

HERBAL FOLK MEDICINES OF JALGAON DISTRICT (MAHARASHTRA)

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Received: 7/11/2000

Accepted: 12/3/2001

ABSTRACT : Fifty plants belonging to 33 angiospermic families used by aborigines and rurals for different human ailments hitherto unreported from Jalgaon district. Maharashtra, India are communicated. Further scientific evaluation on pharmacological and clinical lines is needed for these widely employed herbal medicines.

Keywords: Herbal folk medicines; Jalgaon district; Maharashtra.

INTRODUCTION

Jalgaon district is located on the northern part of the state of Maharashtra, India. It lies between 20° and 21° north latitudes and 74°55' and 76°28' east longitudes. It is inhabited by a large section of rural population and different ethnic tribes. Pawara, Bhil, Konkani, Tadwi and Vanjari are some of the major tribal communities (Anonymous, 1962). Although they make their living through agriculture, they have to depend on Plant resources from their surroundings to meet different requirements. The ethno-medico botanical data accrued during this study are the first-hand information, except the sole report on medicinal plants from this sole report on medicinal plants from this region (Shisode and Patil, 1993)

METHODOLOGY

The observations are based on surveys conducted in rural and tribal-dominated areas of Jalgaon District. Information was obtained through interviews with traditional healers, medicinemen, headmen and elder

women in the study area. The plants are identified by the authors with the help of related literature (Cooke, 1901-1908; Hooker, 1872-1897; Fatil, 1992, 2000) . Voucher specimens are deposited in the Herbarium, Department of Botany, Pratap College, Amalner, District Jalgaon, Maharashtra.

OBSERVATIONS

The plants are enumerated alphabetically with their correct botanical name, followed by family in parenthesis, vernacular names and brief notes on methods of preparation and administration.

Abrus precatorius L. (Papilionaceae), Gunj, Charmatadi,. Seeds of this plant, leaves of *Hibiscus rosa-sinensis* L. and honey are homogenized. This paste is applied on the scalp at night to promote hair growth.

Acacia nilotica (L) Willd. Ex Del-subsp. Indica (Bth) Brenan Var *vediana* (Cooke) Naik (Mimosaceae), Vedi Babhul.

Decoction of thorns is used as a remedy for hiccough.

Aegle marmelos (L.) Corr, (Rutaceae), Bel. Decoction of leaves in which four black pepper (dried unripe berries of *Piper nigrum* L.) is taken orally to treat jaundice. Sherbet of ripe fruit pulp is administered as a body coolant.

Allium cepa L. (Liliaceae), Kanda, Paste of bulb is applied on forehead to minimize the effect of sunstroke. Bulb is halved and immediately smelled to treat fit.

Azadirachta indica A. Juss. (Meliaceae), Neem. A cup of leaf extract is drunk for 22 days for cooling effect.

Baliospermum raziana Keshav. Et Yog. (Euphorbiaceae), Dati Fresh stem pieces are used as tooth brushes to keep mouth clean and to prevent tooth decay.

Bauhinia purpurea L. (Caesalpiniaceae), Kanchan, Kachnar. Fruit wall pulp is made into paste using decoction of rice grains. It is drunk and also applied locally to cure lymph gland.

Biophytum sensitivum (L.) DC. (Oxalidaceae), Sharmi, Lajalu. Leaf paste is applied externally to treat rheumatism.

Blepharis repens (Vahl) Roth (Acanthaceae), Hadsan. Leaf paste is applied externally in case of bone fracture to accelerate healing.

Boerhavia diffusa L. (Nyctaginaceae), Punarva. Decoction of the entire plant is taken internally to treat jaundice.

Butea monosperma (Lamk.) Taub. (Papilionaceae), Khakara, Palas. Root

extract is added in bath water to check biliousness and allergy.

Calotropis procera (Ait.) R.Br. and *C. gigantea* (L.) R. Br. (Asclepiadaceae). Aak, Rui, Mhatari, Latex is applied on gums to reduce toothache. It is also applied in case of scorpion sting.

Cassia auriculata L. (Caesalpiniaceae), Chambhar-awali, Walanya, Awali. Flower buds along with parched gram are beneficial of patients suffering from jaundice. Extract of fresh flowers is taken internally as a cure against diabetes.

Cassia tora L. (Caesalpiniaceae), Tarota, Takala. Seeds of this plant along with the fruits of *Tribulus terrestris* L. are pounded. A single tablet of which is prescribed for seven days to treat rheumatism. Also root powder homogenized with fruit juice of *Citrus aurantifolia* (Christmann) Swingle to cure wound caused due to thorns.

Cassine albens (Retz.) Kosterm. (Celastraceae), Bhutkes, Bhutya-palas. Gum is applied externally for skin diseases.

Catunaregam spinosa (Thunb). Tirvengadam (Rubiaceae), gel Fruit pulp homogenized in water is given for vomiting in case of poisoning.

Cayratia trifolia (L) Domin (Vitaceae), Bailmal. Root paste is applied externally to reduce muscle pains.

Centella asiatica (L) Urban (Apiaceae), Bramhi Decoction of the entire plant is administered for dysentery.

Cleome viscosa L. (Capparidaceae), Bhera, Piwali Tilwan. There to four drops of leaf extract are dropped in ear to cure malarial fever.

Coccinia grandis (L.) Voigt (Cucurbitaceae), Tondli, Tongala. Leaf extract is taken orally to reduce acidity till cure.

Cocculus hirsutus (L.) Theob. (Menispermaceae), Vasan, Vasanwel. About ten grams of leaf powder mixed with equal amount of animal ghee is consumed every day to cure piles.

Cuscuta chinensis Lamk. (Cuscutaceae), Amarwel. Stem paste is rubbed onto the scalp to remove dandruff. Stem Powder mixed with borax powder (hydrated sodium tetraborate), Santalum powder (about 1gm). (Powdered wood of santalum album L.) and Sal ammonia (about 1gm) (ammonium chloride) are thoroughly mixed and made into pellets. These are given to patients to cure vitiligo.

Cymbopogon martini (Roxb.) (Poaceae), Dubadi, Durva. Infusion of the plant is mixed with bath water. After eleven days of eruption of small pox, called devirog, this water is used for bath to cure early.

Dichrostachys cinerea (L.) Wight et Arn. (Mimosaceae), Yellatur. Infusion of stem bark is drunk for dysentery. Likewise, infusion of roots is used as a purgative and diuretic.

Dolichandron falcate (wall. ex DC.) seem (Bignoniaceae), medhshingi. Leaf paste is applied onto the swellings.

Ensete superbum (Roxb.) Cheesm. (Musaceae), Devkela, Rankel. Seeds are employed as an antidote for dogbite.

Erythrina variegata L. (Papilionaceae), Pangara. Decoction of stem bark is given

orally to treat fever. Leaf paste is applied onto the joints to relieve pains.

Ficus benghalensis L. (Moraceae), Wad, Wat. Latex is applied locally for rheumatism and lumbago. Leaf poultice is applied on abscesses.

Ficus religiosa L. (Moraceae), Pimpal, Pippal. Infusion of stem bark is administered for scabies.

Glossocardia bosvallea (L.F.) DC, (Asteraceae), Mirgi. Few drops of leaf decoction are dropped into the ears for ear-aches.

Hygrophila auriculata schult. (Acanthaceae), Talimkhana. Decoction of leaves is advised for stomach complaints. *Indigofera linnaea* Ali (Papilionaceae). Roots are chewed to cure mouth ulcer.

Lavandula bipinnata (L.) O.ktze. (Labiatae) Leaf paste is applied on gums to relieve pains from tooth-ache.

Launea procumbens (Roxb.) Ramayya & Rajgopal (Asteraceae), Pathari. Leaf paste is applied onto the mammary glands of women to increase lactation especially after delivery.

Lawsonia inermis L. (Lythraceae), Mehandi. Leaf paste or decoction is used to treat boils and bourns. Decoction is also given for gargling for sore throat.

Luffa cylindrical (L.) M. Roem. (Cucurbitaceae), Gilke. Leaf juice is taken orally for seven days for general body swelling.

Merremia emarginata (Burm.F.) Hall.f. (Convolvulaceae), Undirkani, Chuhakani.

Root powder is given to smell for preventing nasal bleeding.

Moringa concanensis Nimmo ex Dalz. (Moringaceae), Kadu-shewga. Extract of bark missed in paste of garlic (*Allium sativum* L.) is consumed for vertigo.

Nyctanthes arbor-tristis L. (Oleaceae), Shiradi, Parijatak. One gram of stem bark missed in water is taken orally in early morning to cure asthma.

Pergularia daemia (Forssk.) Chiov. (Asclepiadaceae), Utaran, Popat-chonchi, Phal-kankati. Fruits are crushed in warm water which are then applied to relieve from sprain.

Phyllanthus amarus schumach & Thonn (Euphorbiaceae), Bhui-awala. Decoction of the entire plant or leaves is taken orally to treat jaundice.

Rotala serpyllifolia (Roth) Bremek. (Lythraceae). Entire plants after heating gently are tied on chest of women to relieve pains of mammary glands.

Solanum virginianum L. (Solanaceae), Bhui-ringani, Ran-wange. Fruits are dried and powdered. Five grams of this powder per day missed in warm water cures chronic tumours.

Terminalia arjuna (Roxb. Ex Dc.) Wight & Arn. (combretaceae), Kahu, Arjun-sadada. Stem bark powder is applied for body pains.

Trichosanthes tricuspidata Lour, (Cucurbitaceae), Gavlan. Two seeds of this plant alongwith betle leaf (*Piper betle* L.) and areca nut (*Areca catechu* L.) is advised to eat three times a day for asthmatic complaint.

Tridax procumbens L. (Asteraceae), Ekdandi, Leaf juice is applied on wounds, bruises and to check haemorrhage.

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Triumfetta rotundifolia lamk. (Tiliaceae), Zhila. Leaves are chewed for stomatitis.

Vitex negundo L. (Verbenaceae), Nirgudi. Root paste is applied externally onto the swellings.

Xanthium strumarium L. (Asteraceae), Landga, Five grams of fruit powder mixed in water is given to the patients for seven days to cure tumours.

DISCUSSION

The rural and tribal people exploit wild, cultivated, introduced or naturalised plant species as herbal medicines to treat different ailments. Out of 50 species presently reported, some have primary uses such as vegetable (*Coccinia indica*, *Luffa cylindrical*), flavouring food (*Allium cepa*), religious plants (*Aegle marmelos*, *Cynodon dactylon*, *Ficus benghalensis*, *F. religiosa*, *Nyctanthes arbor-tristis*) and essential oil (*Cymbopogon martini*). Few exotic floral elements of weedy nature (*Cassia tora*, *Tridax procumbens*, *Xanthium strumarium*) or introduced for miscellaneous purposes (*Lawsonia inermis*, *Erythrina variegata*). The people in the study area, by and large, still rely upon traditional medicines for their healthcare and treatment of diseases. The folk medicinal resources of plant origin provide fundamental data for further studies

aimed at clinical tests, which will be useful for rural healthcare and economic welfare of rural and tribal population of this region and world at large.

ACKNOWLEDGEMENT

Junior author (Shubhangi Pawar) is thankful to Principal Dr. A.N.Mali, Pratap College,

Amalner, for constant inspirations and Principal shri. B.M. Patil, L.K. Dr.P.R. Ghogrey science College, Dhule for necessary facilities, She gratefully acknowledges the financial support received through FLP programme of UGC, New Delhi, India.

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