Studies on Indigenous Traditional Knowledge of Medicinal Plants used by Tribes of Lohardaga District, Jharkhand, India.

Veena kumari

P.G.Dept of Botany, Vinoba Bhave University. Hazaribag, Jharkhand-835301.

Abstract:

There are many medicinal plants which are widely used by traditional practitioners for curing and controlling various diseases, some of them are also described in Ayurveda. The main objective of this article is document and represent the medicinal herbs used by tribes of Lohardaga district. Jharkhand is a state of various tribal group. They have good knowledge about the forests and medicinal values of plants. But due to modernisation the knowledge is diminishing fastly. That’s why it is felt that now it is necessary to conserve these knowledge.

Keywords: Medicinal plants, Traditional, Tribes, Lohardaga.

Introduction: There are various plants which are utilized for medicinal purposes in India from very long back (1, 2). In India Jharkhand is a state of dense forest where most valuable medicinal plants are found. This is also a land of different ethnic groups. In India there are about 54 million indigenous people of different ethnic groups inhabiting (3). They have their own distinct culture, religions rites, food habit and have a rich knowledge of traditional medicines (4).

Treatment of diseases through herbs is being practiced by these ethnic people from very past (4). To cure of diseases with medicinal plants because of effectiveness, easy availability and century old association with the plants.

Association with the plants helped people to acquire a good amount of information regarding their medicinal use by continuous trial and error method (5). For new drug development it becomes necessary to documentation and scientific validation of traditional claims. Intensive field surveys among traditional practitioners for ethno medicinal practices done time to time explored the wealth of traditional information for treatment of different diseases (6).

Study area:

The study was undertaken in Lohardaga district of Jharkhand to have insight into existing traditional medicinal practices by
local ethnic group for treatment of various diseases by various medicinal plants.

Methodology:

The present study area is located about 25 km towards, south from district head quarter Lohardaga. The district is situated between $23^0\,30'$ and $23^0\,40'$ north latitudes and about $84^0\,40'$ and $84^0\,50'$ east longitudes. The district covers an area of 1491 km$^2$. The in habitats of this district mainly depend on agriculture (80%). The main crop of this area is paddy. According to the 2011 census Lohardaga district has a population of 461,738. The district has a population density of 310 inhabitants per square kilometer. The village is Alaudi senha, the place is surrounded by forest local people use locally available herbal medicine to cure the diseases. The survey was carried out during the year 2018 to document the utilization of indigenous medicinal plants. The information on medicinal uses of the indigenous plants, methods for preparation of drugs and doses to be taken was gathered from the traditional practitioners whom the local people called Baidya, Ojha and Bhagat.

Enumeration of the Species:

1. **Botanical name** - *Cyprus rotundus* L  
   **Family** - Cyperaceae  
   **Local name** - Motha grass  
   **Ailment treated** - Fever

2. **Botanical name** - *Mint Mentha rotundifolia* L.  
   **Family** - Lamiaceae  
   **Local name** - Pudina  
   **Ailment treated** - stomach ache, hepatic, cirrhosis, diarrhea, bad breath.

3. **Botanical name** - *Datura metel* L.  
   **Family** - Solanaceae  
   **Local name** - Datura  
   **Ailment treated** - Teath gum problem, cough, male fertility disorders.

4. **Botanical name** - *Dracontomelon dao*  
   **Family** - Anacardiaceae  
   **Local name** - Dahu  
   **Ailment treated** - Skin problem, dysentery, dermatitis, dentistry.
5. Botanical name - *Vitex negundo*
   Family- Lamiaceae
   Local name- Sindwar
   Ailment treated- Skin problem, cough, eczema, ringworm, liver disorder.

6. Botanical name - *Andrographis paniculata*
   Family- Acanthaceae
   Local name- Chirayta
   Ailment treated- Common cold, blood purifier.

7. Botanical name - *Aloe vera*
   Family- Xanthorrhoeaceae
   Local name- Aloevera
   Ailment treated- Skin treatment, haemorrhoid remedy, antihelminthic, menstrual regulator, eczema, cough, ulcer, diabetes, headache.

8. Botanical name - *Chlorophytum spp*
   Family- Asparagaceae
   Local name- Safed musli
   Ailment treated- energy booster, obesity, jaundice, diabetes, inflammation, arthritis.

9. Botanical name - *Ocimum sanctum*
   Family- Lamiaceae
   Local name- Tulsi
   Ailment treated- Skin diseases, cough, fever, cold, bronchitis.

10. Botanical name- *Centella asiatica*
    Family- Apiaceae
    Local name- Beng saag
    Ailment treated- Memory loss, asthma, ulcers, kidney troubles, leprosy, urethritis.

11. Botanical name- *Phyllanthus amarus*
    Family- Euphorbiaceae
    Local name- Bhumi amla
    Ailment treated- Jaundice, constipation, diabetes, flue, ulcer.

12. Botanical name- *Ocimum americanum*
    Family- Lamiaceae
    Local name- Kali tulsi
    Ailment treated- Stomach pain, cancer, toothache, head ache.

13. Botanical name- *Hibiscus rosasinensis*
    Family- Malvaceae
    Local name- Udhul
    Ailment treated- Leucorrhoea, hair problem.

14. Botanical name- *Gloriosa superba* (L)
    Family- Colchicaceae
    Local name- Kalihari
    Ailment treated- Leprosy, hemorrhoids, cancer, skin infection.

15. Botanical name- *Ichnocarpus frutescens* (L)
    Family- Apocynaceae
    Local name- Dub ghas
    Ailment treated- Syphilis.

16. Botanical name- *Zingiber officinale*
Family- Zingiberaceae
Local name- Aadi
Ailment treated- Cough, high BP, fibroid

17. Botanical name- *Mimosa pudica* (L)
Family- Fabaceae
Local name- Chui-mui
Ailment treated- Diabetes

18. Botanical name- *Curcuma longa* (L)
Family- Zingiberaceae
Local name- Haldi
Ailment treated- Wound healing, eye disease, female sex disorders.

Family- Euphorbiaceae
Local name- Amla
Ailment treated- Jaundice, eye disease, hair fall, diabetes, cold, Vit.C, hyper acidity.

20. Botanical name- *Eugenia jambolana*
Family- Myrtaceae
Local name- Jamun
Ailment treated- Diabetes.

Family- Meliaceae
Local name- Bakain
Ailment treated- Piles.

22. Botanical name- *Punica granatum* (L)
Family- Punicaceae
Local name- Anar
Ailment treated- Jaundice, female sex disorder, blood pressur.

23. Botanical name- *Hibiscus sabdariffa*
Family- Malvaceae
Local name- Kudrung
Ailment treated- Dyspepsia.

24. Botanical name- *Acorus calamus*
Family- Araceae
Local name- Ghorbaj
Ailment treated- Epilepsy, antibiotic, T.B.

25. Botanical name- *Alstonia scholaris*
Family- Apocynaceae
Local name- Chatian
Ailment treated- Paralysis, antibiotic.

26. Botanical name- *Alternanthere sessilis* Linn
Family- Amaranthaceae
Local name- Gundru arkha
Ailment treated- Headache.

27. Botanical name- *Cassia fistula* Linn
Family- Caesalpiniaceae
Local name- Sonarkhi
Ailment treated- Snake bite.

28. Botanical name- *Celastrus paniculatus* Wild
Family- Celastraceae
Local name- Kujur
Ailment treated- Tuberculosis, treat hydrocele, antibiotic.

29. Botanical name- *Dalbergia sissoo* Roxb
Family- Fabaceae
Local name- Shisham
Ailment treated- Headache.

30. Botanical name- *Diospyros tomentosa* Roxb  
Family- Ebenaceae  
Local name- Tendu  
Ailment treated- Elephantitis.

Ailment treated- Anaemia, body pain, diabetes.

36. Botanical name- *Piper longum* Linn  
Family- Piperaceae  
Local name- Pippali  
Ailment treated- Cough, hiccups.

31. Botanical name- *Ficus benghalensis* Linn  
Family- Moraceae  
Local name- Bara  
Ailment treated- Pyorrhea, mumps.

37. Botanical name- *Psidium guajava* Linn  
Family- Myrtaceae  
Local name- Tamras  
Ailment treated- Diarrhea, diabetes.

32. Botanical name- *Ficus infectoria* Roxb  
Family- Moraceae  
Local name- Dumbari  
Ailment treated- Jaundia, female infertility.

38. Botanical name- *Terminalia bellirica* Roxb  
Family- Combretaceae  
Local name- Bahra  
Ailment treated- Stomach ache, gastric.

33. Botanical name- *Holarrhena antidysenterica* Linn  
Family- Apocynaceae  
Local name- Kurchi  
Ailment treated- Gastric, diarrhea, dysentery.

39. Botanical name- *Terminalia chebula* Retz  
Family- Combretaceae  
Local name- Harra  
Ailment treated- Stomach problem.

34. Botanical name- *Limnophila conferta* Benth  
Family- Scrophulariaceae  
Local name- Muchari arxa  
Ailment treated- Stomach pain.

40. Botanical name- *Tridax procumbens* Linn  
Family- Asteraceae  
Local name- Munga arxa  
Ailment treated- Snake bite, diarrhea, dysentery, high blood pressure.

35. Botanical name- *Litsea polyantha* Juss  
Family- Lauraceae  
Local name- Meda  
Ailment treated- Snake bite, diarrhea, dysentery, high blood pressure.

41. Botanical name- *Vitis quadrangularis* Linn  
Family- Vitaceae  
Local name- Harjora
Ailment treated- Bone fractures.

Conclusion:
It can be concluded from the study that Indigenous traditional knowledge is very helpful from health and hygiene is concerned. A good number of plant species of different families are used as medicines by these indigenous people. Most of the plants are used as fruits and vegetable as in day to day life. It is necessary to documentation these medicinal plants so that this can help in new drug development.

Result and Discussion:
The study was conducted among the Oraon tribe of Lohardaga district, who were traditional practitioners whom the local people called baidha, ojha and bhagat. The informations were collected through survey and interviewing with the practitioners. The informations on scientific name, common name, family, have been described separately including the part of plant used as medicines and medicines as used for.

References: