

SOME ETHNOMEDICINAL PLANTS OF DHAR DISTRICT

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A B S T R A C T

Dhar district is inhabited by dominating tribes, bhils and bhilalas. Bhils constitute the third largest tribe of India. There are many sub-tribes of bhils viz., tarvi, nayar, nhal, barela, and kotwal. At the same time sub-tribes of bhilalas, darbari bhilala, dhaplya bhilala, rathya bhilala, also live here. They utilize a large number of plant species occurring in wild as herbal remedies on various diseases and ailments in the area. The paper lists 32 such species.

INTRODUCTION

An ethnomedicinal survey was conducted in the tribal blocks of Dhar district specially in Mandav. The first hand information was gathered and their mode of therapeutic uses from the tribal medicine-man badwa and other experienced tribals was studied. They give herbal treatment for several human diseases—a skill, which they have inherited from their ancestors through several generations of experience.

The present study brings to some light on interesting data on potential medicinal plants which should be screened for determining their true therapeutic and pharmacodynamic properties.

1. **Actiniopteris** sp.

Family : Polypodiaceae

Loc. name : Bhui tar

Locality : Mandav

Uses : The extract of whole plant is used in leucorrhoea and urinary problems.

2. **Andrographis paniculata** Wall. ex Nees

Family : Acanthaceae

Loc. name : Bhui neem

Locality : Doncha

Uses : The juice of the root is used in hyper-acidity ,bleeding in women and urinary problems in man. Due to bitterness it is used with sugar.

3. **Anisochilus carnosus** Wall.

Family : Lamiaceae

Loc. name : Bhui Ringani

Locality : Mandav

Uses : Fruits of this plant are used with coconut oil in headaches and applied on the forehead.

4. **Anogeissus latifolia** Wall. ex Bedd.

Family : Combretaceae

Loc. name : Dhawara

Locality : Mandav

Uses : The gum of this plant is used as a tonic and aphrodisiac with dry fruits and ghee.

5. **Boerhavia diffusa** L.

Family : Nyctaginaceae

Loc. name : Kharwar,Kharjar

Locality : Manawar

Uses : Seeds are used in dysentery, diarrhoea and stomachache. Roots are used for the treatment of jaundice. 21-22 pieces of roots are cut and tied around the neck of patient. Root paste is used for inflammation in pets.

6. **Bryonia** sp.

Family : Cucurbitaceae

Loc. name : Shivlingi

Locality : Mandav

Uses : The seeds are given against female sterility. 5 seeds are given on each Monday upto 5 weeks. Kheer of 25 seeds is given to woman which enhances the there is surety of pregnancy.

After 2 months pregnancy if 4 seeds are given to woman, 2 hours before meals up to 1 month, there is surety of male child. They believe like this. The seeds should not be chewed. They should be swallowed as whole.

7. **Caesalpinia crista** L.

Family : Cesalpeniaceae

Loc. name : Kali gathar

Locality : Doncha

Uses : Seeds are soaked in water and after crushing they are used against vomiting and stomachache.

8. Cheilanthes sp. (Silver fern)

Family : Cheilanthaceae

Loc. name : Nakpolish

Locality : Mandav

Uses : The complete plant is used for the treatment of typhoid.

9. Chlorophytum borivillianum Sant. & Fernandez

Family : Liliaceae

Loc. name : Dhauli Musli

Locality : Mandav

Uses : The roots are used for the treatment of bleeding and leucorrhoea in women urinary problems and wet dreams in men.

10. Cissus quadrangularis L.

Family : Vitaceae

Loc. name : Periya, Harjori

Locality : Manawar

Uses : Its stem-paste is used for the treatment of joint-pain, and bone-fractures. Paste is applied externally.

11. Curculigo orchioides Gaertn.

Family : Hypoxidaceae

Loc. name : Kali Musli

Locality : Mandav

Uses : Its rhizome is used in gynaec disorders, bleeding, leucorrhoea, urinary problems and wet dreams. It is also used as a tonic and aphrodisiac.

12. Datura stramonium L.

Family : Solanaceae

Loc. name : Kala Datura

Locality : Mandav

Uses : Roots are used for treatment of wet dreams and nutritional marasmus.

Seeds are used for the treatment of stomachache and diarrhoea.

13. Enicostema axillare (Lam.) R. Raynal

Family : Gentianaceae

Loc. name : Nay

Locality : Manawar

Uses : Complete plant is used in migraine. Paste of plant is applied on opposite arm.

The plant juice can be used as a tea to control all types of fevers except enteric fever.

14. *Eulophia nuda* Lindl.

Family : Orchidaceae

Loc. name : Kukari kand, Murgi kand

Locality : Mandav

Uses : For the treatment of inflammation, urinary retention, constipation in pets ,its tuber is used in the form of paste. Small tuber is given orally while large tuber is applied externally.

Tuber is also used for the treatment of cough and fever. Bone fractures are treated by tuber. A single roasted tuber is given orally with milk and sugar.

15. *Gloriosa superba* L.

Family : Liliaceae

Loc. name : Kalihari

Locality : Mandav

Uses : Tuberous roots are herbal magic for easy and fast labour. After fine grinding on stone, it is applied on palm, sole and lower abdominal region. A piece of root is placed below the head. They believe that it causes easy delivery. But after delivery, all the parts should be cleaned and root piece should be removed, else uterus might come out.

16. *Grewia tiliacifolia* Vahl

Family : Tiliaceae

Loc. name : Dhaman

Locality : Mandav

Uses : The paste of bark is used with *Datura* leaf for the treatment of inflammation in any part of body.

17. *Helicteres isora* L.

Family : Sterculiaceae

Loc. name : Marorphali

Locality : Mandav

Uses : Abdominal colic can be controlled with its fruits. Diarrhoea of children can also be controlled with its fruits.

18. *Indigofera glandulosa* Willd.

Family : Papilionaceae

Loc. name : Jangli Mogra

Locality : Mandav

Uses : Whole plant paste is applied on boils and skin infections of any part of the body.

19. *Hybanthus enneaspermum* (L.) F. Muell.

Family : Violaceae

Loc. name : Bhukamal

Locality : Mandav

Uses : For the treatment of impotency and general debility. Its roots are used in paste form with *Leea macrophylla* and honey.

20. *Kickxia ramosissima* (Wall.) Janchen

Family : Scrophulariaceae

Loc. name : Bhuriya

Locality : Mandav

Uses : The whole plant is used for the treatment of vomiting and diarrhoea.

21. *Leea macrophylla* Roxb.

Family : Lamiaceae

Loc. name : Hathipaga

Locality : Mandav

Uses : Chronic asthma and cough can be controlled with its dried roots. The powder of dried roots is given with jaggary.

22. *Lavendula* sp.

Family : Lamiaceae

Loc. name : Jangli umbi

Locality : Mandav

Uses : The whole plant is crushed and its paste is used with coconut oil to cure ruptured heels.

23. *Musa paradisiaca* L.

Family : Musaceae

Loc. name -Jangli kela

Locality : Mandav

Uses : On liver disorders the parts of rhizome with *Curcuma* is applied on abdomen externally. Its fruits are used with bananas for the treatment of Tuberculosis and Acitis.

24. *Ocimum* sp.

Family : Lamiaceae

Loc. name : Van Tulsi

Locality : Manawar

Uses : Malaria can be cured by the seed of Van Tulsi. The juice of whole plant is very useful for the treatment of corneal opacity, the fresh juice is used as antidote twice daily. The powder of whole plant with butter is used as antidote in snake bite.

25. *Orchis latifolia* L.

Family : Orchidaceae

Loc. name : Kudala kand, Salam mishri

Locality : Mandav

Uses : Roots are used for backache and strengthening of male potency. The powder of dried roots is used with dry fruits, ghee, and honey. It is very effective for backache. For strengthening of male potency dried powder is used for 15 days, two spoons daily.

26. *Phyllanthus niruri* Hook.f.

Family : Euphorbiaceae

Loc. name : Bhui amla, Jhenjaru

Locality : Doncha

Uses : The powder of whole dried plants is used for treatment of leucorrhoea.

27. *Luffa acutangula* (L.) Roxb.

Family : Cucurbitaceae

Loc. name : Kadavi Turai

Locality : Mandav

Uses : Seeds are used for the treatment of jaundice. After drying of fruits seeds are crushed and sniffed to the patient in empty stomach.

28. *Plumbago zeylanica* L.

Family : Plumbaginaceae

Loc. name : Chhitawal, Chhitawar

Locality : Mandav

Uses : Roots are crushed with whey and applied on scabies. Roots are crushed with leaves of *Emblica* and Copper sulphate and applied on Eczema.

29. *Solanum surattense* Burm.f.

Family : Solanaceae

Loc. name : Bhui dolari, Bhui ringni

Locality : Doncha

Uses : The whole plant is burnt in a closed earthen pot. Ash is used for treatment of asthma. To control the fever of children, anthers are used after crushing. In children, aged between 1 to 8 months, to control vomiting, fruit juice is given either with mother's milk or slightly warm milk of cow.

30. *Sphaeranthus indicus* L.

Family : Asteraceae

Loc. name : Gorakhmundi

Locality : Mandav

Uses : For the treatment of jaundice, complete plant is used with *Bryonia*, *Asparagus*, sugar and cow milk. Chronic jaundice can be cured with this.

31. *Tridax procumbens* L.

Family : Asteraceae

Loc. name : Kuradia

Locality : Manawar

Uses : Bleeding caused by injury can be controlled by the leaf juice of this plant.

32. *Urginea indica* Kunth

Family : Liliaceae

Loc. Name : Jangli kanda

Locality : Mandav

Uses : The juice of bulb is used for ear pain. It is also used with coconut oil on boils and skin infections

Paste of the bulb with *Curcuma* is used as a suppurative.