
Ethno-Medicinal Uses of Some Common Medicinal Plants used by Tribals of Navapur Taluka, District Nandurbar; Maharashtra (India)

Jaiswal A.G.

Arts, Commerce and Science College Navapur;

Dist. Nandurbar , Maharashtra (India)

ABSTRACT

Navapur is known as a tribal Taluka in the district of Nandurbar. More than 85 % of its population is scheduled tribes. Residing in the small padas (villages) surrounding Navapur. Most of these padas are located in the forest area or in the vicinity of forest area. Being dependent on forests, these tribals have remained inaccessible to the civil facilities of the sanitation, transportation and medication. They are not benefitted by the facilities of modern medical sciences. For their medical needs they depend on the local traditional herbal medicinal practitioner who in local dialect is known as Vaidu or Bhagat. These Vaidus are the local tribals who have been traditionally following these practices at herbal medicines for generations. The younger generation of Vaidus learn and absorb the knowledge of these traditional herbal medicinal practices. This includes identification of medicinal plants, process of making herbal medicines, their preservation and storage. Besides this they also learn making diagnosis of patients and giving the dose of these medicines in appropriate proportion. This becomes the life-time learning. These Vaidus in tribal padas prove timely god-sent medical help for the poor tribals where facilities of modern medical science cannot reach. The present paper lists information of such herbal medicines which are made from the easily available medicinal plants and also the names of ailments on which these medicines prove effective remedies. This information has been collected from reliable well-known Vaidus. These include Migraine, Headache, Siannas, Hair-fall, Ophthalmic, Heart related problems, Diabetes, Constipation and Halitosis, Memory Loss, Piles and Anti –carcinogenic.

Key words: *Ethno-botany, Medicinal plants, Navapur.*

INTRODUCTION

The study of medicinal plants in Navapur taluka led to the knowledge of ethno-medicines as effective cure for many human ailments. Many visits are conducted and interview of well-known and well-experienced Vaidus in tribal Padas in order to record the information of these ethno-medicines. The continuous documentation, field work, visits and interviews of the Vaidus opened up the treasure of traditional ethno-medicines which is very effective and which was hitherto unknown to the people living in urban areas. This valuable knowledge must reach up to the vast majority. The scientific documentation and record of this knowledge is going to be essential as modern development with its global warming is taking the toll of many valuable life saving natural resources. The depletion of forest resources and medicinal plants will render these tribal Vaidus deprived of ethno-medicinal practices resulting in the loss of knowledge of these ethno-medicines. So it is high time that this knowledge of ethno-medicines has to be scientifically documented and preserved for generations to come. With this view, this study was undertaken and the researcher has listed in detail ethno-medicinal therapy effective for twelve human ailments.

MATERIAL AND METHODS

Repeated visits and interview with the well-known and well-experienced Vaidus living in remote tribal Padas. Personal accompaniment with these Vaidus to the forest to collect first hand information about such medicinal plants. The specimens of these medicinal plants has been collected and preserved in the form of

herbarium in the Department of Botany of ACS College Navapur. The botanical name of these plants along with their family, part used and their name in local tribal dialect has been listed. Plants are identified with the help of available literature. The information of such medicinal plants as the effective cure for twelve ailments has been given in the present paper.

CONCLUSION

It is essential to scientifically preserve such life-saving knowledge through systematic documentation before it become extinct due to damaging climatic changes.

ACKNOWLEDGMENT

Author is thankful to Prof. J. D. Sali for his cooperation during this work.

REFERENCES

- J Bhattacharjee S.K., 2000; Handbook of aromatic plants, *Pointer Pub., Jaipur.*
- J Kurian J.C., 2003; Plants that heal; *Oriental Watchman Pub. House Pune.*
- J Lakshminarasimhan P. and Sharma B.D., 1991; Flora of Nasik district; *BSI, New Delhi.*
- J Matthew K.M., 1988; Further Illustrations on the flora of the Tamilnadu Carnatic; *The Rapinat Herbarium, St. Joseph's College Tiruchirapalli.*
- J Parker R.N., 1924; A forest flora for the Punjab with Hazara & Delhi (Second Edition); *Govt. Printing, Punjab.*
- J Zingare A.K., 2012; Encyclopedia of medicinal flora (Vol I & II); *Satyam Pub. & Distributors, Jaipur.*

Table: Ethno-Medicinal Uses of Some Common Medicinal Plants used by Tribals of Navapur Taluka

Sr. No.	Diseases	Botanical Name of Plant	Family	Local Name	Part Used	Description
01	Migraine	<i>Psidium guajava</i> L	Myrtaceae	Jamro	Fruit	Unripe fruit is boiled in water. Pest of this fruit is applied on forehead during sleep. Wash this in morning. This is repeated for ten days.
02	Headache	<i>Vitex negundo</i> L	Lamiaceae	Nergudo	Leaves	Tender leaves are washed in salty water. Crush these leaves and drop 2-3 drops of this leaf juice in both nostrils and keep body in a relax position for half an hour.
03	Siannas	<i>Zingiber officinale</i> Roscoe	Zingiberaceae	Aadrak	Rhizome	Wash 10 gm. of rhizome with water and boil it with equal amount of jiggery. Add one table spoon of water in it. Warm it. Filter this with mescaline cloth. Pore few drops into both nostrils. Repeat it at every half an hour.
04	Hair Loss	1. <i>Ocimum tenuiflorum</i> L. 2. <i>Hibiscus rosa-sinensis</i> L. 3. <i>Boerhavia diffusa</i> L. 4. <i>Phyllanthus emblica</i> L	1. Lamiaceae 2. Malvaceae 3. Nyctaginaceae 4. Phyllanthaceae	1. Tulsi 2. Jasudo 3. Bhongro 4. Amla	1. Leaves 2. Leaves 3. Leaves 4. Fruit	Coconut oil 250 ml. <i>Ocimum</i> leaves two, <i>Boerhavia</i> leaf powder one table spoon, Hibiscus leaves two, Amla powder one table spoon, 15-20 gm wax from honey comb. All ingredients are boiled on normal flame up to it turns into greenish colour. Cool it and store in glass bottle. Use this oil for massage on scalp at every night.

05	Ophthalmic	<i>Piper betle</i> L.	Piperaceae	Paan	Leaves	Wash betel leaves with salted water. Crush these leaves to extract juice. One drop of this leaf juice is dropped in eyes.
06	For strong heart	<i>Allium sativum</i> L	Amaryllidaceae	Kando	Bulb	Take one clove from the bulb of garlic every day with empty stomach.
07	Asthma	<i>Allium cepa</i> L.	Amaryllidaceae	Lasuno	Bulb	Onions are crushed to extract juice. It is filtered with muscling cloth. Take one table spoon of this filtered juice. After one minute take glass full of warm water. This expels sputum from lungs and increases oxygen level.
08	Diabetes	<i>Annona squamosa</i> L	Annonaceae	Setaphal	Leaves	Two leaves are washed with salty water and chewed early in the morning with empty stomach. It reduces blood sugar.
09	Constipation and Halitosis	<i>Mangifera indica</i> L	Anacardiaceae	Ambo	Leaves	Early in the morning with empty stomach one leaf of mango tree is chewed for three months.
10	Memory Loss	<i>Psidium guajava</i> L.	Myrtaceae	Jamro	Leaves	Two leaves of Guava plant is chewed for long time, this improves memory and strengthen teats.
11	Piles	<i>Citrus limon</i> (L.) Osbeck	Rutaceae	Numbo	Fruit	Half ripened fruit with pinch of salt if sucked for three days, piles will recover.
12	Anti - carcinogenic	<i>Daucus carota</i> (Hoffm.) Schübl. & G. Martens	Apiaceae	Gajro	Root	A glass full of Carrot juice prevents any type of censer.