
**Traditional Medicinal Knowledge on *Moringa concanensis* Nimmo
of Perambalur District, Tamilnadu.**

Received : 28.12.2006

Accepted : 18.01.2007

S. Anbazhakan, **R. Dhandapani,

***P. Anandhakumar and *S. Balu**

Dept. of Plant Biology and Plant
Biotechnology, A.V.C.College (Auto.),
Mannampandal -609 305, Mayiladuthurai.

**Department of Microbiology, Thanthai
Hans Roever College, Perambalur.

*Department of Botany, A.V.V.M. Sri
Pushpam College (Autonomous),
Poondi-613 503, Thanjavur district,
Tamil Nadu.

Abstract

Moringa concanensis Nimmo (Moringaceae) is one of the important medicinal plant. It is restricted in its distribution. The present study was aimed at recording traditional knowledge about this plant in various localities of Perambalur district, Tamilnadu. The medicinally useful part, drug preparation, mode of administration and the disease which can be treated have been discussed in this paper.

Introduction

India has an over 3000 years old medicinal heritage based on plants.

The sacred Vedas and other ancient Indian treaties give many references to these medicinal plants. Traditional folk medicine is the application of indigenous beliefs, knowledge, skills and cultural practices concerned with human health. Traditional Herbal Medicine (THM) is practiced in several parts of world particularly where large ethnic community skill lives. People treated their ills with medicines from plants, animals, microorganisms and minerals. THM has maintained its popularity in a number of Asian nations such as China, India, Japan and Pakistan. Plants with known medicinal properties can be found with every ethnic community in every eco-climatic region from the rainforest to

the deserts in India. Earlier literatures made valuable contribution to the knowledge of indigenous medicinal herbs and their connected folklores and tradition in India. A few of them are Chopra (1956), Schultes (1962), Jain (1986), Pushpaganthan and Atal (1984).

Moringa concanensis Nimmo is a medicinal plant belonging to the family Moringaceae, which is called as Kattumurungai or Peyimurungai in Tamil. It is present in large amount in the district of Perambalur, Tamilnadu. Indigenous knowledge of this plant in that region has not been so far studied. Perambalur is one of the District of Tamilnadu (10° 53' and 11° 31' N latitude and 78° 38' and 79° 31' E longitude) is surrounded by south Arcot in the North, Trichy on south, Salem on west and Thanjavur on the east. *Moringa concanensis* is widely distributed on dry lands of Villamuthur, Perambalur, Veppan thatthai and Kunnamal of Perambalur district. *M. concanensis* is a evergreen tree with a spreading crown, upto 8 feet. Leaves alternate, 2-3- pinnate, obovate, caducous. Flowers large, white, hermaphrodite, irregular in axillary panicles. Calyx thinly tomentose, long, segments white, oblong, reflexed. Petals yellow, veined with red, oblong. Stamens 5 fertile and 4-5 staminodes. Capsule straight, actively triquetrous, slightly constricted between the seeds. Seeds white or pale yellow 3- angled.

Methodology

The study was carried out by adopting the methodology of Jain (1989).

44

Intensive field work was done in different areas of Perambalur district. Local people and traditional / herbal healers (Nattu Vaidhyas) were interviewed and several houses were personally visited and collected information's on this plant and their curative properties. Voucher specimen was poisoned, dried and mounted following conventional methods and preserved. Plant was identified taxonomically by using the floras, Presidency of Madras (Gamble- Fisher, 1915-1938) and An excursion Flora of Central Tamilnadu (Methew, 1991). Identity was also confirmed by matching the specimen with the authentic specimens available at Rapinat Herbarium, St. Joseph's College, Trichirappalli.

Observation

Moringa concanensis is used for treating various human ailments by their own. The preparation of the drug from this plant is easy and simple. The plant Kattumurungai is entirely different from the Murungai (*Moringa oleifera*). Leaves and flowers are larger in size than *M. oleifera*. The appearance of bark shows distinct feature in both the species of *Moringa*. Bark is very smooth and is very hard in both the plants respectively. Twenty types of human ailments may cured by using this plant with simple preparations. The therapeutic values of *M. concanensis* are described with disease cured, part used, mode of drug preparation and method of consumption.

1. To reduce cholesterol and body weight - Leaves

50gms of juice obtained from the fresh leaves is to be taken for 7 days in the early morning in an empty stomach.

2. Eye care - Leaves

Leaves of *M. concanensis* were collected, washed and cooked as a vegetable and taken internally twice in a week will produce cooling effect of eyes and prevent sore eyes.

3. Thyroid Problems - Flower

50 gms of juice of fresh flowers is to be taken twice a day for 30 days. It will cure the thyroid problems in human beings especially in women.

4. Fertility in women - Leaves

30 gms of juice of fresh leaves is to be taken internally on empty stomach.

5. Aphrodisiac - Leaves

Decoction of the leaves of this plant is to be taken internally for 45 days in empty stomach. It will followed for 80 days.

6. Tiredness - Leaves

Decoction of the leaf is mixed with sugar and taken internally in the early morning in an empty stomach for 7 days.

7. To reduce Blood Pressure - Leaves

50 gms of leaves were boiled with 1g of Milagu (*Piper nigrum*) on 200ml of water. Then filtered and taken internally for 7 days in the early morning.

8. Abortion - Flower

25 gms of juice of flowers with

the juice of *Erythrina indica* is to be taken in an empty stomach.

9. Leucorrhoea - lower

30 gms of juice of fresh flowers mixed with water obtained from dender coconut is to be taken regularly for till the problem will cure.

10. Menstrual pain - Leaves

50 ml of decoction of leaves of this plant is taken internally before 7 days of the commencement of menses.

11. Splenomegaly - Tender leaves

25 ml of juice obtained from the leaves of *M. concanensis* is mixed with juice of *Erythrina indica* (20 ml) to be taken internally.

12. Jaundice - Leaves

2g of paste was prepared from the leaves and applied over the surface of body for 7 days.

13. Bloat - Stem bark

Decoction of stem bark (20 ml) is mixed with 10 ml of castor oil and again boiled then is to be taken internally twice a day.

14. Constipation - Leaves

Poriyal is prepared by using the leaves of *M. concanensis* and seed powders of *Arachis hypogea* and eaten twice a day.

15. Intestinal worms - Seeds

Seeds were collected, dried and powdered. Then 2 g of this powder taken internally.

16. Skin Tumor - Leaves

Leaf paste was prepared and

applied on the surface of Tumors with gingely oil.

17. Diabetes - Leaves

50 ml of Decoction was prepared from 50 gms of leaves and taken internally twice a day for 30 days.

18. Head ache - Gum

1 g of Gum is scabed from the bark of *M. concanesis* and mixed with breast milk and applied over the forehead. 1 g of leaf paste with 1 g of paste of *Azadirachta indica* and taken internally twice a day.

19. Spinal Cord Pain - Root

5 gms of roots were cut into small pieces and boiled with 200 ml of water and reduced to 50 ml then taken internally twice a day.

Discussion

The present study has brought to light some popular remedies for frequently occurring ailments in human beings. by using *M. concanensis* and other plants. The common man can easily afford to take the treatment without the least fear of any side- effects. Their preparation methods are also simple and are easy to be administered. General properties of *M. concanensis* are the same of the *M. oleifera* i.e., powerful tonic alternative, stomachic, laxative and asthma (Kiritikar and Basu, 1984). Roots of *M. concanensis* used as substitute for *M. oleifera*.

Without having any knowledge about the chemical actions of these plants, the Herbal Vendors have been using them against several diseases on account of their long experience. A survey of the users of herbal drugs who took treatment for several human ailments

from these street healers on their personal faith and belief gave encouraging results.

References

- Chopra, R.N., Nayar, S.L. and Chopra, I.C. **Glossary of Indian Medicinal Plants**, Publications and Information Directorate, C.S.I.R., New Delhi, 1986.
- Gamble, J.S. Flora of the presidency of Madras, Vol 1-3. (Vol.3 by CES fischer) Adlard and sons, London, 1915-38.
- Jain, S.K. **Ethnobotany, Interdisciplinary science Reviews**, 11(3): 285-292, 1986.
- Jain, S.K. (Ed) **Methods and Approaches in Ethnobotany**, Society of Ethnobotanists, CDRI. Lucknow, 1989.
- Kiritikar, K.R and B.D. Basu. **Indian Medicinal Plants**, Periodical exports Book Agency, Delhi, I, 682, 1984.
- Mathew, K.M. **An excursion Flora of central Tamilnadu**, Oxford and IBH. CO. New Delhi, India, 1991.
- Pushpagandan, P. and Atal, C.K. Ethnomedicobotanical Investigations in Kerala: Some primitive Tribals of western Ghats and their herbal Medicines. *Journal of Ethnopharmacology*, 11:59-77, 1984.
- Schultes, R.E. **Trapping our Heritage of Ethnobotanical lore**, Economic Botany, 4 (4): 257-262, 1962.