

# Some important medicinal plants used as ethnomedicine in Karauli District

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## Abstract

The present study reveals that the plant resources of Karauli district are quite rich for using raw materials needed for establishing and developing plant based small scale industries for making fibers, baskets, hand fans, brooms, musical instruments, timber, domestic articles, collection of herbal drugs etc.. Moreover, plants of ethnomedicinal value need to be investigated for pharmacological activity on the basis of ethnotherapeutics being practiced by ethnic groups for their safe use after having clinical trials. This will be certainly very much helpful in evolving new sources of herbal drugs for pharmaceutical industries. Such an effort will provide employment in the area for economic upliftment. Medicoethnobotany acts as a bridge between botany and tribal knowledge regarding medicinal aspects of plants. All the systems of medicine have their roots in one way or the other in folk medicine and household remedies. The medicobotanical natural wealth is used by the tribal people to overcome disorders and keep them fit. In the district a large number of ailments are successfully cured with the help of plant materials.

**Key Words:-** Ethnomedicinal Plants, Karauli, Rajasthan

## Introduction

The quest for good health and immortality has been a continuous human endeavour since the beginning of civilization throughout the world. Plants have been used as a source of medicine by men from ancient times. Initially these formed the bulk of folk of ethnomedicine, practiced in India and some other countries of world. Later a considerable part of this indigenous knowledge was formulated, documented and eventually passed into the organized system of medicine such as Ayurveda, Unani, Sidha, Homeopathy or some other system outside India. Subsequently with the advance technology of phytochemistry and pharmacology, plants active substances, secondary metabolites were also isolated and introduced as valuable drugs in modern medicine.

Today herbal medicines are very popular and gained importance due to preservation of many chemicals in it. Medicinal plants are value added for the content and chemical composition of their active components therefore, the demand on plant based therapeutics has increased many fold in both developing and developed countries due to growing recognition that they are natural products being non-narcotic, having no side effects, easily available at affordable prices.

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Conservation of plants and plant products is the part of consciousness and life style of the tribals because the most amazing traditions of tribals in India are linked anyway, with plants and their products and tradition are practiced in festivals, ceremonies, worship of god, and even the controlling and curing of the disease, the plants are in use from the immemorial time.

Tribals are groups which serve as a link between the modern developed societies and the ancient civilizations. The tribals like the dwellings like forest vallies, hills and other remote areas. They are completely dependent on nature for their general requirements like food, fodder, shelter and medicines. In India there are many tribals area where a large number of tribal communities resides. The tribals are well known for their awareness for conservation of nature and real love with nature and natural resources.

These tribal communities not only utilize the plant based things but also protect and conserve the plants by plantation and scattering the seeds and other propagative, parts of medicinally important plants and cultivate such things for their continuous supply of required material in daily uses.

Praveen *et al.* 2007 reported the traditional uses of medicinal plants among the rural communities of Churu district in the Thar desert, India. Choudhary (2007) has reported some endangered plants species including ethnomedicinal plants in his own book. Bhattacharjee *et al.* (2007) described various important informations about medicinal plants in his own book and other informations related to ethnomedicinal importance described by Tripathi and Shrivastava in 2007.

Some ethnomedicinally informations given by Verma *et al.* (2008) regarding skin ailments in village of Jhansi, India. Chak *et al.* (2008) given a comprehensive account of medicinal plants used in treatment of various skin ailments in Pulwama district of Kashmir. Verma *et al.* (2008) reported that ethnoecological studies of primitive Saharia tribe of Kota district of Rajasthan. Sharma and Khandelwal, 1997 has reported a comprehensive account of traditional uses of plants as cooling agents by the tribals and traditional communities of Dang Region in Rajasthan, India.

But the elaborate ethnomedicinal study has yet to be explored at Karauli district and in skirt areas. This study will aim to provide a good deal of information about the ethnomedicinal valued plants in the region proposed for the said study.

In view of significant data of installs including their population and are a occupied and their dependence in the plant an almost all setters of life. The proposed plan of work has been designed in order to study of some medicinally important plants of Karauli district of Rajasthan. The details of district has been summarized as under which will reveal the importance of this type of study for the welfare of humanity.

## Material and Methods

The present study has been carried out by performing field visit through advance planning, arrangement and preparation, several attempt were being made to interview men and women of different castes, age, and origin in order to collect valuable information. We have definite planned about particular place which is hot spot of district Karauli. A field survey kit used for collecting the essential material which containing some required tools and equipments as Newspaper, plane paper, polythene carry bag, digger, knife forceps, telescope, camera, video recorder, microscope, note book and some gift items etc. Photography, videography were also arranged for the record identifications and documentation of collected data, interviews were arranged with villagers were recorded with the help of tape recorders.

## Observation and Result

The observations and findings made under present investigation reveals that the ethnic groups and local people of the area are highly dependent on the natural plant resources surrounding their vicinity and these resources play an important role in their routine life.

Results are being summarized here in tabulation form.

S. No.	Name of Plants	Local Name	Family	Place of collection	Usable parts	Ailment	Mode of administration
1.	<i>Dactyloctenium aegyptium willd</i>	Makada grass	Poaceae	Common weeds in grown rainy season	Seeds	Kidney pain	Decoction taken orally
2.	<i>Daucus carrota</i>	Gajar	Apiaceae	Cultivated as vegetable	Leaves	Migraine	The warmed extract dropped in nostrils and ear 3 time in a day
					Seeds	Stone in kidney	20 gm seeds of corrot, 20 gm seeds of shalgum, 100 gm radish seed grounded in pastel mortar and given orally with water
					Seeds	To restart the stopped Menstrual cycle	Decoction prepared forcarrot, radish and methi seeds (10 gm each) and Lahori namae boild in 300 ml water

							and mixed also black sugar given orally for 3-4 days
3.	<i>Dalbergia sissoo</i>	Shisham	Fabaceae	Commonly found in all part of area	Leaves	Boils	Paste locally applied
					Leaves	Gonorrhoea	Decoction mixed with honey taken orally
					Leaves	Peptic ulcer	Paste taken with sugar
					Leaves	Dysentery	Paste taken orally
4.	<i>Datura innoxia</i>	Kala Dhatura	Solanaceae	Waste land of different area	Whole plant	Asthma	Smell inhaled through nostrils
					Roots	Boils	Paste apply locally
					Roots	Ringworm	Juice locally
					Leaves	Asthma with cough	Powder with goat milk or honey orally
5.	<i>Datura metal</i>	Green Dutura	Solanaceae	Waste land of different area	Leaves	Asthma	Smoke the dried leaf
					Leaves	Asthma	Smoke or inhaled
					Roots	Boils	Paste applied locally
					Seeds	Asthma	Smoked in sulphi
					Fruits	Malaria	Powder taken orally
					Dried leaves and seeds	Asthma and Respiratory tract infection.	2 gm powder taken orally with water twice a day for 7 days
6.	<i>Datura stramonium</i>	Datura	Solanaceae	Waste land of different area	Fruits	Diarrhoea	Fruits and given orally for 3 days
7.	<i>Derris indica</i>	Karanj	Fabaceae	Grown hilly area	Oil	Bed sores/wound in diabetic patient	Locally apply
					Oil	Lice & ticks among hairs	Locally massaged on head
					Leaves	Dandruf	Massaged in scalp
					Seeds	Scabies	Oil of seeds apply locally
8.	<i>Desmostachya bipinnata</i>	Dab/Daab/ Kush	Poaceae	Behada of Nisura	Whole plant	U.T.I.	Decoction orally
9.	<i>Dichrostachys cinerea</i>	Kolai	Mimosaceae	Behada Shekhpura	Leaves	Scorpion sting	Paste locally
9.	<i>Echinops echinatus</i>	Oont-Kantela	Asteraceae	Waste land at Kunjells village	Roots	Protrusion	Decoction orally
					Roots	Sexual vigour	Boiled with milk and taken orally
					Roots	Cough and cold	Extract orally
					Whole plant	Hydrophobia in human beings	Juice of plant mixed with equal quantity of



							ghee drink given to orally
					Roots	Jaundice	Powder of dried roots mixed with sugar and Ilayachi taken orally for 7 days
					Roots	Wound healing	Dried powder apply locally
					Roots	Cough	Powder taken orally twice in day
					Roots	Easy delivery of women	Roots tied up on tail of women but just after delivered should be avoid immediate
10.	<i>Eclipta prostrata</i>	Bhringraj, Bhangra	Asteraceae	Road side at Nudauti to Sri mala veerji	Leaves	Uterine bleeding or uterine haemorrhages	Decoction taken orally
					Whole plant	Burnts / cuts	Paste orally
11.	<i>Eliocarpus species</i>	Rudraksh	Eliocarpaceae	Naturally grown at Suroth hills	Fruits	Small pox	Paste with cow milk taken orally for seven days
					Whole plant	Malaria	Decoction taken orally
					Whole plant	Jaundice	Fresh plants juice mixed with cold water and given 2 or 3 time a day for jaundice patient
12.	<i>Ehretia laevis</i>	Tamoln (like forest wild lady finger)	Ehereticeae	Near at Petrol pump Bajeer pur	Stem bark	Burns	Paste applied locally
					Whole plant	Small Boils (Looms)	Paste apply locally on affected area
13.	<i>Euphorbia hirta</i>	Badi Dudhi	Ephedraceae	Waste lands of Binerga village	Whole plant	Ring worm	Paste locally
					Whole plant	Toothache	Juice used for gargling
					Whole plant	Leucorrhoea	Decoction orally
					Leaves	Cough	Decoction given with jaggery orally
					Stem, leaves and latex	Piles	Paste of stem and leaves with latex apply externally on piles to a weeks
14.	<i>Ficus benghalensis</i>	Bargad/ Bad	Moraceae	Widely distributed	Leaves	Diarrhoea	Extract orally
					Leaves	Sprain and blood clotting/thro	Roasted leaf with honey. Binds up on Thrombosis

						mbosis due to socks in muscles	area for 2 days two or three time at bed time
					Respiratory root (aerial coir roots)	For male progeny birth	5 gm coir, gur (older) 3 dose prepare of 3-3 gm per dose and prepare a tablet eaten orally at evening from 3 <sup>rd</sup> days of M.C. stopping mixed with cow milk
					Latex	Sexual vigour	Milk/latex dropped in Battasa and eaten orally daily in morning for 15 days.
					Latex	Piles	Eaten orally to piles cure
					Stem	Spongy gums	Decoction to gargle
					Latex	Genital disease	Locally applied on organ
					Seeds	Sexual potential	Taken orally with jaggery
					Latex	Diarrhoea & dysentery	Latex poured in batash and taken orally
					Bark of stem	Leucorrhoea	50 ml decoction mixed with Londhra powder taken orally and wash the vagina for 7 days
15.	<i>Ficus racemosa</i>	Goolar	Moraceae	Widely distributed	Stem	Spongy gums	Decoction for gargle
					Latex	Diarrhoea	Latex taken orally with sugar
					Stem bark	Acne and pimples	Ash based paste used locally with ghee
					Leaves	Vomiting	Given orally for three time
					Roots	Stone in urinary bladder (calculus)	Latex taken orally for 1 month twice a day
					Receptacle	Bleedy vomiting in tuberculosis	Given orally for 3 days
					Roots	Diabetes	Sap given orally
					Roots	Against habitual abortion	Decoction given orally
					Roots	Measles	20 ml juice of roots. Mixed with sugar 5 gm mishree given orally for 3 days
16.	<i>Ficus religiosa</i>	Peepal	Moraceae	Commonly found in	Coir (Stem)	Male child birth	1 gm coir of peepal mixed with one gram nag keshar & 1 gm

				different part of area	originated coir)		Shivalingi seeds taken and mixed cow milk given orally 4 <sup>th</sup> day of 9 <sup>th</sup> day of mens
					Leaves	Snake bite	Fresh new leaves taken should be entered the pedical in both cars and caught tightly by the leaf apex for relax. Frequently change the leaf.
					Leaves	Baltod/ abscess	Ghee and sindoor paste on leaf and tied locally
					Jata	Asthma upper respiratory infection	Decoction of 1 kg root in 4 ltr water and divide in 4 dose ¼ ltr each of and taken orally daily
					Leaves	Eczema	Freshly leaves taken and chewed for 15 days
17.	<i>Glorisa superba</i>	Kalihari	Tiliaceae	Kela Devi Sanctuary	Roots/ leaves	Thorn embedded in body	Paste apply locally
18.	<i>Helicteres isora</i>	Marodphali	Sterculiaceae	Hills of Garhmora (Nadauti)	Flower	Constipation	Taken orally
					Fruits	Abdominal pain	Powder orally
					Roots	Diabetes	Powder orally or decoction mixed with honey
					Roots bark	Gustro intestinal trouble	Decoction with a pinch of common salt taken orally
					Fresh bark and dry fruits	Dysentery and spasmodic pain with mucous	Decoction given orally
19.	<i>Holoptelea integrifolia</i>	Bandar roti churail	Ulmaceae	Rest house garden	Leaves	Bleeding due to cuts and wounds	Juice locally applied
					Seeds	Brain and general disability	Given orally for 15 days in the morning
					Seeds	Quick healing	Poultice locally
20.	<i>Hordeum vulgare</i>	Jou/Barley	Poaceae	Cultivated area in crop filed	Seeds	Weakness	Mixed with wheat and gram flour and make bread and eaten orally daily (3 weeks)
					Seeds	Inflammation or heat in body	Prepare khichadi and eaten with curd or mattha daily in morning

21.	<i>Heliotropium ellipticum</i>	Oont Khana	Boraginaceae	Common weed in crop field in summer	Whole plant	Leucorrhoea and Menorrhoea	Juice or extract mixed with curd and mishri taken orally daily in morning for 3 days Caution: Bathing is restricted
22.	<i>Ichnocarpus frutescens</i>	Kali dudhi	Apocynaceae	Waste land of different area	Roots	Stone/calculus in kidney and urinary bladder	Powder given orally mixed with water
					Roots	To stimulate appetite and as aphrodisiac	Powder decoction given orally for a week daily in morning
23.	<i>Indigofera tinctoria</i>	Rakta	Fabaceae	Wild	Whole plant	Red/white Leucorrhoea	Decoction orally whole plant Rakt pusti with Illachie and black piper in ratio of (5:8). Mixed up and given orally with milk
					Roots	Migrane	Root freshly taken and bind in ear with the help of the thread of red colour
24.	<i>Ipomoea carnea var fistulosa</i>	Ghapatti	Convolvulaceae	Waste land of different area	Leaves	Boils / wounds	Paste locally applied on boils and wounds
					Leaves	Impotency	Powdered and prepare pills one pill taken orally once a day for seven days
25.	<i>Indigofera tinctoria</i>	Neel	Fabaceae	Common weeds	Whole plant	Asthma	Steam inhaled
26.	<i>Jatropha gossypifolia</i>	Ratanjot petro-plant	Euphorbiaceae	Common weed of plain	Leaves	Eczema and carbuncles	Paste locally
					Latex	Burns/boils and sores	Applied locally
					Stem	Toothache /weak tooth gums and pyrohoea	Decoction orally or teeth brushed by stem stick
					Roots	Leprosy	Paste locally applied on wounds
					Roots	Inflammation	Paste locally
					Seeds	Constipation	Orally as purgative
27.	<i>Jasminum grandiflorum</i>	Chameli/jasmin	Oleaceae	Road side	Leaf	Ulcer	Chewed orally
					Leaves	Importance Erectile dysfunction	Fresh leaves & flower's extract used for massage on penis.
					Leaf	Importance Erectile dysfunction	Leaf extract mixed with <i>Brassica juncea</i> seeds and boil with sesamum oil, used externally for massage on sex organs



							and thigh for erectile dysfunction.
					Five organ	Menstrual disorder	Five organs of chameli (flower, leaf, fruit, bark etc.) given orally.
					Leaf	Crack heel	Extract of leaves apply locally.
					Flower	Eye Cataract	5-6 flower crushed with mishree and dropped in eye.
28.	<i>Leptadenia pyrotechnica</i>	Kheep	Asclepiadaceae	Grown on waste land of drought area	Roots and whole plant	Rheumatism	Juice locally
29.	<i>Wrightia tinctoria</i>	Dudha khirani	Apocynaceae	Hill of Raisana, Bandhawada (Tree)	Leaves	Scorpion bite	Chewed orally
					Leaves	Toothache	Paste as tooth powder
					Leaves	Diarrhoea	Decoction orally
					Roots and stem	Abdominal pain	Extract orally
30.	<i>Xanthium strumarium</i>	Adhasisi	Asteraceae	Waste land of different part of area	Leaves	Skin disease/ Excema	Powder mixed with mustard oil topically applied
					Leaves	Toothache due to worm infection	Crushed the leave and put on teeth cavity which infected
					Fruits	Cough and cold	Leaf of psidium guajava mix with fruits of xanthium and prepare decoction taken orally.
31.	<i>Zizyphus mauritiana</i>	Bedia/ Pemli Bor	Rhamnaceae	Commonly found in different part of area	Resin (Gum) lakh	Dysentery	20 gm resin powder mixed with gholuwa (processed curd) and given 2-3 time orally
32.	<i>Zizyphus nummularia</i>	Jhadi ber	Rhamnaceae	Common	Roots	Expulsion of placenta	Decoction of root places given orally.
33.	<i>Zizyphus xylopyrus</i>	Ghatt bore	Rhamnaceae	Common	Fruits	Constipation	Used as sauce, pickle in constipation

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