Volume : 5 | Issue : 3 | March 2016 • ISSN No 2277 - 8179 | IF : 3.508 | IC Value : 69.48

Research Paper

Folk Medicinal Plants From Tribel Region of Umaria District of Madhya Pradesh

Botany

KEYWORDS : Folk, Medicinal plants, Tribal region, Umaria district.

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ABSTRACT

Umaria District is one of the most biologically diverse habitats reserved for the Tribal's. Surveys were conducted among the community during July to December 2014 to document the folk medicinal plants wealth of the area. Total of 47 species belonging to 412 genera and 32 families were reported as being used locally for the treatment of human ailment. Tribal's have a strong faith on these traditional phytotherapies and the loss or endangered status of these plants will affect the health care practices of tribal's to a great extent .Hence, there is an urgent need for sustainable harvest and conservation of these valuable resources.

INTRODUCTION

Folk medicine is traditional medicine as practiced by non-professional healers .Folk medicine is seen as a practice used in areas of extreme poverty. It is mostly associated today with countries like China and India.Tribel people are the ecosystem people who live in harmony with the nature and maintain a close link between man and environment. A large number of ethnic a original tribes are there who live in and around forests in M.P. The traditional knowledge system also needs to be studied, documented ,preserved and used for the benefit of humankind, before it is lost forever .Traditional ecological knowledge of indigenous people has fundamental importance in the management of local genetic resources, in the husbandry of the worlds biodiversity and in providing locally valid models for sustainable life (Turner et al., 2000) .Other studies (Luoga et al. , 2000) also emphasized documented indigenous knowledge through ethno botanical studies ,which is important for the conservation of genetics ,biological and cultural diversities as well as sustainable utilization of resources. A review of past literature on ethenobotany indicates that sufficient research work has been not done in various part of india.The present communication deals with the folk medicinal plants which are used by tribal people of Umaria district of Madhya Pradesh.

STUDY AREA

Umaria District lies under Shahdol, division the surface of the district may be divided in to 4 different Physiographic regions, the shale, sandstone, plateaus and Pindaric basic. It is located between 22^{0}Latitude and 82^{0}11'Longitude and is situated on the Vindhyan plateau at elevation of 330m. Therefore have developed their own system of healing and have a strong belief in their healthcare system. People use locally available plants to cure their minor to major diseases. They have local vaids, Guinea and traditional herbal healers to cure their disease. The women folk especially are rich repository of these traditionally known remedies.

The objective of the present study is to develop a traditional medicinal knowledge and their botanical identification and its management by the Tribal community in Umaria district .The native plants with modern scientific knowledge are necessary to solve the problems towards sustainable management and development.

Table:-1-Ethnobotanical Inventory of Medical Plants used by Tribes of Umaria district Madhya Pradesh.

S. N.	Family	Species Name	Common Name	Parts Used	Ethno botanical Uses
1	Araceae	Acorus Columus L.	Bach	Rhizomes	Applied on Dysentery intermittent fevers, skin diseases and general debility.
		Amorphophallus Companulatus	Suran	Corms	They useful in vitiated condition of vat and kapha, Vomiting, anaemia and general debility.
2	Acanthaceae	Andrographis Paniculata	Kalmegh	Whole plant	The Whole Plants, principally the leaves possess antibacterial, anti inflammatory, The leaves are used in treating dysentery, fever, cough and snake-bite.
3	Annonaceae	Annona squamosa L.	Sitaphal	Roots, Leavers Fruits	Applied on mental depression, They are useful in anaemia, burring sensation, vomiting.
4	Asteracese	Blumea lecera	Jangalimuli	Whole Plant	Applied in vitiated conditions of Pita and Kapha.
5	Asclepiadaceae	Calotropis, Procera	Madar	All Parts of the Plant	The leaves are useful in the treatment of paralysis, Swelling and intermittent fevers.
6	Apiaceae	Carumcopticum	Ajowan	Fruits, Leaves	The Seeds are useful in flatulence indigestion and used to eradicate worms.
		Coriandrum Sativum L.	Dhaniya	Leaves, Fruit	The leaves are aromatic, anti inflammatory.
7	Apocynaceae	Catharanthus roseus	Sadabahar	Leaves & Fruit	The leaves are useful in treating diabetes.
8	Amaryllidaceae	Curculigo orchioides Gaerth	Kalimusli	Root-Stock	Applied on vitiated conditions of Pita & Vata, Leucorrhoea, skin diseases.
9	Asteraceae	Eclipta alba	Bhrangarajah	Whole Plant	Applied in good for blackening and strengthening of the hair.
10	Asdepiadaceae	Gynmema Sylvestre	Gudmar	Whole Plant / Leaves	It is useful in constipation, Jaundice diabetes.
11	Anacardiaceae	Mangifera Indica.	Aam	Bark, flowers, Leaves	The bark used in refrigerant, anti inflammatory. The ash of the burnt leaves are useful in burns. & scalds.
12	Amaranthaceae	Achyranthes aspera L.	Latjira	Roots and seeds	Roots is used for stomach troubles
13	Apocynaceae	Alstonia scholaris L	Saptaparna	Bark, leaves	Applied to relieve fever ,skin The roots are sweet, skin diseases, vomiting and general weakness

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14	Alliaceae	Allium carolini-anum	Jangli piyaz	Bulbs	Applied on swollen joints, and cure joint pains. Taken orally for detoxification.
15	Burser-aceae	Commiphora mukul	Gugal	Resinous gum	The gum used in digestive, anathematic, antiseptic. Nervine tonic, diabetes and skin diseases.
16	Boragi-naceae	Cordia Dichotoma forst	Labher	Bark, Leaves	Applied in constipating, fever, diarrhoea, burring sensation and skin diseases.
17	Cannabi-naceae	Cannabis sativa L.	Bhang	Dried leaves	Leaves are anti diarrhoeic, intoxicating, Its excessive use causes cough, hyperpyrexia and insanity
18	Cari-caceae	Carica papaya L.	Papita	Fruits	It is useful in round worm infestation, constipation, skin diseases
19	Caesal-piniaceae	Cassia fistula L.	Amaltas	All parts of Plant	The roots used in cooling, febrifuge and tonic, leaves are laxative, anti periodic and depurative.
20	Chenopo-diaceae	Chenopodium album L.	Bathua Sag.	Seeds	Applied in digestive aphrodisiac & tonics.
21	Cap-paride-aceae	Cleome Viscosa L.	Hurhur	Whole plant	The Roots are used in stimulant, anti scorbutic and vermifuge seeds useful in fever, worm infestations.
22	Fabaceae	Clitoria ternatea L.	Aparajita	Roots, Leaves	Roots applied in anthelmintic tonic.
		Dalbergia sissoo Roxb.	Sisam	Roots Leaves bark	The roots applied in astringent and constipating and useful in diarrhoea & dysentery.
		Dolichos lablab L.	Sem	Seeds	The Seeds are considered to be nutrition's They are effect
		Pongamia pinnata	Karanj	Bark, root, leaves	The roots are good for cleaning foul ulcers, clearing teeth. ,
23	Liliaceae	Allium cepa L.	Pyaj	Bulbs.	The babs are sweet aromatic antibacterial & ant periodic.
		Allium sativum L.	Lahsan	Bulbs	The bulbs are antibacterial & anti- inflammatory amoebiasis.
		Aloe barbadensis Mill.	Aloe vera	Fresh leaves & Leaf Juice	The Juice is used burns, skin diseases, constipation.
		Asparagus adscen densroxb, Roxb.	Sat aver.	Tuberous root	Root book is taken with milk for vitality and strength and useful in dysentery, throat complaints
24	Lauraceae	Cassytha filiformis L.	Amarbel	Whole Plant	The plant is used in a remedy for haemorrhoids.
25	Mi-mosaceae	Acacia catechu L. Wild	Khair	Bark	Applied in cough and diarrhoea.
		Acacia leucophloea (Roxb.) Wild.	Safed babul	Bark	The bark is useful in dysentery dental caries and intermittent fevers.
		Acacia nilotica Delile	Babul	Leaves bark and gum.	Bark used in sore throat and toothache.
		Albizia lebbeck Benth	Siris	Bark & Flowers	The bark is astringent, all type of poisoning. Seeds are useful in skin disease.
26	Meliaceae	Azadirachta Indica A. Juss.	Nim	Bark, leaves Seeds, oil.	The bark used in insecticidal liver tonic, skin diseases, eczema.
27	Moraceae	Ficus racemosa L.	Gular	Fruit, Bark	Fruit is used in diabetes, Leucoderma; It is Vermifuge and an anti-dysentery drug.
28	Poaceae	Avena Sativa	Jei	Seeds	Nutritious cereal, Oat bran lowers Cholesterol and oat based diet many improve stamina.
		Cynodon dactylon	Dub	Whole Plant	Useful in vitiated conditions of Pita & Kapha, burring sensation, skin diseases.
29	Plumbagi-naceae	Plumbago Zey-lanica	Chitarak	Leaves, root	The Leaves and root are used to treat infections and digestive problems such as dysentery.
30	Piper-aceae	Piper Longum L.	Pipli	Fruits & Roots	Roots and fruiting spikes are used in treating diarrhoea, indigestion, fever.
31	Pedali-aceae	Sesamum indicum L.	Til.	Leaves, Seeds	Roots & leaves are emollient and a decoction of them forms a good hair.
32	Solan-aceae	Solanum nigrum L.	Makoy	Whole Plant	It is useful in vitiated conditions of swellings cough, vomiting, skin diseases.
33	Zingiber-aceae	Cucuma domestica valet	Haldi	Rhizomes	The Rhizome is anti-gastric ulcer, anti inflammatory.
34	Zingiber-aceae	Zingiber officenale Rosc.	Adarak	Rhizomes	Ginger used in thermogenic lax alive and digestive it is useful in asthma, cough it is also much used in several domestic preparations.

MATERIAL AND METHODS

Plants specimens and seeds were collected from all sits. Information regarding local name growth., from, uses etc. Ethnobotanical information was obtained by interviewing 100 in habitantsThe interviews were no questionnaire, Conversation were directed with general and open questions to encourage interviewee's spontaneity.

RESULTS AND DISCUSSION

During the survey, Plant samples were collected from cultivated area and around the home gardens or wild habitats throughout Umaria District of Madhya Pradesh The present survey resulted in collecting information on 47 plant species belonging to 32 families the predominant family was Fabaceae, Liliaceae, Mimosaceae, Represented by 4 species followed by Apocynaceae Araceae,, Apiaceae, Poaceae, Zingiberaceae having two species each .Ethno botanical uses of various plants by the tribal of Umaria were documented and tabulated (Table 1). It was observed that more than half of the population of the Umaria remedies were obtained from herbaceous species. The most widely sought after plant part in the preparation of remedies is the whole plant. The popularity of roots including bulbs and rhizomes a bark has gives Consequences from both the ecological point of view and the survival of the medicinal plant species and hence, poses a big threat to their existence. The major factors for the loss of these resources are biotic interferences mainly in the from of grazing, wild collection for trade and bonfires local use.

CONSERVATION SOLUTIONS

This scenario therefore, calls for in-depth and intensive investigation on the extent of availability and natural recruitment processes of high value Vindhya-region medicinal plants used extensively for the preparation of drugs in various system of medicine. Besides, The traditional knowledge system needs to be studied, documented, preserved and used for the benefit of humankind before it is lost forever (Dhar et.al. 2002).

This will require a holistic approach and involvement and par-

ticipation of local habitants since local users often have a good understanding of how sustainable harvesting should be practiced. Strategies of benefit sharing mechanisms for sustainable utilization of medicinal plants in conformity with the provision of conservation of Biodiversity need to be developed.

CONCLUSION

This was a preliminary effort towards the documentation of folk medicinal plants species for tribal area to Madhya Pradesh, India.The genetic resources of these tribes need to be documented, Conserved and utilized on a sustainable basis because lack of objective assement treat was considered one of the major impediment setting conservation priorities for different species, Identification of new locations and confirmation of previously reported ones for occurrence of the species and estimates of population abundance at different locations can indicate the current status of the species in the region and their possible genetic erosion from previously reported locations. Research and developmental efforts are needed to be taken for the scientific harvest and conservation of these priceless resources, Tribal's have a strong faith on these phyto-remedies and loss of any genetic resource many have a great negative impact on there health care practices. The community based conservation practises need to be followed. So the collaborative research and integrated efforts are necessary to save the valuable genetic resource of medicinal plants and unwritten material medical which is surviving with their death, It is a small effort to document this precious information in the usage of plants in order to maintain local cultural traditions are also facilitate research into new drug discovery, when the dreaded disease viz, hepatitis, swine flu et.

AEKNOWLEDGEMENT

The author is thankful to the authority of Pt. S.N.S. P.G. College Shahdol (M.P.) for granting permission to carry out this work.

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