

Local phytotherapy for vomiting in Jamnagar district of Gujarat

Vyas R. V.^{1*}, Dr. Jadeja B. A.²

^{1*}Department of Botany, M. D. Science College, Porbandar . 360575 (Gujarat), India.

²Head, Department of Botany, M. D. Science College, Porbandar . 360575 (Gujarat), India.

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 Barda 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* Willd (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. *Anthocephalus 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. (Berberedaceae)

Vern. name : Daru-hardar

Usefull part : Fruit

Uses : Decoction of fruit powder is taken orally with honey.

10. *Bombax ceiba* L. (Bombacaceae)

Vern. name : Shimdo

Usefull part : Root bark

Uses : Rootbark powder is mixed with honey and taken twice a day.

11. *Boerhaavia diffusa* L. (Nyctaginaceae)

Vern. name : Satodi

Usefull part : Root

Uses : 1-2 g. powder of root with milk is taken.

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 : 3-4 g powder of flower is taken orally with milk and sugar cube.

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. *Cocos nucifera* L. (Arecaceae)

Vern. name : Nariyal

Usefull part : Fruit

Uses : Take coconut water with sugarcube.

24. *Coriandrum sativum* L. (Apiaceae)

Vern. name : DhanaUsefull

part : SeedUses : Take equal amount seed

powder of Piper nigrum and Glettaria cardamamith mixed with ghee and sugercube 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 : AmbalaUsefull

part : FruitUses : 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 rosted 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 it's 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 herbaceam* 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 grandiflorm* 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 : Als

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 sugur cube is taken orally.

51. *Nyctanthes arbortristis* 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. (Arecaceae)

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 : Chitrak

Usefull part : Fruit

Uses : Powder of fruit mixed with jaggery and taken orally.

59. *Prosopis spicigera* Lim. (Mimosaceae)

Vern. name : Khijdo
Usefull part : Leaf
Uses : Extract of crushed leaves is taken with fruit powder of Cumimum cynimum and sugar cube.

60. *Punica granatum L.* (Punicaceae)

Vern. name : Dadam
Usefull part : Fruit Bark
Uses : Fruit bark is given to eat.

61. *Randia dumetorum Lamk.* (Rubiaceae)

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.

62. *Rungia repens L.* (Nees). (Acanthaceae)

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

63. *Sansevieria roxburghiana S. Chalt.* (Hamodoraceae)

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.* (Caesalpiniaceae)

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 : Powder of 4-5 flower 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.

ACKNOWLEDGEMENT

The authors wish to express their sincere thanks to Dr.B.A. Jadeja, Department of Botany, M.D. Science College, Porbandar for valuable guidance and help during study for providing the information and identifying the plant during the field trips in the forest area.

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