

Ethnomedicinal plants used for diarrhoea and dysentery by Tribal people of Sonbhadra district, Uttar Pradesh, India

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ABSTRACT

In this study, an attempt has been made to collect and document the ethnomedicinal plants used for the treatment of diarrhoea and dysentery by the tribal people of Sonbhadra district of Uttar Pradesh, India. The present study deals with twenty plant species represented by fifteen families, which are being used in aforesaid ailments. These plants species were enumerated alphabetically with their botanical name, vernacular names, family and ethnomedicinal uses.

Figure : 00

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KEY WORDS : Ethnomedicinal plant, Indigenous Knowledge, Tribal people

Introduction

'Sonbhadra' is a well known district of Uttar Pradesh, India; It is also known to have rich flora of medicinal plants. It occupies the southern most part of Uttar Pradesh, surrounded in the north by Mirzapur and Chandauli district of Uttar Pradesh, in the South by Sarguja district of Chhattisgarh, in the south-east by 'Palamu' district of Jharkhand, in the east by 'Kaimoor' district of Bihar, in the west by Singrauli district of Madhya Pradesh.

'Sonbhadra district' is situated on the Vindhyan plateau lies between 23⁰45" to 24⁰34' N latitude and 82⁰45' to 83⁰23E longitude covering an area of 6788 sq.km.

The major tribes of the Sonbhadra district are Kols, Baigas, Ghasiya, Gonds and Kharwars¹⁸.

The tribal people of this district primarily depend on ethnomedicinal plants of their surroundings for curing diarrhoea and dysentery. This knowledge has been transmitted orally from generation to generation.

In India, work on Ethnobotany has been done by many workers¹⁻²¹ in different areas. Still there are several tribal pockets where an extensive survey for listing of valuable drugs is required.

Materials and Methods

For the purpose of collection and documentation of ethnomedicinal plants of Sonbhadra district, used for treatment of diarrhoea and dysentery; several field trips were conducted from January 2021 to June 2021. The field surveys were done with the help of local tribal people and local Vaidyas in order to identify plant species of

medicinal importance. The plants were collected for the preparation of Herbaria⁵. During field trips the informations were collected on the basis of personal interview with local traditional healer, village head, knowledgeable persons and old women of the tribals society. The plants were botanically identified³.

Observation

Plant species, which are used as traditional medicines for the treatment of diarrhoea and dysentery by the tribal people are enumerated alphabetically with their Botanical Name, Local Name (L.N.) Hindi (H) Sanskrit (S), English (E) Family and Mode of Administration (M.O.A.)

1. *Achyranthes aspera*

Family - Amaranthaceae

L.N. - Latjeera, chirchita, (H) Apamarga (S); Prickly chaff flower Plant.(E).

M.O.A. - * The roots powder is taken twice daily to cure dysentery.

* Seed paste is taken orally twice daily with cow milk to overcome dysentery.

2. *Aegle marmelos*

Family - Rutaceae

L.N. - Bel (H), Bilva (S), Bengal quince (E).

M.O.A. - (i) Fruit is taken orally twice daily for treatment of diarrhoea.

(ii) The bark is pounded and made into paste with mustard seeds and it is taken two times daily for curing diarrhoea.

3. *Adhatoda vasika*

Family - Acanthaceae

L.N. - Adusa, (H), Vasaka (S), Malabar nut (E).

M.O.A. - Seed Powder is taken orally two times daily with milk in order to treat diarrhea.

4. *Butea monosperma*

Family - Papilionaceae

L.N. - Dhak, Tesu (H) Palas, Kinshuk (S) Flame of the forest (E)

M.O.A. - The gum mixed with curd and small amount salts are taken two times daily to cure diarrhoea and dysentery.

5. *Caesalpinia bonducella*

Family - Caesalpiniaceae

V.N. - Karanj (H), Lata Karanj (S) Fever nut (E)

M.O.A. - The seed powder mixed with honey is given three times per day for the treatment of dysentery.

6. *Cynodon dactylon*

Family - Poaceae

L.N.- Hari Dub, Durba, Neeli Dub (H), Durva (S), Devil's grass, Creeping dog's (E),

M.O.A. - The decoction of Dub grass along with Aniseed (*Foeniculum bulgare*) and Dry Ginger (*Zingiber officinalae*) is taken two times daily for three days to destroy diarrhoea.

7. *Catharanthus roseus*

Family - Apocynaceae

L.N. - Sadabahar (H) Divy Kusum (S) Periwinkle, Vinka (E)

M.O.A. - Leaf juice mixed with a cup of water, is taken in empty stomach to cure bloody dysentery.

8. *Citrus medica*

Family - Rutaceae

L.N. - Bara Neebu (H), Nimbuk (S), Lemon of India, Lime (E)

M.O.A. - Fruit juice is taken with one glass of cow milk, twice daily to cure dysentery for three to five days.

9. *Euphorbia thymifolia*

Family - Euphorbiaceae

L.N. - Lal Duddhi (H), Nagarjuni (S), Milk hedge (E)

M.O.A. - The whole plant juice mixed with a small amount of Pipli (*Piper longum*) is taken orally three times per day for the treatment of dysentery.

10. *Ficus racemosa*

Family - Moraceae

L.N. - Gular (H) Udumber (S) Cluster fig., Country fig., Fig tree (E)

M.O.A. - The decoction of stem bark is given to cure diarrhoea and dried fruit powder (2-3 g) with latex is given three times daily for three days in order to treatment of dysentery.

11. *Ficus indicus*

Family - Moraceae

L.N. - Bargad (H), Vat(s), Banyan tree (E)

M.O.A. - The leaves decoction is taken two times daily orally to cure diarrhoea for three days.

12. *Holarrhena antidysenterica*

Family - Apocynaceae

L.N. - Kuda, Kuraiya, Indra Jau (H), Kutaj (S), Antidysenterica,

Kurchi (E)

M.O.A.- The 5-10 g fresh stem bark paste mixed with butter milk is taken two times daily for three days to overcome bloody dysentery.

13. *Mangifera indica*

Family - Anacardiaceae

L.N.- Aam or Amba (H), Amra, Rasal (S), Mango (E)

M.O.A. - Dried powder of cotyledons (3-5 g) mixed with honey is taken two times daily in order to treatment of diarrhoea for three days.

14. *Psidium guajava*

Family - Myrtaceae

L.N.- Amarood (H), Peruk (S), Guava (E)

M.O.A. - The decoction of young leaves of guava mixed with Anar (*Punica grantun*) leaves juice is taken orally twice daily to overcome diarrhoea.

15. *Syzygium cumini*

Family - Myrtaceae

L.N. - Jamun (H), Jamboo (S), Black berry (E)

M.O.A. - The stem bark powder mixed with curd is taken twice daily to cure bloody dysentery.

16. *Tamarindus indicus*

Family - Caesalpiniaceae

L.N. - Imali (H), Amlika (S), Tamarind (E)

M.O.A. - The stem bark decoction is given twice per day for the treatment of diarrhoea.

17. *Tinospora cordifolia*

Family - Menispermaceae

L.N. - Gurich or Giloy (H), Amrita (S), Tinospora (E)

M.O.A. - The unripe fruit paste is taken in empty stomach two times daily for three days to cure diarrhoea.

18. *Terminalia arjuna*

Family - Combretaceae

L.N. - Arjun, Kahu or Kahua (H), Arjun(S), Arjuna (E)

M.O.A. - The decoction of stem bark along with goat milk is taken two times daily in dysentery.

19. *Tephrosia purpura*

Family - Fabaceae

L.N. - Sarfonka (H), Sharpunkha (S), Wild indigo (E)

M.O.A. - About 5-10 g decoction of whole plant alongwith one or two clove is given twice per day to alleviate diarrhoea.

20. *Woodfordia fruticosa*

Family - Lytheraceae

L.N. - Dhawai, Dhay (H), Dhatpuspi (S), Fire flame bush (E)

M.O.A. - The flowers powder along with honey or butter milk are taken two or three times daily to overcome diarrhoea and the decoction of flowers are taken two times per day for curing dysentery.

Results and Discussion

A total of twenty plant species belonging to fifteen families used for the treatment of diarrhoea and dysentery by tribal people of Sonbhadra District U.P., India, have been recorded.

The practice of indigenous traditional knowledge and its applications are still alive in different tribal colonies of study area.

In these days, due to the effect of modern civilization the indigenous knowledge of ethno-medicinal plants and their practices are gradually disappearing day by day. Hence it is necessary to document the indigenous knowledge of useful plants and their therapeutic uses before losing forever from the tribal community.

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