Traditional Medicinal Plants Used By the Inhabitants of Chitrakootdham Mandal of Uttar Pradesh, India

Vijay Kumar¹ and M. K. Asthana²
Deptt. of Botany, Pt. J. L. N. P. G. College Banda (U. P.)

Abstract: Present communication deals with the traditional knowledge of tribals of Chitrakootdham mandal of U.P. where tribals of this region are using plants, plant parts and their preparations for treating various ailments like swellings of body, constipation, diabetes, food poisoning, dysentery, acidity, caries of teeth, cough and cold etc. The tribals populations of this region comprises many remote villages and towns dominated by Kol, Lodh, Nath, Kabootra, Sapera and other local rural peoples. In the floristic survey 21 plant species belong to 20 genera and 16 families were recorded for their medicinal properties.

Keywords: Chitrakootdham mandal, Tribals, Ailments, Ethnobotany, Migration.

I. Introduction

Chitrakootdham mandal is one of the richest region (Banda, Chitrakoot, Hamirpur and Mahoba Districts) of in ethnobotanical knowledge due to presence of multiethnic grouped and biodiversity. Ethnobotany holds and records the old age knowledge of tribal people about the miraculous use of diverse plant species. The science of medicines dates back to the cave-man who used the plants to cure various diseases. The knowledge is inherited into the tribal and local rural people. They have perfected the knowledge through their own experiences. It may be more effective in curing certain diseases than the conventional ones, but unfortunately such knowledge mostly remains buried in the folklore.

II. Social Status Of Tribes

The life of tribal peoples full of difficulties. There are two problems, financial and social. Main problem is financial due to low wages payment, debts and daily jobs. Many tribe families are fieldless so here migration is big problem. Migration is not an old practice among tribal communities. The possibilities and avenues of migration have increased only with advent of fast and easy means of transport and communication. The tribal migration may be understood from two angles as pulled and pushed factors. We can included socio-economic exploitation, starvation, diseases and natural calamities like drought, epidemics etc. in pulled factor and in second category, it is attraction of employment, better income and better conditions.

III. Material And Methods

The indigenous knowledge and therapy of medicinal plants for their health care was gathered from the tribals chief, old and experienced informants and medicinman, with a lot of discussion was done with them. The data obtained from different tribal villages were compared and identified with the help of regional floras and other important publications (Saxena and Vyas, 1978-79; Kirtikar and Basu, 1980; Prajapati et al. 2004; Kumar, 2010). The botanical Name, family, local name, botany, distribution, chemical constituents, parts used, and ethnomedicinal data were recorded for each plant. Boucher herbarium specimens were deposited in the department of Botany, Pt. J. L. N. P. G. College Banda.

IV. Observation

1. **Abrus precatorius** Linn.
   - Family: Fabaceae
   - Local Name: Ghunchu
   - Part Used: Leaves
   - Habit: Shrub
   Leaf juice is mixed with coconut oil and applied over the painful swellings of the body.

2. **Aegle marmelos** (Linn.) Correa.
   - Family: Rutaceae
   - Local Name: Bel
   - Part Used: Fruit
   - Habit: Tree
   Half of a ripe fruit is eaten twice a day for 3-4 days to cure constipation.
3. *Allium sativum* Linn.
   - **Family**: Amaryllidaceae
   - **Local Name**: Lahshun
   - **Part Used**: Bulb
   - **Habit**: Herb
   - 3–4 cloves are taken raw twice a day for a week to get relief from stomach pain and gastric trouble.

4. *Aloe barbadensis* Mill.
   - **Family**: Liliaceae
   - **Local Name**: Gwarpatha
   - **Part Used**: Leaf pulp
   - **Habit**: Herb
   - About 2 teaspoons of juice is taken thrice a day for 3–4 days to cure fever.

5. *Bauhinia varigata* Linn.
   - **Family**: Fabaceae
   - **Local Name**: Kachnar
   - **Part Used**: Bark
   - **Habit**: Tree
   - About 2 teaspoons of bark juice is taken thrice a day for a week to cure dysentery and diarrhoea.

   - **Family**: Bombaceae
   - **Local Name**: Semul
   - **Part Used**: Flower
   - **Habit**: Tree
   - A spoonful of flower powder is given to treat piles.

7. *Butea monosperma* Linn.
   - **Family**: Fabaceae
   - **Local Name**: Palas
   - **Part Used**: Root
   - **Habit**: Tree
   - Root are used in tuberculosis.

   - **Family**: Asclepiadaceae
   - **Local Name**: Madar
   - **Part Used**: Latex of whole plant
   - **Habit**: Shrub
   - The latex is useful in the treatment of the ringworm and skin disease.

   - **Family**: Caricaceae
   - **Local Name**: Papita
   - **Part Used**: Latex of fruit
   - **Habit**: Tree
   - Latex fruit is used in ringworm and eczema.

    - **Family**: Zingiberaceae
    - **Local Name**: Kust
    - **Part Used**: Stem
    - **Habit**: Herb
    - Stem juice about 3–4 teaspoons twice a day is given for 3–4 days to cure dysentery and diarrhoea.

    - **Family**: Convolvulaceae
    - **Local Name**: Amarbel
    - **Part Used**: Whole plant
    - **Habit**: Parasitic Herb
    - Juice of the plant mixed with juice of *Saccharum officinarum* is given in doses of about 3–4 teaspoons twice a day is given for 10-12 days to treat jaundice.

    - **Family**: Poaceae
    - **Local Name**: Doob ghass
Part Used : Whole plant  
Habit : Grass  
Juice of the plant about 4 teaspoons thrice a day at a regular intervals is taken for 3-4 days to relieve from indigestion.

Family : Euphorbiaceae  
Local Name : Dudhi  
Part Used : Whole plant  
Habit : Annual herb  
Juice of the plants is given in dysentery and colic.

Family : Euphorbiaceae  
Local Name : Choti Dudhi  
Part Used : Whole plant  
Habit : Herb  
The juice of the plants is given in ringworm and other skin disease.

Family : Moraceae  
Local Name : Gular  
Part Used : Root  
Habit : Tree  
The sap of root is given in diabetes.

Family : Asclepiadaceae  
Local Name : Gudmaar  
Part Used : Root  
Habit : Climbing shrub  
Root powder is given to induce vomiting in case of food poisoning.

17. *Hibiscus rosa-sinensis* Linn.  
Family : Malvaceae  
Local Name : Gudhal  
Part Used : Root  
Habit : Shrub  
Juice of the root about 3 teaspoons is given 3 times a day for 3-4 days in case of cough and cold.

Family : Lamiaceae  
Local Name : Pudina  
Part Used : Leaf  
Habit : Herb  
2-3 teaspoons of leaf juice is given thrice a day for 3-4 days to treat bloody dysentery.

Family : Apocynaceae  
Local Name : Kaner  
Part Used : Latex of plant  
Habit : Tree  
Latex applied on muscles pain of limbs.

Family : Fabaceae  
Local Name : Bakuchi  
Habit : Tree  
Part Used : Shrub  
Root brush and root powder is used to cure caries of teeth.

Family : Menispermaceae  
Local Name : Gurich  
Part Used : Stem  
Habit : Climbing shrub  
Decoction of stem with common salt is taken in empty stomach for one month for the cure of acidity.
V. Result And Discussion

The present ethnobotanical study was carried out among the ethenic groups (Kols, Nath, Lodh Kabootra and Sapera) in the ChitrakootDham Mandal region of Uttar Pradesh, India. A field survey of the study area was carried out during 2012-2014 to document the medicinal utility of plants occurring in this area by tribals. Traditional uses of 21 angiospermic plant species are described under this study.

Besides with the changing ecosystem, the tribals are in a state of acculturation or total disintegration of the habitat and the environment where the tribals experienced and learnt useful lores are also fast disappearing on account of deforestation and intensive farming. The tribals living in the forests, their knowledge of the uses of plants is often kept secret and passed on by verbal traditions only. There is every possibility that valuable data on ethnobotany will be lost in near future. There is urgent need of mass awareness programme amongst the local communities about the conservation and cultivation of plants on scientific lines. It will help to generate the rural employment and hence to improve rural economy of the area.

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Bibliography