

# ETHNO- HERBAL REMEDIES OF ADIVASI COMMUNITIES OF ADILABAD DISTRIC, TELANGANA STATE, INDIA

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## ABSTRACT

The particulars of plant parts used, mode of preparation and administration are given. The crude drugs, either single, bi- or as multi-component preparations are used for various ailments. This information provides immense potential for study of relationship of the active principles of the drugs with the ailments concerned. This is of crucial importance in planning any meaningful conservation strategy. The medicinal plants in distributed in a wide range of habitats including, forests, grassy localities, field margins, way side / roadside etc.

**Keywords:** - Ethno- Herbal Remedies, Medicinal Plants, Adilabad, als.

## INTRODUCTION

India, a mega diverse nation, is one of the richest nations in terms of biological diversity. India owes this to its position in the tropical and subtropical latitudes. Tropical forest occupying seven percent of the land surface, represent the majorportion of the Biosphere's bio-mass. The largest number of the medicinal plants is known to occur in these Tropical dry deciduous forests only. It is necessary that we should have full knowledge about the occurrence, frequency, distribution and phenology of various medicinal plants for their proper utilization. As of today a precise data on medicinal plants of our forests is meager or not available. The world health organization in the document on "Heath for all" has indicated the role of traditionl medicine in the primary Health care (PHC) of the people, WHO has recognized about 65-80 % of the people in developing countries still on traditional medicine for their primary care requirements. The traditional medicine like Ayurveda, Unani. sidda, is very effect in partularly in rural area for the various ailments The vast tracts of Indian sub-continent and its rich flora and fauna are still to be explored. The people living in the forests and its vicinity and the tribal communities are using many plants as medicine for their health care. The present study deals with ethnic methods of "ART OF HEALING" practiced by tribals but this knowledge transfer from one generation to another generation. Herbal medicine usually take moor time to cure diseases when compare to allopathi medicine. Health care in India is characterized by medicine pluralism, including self - care, consultation with traditional healers or primary health centers. This should be surprising when we realize that indigenous medicinal plants, India has a rich heritage of using medicinal plants in its different medicinal systems such as Ayurveda, Unani and Siddha as the highly diverse folk tradition. About 8000 plants species, out of 17000 known vascular plants of India, have

been documented to be in traditional medicinal use in India by the All India Coordinated Research Project on Ethno – Biology (AICRPE) of government. In India, The oldest record of the use of plants as medicine is given in the Rig-Veda (4500-1600 BC), in which curative properties of some plants are described.

### STUDY AREA

Jannaram Forest Division lies in the Adilabad district, between latitudes 18° 55' 21" and 19° 21' 5" N and longitudes 78° 45' 10" and 79° 14' 5" E. The geographical area of the division is 925.27Km<sup>2</sup>, which is 5.7 % of the total area of the district. The Northwest corner of this division Birsai pet plateau is 396m above mean sea level. This plateau is all undulatory and drains from either side, into Peddavagu, which runs across the plateau from North-East to South-West. The temperature varies from 15°C to 45°C and average annual rainfall of the 750mm received mainly from south-west monsoons. In the Kawal Wildlife Sanctuary about 30 seasonal streams are identified. The area serves as a catchment for many streams, which drain into Kaddam reservoir and Godavari River. There are a large number of small, medium and big tanks scattered throughout the division inside and outside the Reserve Forest.

### MATERIAL AND METHODS

Intensive field work was undertaken by the author for a period of five years from January 2007 to December 2011. Locally well known herbal healers and poojaris belonging to Kolams, Naikpods, Pardhans, Gonds, Thotis, Chenchus and Mathuras tribal communities of the district, who are still practicing traditional medicine are identified. The author has visited nearly 30 habitations belonging to Bellampalli, Chinnur, Ichoda, Jaipur, Jannaram, Kerimeri, Sirupur (u), Tiryani, Utnoor and Wankidi Mandals. The author had also visited villages and habitations like Gondugudems, Naikapu gudems. Plants were collected in flowering and fruiting stages for the preparation of herbarium by following standard methods. Herbarium specimens were identified and accessed as per the norms laid down. The vouched specimens were deposited in the Herbarium, Department of Botany, Osmania University, Hyderabad, Telangana State. Observations of the plant species were made with respect to their location and other field characters<sup>8</sup>. The plant specimens were identified using district, regional and state floras like Flora of Adilabad district, Flora of the Presidency of Madras, and other relevant literature. The approaches and methodologies described have been followed systematically for Ethno botanical enumeration of the herbal treatments recorded in the present study. The traditional healers who are practicing traditional medicine were interviewed from time to time to recorded. Information was gathered regarding plants or their parts, preparation of the medicine, dosages, method of administration and described recipe for human records.

### ENUMARATION OF MEDICINAL PLANTS

S. No	Botanical name / Family	Vernacular name	Parts used	Preparation/Administration	Disease/Ailment
1.	<i>Abrus precatorius</i> L (Fabaceae)	Guruvinda	Leaves	Handful of fresh leaves is ground with 5g fresh rhizome of <i>Curcuma longa</i> to make a Paste. It is applied on the affected part of the body once a day till cured.	Scabies
			Seed	Seed paste is applied externally once a day till cured.	Arthritis
2.	<i>Acacia catechu</i> (L.f.) (Mimosaceae)	Kachu	Stem	The stem bark of <i>Acacia catechu</i> and tips of <i>Holoptela integrifolia</i> are ground to paste and applied on the wounds for eight days.	Wounds
3.	<i>Acacia nilotica</i> (L.) Del (Mimosaceae)	Nalla Thumma	Stem	Take 20g stem bark powder and apply on burns along with oil.	Burns
			Dried stem bark powder mixed with camphor and ghee applied on wounds	Wounds	
4.	<i>Albizia lebbek</i> (L.) Willd. (Mimosaceae)	Dirisena	Root	The root juice is extended by adding 3 – 4 pepper seeds, half cup of juice is given to drink by the patient and a little paste is also to be smeared on the bite spot.	Snake bite
5.	<i>Alysicarpus monolifer</i> (L.) DC (Mimosaceae)	Amera	Leaves	Apply leaf juice on wounds twice daily for three days.	Wounds
6.	<i>Acacia farnesiana</i> (L.) Willd (Mimosaceae)	Murikithum ma	Stem	100ml stem bark juice is given twice a day for three days.	Mad dog bite
7.	<i>Albizia amara</i> (Roxb.) Boivin (Mimosaceae)	Narlingi	Stem	5g each of stem barks of <i>Albizia amara</i> , <i>Azadirachta indica</i> , <i>Zizyphus oenoplia</i> , <i>Capparis zeylanica</i> , <i>Ricinus communis</i> , and <i>Cassia fistula</i> are pounded together to make powder and mix one tea spoonful of powder, made into decoction in 100ml of water and filtered. The decoction thus prepared is given internally twice a day for two days.	Fever

8.	<i>Buteamonosperma</i> (Fabaceae)	Moduga	Stem	50ml of stem bark extract is given with equal amount of goat milk once a day for three days. Set up the bone and wrap with cloth then tie with stem fiber of <i>Butea monosperma</i> tightly.	Fracture
				50ml of stem bark extract is given internally for three days to check conception	Infertility
			Flower	Make powder by the dry flowers of <i>Butea monospema</i> , <i>Trachyspermum ammi</i> , <i>Cuminum cyminum</i> , <i>Piper nigrum</i> , <i>Zingiber officinalis</i> . Table spoon powder is given orally daily in the morning and evening till cured.	Fever
9.	<i>Bauhinia racemosa</i> Lam (Caesalpiniaceae)	Aree	Leaves	Young leaves are ground to paste and applied to lips and in mouth	Mouth ulceration
10.	<i>Clitoria ternatea</i> Linn (Fabaceae)	Shankha pushpi	Root	Make root paste and applied along with leaf pulp of <i>Aloe vera</i> externally once daily for 3-4 weeks	Psoriasis
11.	<i>Caesalpinia bonduc</i> (L.) Fleming Caesalpiniaceae)	Gachakai	Leaves	Leaf paste along with those of bandaged over the hydrocele.	Hydrocele
12.	<i>Canavalia virosa</i> (Roxb.) Wt. & Arn. (Fabaceae)	Thamma kaya.	Leaves	Leaves extract is applied on the affected part once daily for three days.	Ring worm
13.	<i>Cicer arietinum</i> L (Fabaceae)	Senagalu	Leaves	Leaves extract is applied on the affected part once daily for three days.	Immunity
14.	<i>Cassia auriculata</i> L. (Caesalpiniaceae)	Thangedu	Flower	Handful flowers are crushed and mixed with 100ml of cow milk and given orally to treat white discharge.	White discharge
			Seed	5gm seed powder mixed with honey is given orally	Diabetes
15.	<i>Cassia fistula</i> L. (Caesalpiniaceae)	Rela	Stem	50ml stem bark decoction is given orally.	Leprosy

16.	<i>Cassia tora</i> L (Caesalpiniaceae)	Thydanta	Leaves	Grind 150g leaves, squeeze out the juice and apply on the cleaned wound once a day till it heals.	Wounds
17.	<i>Cassia occidentalis</i> L.(Caesalpiniaceae)	Kasinta	Leaves	10ml leaf juice is given orally to cure boils.	Boils
18.	<i>Dalbergia paniculata</i> Roxb (Fabaceae)	Pacharugu	Stem	Stem bark paste is applied to the hair once in a week to control hair fall due to dandruff	Hair fall and dandruff
19.	<i>Desmodium gangeticum</i> (L.) DC (Fabaceae)	Deyyam jada	Root	Decoction 50g fresh roots along with 3 pepper in 200ml of water and 10ml of this decoction is given internally twice daily for 3- 4 days.	Fever
20.	<i>Dolichos lablab</i>	Chikkudu	Stem	50g stem bark of <i>Gymnosporia montana</i> , and <i>Dolichos lablab</i> leaves are ground together and juice is extracted and goat liver is soaked in it for one day and fried without oil and eaten for 2-3 days	Edima
21.	<i>Dichrostachys cinerea</i> (L.) Wt. & Arn. (Mimosaceae)	Velthuru	Stem	10g stem bark extract of <i>Dichrostachys cinerea</i> and <i>Abutilon indicum</i> in water is given orally once in a day for a week.	Paralysis
22.	<i>Indigofera tinctoria</i> L (Fabaceae)	Konda Neeli	Whole plant	Whole plant is crushed into a paste, 10g paste is mixed with water and given orally	Dog bite
23.	<i>Mucuna pruriens</i> L. (Fabaceae)	Duldamma.	Whole plant	Whole plant is ground to paste and applied daily to remove Ectoparasites.	Maggot wounds
24.	<i>Mimosa pudica</i> L (Mimosaceae)	Athipathi	Leaves	Leaf paste is applied over snake bite.	Snake bite
			Root	10ml root extract is given twice in a day for two days.	Diarrhoea
25.	<i>Prosopis Cineraria</i> (L.) Druce (Mimosaceae).	Jammi Chettu	Root	One tea spoon root bark powder mixed with 100ml of goat milk is given orally to cure White discharge	Leucorrhoea
26.	<i>Pongamia pinnata</i> L. (Fabaceae)	Kanuga	Root	50ml root juice is mixed with equal amount of coconut milk and it is boiled and applied on the bloated stomach	Gastric trouble

27.	<i>Pterocarpus marsupium</i> Roxb (Fabaceae)	Pedda Yegi	Red latex	Red latex is kept on tongue of a person suffering from prolonged fever.	Fever
			Stem	50ml stem bark decoction is given to teenage girls against menstrual complaints.	Menstrual complaints
28.	<i>Pueraria tuberosa</i> Willd (Fabaceae)	Nela gummadi	Fruits	Fruit juice is applied to head and hair to cure dandruff and Hair growth.	Dandruff and Hair growth
29.	<i>Tephrosia purpurea</i> L. (Fabaceae)	Vempali	Leaves	Leaf paste is applied over the sting, the bitten area is exposed to heat of match	Scorpion sting
			Roots	The roots are chewed to cure stomach pain.	Stomach ache
30.	<i>Tamarindus indica</i> L (Caesalpinaceae)	Chintha	Leaves	The leaves are heated and tied over the affected area.	Swelling
			Fruits	Dried fruits are taken orally to treat eye infections.	Eye diseases
31.	<i>Trigonella foenum-graecum</i> L (Fabaceae)		Seeds	5g seeds are chewed to cure diarrhoea twice daily for two days.	Diarrhoea

## RESULTS AND DISCUSSION

This is of crucial importance in planning any meaningful conservation strategy. Medicinal plants are distributed in a wide range of habitats including, forests, grassy localities, field margins, way side / road side etc. The World Health Organization (WHO), Food and Agricultural Organization (FAO) and United Nations Industrial Development Organization (UNIDO) emphasized the fact that more than 90% of world population particularly in China, Africa and India are exclusively dependent on herbs and traditional healers for maintaining a reasonable level of health and a lot of indigenous knowledge is required for their identification and processing. These plants are used for the treatment of cough, cold, fever, dysentery, skin disease, malaria, kidney, stomach and intestinal disorder etc. In many cases different plant parts of the same species are being used to cure different ailments, for example, the decoction of flowers of *Butea monosperma* is used as blood purifier, seeds are used as anthelmintic agent and gum is used as tonic by ladies after delivery. Some of the medicinal plants such as *Abrus precatorius*, *Mucuna pruriens* and *Pterocarpus marsupium* Roxb (Fabaceae) have multipurpose utility. These species have been distributed within different life forms i.e. tree, shrub, herb, climber and trees. Various parts such as roots, rhizome, bark, leaves, seeds and whole plant are used for the treatment of various ailments. Of these leaves are used in 11 cases, stem in 10, roots 7, seeds 3, flower 2, Fruits 2, Whole plant 2 and Red latex 1. This knowledge on bio-resources can provide leads for search for new drugs through intensive pharmacological studies.

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