

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

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## 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 <sup>(1, 2)</sup>. 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 <sup>(3)</sup>. They have their own distinct culture, religions rites, food habit and have a rich knowledge of traditional medicines <sup>(4)</sup>.

Treatment of diseases through herbs is being practiced by these ethnic people from very past<sup>(4)</sup>. 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 <sup>(5)</sup>. 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 <sup>(6)</sup>.

## 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.

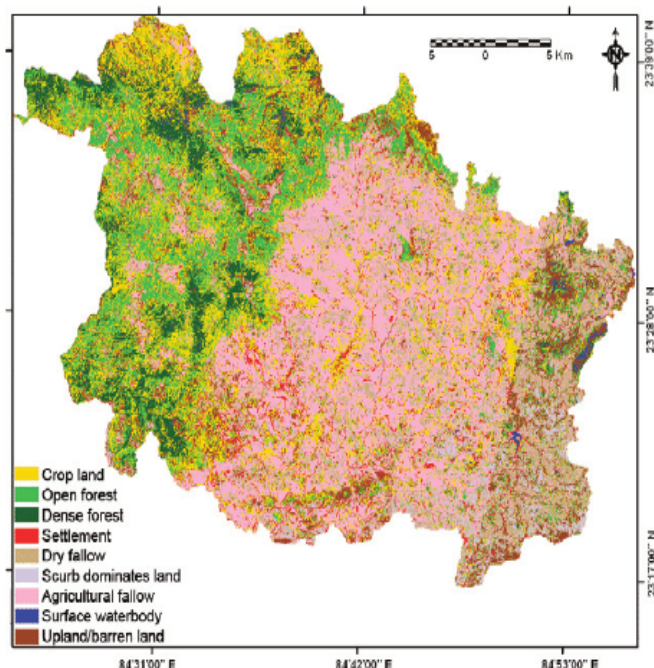


Fig - Map of Lohardaga District.

### Methodology:

The present study area is located about 25 km towards, south from district head quarter Lohardaga. The district is situated between  $23^{\circ}30'$  and  $23^{\circ}40'$  north latitudes and about  $84^{\circ}40'$  and  $84^{\circ}50'$  east longitudes. The district covers an area of  $1491 \text{ km}^2$ . The 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-** *Cyperus 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-** Teeth 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**- Aloe vera

**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.

19. **Botanical name-** *Emblica officinalis*

Gaertn

**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.

21. **Botanical name-** *Melia azadirachta* (L)

**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-** *Alternanthera 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.

31. **Botanical name-** *Ficus benghalensis*

Linn

**Family-**Moraceae

**Local name-** Bara

**Ailment treated-** Pyorrhoea, mumps.

32. **Botanical name-** *Ficus infectoria* Roxb

**Family-**Moraceae

**Local name-** Dumbari

**Ailment treated-** Jaundia, female infertility.

33. **Botanical name-** *Holarrhena anti-*

*dysenterica* Linn

**Family-**Apocynaceae

**Local name-** Kurchi

**Ailment treated-** Gastric, diarrhea, dysentery.

34. **Botanical name-** *Limnophila conferta*

Benth

**Family-**Scrophulariaceae

**Local name-** Muchari arxa

**Ailment treated-** Stomach pain.

35. **Botanical name-** *Litsea polyantha*

Juss

**Family-**Lauraceae

**Local name-** Meda

**Ailment treated-** Anaemia, body pain, diabetes.

36. **Botanical name-** *Piper longum* Linn

**Family-**Piperaceae

**Local name-** Pippali

**Ailment treated-** Cough, hiccups.

37. **Botanical name-** *Psidium guajava*

Linn

**Family-**Myrtaceae

**Local name-** Tamras

**Ailment treated-** Diarrhoea, diabetes.

38. **Botanical name-** *Terminalia bellirica*

Roxb

**Family-**Combretaceae

**Local name-** Bahra

**Ailment treated-** Stomach ache, gastric.

39. **Botanical name-** *Terminalia chebula*

Retz

**Family-**Combretaceae

**Local name-** Harra

**Ailment treated-** Stomach problem.

40. **Botanical name-** *Tridax procumbens*

Linn

**Family-**Asteraceae

**Local name-** Munga arxa

**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.

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