Local phytotherapy for vomiting in Jamnagar district of Gujarat

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Jamnagar area is wealthy in ethnomedicinal plants. Within the display paper 78 plant species utilized in society medication for Vomiting have been recorded. Due to destitute condition of advanced healthcare offices and destitution, innate individuals of the area completely or somewhat depend on nearby restorative plants. An endeavor has been made to document conventional Information within the treatment of Vomiting.

Key words: Phytotherapy, Vomiting, Jamnagar District.

INTRODUCTION

In Ayurvedic medication, herbs are utilized as an necessarily portion of healthcare frameworks. Other than healthcare, herbs are moreover utilized for beautification of the body and for arrangement of different beauty care products and colours. In spite of the fact that manufactured chemical compounds have supplanted numerous Ayurvedic plant items, the security and adequacy of common items might not discover reasonable coordinate. Home grown medication has been broadly practiced from old period all through the world. Herbal drugs gotten from plants are accepted to be much more secure within the treatment of different maladies. beauty care products and colours. In spite of the fact that manufactured chemical compounds have supplanted numerous Ayurvedic plant items, the security and viability of characteristic items seem not discover reasonable coordinate. Herbal medication has been broadly practiced from antiquated period all through the world. Herbal drugs gotten from plants are accepted to be much more secure within the treatment of different maladies. Jamnagar district occupies the western part of Gujarat. It lies between 22.4707° North and 70.0577° East longitudes. Jamnagar District is located in the North West of Gujarat State. It is bounded partly by Gulf and partly by the desert of Kutch in the North, Junagadh District in the South, Rajkot District in the East and Arabian Sea in the West. The District has a geographical area of 14125 Sq. Km. The atmosphere of this district is temperate and humid atmosphere in seashore area. In summer, inside the district which is far away from seashore the atmosphere is hot and dry and in winter the atmosphere is cool and dry. Rain is experiences extremes of weather conditions. In spite of this rich vegetation of rare and valuable medicinal plants in the district. At present Barda Hills constitute a small part of this district. Jamnagar district is inhabited by Rabari, Charan, Maher. Muslims, Devipujak, Ahir, Satvara. This area has not been given much attention in respect of ethnobotanical studies. Very few ethnobotanical work done on Barada Hills viz. Thakar (1910), Nurani (1997), Jadeja (1999), Mitaliya and Bhatt (2003). Jadeja et al (2004). An attempt has been made in this paper to identify, segregate and enumerate ethnomedicinal plants of Jamnagar district which are used to cure vomiting.

MATERIALS AND METHODS

The ethno botanical field survey was conducted in various parts of Jamnagar district. In field studies a total of 52 villages including nesses of Barda Hills were surveyed during 2016-2017. Initially various knowledge rich persons (Farmers, Vaidya & Maldhari) who are popular for their traditional healing practice were identified by enquiring in different villages. Later these resource persons were interviewed with the help of plant collections and information on medicinal uses was gathered. The identification of botanical samples was confirmed with authentic collections of Herbarium, of M. D. Science college, Porbandar. Such information of filtered by eliminating the commonly known practices and the little known practices are recorded here. However
a care was taken to represent all the selected villages. It is believed that the information recorded here, will be useful if further scrutiny is made and few practices are targeted for phytochemical and pharmacological studies.

RESULTS AND DISCUSSION
The show work bargains with the herbal drugs as a cure for treatment of heaving. 78 species of 72 genera of 48 families are utilized as conventional phytotherapy by individuals of Jamnagar locale of Gujarat for treatment of heaving. Speaks to showing family; genera; species proportion of 1:1.47:1.59. Plant of 38 families of dicot, 10 families of monocot and 1 family of pteridophytes are utilized.

1. *Acacia chundra* Wild (Mimosaceae)
   Vern. name : Kher
   Usefull part : Leaf
   Uses : 1 g. tender leaves 3 g. Rhizome powder of *Zingiber officinale* is taken and made in to capsuls which is taken with cow milk.

2. *Adhatoda vasica* Nees. (Acanthaceae)
   Vern. name : Ardusi
   Usefull part : Leaf
   Uses : Decoction of leaf and *Tinospora cordifolia* leaf is taken orally with honey.

3. *Aegle marmelos* L. Corr. (Rutaceae)
   Vern. name : Bili
   Usefull part : Fruit
   Uses : Fruit and seed juice of *Mangifera indica* mixed with sugar cube and honey is given twice a day.

4. *Aloe vera* L. (Liliaceae)
   Vern. name : Kuvarpathu
   Usefull part : Root
   Uses : Crushed 10-15 g. root with hot water and drink twice a day.

5. *Ananas comosus* (L.) Mer (Bromeliaceae)
   Vern. name : Ananas
   Usefull part : Fruit
   Uses : Fruit juice with honey is given orally.

6. *Anthocepalus cadamba* Miq. (Rubiaceae)
   Vern. name : Kadamb
   Usefull part : Flower
   Uses : Flower are crushed in water and mixed with cow milk and honey and given orally.

7. *Areca catechu* L. (Arecaceae)
   Vern. name : Sopari
   Usefull part : Fruit
   Uses : Take fruit ash with honey

8. *Azadirachta indica* A. Juss. (Meliaceae)
   Vern. name : Limdo
   Usefull part : Leaf
   Uses : Crush leaves in water and extract is taken orally.

9. *Berberis aristata* L. (Berberidaceae)
   Vern. name : Daru-hardar
   Usefull part : Fruit
   Uses : Decoction of fruit powder is taken orally with honey.

10. *Bombax ceiba* L. (Bombacaceae)
11. *Boerhaavia diffusa* L. (Nyctaginaceae)
Vern. name: Satodi
Usefull part: Root
Uses: Root bark powder is mixed with honey and taken twice a day.

12. *Boswellia serrata* Roxb. (Burseraceae)
Vern. name: Loban
Usefull part: Leaf
Uses: Leaves juice mixed with honey and taken with cow milk.

13. *Brassica juncea* (L.) Czernov & Coss. (Brassicaceae)
Vern. name: Rai
Usefull part: Seed
Uses: Crushed seed are given orally with honey.

14. *Butea monosperma* (Lam) (Fabaceae)
Vern. name: Khakhro
Usefull part: Flower
Uses: 1-2 g. powder of root with milk is taken.

15. *Calamus rotang* L. (Arecaceae)
Vern. name: Netar
Usefull part: Leaf
Uses: Drink leaves juice with sugarcube.

16. *Cassia auriculata* L. (Caesalpiniaceae)
Vern. name: Aval
Usefull part: Flower
Uses: Crushed flower in cow milk and sugar cube taken orally.

17. *Cassia tora* L. (Caesalpiniaceae)
Vern. name: Kuvadiyo
Usefull part: Seed
Uses: Seed powder is mixed with honey and taken orally.

18. *Cinnamomum zeylanicum* Blume (Lauraceae)
Vern. name: Taj
Usefull part: Bark
Uses: Decoction of bark is taken orally.

19. *Citrus aurantium* L. (Rutaceae)
Vern. name: Narangi
Usefull part: Fruit
Uses: Fruit juice is the best thing.

20. *Citrus medica* L. (Rutaceae)
Vern. name: Bizoru
Usefull part: Root
Uses: Root are crushed and mixed in cow milk and taken orally.

21. *Citrus limon* Barm (Rutaceae)
Vern. name: Limbu
Usefull part: Fruit
Uses: Fruit juice with sugarcube is taken orally.

22. *Coccinia grandis* (L.) Voigt (Cucurbitaceae)
Vern. name: Kanduri
Usefull part: Leaf and root
Uses: Decoction from leaves and roots is taken with honey.

23. *Cocus nucifera L.* (Arecaeae)
Vern. name: Nariyal
Usefull part: Fruit
Uses: Take coconut water with sugarcube.

24. *Coriandrum sativum L.* (Apiaceae)
Vern. name: Dhana
Usefull part: Seed
Uses: Take equal amount seed powder of *Piper nigrum* and *Glettaria cardamamith* mixed with ghee and sugarcube is taken orally.

25. *Crocus sativus L.* (Iridaceae)
Vern. name: Kesar
Usefull part: Style
Uses: It is crushed with leaves of *Azadirachta indica* and taken orally twice a day.

26. *Cucurbita maxima Duch.* (Cucurbitaceae)
Vern. name: Kadu
Usefull part: Seed
Uses: Powder of seed mix with honey is taken orally.

27. *Cuminum cyminum L.* (Apiaceae)
Vern. name: Jiru
Usefull part: Fruit
Uses: Put some fruit in muslin cloath and coiled in form of cigar and smoke.

28. *Cynodon dactylon (L.) Pers.* (Poaceae)
Vern. name: Tharo
Usefull part: Leaf
Uses: Extract of leaves with rice water taken orally.

29. *Cyperus rotundus L.* (Cyperaceae)
Vern. name: Moth
Usefull part: Fruit
Uses: Fruit decoction with milk is taken orally.

30. *Elettaria cardamomum Maton.* (Zingiberaceae)
Vern. name: Elaichi
Usefull part: Fruit
Uses: Fruit bark ash is taken orally with honey.

31. *Emblica officinalis Gaerth.* (Euphorbiaceae)
Vern. name: Ambala
Usefull part: Fruit
Uses: Fruit extract is taken with seed of *piper longum* and honey.

32. *Ficus benghalensis L.* (Moraceae)
Vern. name: Vad
Usefull part: Columnar root
Uses: Tender part of columnar root crushed and extract is taken orally.

33. *Ficus glomerata Roxb.* (Moraceae)
Vern. name: Umardo
Usefull part: Stem (Latex)
Uses: Latex is given with sugarcube.

34. *Ficus religiosa L.* (Moraceae)
Vern. name: Pipalo
Usefull part: Stem
Uses: Ash of dry branch mixed in water and after some time and this extract is taken orally.
35. *Feronia elephantum* Corr. (Rutace)
Vern. name: Uplate
Usefull part: Fruit
Uses: Powder of fruit is roasted in oil and make a paste and is applied on abdominal region.

36. *Foeniculum vulgare* Mill. (Apiaceae)
Vern. name: Valiyari
Usefull part: Fruit
Uses: Fruit is chewed and its extract is engulf.

37. *Glycyrrhiza glabra* L. (Fabaceae)
Vern. name: Jethimath
Usefull part: Root
Uses: Decoction of root taken orally with 33 grams seeds powder of Brassica nigra.

38. *Gossypium herbaceum* L. (Malvaceae)
Vern. name: Kapas
Usefull part: Leaf
Uses: Drink leaves juice and eat leaves.

39. *Helianthus annus* L. (Asteraceae)
Vern. name: Surajmukhi
Usefull part: Leaves
Uses: Drink leaves juice with leaves juice of Ocimum sanctum.

40. *Hemidesmus indicus* (L.) Schult. (Periplocaceae)
Vern. name: Uparsali
Usefull part: Leaves
Uses: Decoction of leaves is taken along with sugarcube.

41. *Jasminum grandiflorum* L. (Oleaceae)
Vern. name: Chameli
Usefull part: Leaves
Uses: Extract of leaves taken with seed powder of Piper nigrum. Powder of sugarcube and honey it is taken orally.

42. *Lablab purpureus* L. Sweet. (Cucurbitaceae)
Vern. name: Vaal
Usefull part: Leaf
Uses: Crushed leaves with hot water and applied on abdominal region.

43. *Linum usitatissimum* L. (Linaceae)
Vern. name: Alsi
Usefull part: Leaf
Uses: Decoction of leaf is taken orally.

44. *Madhuca indica* J. F. Gmel. (Sapotaceae)
Vern. name: Mahudo
Usefull part: Leaves
Uses: Juice of 10 g. leaves is taken orally twice a day.

45. *Mangifera indica* L. (Anacardiaceae)
Vern. name: Ambo
Usefull part: Seed
Uses: Take a seed extract and put a drop in nose.

46. *Marsilea minuta* Linn. (Marsileaceae)
Vern. name: Jal Booti
Usefull part: Leaf
Uses: Extract of leaves is taken with hot water.

47. *Mentha arvensis* L. (Lemnaceae)
Vern. name : Fudina
Usefull part : Leaves
Uses : In 10-22 ml leaves juice, add 3 g sugarcube and it is taken orally.

48. Morus alba L. (Moraceae)
Vern. name : Shetur
Usefull part : Fruit
Uses : Drink sweet fruit juice with glucose powder.

49. Myristica fragrans Houtt. (Myristicaceae)
Vern. name : Jayfal
Usefull part : Fruit
Uses : Fruit powder mix in rice water and it is taken orally.

50. Nelumbo nucifera Gaertn. (Nymphaeaceae)
Vern. name : Kamal Kakdi
Usefull part : Seed
Uses : Powder of seed mixed in Ghee and sugarcube is taken orally.

51. Nyctanthes arbor-tristis L. (Oleaceae)
Vern. name : Parijat
Usefull part : Leaves
Uses : Juice of leaves is taken orally with sugarcube.

52. Ocimum sanctum L. (Lamiaceae)
Vern. name : Tulsi
Usefull part : Leaf
Uses : Extract of leaves is taken with honey.

53. Oryza sativa L. (Poaceae)
Vern. name : Chokha
Usefull part : Fruit
Uses : Drink rice water with sugarcube.

54. Pandanus odoratissimus L. F. (Hemsl) A. Gray. (Pandanaceae)
Vern. name : Kevdo
Usefull part : Rhizome
Uses : Extract of rhizome taken orally.

55. Phaseolus aconitifolius jaeq. (Fabaceae)
Vern. name : Math
Usefull part : Fruit
Uses : Decoction of roasted fruit is mixed with sugarcube and taken orally.

56. Phoenix sylvestris (L.) Roxb. (Areceae)
Vern. name : Kharek
Usefull part : Seed
Uses : Crushed seed and roasted in Ghee is taken orally.

57. Piper longum L. (Piperaceae)
Vern. name : Lindi piper
Usefull part : Seed
Uses : Seed powder and ash of peacock’s feather mix with honey and it is taken orally.

58. Plumbago zeylanica L. (Plumbaginaceae)
Vern. name : Chittrak
Usefull part : Fruit
Uses : Powder of fruit mixed with jajjery and taken orally.

59. Prosopis spicigera Lim. (Mimosaceae)
60. **Punica granatum L. (Punicaceae)**
Vern. name: Dadam
Usefull part: Fruit Bark
Uses: Fruit bark is given to eat.

61. **Randia dumetorum Lamk. (Rubiacae)**
Vern. name: Mindhal
Usefull part: Fruit
Uses: 10 gm powder of fruit 5 gm salt and 22 gm powder of piper langum mixed in hot water and is taken orally.

Vern. name: Pit papado
Usefull part: Leaf
Uses: Decoction of leaf is taken with honey.

63. **Sansevieria roxburghiana S. Chalt. (Hamoradaceae)**
Vern. name: Ketki
Usefull part: Rhizome
Uses: Extract of rhizome is taken orally.

64. **Setaria italica Beauv. (L.) (Poaceae)**
Vern. name: Kang
Usefull part: Fruit
Uses: Make “Kheer” and is taken orally.

65. **Syzygium aromaticum (L.) Merr. (Myrtaceae)**
Vern. name: Laving
Usefull part: Seed
Uses: Decoction of seed is taken orally.

66. **Syzygium cumini (L.) Skeels (Myrtaceae)**
Vern. name: Jambu
Usefull part: Bark
Uses: Stem bark powder is given orally with honey.

67. **Tamarindus indica L. (Caesalpiniaeace)**
Vern. name: Ambali
Usefull part: Seed
Uses: Crushed seed and rhizome of curcuma longa (Haldar) in cool water and is taken orally.

68. **Terminalia chebula Retz. (Combretaceae)**
Vern. name: Harde
Usefull part: Fruit
Uses: Fruit and sugar cube crushed in water and is given orally.

69. **Tinospora cordifolia L. (Willd.) (Menispermaceae)**
Vern. name: Galo
Usefull part: Leaf
Uses: Extract of leaves is taken with roasted rice.

70. **Vernonia cinerea (L.)Less. (Asteraceae)**
Vern. name: Sahadevi
Usefull part: Leaf
Uses: Juice of leaves (about 8-10 ml) is taken orally once a day.

71. **Vitex negundo L. (Verbenaceae)**
Vern. name: Nagod
Usefull part : Leaves
Uses : Decoction of leaves is taken alone with honey.

72. *Vitis vinifera L.* (Vitaceae)
Vern. name : Draksh
Usefull part : Fruit
Uses : Crushed fruit with fruit of Emblica officinalis and taken orally.

73. *Vetiveria zizanioides* (L.) Nash. (Poaceae)
Vern. name : Valo
Usefull part : Leaf
Uses : Crushed leaves and extract is taken with honey OR sugarcube.

74. *Woodfordia fruticosa* (L.) Kurz. (Lythraceae)
Vern. name : Dhavdi
Usefull part : Flower
Uses : Crushed leaves and extract is taken with honey OR sugarcube two times a day.

75. *Wrightia tomentosa* Roem & Schult (Apocynaceae)
Vern. name : Mitho indrajav
Usefull part : Root
Uses : Root crushed in cow urine is taken orally.

76. *Zea mays* L. (Poaceae)
Vern. name : Makkai
Usefull part : Fruit
Uses : Fruit ash with honey is taken orally.

77. *Zinziber officinale* Rosc. (Zingiberaceae)
Vern. name : Adu
Usefull part : Rhizome
Uses : Extract of rhizome is taken orally.

78. *Zizyphus jujuba* Lamk. (Rhamnaceae)
Vern. name : Bordi
Usefull part : Fruit
Uses : Fruit pulp is mixed with roasted rice and sugarcube and it is taken orally.

Rutaceae and Poaceae are the largest families whose 5 species are used. Fruit of 25 species, leaves of 24 species, seed of 10 species, root of 7 species, flower of 5 species, stem of 4 species, rhizome of 3 species are used as herbal drugs in vomiting. Documentation of these remedies is a first hand report to fulfill their needs in rural and tribal areas of Jamnagar district. Medical practitioners and manufactures can take the help of mother nature to provide safe and harmless substitute for some harmful chemical product and they have no side effect at all.

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