E-ISSN: 2706-8927
P-ISSN: 2706-8919
www.allstudyjournal.com
IJAAS 2023; 5(3): 28-31
Received: 08-01-2023
Accepted: 12-02-2023

Prakash Chandra Patel
Assistant Professor, & Head of Botany, Govt. S.K. College, Mauganj, Rewa, Madhya Pradesh, India

Corresponding Author:
Prakash Chandra Patel
Assistant Professor, & Head of Botany, Govt. S.K. College, Mauganj, Rewa, Madhya Pradesh, India

A study on the medicinal plants used by the local traditional healers of Shahdol district (M.P.) for curing reproductive health related disorders

Prakash Chandra Patel

DOI: https://doi.org/10.33545/27068919.2023.v5.i3a.950

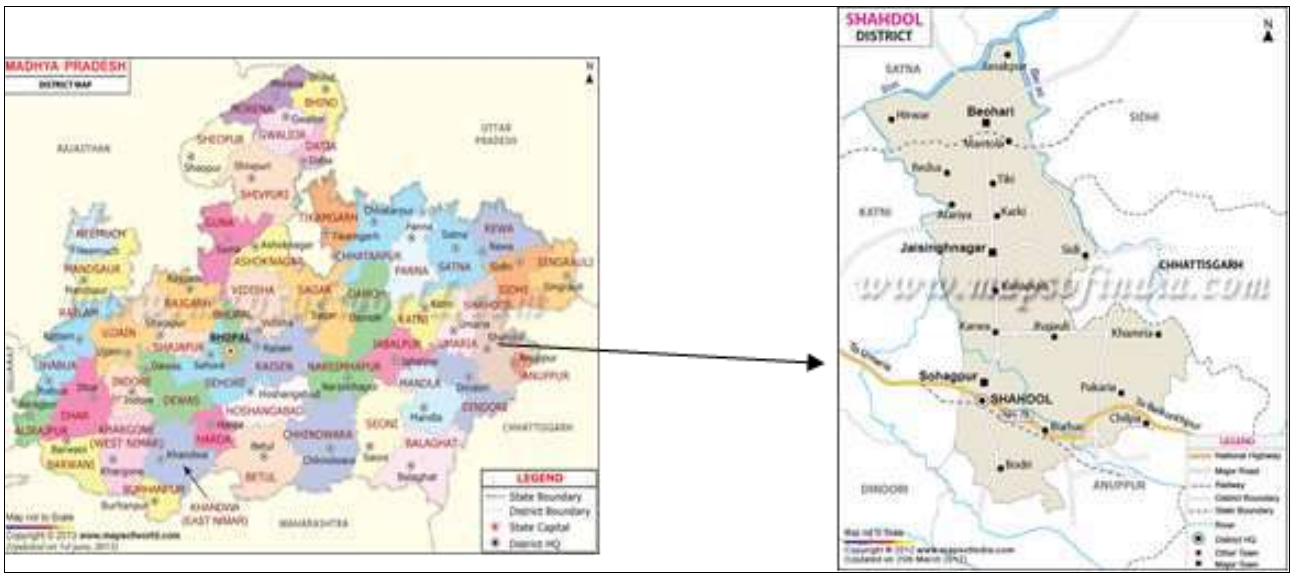
Abstract
The primary objective of this study is to present a database on indigenous knowledge on medicinal plants used for reproductive disease among the local traditional healers of Shahdol district of Madhya Pradesh, India in the year of 2021-2022 various medicinal plants are present. The tribal people like Bhil, Gond and Baiga are used these plants for different diseases. The use of these herbal medicines has important role in the modern medicine stream like homeopathy, ayurveda, unani etc. The use of herbal medicine is not only cost effective but also safe and almost free from serious side effects. A total 70 medicinal plants species distributed in 37 families in this districts. These medicinal plants are use for headache, earache, stomachache, antioxidants enriched plants, liver protective, renal protective, antidiabetic, abortificients, wound infections, skin infections, fever, cough, diarrhea, eye infections, general weakness, blood purifier medicinal plants etc.

Keywords: Bhil tribe, herbal medicine, Gond tribe, Baiga tribe, Shahdol district

1. Introductions
Since time immemorial, mankind has used plant extracts from different plants to cure many diseases and thus relieve him from physical agony (Ahmed *et al.* 2007) [1]. In our country, the traditional system of medicine plays an important role in health care of rural people for all types of ailments. The healing power of traditional herbal medicines have been realized and documented since Rigveda and Atharbaveda (Bhattacharjya, D.K. and Borah, 2008) [2]. Since then plants and their extracts have been used therapeutically and even today plant-based medicines continue to play an essential role in world health care (Yadav *et al.* 2006) [3]. India has about 45,000 plant species and more than 35,000 plant species have been claimed to possess medicinal properties and are being used in various human cultures around the world for medicinal purposes (Lewington, 1993) [4]. Nearly 80% of the world populations rely on traditional medicines for primary health care, most of which involve the use of plant extracts (Sandhya *et al.* 2006) [5]. India is a country inhabited by a large number of people having diverse ethnic group. There are over 400 different tribes & other ethnic groups residing mostly in rural areas in India and most of them are still living in the remote forest areas, who depend to a great extend on the indigenous system of medicines (Dutta and Dutta, 2005) [6]. The knowledge on traditional medicine has been continuing for years and has been transmitted orally from generation to generation.
The traditional medicinal practices are an important part of primary healthcare systems in the developing countries (Ghosh, 2003) [7]. As per World Health Organization (1978) [8] report as much as 80% population of the world depends on traditional herbal medicine for their primary healthcare necessities (Azaizeh *et al.*, 2003) [9]. The tribal people don`t have much knowledge of the education but they have the knowledge of traditional medicines and their uses for the remedies to various diseases. This knowledge is transmitted from one generation to the next generation

2. Material and Methods
The study site lies between 23°15' N latitude to 24° N Latitude and 81°E longitude to 81°45' Longitude. The expanse of the district is 110 km N-S and 30 km E-W thus comparising an area of about 5642 sq. km. which is 1.83% of the total area of the M.P.

Shahdol lies on Katni-Bilaspur railway line and is approachable by road from Jabalpur, Rewa, Bilaspur, Mandla, Sidhi and Koria district (C.G.). The roads are motorable in all weather. District Shahdol lies in the heart of the country. The district is surrounded by Sone river and Satna and Sidhi district in north, Dindauri in South, Koria (Sarguja), Anuppur in east and Jabalpur and Umaria in the West. It is situated 489 mts. above the sea surface.



Map 1: Location map of Madhya Pradesh and study area of Shahdol disctrict

The tribal people were interviewed and the samples of medicines were collected. If the plants were unknown then they were identified by the experts. Most of the medicinal preparations of these tribal matched with those mentioned in Ayurveda and those medicinal preparations. More than one medicinal plant is used for same disease. The members of Tribal community were sharing the knowledge regarding traditional method of preparing the herbal medicines, local names of plants, parts used for various diseases, etc. This traditional knowledge was confirmed by the previous research work on medicinal plants *i.e.* a few are literature (Ambasta 1986; and Chopra *et al.* 1956) [10, 11] and research papers (Bhalla *et al.* 1982; Bhatnagar *et al.* 1973; Jain 1963, 1965; Maheshwari *et al.* 1985; Rai 1985; 1987; Sahu 1984; Saxena 1986; Verma 1982; Jain *et al.* 2010; Jayprakash, *et al.* 2011; Chaudhary, *et al.* 2012; Bharti, 2015a & 2015b; Malaiya, 2016 and Sonwani, 2023) [12-28] published on this aspect.

3. Results and discussion

In the study, 70 medicinal plant species and 37 families are studied. But few of them are given in the observation table with their method of preparation, mode of administration, parts of plants, botanical, local names, family names etc. It is observed that medicinal preparations practiced were freshly prepared. In figure 1 showed medicinal plants. The knowledge of herbal medicines for preparations, mode of administration to cure the diseases is transmitted generation to generation. The traditional herbalists are the integral part of that community who take care to the same (Jain SK, 1981) [29]. The contribution of traditional medicine to the modern medicine is worth noting. Many drugs are made by the scientists with the help of the knowledge of traditional medicine. Now a day the scientists are also studying the drugs against HIV/AIDS, zoster, herpes, psoriasis, hypertension, jaundice, asthma, tuberculosis, leprosy, rheumatism, etc. in pilot trials. The botanical names, local names, family names, parts of plants used for medicinal purposes, mode of administration are given in the given Table 1.

Table 1: Plants used medicinally by tribal people in Shahdol district.

S. No.	Ailment	Botanical name, families and parts used	Preparation of medicine	Mode of administration of medicine
1.	Asthma	*Aegle mormelos* (Linn.) Correa ex Roxb., Rutaceae	Mix pulp of one fruit with a small piece of adrak and equivalent amount of sugar is added to the mixture	This mixture is given twice a day till cured
2.	Body pains	*Bombax ceiba Linn*., Bombacaceae	Few leaves are crushed and soaked in water	The water extract is added to hot water and bath is given to the patient. It is repeated for 2-3 days
3.	Constipation	1) *Celosia argentea* Linn. Amaranthaceae.	1) 250 leaves are fried and curry is prepared 2) 7-9 cm piece of root is crushed and soaked in half glass of water for 4-5 hrs.	The curry is eaten in excess at a time This water is administered to the patient once a day for 2 days
		2) *Curcuma inodora* Blatt. Zingiberaceae	About 2.5 cm piece of rhizome is crushed and soaked in half glass of water	This water is administered as a single dose

		3) *Baliospermum raziana* Euphorbiaceae.	1-2 roots are crushed and soaked in a cup of water for 4-5 hrs	This water is administered as a single dose
4.	Diabetes	1) *Gymnema sylvestre* (Ritz.) R. Br. Asclepiadaceae. Fresh leaves.	Fresh leaves are plucked early in the morning	One leaf is eaten as such in the morning for 5 days
		2) *Calotropis gigantea* (Linn.) R.Br.ex Ait, Asclepiadaceae.	Fresh flowers are plucked early in the morning	7 flowers are eaten every morning for 21 days
5.	Dog bite	*Ensete superbum* (Roxb.) Cheesm, Musaceae	Few seeds are powdered	A spoonful powder is taken with glass of water early in the morning for 7 days
6.	Fistula	*Achyranthes aspera* Linn. Amaranthaceae.	The leaves are crushed and a paste prepared	Leaves paste applied externally at night until relief is felt
7.	Food poisoning	*Hibiscus sabdariffa* Linn. Malvaceae	A few sepals are boiled in a glass of water	The infusion of sepals is given to the patient which leads to vomitting
8.	Epilepsy	*Commelina benghalensis* Linn., Commelinaceae, Roots	20 gm. Powder of roots is mixed with the equal amount of jaggary and small sized pills are prepared	Two pills in a day one in the morning and one in the evening for 6-7 days in case of adults and one pill in a day in case of children and women
9.	Gonorrhoea	*Eranthemum nervosum* (Vahl.) R.Br. Acanthaceae.	2-3 roots are crushed and soaked in a cup of water for over night	This cup of water is given to patient in the morning for 2-3 days
10.	Gynaecological disorders: a) Leucorrhoea	1) *Curculigo orchioides* Gaertn. Hypoxidaceae, Tuber	5-7 cm of tuber is dried and powdered	Powdered tuber is administered with a cup of milk twice a day for days
		2) *Bombax ceiba* Linn., Bombacaceae, Bark	4-5 cm bark is ground to powder every time	Bark powder is mixed in a cup of water and administered twice a day for 7 days
	b) Menorrhagia	1) *Tinospora cordifolia* (Willd.) Mier ex Hook. f. Thoms, Menispermaceae, Twig. and Bombax ceiba Linn., Sawari, Bombacaceae, Bark	5-6 cm twig of gulvel and a small piece of sawari bark are ground to powder and mixed together	Prepared mixer of powder is given to the patient twice a day for 3 days
		2) *Eclipta alba (Linn.)* Hassk. Asteraceae.	4-5 leaves are ground to powder	Powdered leaves are administered with a cup of water as a single dose for 2 days.
11.	Kidney stone	*Ensete superbum (Roxb*.) Cheesm, Musaceae	Fresh tender peduncle is cut and used	About half foot peduncle is eaten raw. It leads to excessive urination and later relief is felt from kidney stone
12.	Leucoderma	*Ziziphus xylopyra* (Retz.) Willd. Rhamnaceae. *Datura innoxia* Mill. Solanaceae	Leaves of ghatbor and flowers of pivala dhotra are crushed and prepare a paste	This paste is applied on the patches till relief is felt
13.	Paralysis	*Celastrus paniculatus* Willd. Celastraceae.	Seeds are boiled and then crushed to obtain oil	This oil is applied on paralysed parts in the morning and evening. This oil is also taken orally 2 ml each in morning and evening for 15 days
14.	Prevention of pregnancy	1) *Daucus carota Linn*. var. sativa DC. Apiaceae. Seeds	70 gms seeds are ground to powder	5 gms seed powder is given to the women twice a day for 14 day from the 4 th day of menstruation
		2) *Syzygium heyneanun* (Duthie) Wall. Ex Gamble, Myrtaceae.	Bark in the west side of the tree is removed and powdered	Spoonful powder is given to the women as a single dose on the 5 th day of menstruation
15.	Psychosomatic disorders	1) *Ensete superbum* (Roxb.) Cheesm, Musaceae Seeds	Nine seeds are powdered every time	Powder of seeds is given early in the morning
		2) *Cassine albens* (Retz.) Celastraceae, Bark	4-5 cm piece of bark is crushed and soaked in a cup of water overnight or 4-5 hours a day	This cup of water is given as a single dose every day for 9 days
		3) *Curcuma inodora* Blatt. Zingiberaceae, Rhizome	A small piece of rhizome is rubbed on stone or soaked in a cup of water for 4-5 hrs	This cup of water is administered once a day for 2-3 days
16.	Sexual potency	*Mucuna preriens* (Linn.) DC Fabaceae.	50 gm seeds are finely powdered	This powder is mixed in 50 gm honey and taken at every morning. The sperms count increases from 30-80%
17.	Skin diseases	*Cassia tora* Linn. Caesalpinaceae.	Seeds are finely powdered and mixed in coconut oil to prepare a paste	This paste is applied on affected part till cured

Fig 1: Medicinals plants - (i) *Aegle mormelos;* (ii) *Eclipta alba and* (iii) *Mucuna pruriens*

4. Conclusion

The study concludes that the role of herbal medicines and their role in the treatment of various diseases among the tribes are crucial. They use many forest plants, weeds, flowers, seeds, fruit, and barks in their traditional treatment. These people use these plants for non-medicinal purposes also like fuels, construction of huts etc. If the traditional knowledge is associated with modern system of medicine, it will be the new revolution in the medicine.

Considering the undisputed role played by these medicinal plants in the modern day world in the health care system, it is of outmost importance that these should be cultivated and propagated. But due to lack of interest among the younger generation as well as their tendency to migrate to cities for lucrative jobs, wealth of knowledge in this the area is declining. The need of the hour is to harness this traditional knowledge and preserve this knowledge for the betterment of future mankind.

5. Acknowledgements

The author is greatly indebted to principal of Govt. S.K. College, Mauganj, Distt. Rewa (M.P.) who permitted to carryout this work.

6. References

1. Ahmed SM, Belal Uddin M, Rahman Tito M. Int. J For. Usuf. Mngt. 2007;8(2):50-63.
2. Bhattacharjya DK, Borah PC. Indian J of Traditional Knowledge. 2008;7(3):501-504.
3. Yadav P, Kumar S, Siwach P. Indian J of Traditional Knowledge. 2006;5(3):323-326.
4. Lewington A. Medicinal plants and plant extracts: a review of their importation into Europe. A traffic network report. Cambridge, Traffic International, 1993.
5. Sandhya T, Lathika KM, Pandey BN, Mishra KP. Cancer letters. 2006;231(02):206-214.
6. Dutta BK, Dutta PK. Indian Journal of Traditional Knowledge. 2005;4:7-14.
7. Ghosh A. Herbal folk remedies of Bankura and Medinipur districts, West Bengal (India). Indian J Traditional Knowledge. 2003;2:393-396.
8. WHO. Traditional Medicine, (Geneva World Health Organization Report); c1978.
9. Azaizeh H, Fulder S, Khalil K, Said O. Ethnomedicinal knowledge of local Arab practitioners in the Middle East Region. Fitoterapia. 2003;74:98-108.
10. Ambasta SP. The useful plants of India, CSIR, New Delhi, 1986.
11. Chopra RN, Chopra IC, Nayar SL. Glossary of the Indian Medicinal Plants, CSIR, New Delhi, 1956.
12. Bhalla NP, Sahu TR, Mishra GP, Dakwale RN. Traditional plant Medicines of Sagar district M.P. J Econ. Tax. Bot. 1982;3(1):23-32.
13. Bhatnagar LS, Singh VK, Pandy G. Medico-Botanical Studies on Flora of Ghatigaon Forest, Gwalior, M.P. J Res. Ind. Med. 1973;8(2):67-100.
14. Jain SK. Studies in Indian Ethnobotany less known use of fifty common plants from tribal areas of Madhya Pradesh. Bull. bot. Surv. India. 1963;5:223-226.
15. Jain SK. Medicinal plantlore of the tribals of Bastar Econ. Bot. 1965;19:236-256.
16. Maheswari JK, Kalakoti BS, Brinjal. Ethnomedicine of Bhil tribe of Jhabua district, M.P. Ancient Sci. Life. 1985;5(4):255-261.
17. Rai MK. Plant used as medicine by tribes of Chhindwara district (M.P.) J Econ. Tax. Bot. 1985;7(2):385-387.
18. Rai MK. Ethonomedicinal studies of Patalkot and Tamiya (District Chhindwara) M.P. Ancient Sci. Life 1987;7(2):119-121.
19. Sahu TR. Less known uses of weeds as medicinal plants. Ancient Sci. Life. 1984;3(4):245-249.
20. Saxena HO. Observations on the Ethnobotany of Madhya Pradesh Bull. bot. Surv. India, 1986;28(1-4):149-156.
21. Verma Rajani. Medico-Floristic approach on the forests of Kolaras, Distt. Shivpuri (Madhya Pradesh). III Annual herbs. J Econ. Tax. Bot. 1982;3:689-694.
22. Jain DL, Baheti AM, Jain SR, Khandelwal KR. Use of medicinal plants among tribes in Satpuda region of Dhule and Jalgaon districts of Maharashtra-an ethnobotanical survey. Indian J Trad Knowled. 2010;9:152-157.
23. Jeyaprakash K, Ayyanar M, Geetha KN, Sekar T. Traditional uses of medicinal plants among the tribal people in Theni districts (Western Ghats), Southern India. Asian Pac J Trop Biomed. 2011;1(1):S20-S25.
24. Choudhury S, Sharma P, Dutta Choudhury M, Dutt Sharma G. Ethnomedicinal plants used by Chorei tribes of Southern Assam, North Eastern India. Asian Pac J Trop Dis. 2012;2(Suppl 1):S141-S147.
25. Bharti Vinay Kumar. An Ethnobotanical Study of Medicinal Plants in Shahdol District of Madhya Pradesh, India, International Journal of Science and Research (IJSR). 2015a;4(10):1501-1505.
26. Bharti Vinay Kumar. Ethno-Medicinal Plants Used by The Tribal People of Shahdol District, Madhya Pradesh For The Treatment of Rheumatism, International Journal for Research in Applied Science & Engineering Technology (IJRASET). 2015b;3(XII):266-270.
27. Malaiya, Preeti Sagar. Medicinal plants used by tribal population of Anuppur district Madhya Pradesh, India. International Journal of Applied Research. 2016;2(1):418-421.
28. Sonwani, Ajay Kumar. Preliminary survey of Phyto-diversity in forest of Anuppur district (Madhya Pradesh), India. International Journal of Multidisciplinary Trends. 2023;5(2):01-03.
29. Jain SK. Ethnobotanical research unfolds new vistas of traditional medicine, in Glimpses of Indian Ethnobotany, by Jain SK (Oxford & IBH Publishing Co Ltd, New Delhi, India), 1981;13-36.