ETHNOMEDICINAL PLANTS USED BY TRIBAL’S IN PRATAPGARH, RAJASTHAN

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ABSTRACT

The present paper deals with the ethno medicinal plants used by the tribal people from pratapgarh district, Rajasthan. The predominant tribe living in this region are Bhil, Mina, Damor, Ninama, and Garasiyia. Ethno medicinal uses of 24 angiosperms belonging to 16 families have been documented. Documented medicinal plants are tabulated alphabetically with their local name, family, part used, modes of use and the ailments for which they are used.

Key Words: Ethnomedicine, Traditional knowledge, Ailments, Pratapgarh district.

INTRODUCTION

Traditional medicine is an important aspect of human health care. It comprises knowledge, practices and experiences that have been passed on through generations. Herbal remedies are becoming through generations. Herbal remedies are becoming more popular for the treatment of minor ailments; they are also gaining popularity due to increasing cost of health care based on allopathic system of medicine. India has a rich plant diversity comprising 45,000 plant species and also has about 550 tribal communities, which are interwoven with each other. Such ethnic groups have been mentioned in the ‘Dictionary of Indian Folk Medicine and Ethno botany’.[1]

Medicinal plants provide an efficient local aid for disease free life. The importance of ethnomedicine has been realized by various sections of the society and the need to use herbal medicines in health care programmes is being stressed upon[2]. Traditional ethnomedicinal
studies have in recent years, received much attention due to their wide local acceptability and clues for new or lesser-known medicinal plants \(^3\).

Since pre-historic times man has used plants to cure bodily disorders and hereby kept his health in perfect state of fitness and lived a long life. Due to after-effects of synthetic drugs, people are increasingly becoming inclined towards the traditional medicines. Ethnobotanical explorations play a vital role in bringing to light information about such plant species of our rich flora that can be sources of safer and cheaper potent drugs for the benefit of mankind. In a country like India, according to recent estimates, 70 percent of inhabitants still rely on herbs. Our Nation witnesses 2,500 species of plants from about 1000 genera which are used by traditional healers.\(^4\)

Rajasthan is the largest state of India, and lies between latitudes 23°3’ and 30°12’ North and longitudes 69°30’ and 78°17’ East. The remarkable geological feature of Rajasthan is the Aravalli – the oldest mountain range in the world –which divides state diagonally, end to end, from north-east to south –west; another prominent feature is the Vinhyan range. The variable climatic, edaphic and topographic conditions of the state cause diversity in the vegetation. There are two forest types in the state, namely — tropical dry deciduous forest which are mostly confined to eastern and southern parts of the state. However, the western part is devoid of forest because of prevailing hot arid conditions.

The tribal’s of Rajasthan state reside in numerous pockets in some inaccessible or less accessible forests, hills, desert and another habitats. Tribal population of Rajasthan is about
12.44% of the total population of the state. These tribal’s still live in the primitive style in seclusion from modern civilization, upholding the ancient traditions of their ancestors. The main tribes of Pratapgarh are the Bhils, garasias, ninama, damor and minas. (see Map 1)

A large tribal population and vast floral diversity of Pratapgarh (Rajasthan) make it the ideal place to work on a multidisciplinary branch of science like ethnobotany. A good amount of work has been carried out on various aspects of ethnobotany of Pratapgarh (Rajasthan), but the published work has not been compiled and collected; the entire information is lying scattered. Therefore, it as though worthwhile to compile and assemble the material, so that the present status of ethnobotany in the state may be better assessed and problems and methods of research may be outlined so that future work in the field be conducted systematically and with a definite purpose in view.

METHODOLOGY
For the purpose of collection and documentation of ethno medicinal plants of Pratapgarh district, (Rajasthan), several field trips were conducted during April 2011 to Dec 2013. The method of collection of vouchers specimens, their preservation in Herbaria and technique for the collection of ethno medicinal information was followed as recommended by scientist.[5] During field trips information’s were collected on the basis of personal interviews with traditional healers, village head, knowledgeable person and old women of society. The collected plant specimens were identified with the help of taxonomic literature and floras.[6]

The collected information was cross-checked with Ayurvedic practitioners and available literature.[7] The collected specimens were identified with the help of available literature.[8,9] The herbarium specimens were deposited in the Department of Botany, University of Rajasthan, Jaipur.

ENUMERATION
The medicinal plants are listed below with the binomials arranged alphabetically, followed by family names in parentheses, local names, and methods of drug preparation with amount and duration of medication. The names of disease treated are also being given in the local language followed by English names in brackets.

*Achyranthes aspera* L. (Amaranthaceae); Latzeera; Ounga; Chirchitta
The powdered root bark is given twice a day for dysentery. The small piece of root when tied
on the wrist is believed to cure diarrhea. Fresh root is ground with’ mishri amd kaali mirch’(Piper nigrum) in 3:2:1ratio and taken on empty stomach with fresh cow’s milk to get relief from pain due to wart in anal canal (piles).

**Adansonia digitata** (Bombaceae); Kalpvaksh; Mansapuran; Kharsan
Pulp of fruit is a very rich source of tartaric acid. so it is preferable in vegetables directly. And acid alkali balance can be maintained in body.

**Adhatoda vasica** (Acanthaceae); Ardu, adusa
The leaf sap contains very important alkaloid (vacanine). It is very efficient medicine in coughing by doing gargle with the solution made by boiling it’s leaves and leaves of this plant also contains insecticidal properties.

**Aegle marmelos** (L.) Corr. (Rutaceae); Bel
The bark is pounded and made in to paste with mustard seeds and given twice a day for diarrhea. Juvenile leaves of this deciduous tree is very efficient for a diabetic patient, by taking 5 leaves empty stomach, everyday for a month. Pulp of fruit is useful in diarrhea & dysentery. 2-2 tbsp should be taken three times a day.

**Alangium salvifolium** (L.f.) Wang. (Alangiaceae); Alaua, Aankol
The bark of this tree contains special alkaloid which helps in reducing blood pressure, so it is preferable for high blood pressure patients, by using 2-2 tbsp bark powder with cold water for a month continuously. And seed oil of this tree is very efficient for paralyzed patients. by massage on particular effecting organ.

**Albizia lebbeck** (L.) Wllld. (Mimosaceae); Siris
Fresh leaves are fermented in an earthen pot and water thus obtained is used to wash eyes for treating conjunctivitis (eye flu) and this plant also has pesticide property.

**Azadirachta indica** A. Juss. (Meliaceae); Neem
Decoction of leaves is used to wash affected eyes thrice a day for treating conjunctivitis till cured and juvenile leaves sap 2-2 tbsp consumption directly in march month is very effective for blood purification.

**Barleria prionitis** L. (Acanthaceae); Piabansa; Bazradanti
Fresh leaves are boiled in water; a paste is tied with a cotton bandage and filtrate is poured
on affected part twice a day for a month for treating paralysis and stem sep is very useful for
tooth decay and gum problems, by direct applying on these parts by toothpaste of stem.

**Butea monosperma** (Lam.) Tabu. (Papilionaceae); Palas; Dhak ke teen paat
The gum mixed with curd and small amount of salt cures diarrhea and dysentery. Flower
powder is used as herbal color, and used in formation of talcum powder with a pleasant
fragrance for curing itching and prickle heat.

**Calotropis procera** (Asclepiadaceae); Aak
The vital role of this plant is in coughing & skin disease; the bark powder should be taken
with honey 1-1 tbsp three times a day. bark can be blended with mustard oil and used as a
mask in curing itching. Eye flu can be cured by applying the latex of leaves on thumbs of the
feet 2-3 times a day.

**Cascabela thevetia** (L.) (Apocynaceae); Pili kaner
Decoction of fresh leaves mixed with common salt and this mixture is used as a mouth wash.
And for gargling twice a day for fresh mouth. This helps in curing pyorrhea.

**Centella asiatica** (L.) (Apiaceae); Bramhi
The mixture of(leaves paste & raw sugar) is helpful in improving memory. the sap of leaves
and stem is very effective in diuretic disease. And also helpful in curing leprosy.

**Datura innoxia** Mill. (Solanaceae); Dhatura
Mixture of fresh leaves of Datura and Gular (*Ficus racemosa*)to prepare a past. This paste is
applied on affected portion to promote accumulation and draining of pus from a boil(sore or
ulcer).

**Ficus Glomerata** Roxb. (Moraceae); Gular
The stem bark decoction is given in case of diarrhea and dried fruits powder (5gm) with
latex is given thrice a day for three days to treat dysentery.

**Holarrhena antidysenterica** (Apocynaceae); Dudhi
The decoction of stem bark is taken twice a day. for relief in heart disease.

**Hibiscus rosa-sinesis** L. (Malvaceae); Gurhal
Decoction of flowers is used with raw sugar in early morning with in amount of 2gm .butter
is helpful in growth of hairs and also beneficial for eyesight.

**Lawsonia inermis** L. (Lythraceae); Mehandi
Dry Leaves powder directly used as coolant and conditioner for hairs by applying it on hairs with water. Roots along with neem leaves (*Azadirachata indica*) and ginger is made in to paste and taken with pre boiled water to stop loose motion in babies.

**Osimium bascilicum** (Labiateae); Ban tulsi
The mixture of inflorescence, flower, leaves and soft stem of this plant are blended to make a paste which is mixed with cooking oil & heated on a light flame. can be applied on the pain areas of Appendix. Seeds are also useful in curing vomit effect.

**Ricinus communis** (Euphorbiaceae); Arandi
Fresh root of this plant is used in curing (Naru-Bala) disease. root pieces are boiled in water, which turn color In to red & this water can taken for 5 days with 2-2 tbsp thrice a day to cure Naru disease. but it leads infertility in women so it is not recommended for femels.

**Solanum nigrum** (Solanaceae); Makoyae
Leaves used as vegetable regularly are beneficial in liver disease.

**Santalum album** (Santalaceae); Chandan
The trunk of sandalwood is used to extract the highly aromatic sandal wood paste and powder. Sandle wood paste is great for skin. It can be used to improve skin texture, soothe burnt skin and treat eczema end rashes. It can also be used to soothe prickly heat.

**Tamarindus indica** L. (Caesalpiniaceae); Imali
Stem bark decoction is given twice a day for diarrhea. Juice made from the pulp mixed with lemon juice, is taken 2-3 times in a day for dysentery.

**Terminalia bellrica** (Combretaceae); Bahera
This whole plant has medicinal value, pulp of fruit is helpful in curing dropsy, leprosy and diarrhea. Fruit of this plant has antibiotic properties.

**Tribulus terrestris** (Zygophyllaceae); Gokhru
Dry fruit stock can be consume as a drinking water, which helps in curing stone disease.
DISCUSSIONS AND CONCLUSIONS

The practice of indigenous traditional knowledge and its application are still alive in different tribal colonies of study area. So we have to make strong efforts to save this splendid knowledge for our next generation. Before they are lost forever from the community. The plants used in magico-religious beliefs, in rites and rituals including those in diseases, divination and worship by different tribal societies of National and International have been discussed by many scientists.\[10,11,12,13,14]\n
Most of these tribal groups do not have modern health facilities. Generally they use their traditional knowledge of the locally available plants for medicinal and other purpose. Due to lack of interest of the young generation among the tribal’s in traditional knowledge and due to urbanization and unscientific exploitation of natural forests. The valuable traditional knowledge and plant species are depleting very fast. Therefore it is necessary to collect and document such precious knowledge from the tribal areas as soon as possible and also increase awareness among the tribal communities for the conservation and sustainable use of plant wealth. The present study listed 24 species belonging 16 families used for the treatment of various disease by tribal’s of pratapgarh district, Rajasthan. Fabaceae, Apocynaceae, Solanaceae, Acanthaceae, Euphorbiaceae are the dominant family over here.

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