

Traditional Herbal Medicinal Plants that can used during maternal health care in Nashik District Maharashtra, India

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Abstract-

From immemorial time herbal medicines have been used as a remedy for different diseases in women. The use of herbal remedies and health care preparations are described in Vedas and Bible. About 80% of worlds populations are still dependent on traditional medicines for primary health care.

The importance of trees and plants in our life are inexhaustible. They provide us food, shelter, clothing , medicine. They are lungs of our planet. They are blessings to our world. They possesses power of healing. Plants play an important role in the discovery of new drugs and many blockbuster drugs are derived either directly or indirectly from plants. Tribal people occupy a larger part of Indian culture & society. Herbal medicines have great demand due to their permanent effect & little or no side effects. In India indigenous system of medicine (Ayurveda, Siddha, Unani) have been well established.

Nashik district (Maharashtra) has rich flora in its varied type of forests. The Konkana tribals reside in Nashik district. The field trips in these areas were carried out during intervals in Dec. 2017 to September 2018. The ethno botanical survey revealed use of 10 plants species belonging to 9 different families as a remedy during maternal health care , present paper deals information after discussion with local lady vaidus and collected data is scientifically tabulated and analyzed.

Keywords – Medicinal Plants, Konkana Tribe, Woman, Maternal health period

Introduction-

India is having wide variety of plants with unique medicinal value. Medicinal plants are used to provide health security to rural people throughout the India. According to WHO, over 80% of people in developing countries depend on traditional medicines for their primary health need. Herbal medicines are used in primary health care because of their great efficacy and little or no side effects. In India, the indigenous system of medicine namely Ayurvedic, Siddha and Unani have a been in existence for several centuries. This traditional system of medicine together with Homeopathy and Folklore medicine play a significant role in the health care system of Indian population.

In India about 3000-3500 medicinal plants are used as a herbal drugs out of 20,000 medicinal plants. About 90% of these are found growing wild in different climatic regions of the country.

Most of the areas of Nashik district is occupied by hilly region which have rich with diversity of vegetation mostly tribal and rural communities, depending on plant resources for their day to day life, The rural

communities are well practiced with traditional knowledge and are using various parts of major, minor plants and tree species extensively for health care and other purposes. These tribal women are uneducated and due to less income, not awareness about health, nutrition and care of themselves.

The present study, therefore intended to emphasize 10 ethnomedicinal plant species belonging to 9 families with their local name of plant parts used as medicine in Deola, Kalwan and Surgana regions in Nashik District of Maharashtra.

Martial and methods-

An ethnobotanical survey was carried out during December 2017 to September 2018 for collection of information on medicinal plants used by konkana women during maternal health care from the different regions of Nashik District in Maharashtra. During several visits vaidu woman were contacted and with the prepared questionnaire and discussion with them the ethnobotanical data was recorded in a particular format.

The medicinal plants and their information collected during the survey were properly identified with help of floras preserved in the form of herbarium. The recorded data compared with Study of Dwivedi (2004), Jain (1991), Verma et.al. (1995), Maheshwari et. al. (1986) etc. During the study total number of 18 tribes were observed (Ref. Gazetter of India, Maharashtra State, Rev. February, 5th, 2016) were visited which are spread in the Tahasils like Peth, Surgana, Igatpuri, Trambakeshwar, Kalwan, Dindori, Deola and Niphad.

Results and Discussion-

The present study includes information about 10 plants belonging to 9 families which are commonly used by tribal people for regular remedies.

The traditional systems of medicine together with Homeopathy and folklore medicine continue to play significant role in the health care system of population. The tribal population of India mostly dependent on use of medicinal plants therapy for the health care needs. The present work has attracted the potential use of several medicinal plants. The practice Aurvedic medicines recorded in Sanskrit by legendary figures of Indian medicine, like Charka, Sushruta, Nagarjuna, Atreya and Jeevaka. India has 15% of medicinal plants out 20,000 medicinal plants of the world. Well-known medicinal plants of India and their uses have been recorded in the important Indian medicinal plants' literatures (Kirtikar and Basu, 1935, Chopra et. al 1956, Jain, 1991 & 1993, Chaudhari et. al. 1989, Trivedi, 2002, Binu et. al 1992, Rastogi and Mehrotra, 1993). Total 62 medicinal plants used in Homeopathy and Ayurvedic preparations (Kulkarni D. K. and Upadhye A. S; 2007).

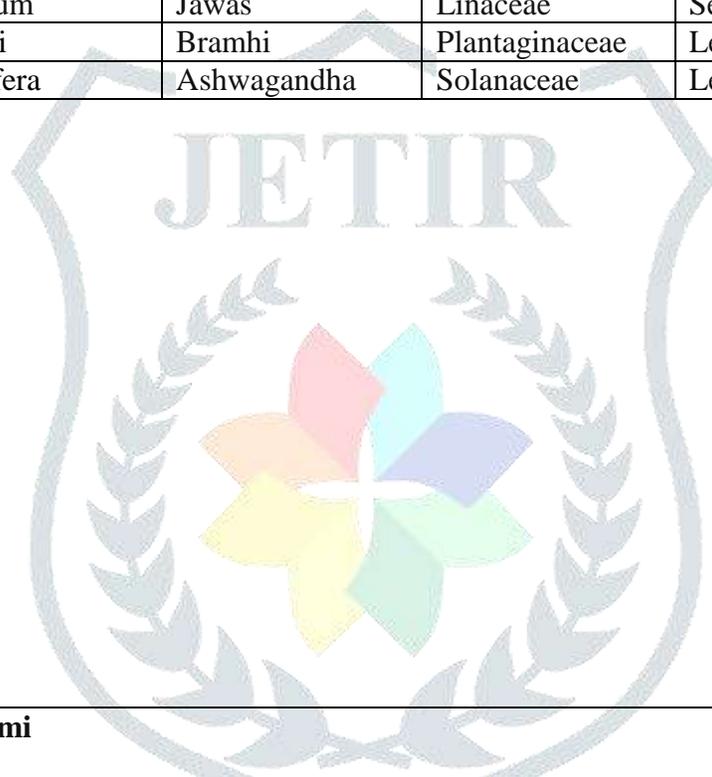
Ethnomedicinal study was conducted to document the indigenous medicinal plant knowledge used by traditional healers in South-Western Ethiopia (Haile Yineger, Delenasaw Yewhalaw and Demel Teketay, 2008). 173 herbal plants with respective to local plant name, family use, plant parts used in different ailments by tribal local community of Jhunjhunu District of Rajasthan (Sharma O. P. et.al. 2007). Tribal people have lack scientific knowledge use the medicinal plants because they suffers from nutritional and health problems due to malnutrition, lack of educational facility and job opportunities (Sonowal C. J. 2010). 26 number of antipyretic plant species belonging to 20 families and 23 genera have been recorded (Manbendra Dutta Chaudhari, Meenakshi Bawari, L. Shyamali Singha 2010).

The study of Conservation of Ethno-medicinal plants of Mangrove forest in North Sumatra with conservation of total 48 medicinal plants, belonging to 23 families were studied by Onrizal and Mashhor Mansor, 2010.

During investigation period discussions with Vaidus and local people it is observed that locally available medicinal plants are effective to maintain better health of women. In the present article, total 10 different medicinal plants & their uses have been discussed.

Table- 1. Commonly used Medicinal plants in Deola- Kalwan Region by Vaidus

| Sr. no. | Botanical Name | Common Name | Family | Part Used |
|---------|--------------------------|-----------------------------|----------------|-----------------|
| 1 | Trachyspermum ammi | Ajwain | Apiaceae | Leaves |
| 2 | Phoenix dactylifera | Date palm | Areaceae | Fruit |
| 3 | Trigonella foenum-gracum | Fenugreek | Fabaceae | Leaves and Seed |
| 4 | Foeniculum vulgare | Badishep, Fennel | Apiaceae | Seed |
| 5 | Asparahus racemosus | Shatavari | Asparagaceae | Roots |
| 6 | Lepidium sativum | Aaliv, Garden Cress | Brassicaceae | Seed |
| 7 | Eleusine coracana | Finger millet, Ragi, Nachni | Poaceae | Seed |
| 8 | Linum usitatissium | Jawas | Linaceae | Seed |
| 9 | Bacopa monnieri | Bramhi | Plantaginaceae | Leaves |
| 10 | Withania somnifera | Ashwagandha | Solanaceae | Leaves |



1. Trachyspermum ammi



- 1) It increases milk production in lactating mothers.
- 2) It improves back pain and strengthens back muscles.
- 3) The seeds are useful for healing the body post delivery. Seeds have anti-inflammatory properties.
- 4) Ajwain water is helpful for losing weight after delivery.
- 5) Ajwain improves bodies immunity and helps to dissolve and dispel mucus which help babies and new mother combat, cold and flu.
- 6) It is natural cure for constipation and diarrhea which is helpful to regulate and improve digestive system.
- 7)

2. Phoenix dactylifera

1. Dates are useful for reducing foot swelling during pregnancy and for breastfeeding mother.
2. Dates are useful for improving the digestive system.
3. It helps in healing intestinal disorders.
4. It is having more percentage of antioxidant for fight with diseases.

3. Trigonella foenum-graecum

1. Consumption of fenugreek during pregnancy increases milk production.
2. Consumption of fenugreek is helpful for stabilizes sugar levels.
3. It is a natural fortifier for the immune system, it is useful for increasing immune system, and used as a cleanser.
4. It helps for enlargement of breast size during pregnancy.
5. Seeds are good for fiver, vomiting, cough and bronchitis.
6. Leaves are having cooling, refrigerant, anti-inflammatory and laxative.
7. Leaves are good for burning sensation, constipation, swelling and burns.

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| <p>4. Foeniculum vulgare</p>  | <ol style="list-style-type: none"> 1. Fennel water is extremely popular for improving digestion and metabolism, which in turn aid the process of weight loss. 2. Consumption of fennel seeds keeps bloating and heartburn at bay. 3. For lactating women, fennel seeds increase milk secretion due to the presence of anethole, a compound that mimics the properties of the estrogen hormone. 4. Consumption of fennel by lactating mother helps to relieve the symptoms of colic and easy digestion to her baby. 5. It relieves menstrual problems and balanced the menstrual cycle. |
| <p>5. Asparahus racemosus</p>  | <ol style="list-style-type: none"> 1. It is used as a medicine from the ancient time. The phytochemicals present in it are immunostimulatory, antitumor properties in it. 2. It possess plenty of folic acid which is useful for the development of fetus. 3. Shatavari playing a important role for natural development of the fetus. It helps for the formation of new cells reduces the chances of heart problem. 4. Use of shatavari for development of strong immune system to fight against new infections and speedup recovery. 5. Shatavari is rich source of calcium which is useful for the development of teeth and bones and proper functioning of the body. 6. Shatavari is rich source of vitamin C which prevent viral infections. 7. Vitamin B6 present in shatavari useful for boosting of immune system. Prevents nausea and morning sickness, regulates the blood pressure. 8. A Galactagogue substance useful to increase milk percentage in breast feeding mothers is present in shatavari. |

6. Lepidium sativum 8



1. Consumption of cress seeds improves the production of red blood cells and helpful for improving the hemoglobin level in the body.
2. It is helpful for strengthening the immune system.
3. It is rich source of vitamin C.
4. Seeds are rich source of protein and iron which increase breast milk production from the mammary glands.
5. Consumption of cress seeds promotes the production of oestrogen hormone which regulates irregular period.
6. Seeds are rich source of antioxidants, folic acid and vitamin A,C and E which are helpful for protecting the consumers from various infections and diseases likes sore throat, cold and fever.

7. Eleusine coracana



1. Regular consumption of finger millet is good for bone health and strengthening muscles.
2. Consumption of finger millet is helpful for relieving anxiety, depression and insomnia.
3. It is high in fiber, proteins, lowering blood pressure means more RBC to give energy, all these factors enhance the performance.
4. It is rich in vitamin B3 (Niacin), makes the skin healthy and prevents wrinkles and skin disease.
5. Finger millet consists of low calories which help to cure obesity.
6. It is a healthy diet for lactating mothers and it increases the hemoglobin levels in women and improve the milk production.

8. Linum usitatissimum

1. Flax seeds are a rich source of lignans, which have powerful antioxidant and estrogen properties. They may help in preventing breast and prostate cancer as well as other types of cancer.
2. Flax seeds are rich in dietary fiber so it can improve digestive health.
3. The high fiber content of flax seeds can help lower cholesterol and may play an important role in improving heart health.
4. Flax seeds helps to reduce joint pain and stiffness.
5. Flax seed oil is useful for rheumatoid arthritis and other inflammatory diseases.
6. Flax seed is helpful for women's fertility by improving their chances of conception.
7. It protects postmenopausal women from risk of cardiovascular disease.

9. Bacopa monnieri

1. Brahmi is useful for relieving stress and makes one feel relaxed and calm.
2. Brahmi is useful in managing anxiety.
3. Brahmi is rich in antioxidants that protect the brain cells.
4. It useful in managing chronic pains due to its analgesic and anti-inflammatory properties.
5. On rubbing brahmi leaves on the affected areas of the body, the released compounds can help reduce swelling, irritation and even inflammation inside the body.
6. Regular consumption of brahmi can strengthen immune system.
7. Brahmi oil is good for hair, it prevent hair fall and treats other hair problems like dandruff, itchiness or split ends.

| 10. <i>Withania somnifera</i> | |
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|  | <ol style="list-style-type: none"> 1. Antioxidants presents in shatavari are helpful for lactating mother to improve the immunity and fight against infections. 2. It is used as a remedy for diarrhea. 3. It is diuretic. 4. Anti-oxidants in shatavari ,have anti depression abilities, They also impacted neurotransmitter. 5. It is having anti-aging secrets. 6. It helps to boost immune system. 7. It helps to control whooping cough and relives. 8. It has anti- inflammatory properties. |

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