Boiled leaves are crushed and externally applied for skin ailments.
32	<i>Nothosaerva brachiata</i>		Crushed leaves used externally in curing skin ailments.
33	<i>Pouzolzia aouriculata</i> (Kallottichedi)		Crushed leaves externally applied for location related ailments.
34	<i>Cheilanthes swartzii</i> (Paraipundungi)		Roots along with grains of <i>Elusine corocoma</i> are boiled and mixture applied in treating sprains.
35	<i>Acacia catachu</i> ⁴ (Garlanghan)		Paste of root is applied to cure rheumatism.
36	<i>Cyperus iria</i> (Agarmotha)		Paste of root is applied to cure rheumatism.
37	<i>Dendrophthoe falcata</i> (Sakhua-ka-banda)		Plant paste applied on paralytic part of the body.
38	<i>Flemingia chappar</i> (Rusai Gach)		Seed Juice used in eye troubles.
39	<i>Lepidagathis hamiltonia</i> (Bhui Nim)		Paste of leaves with bulbs of <i>Allium cepa</i> applied on skin to cure itching.
40	<i>Scoparia dulcis</i> (Zalan)		Paste of leaves used in burning sensation during urination.
41	<i>Sida cordifolia</i> (Sarak buti)	Santhal (Bihar)	Pulverized leaves decoction used in gonorrhoea.
42	<i>Adina cordifolia</i> (Karam)		Paste of bark given orally to cure scar formation.
43	<i>Ailanthus excelsa</i> (Ghar-karna)		Paste of bark mixed with water given to pregnant lady for abortion.
44	<i>Asparagus recemosus</i> (Satour)		Root juice dropped in mouth and nose to stop bleeding.
45	<i>Polygal arvensis</i> (Rali)		Root and <i>Piper nigrum</i> seed powder with hot cow milk useful in cough and asthma.
46	<i>Apluda mutica</i> (Choti Basar)		Paste of plants given as remedy for ailments suffering from tongue or mouth sores.
47	<i>Cassia tora</i>		Paste of roots along with cow

	(Chakor)		horn powder useful in high fever to deaf and dumb.
48	<i>Cleome viscosa</i> (Birhur)		Fruit juice dropped in ear to cure intermittent fever.
49	<i>Crotalaria speclabilis</i> (Jhun Jhuma)		Plant paste given in rheumatism.
50	<i>Croton oblongifolius</i> (Mason putri)		Juice of fresh young twigs dropped in eyes to cure blindness. Young stem juice applied to cure ring worm.
51	<i>Glossogyne bidens</i> (Bandhenia)		Plant paste used in dysentery and toothache.
52	<i>Madhuca longifolia</i> (Mahua)		Mixture of Mahua oil, Karanj oil and cow's ghee useful to cure pneumonia, cold and chest pain.
53	<i>Crotalaria bialata</i> (Parair)	Kurmi Mhato (Bihar)	Root paste given to cure discharge of blood with urine.
54	<i>Leucas cephalotes</i> (Goma)	Khond (Bihar)	Paste of seeds and flowers mixed with mustard oil used to cure ear problems.
55	<i>Soymida febrifuga</i> (Paraiar)	Munda (Bihar)	Plant twig given to cow to accelerate positioning of placenta after delivery.
56	<i>Sphaeranthus indicus</i> (Khardhani Ghass)		Plant paste mixed with <i>Cynodon dactylon</i> used to remove headache.
57	<i>Bosewellia ovalifoliolata</i> ⁵ (Konda sambrani)	Chenchus, Yerukala, Nakkalas, Sugalis & Koyas (Andhra Pradesh)	Gum oleoresin dissolved in water and drunk to cure amoebic dysentery.
58	<i>Cycas beddomei</i> (Perita)		Crude stem flour is given with milk for curing stomach ulcer.
59	<i>Pimpinella tirupetiensis</i> (Adavi Kotimeera)		Root powder mixed with fruit powder of <i>Terminalia chebula</i> in hot water given orally in peptic ulcer.
60	<i>Pterocarpus santelinus</i> (Rakta Chandanamu)		Leaf paste applied externally in treatment of skin diseases. Infusion of wood is used in control of diabetes.
61	<i>Syzygium alternifolium</i> (Adivinerudu)		Seed powder is given with water after food for curing diabetes.
62	<i>Terminalia pallida</i> (Tella Karaka)		Infusion of dry fruit kernel with roots of <i>Pimpinella tirupatiensis</i> given in the treatment of venereal diseases and peptic ulcer.
63	<i>Achyranthus aspera</i> ⁶	Bondo	Dried root powder given in

	(Ginisar)	(Orissa)	epileptic conditions.
64	<i>Adenostemma lavania</i> (Butame)		Ash of burnt leaves and coconut shell in mustard oil applied on burns.
65	<i>Andrographis paniculata</i> (Bhuinim)		Decoction of leaves given to check diarrhoea.
66	<i>Asparagus recemosus</i> (Insungi)		Roasted root given in milk for post delivery complaints.
67	<i>Bombax ceiba</i> (Khirang)		Root powder mixed with pulse and cow's milk is given in spermatorrhoea.
68	<i>Bridelia retusa</i> (Kausi)		Powdered stem bark given with water in abdominal pain.
69	<i>Cassia hirsuta</i> (Chakunda)		Seeds given as animal feed to check epidemic disease among fowls.
70	<i>Cipadess baccifera</i> (Purantab)		Twig used as tooth brush acts as astringent.
71	<i>Cissampelos pariera</i> (Purangab)		Stem with nodes tied on forehead to relieve headache.
72	<i>Corchorus aestuans</i> (Banmaricho)		Leaf poultice applied on forehead to relieve headache.
73	<i>Curculigo orchioides</i> (Tadakre)		Root paste with salt is applied on boils.
74	<i>Dendrocalamus strictus</i> (Bansokorodi)		Epidermis of shoot scratched and mixed with water applied on cuts.
75	<i>Diospyros lancaefolia</i> (Kodamakha)		Infusion is prescribed for bath of anemic children.
76	<i>Elephantopus scaber</i> (Duisunkia)		Root powder mixed with black pepper kept in dental cavity for curing pyorrhoea.
77	<i>Emblica officinalis</i> (Singair)		Dried fruits with Beleric myrobalan given to check cold.
78	<i>Hemidesmus indicus</i> (Dudhilibutta)		Powdered roots mixed with stem bark of <i>Syzygium cumunigiven</i> with water within 3 days of delivery to increase lactation.
79	<i>Holarrhena pubescens</i> (Kuruchi)		Paste of powdered root applied on snake bite.
80	<i>Magnifera indica</i> (Uli)		Powdered stem bark given with jaggery in abdominal pain.
81	<i>Mimosa prurita</i> (Lajosag)		Piece of stem tied on the neck of child suffering from fever.
82	<i>Mucuna prurita</i> (Kundung)		Powdered root given with water to relieve constipation.

83	<i>Nyctanthes arbortristis</i> (Gotkudica)		Leaf decoction given with honey in intermittent fever.
84	<i>Rubia cordifolia</i> (Rangcher)		Piece of root worn as amulet to relieve bleeding.
85	<i>Tridax procumbens</i> (Resa)		Crushed leaves applied on cuts to check bleeding.
86	<i>Vanda tessellata</i> (Khurgasar)		Leaf juice prepared in oil poured in ear to relieve ache.
87	<i>Viola indica</i> (Themsibilans)		Fresh root chewed to relieve abdominal pain.
88	<i>Achyranthes aspera</i> ⁷ (Chirchit)	Cherwa, Chanwar, Gond Kodaku, Korwa, Mehto, Majhwar, Oraon Pandoa, Panika, Rajwa North Sarguja Division, Ambikapur (MP)	Roasted seeds mixed with jaggery given for whooping cough.
89	<i>Anogeissus latifolia</i> (Dhaweta)		Powdered bark given for cough.
90	<i>Artocarpus heterophyllus</i> (Kathal)		Bark extract given to women to induce lactation.
91	<i>Butea monosperma</i> (Paras)		Paste of seedlings is used for treating piles.
92	<i>Carissa spinarum</i> (Karonda)		Root extract applied on wounds of cattle to kill the worms.
93	<i>Cissampelos pareira</i> (Kaduri)		Root extract is given with leaf extract of bamboo to kill worms.
94	<i>Cuscuta reflexa</i> (Akasbel)		Plant powder with lime is used as an abortifacient.
95	<i>Elephantopus scabur</i> (Jasmond)		Root extract given to the patient for reducing poison from the body.
96	<i>Grewia hirsuta</i> (Gursakari)		Root paste applied on bone fracture.
97	<i>Hemidesmus indicus</i> (Dudhibel)		Root powder given with turmeric to women after delivery for inducing lactation.
98	<i>Lygodium flexuosum</i> (Mahadeojata)		Root extract is given with cow milk to induce lactation.
99	<i>Madhuca longifolia</i> (Mahua)		The wine prepared from flowers and other ingredients is given to cure syphilis.
100	<i>Phoenix acaulis</i>		Root paste is applied on cuts.
101	<i>Pygmacopremna larbecea</i> (Moldenke)		Root extract is given for reducing sterility.
102	<i>Scoparia dulcis</i> (Dadpari)		Whole plant extract is given for scorpion sting and severe cough.
103	<i>Shorea robusta</i> (Sarai)		Seed paste is given orally for dysentery.

104	Sida acuta (Bariyari)		Leaf paste is applied on boils and blisters.
105	Terminalia data (Saga)		Bark paste is applied to wound for healing.
106	Vitex negundo		leaves powdered with black pepper is given in cough.
107	Aconitum atrox ⁸		Roots in very minute quantities are given in fever and used to cauterize the snake bite.
108	Thalictrum javanicum		Root powder is given to children in emesis and diarrhoea.
109	Michelia kisopa		Bark decoction is given inn fever.
110	Tinospora cardifolia		Stem is minced and put under water for 10 to 15 hours, after decanting the water the white layer left in the pot is given in gonorrhoea.
111	Geranicum wallichianum		Roots are given with mother's milk to children in diarrhoea, dysentery, spasmodic pain and general fatigue of body.
112	Aegle marmelos	Bhotias, Marchas, Tolchhas and Jads Garhwal Himalayas (U.P.)	Pulp of ripe fruits mixed with flower of Anogeissus latifolia and fruit of Helicteres isora is given in amoebic dysentery.
113	Picrasma marmelos		Bark and wood paste is applied in herpes zoster.
114	Rhus parviflora		Stem ash is applied on the abdomen of the children in suppressed urination.
115	Butea monosperma		Seeds mixed with asafoetida are taken as abortifacient.
116	Sorbaria tomentosa		Seeds mixed with tobacco are smoked in asthma.
117	Prunus cerasoides		Wood infusion is given to women to check abortion. The inner portion of bark is cooked with jaggery in an iron vessel and applied as plaster on fracture.
118	Pyrus pashia		Fruit is crushed with teeth and the juice forced into the eyes of cattle in the early stage of cataract.
119	Anogeissus latifolia		Root ash is given to women in

			puerperal fever.
120	<i>Luffa acutangula</i>		Seed and fruits paste is applied on the superapelvic region of women suppose to cause abortion.
121	<i>Nardostachys grandiflora</i>		Root powder is given internally as well as given as incense in hysteria.
122	<i>Artemisia gmelinii</i>		Roots are chewed in fever, diarrhoea and dysentery.
123	<i>Cirsium verutum</i>		Roots mixed with the plants juice of <i>Hydrocotyl asiatica</i> and stem juice of <i>Tinospora cordifolia</i> is given in typhoid.
124	<i>Saussurea obvallata</i>		Flower heads are warmed in mustard oil and the mild hot preparation applied in rheumatoid arthritis.
125	<i>Cuscuta reflexa</i>		Plant mixed with the twigs of <i>Vitex negundo</i> is warmed and applied on the abdomen of children in kwashiorkor.
126	<i>Cariopaeris odorata</i>		Leaf juice applied on worm infested sores of cattle.
127	<i>Origanum vulgare</i>		Plant juice is given to children in fever and kwashiorkor.
128	<i>Achyranthes aspera</i>		Root juice is given to women for oxytocia and to children in fever.
129	<i>Chenopodium album</i>		Seed decoction is given to women to expel the dead foetus.
130	<i>Fagopyrum tataricum</i>		Leaf paste is applied in herpes-zoster.
131	<i>Euphorbia royleana</i>		Stem is used in the treatment of cataract of cattle.
132	<i>Sapium insigne</i>		Latex is applied in <i>Alopecia-areata</i> , prior to its application the area is scratched with dry cow-dung.
133	<i>Boehmeria rugulosa</i>		Plaster of bark is applied on fractures and paste applied on cuts.
134	<i>Pinus roxburghii</i>		Decoction is given in renal calculi. Plaster of resin is applied on fractures in cattle.
135	<i>Taxus baccata</i>		Decoction of wood is given in asthma and bark tea I general cold.

CONCLUSION

India is sitting on a gold mine of well recorded and well practiced knowledge of traditional herbal medicine. It has been recognized as a valid discipline that can play a vital role in advancement of many aspects of scientific, sociological and historical studies. India has a diverse flora coupled with large number of aboriginal tribes inhabiting different pockets in the country and offer immense opportunities to ethnobotanists. The constant association of tribal people with forest has made them to acquire intimate knowledge of wild plants as medicines to cure several ailments prevalent in tribes. Pharmacologists can go ahead for testing the crude drug extracts for the actions reported by the ethnobotanists. Proper coupling of the knowledge of ethnobotanists with findings of pharmacologists can give safer and more efficacious drugs to the society. We can move ahead with gene therapy and other biotechnological advances not without having glimpses of tribal medicine.

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