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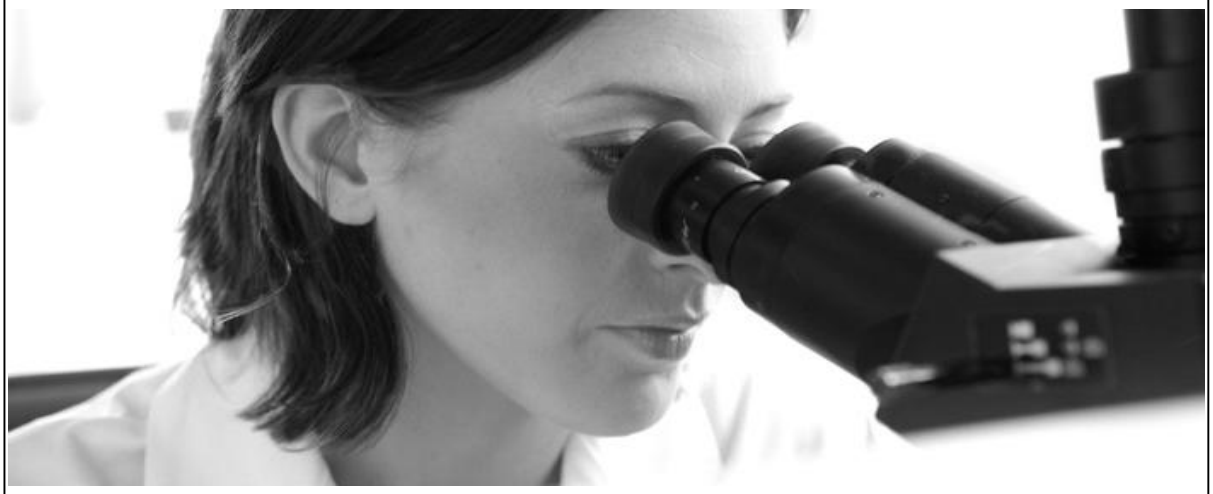

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RESEARCH ARTICLE

NATIVE HERBAL REMEDIES COMBATING REPRODUCTIVE AFFLICTIONS IN WOMEN OF BADWANI DISTRICT(MADHYA PRADESH) INDIA

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ABSTRACT

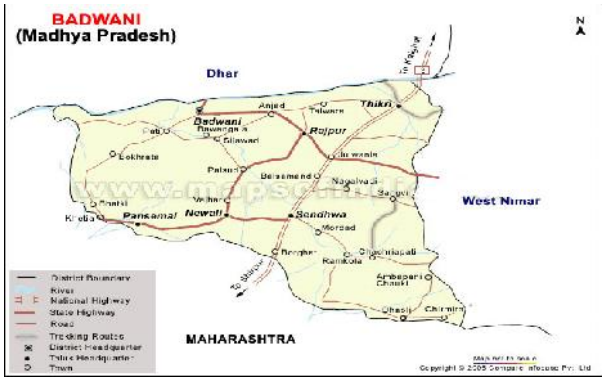
The result of ethnobotanicalsurvey specially against reproductive diseases in women of Badwani district (Madhya Pradesh:India) are presented in this communication. Varioustribes *viz.* Gond, Bhaiga, Korku, Bhil, Halba, Kaul, Pawara, etc. were interviewed. The observations have been compared with published classical literature to record their status. As well as 26 angiosperm species belonging to 25 genera and 21 families are reported various afflictions. The medicinal recipes viz. powder, decoction, juice, infusion, extract and paste are employed during treatments using various plant parts or products. Necessity of documenting traditional knowledge is pertinently discussed, besides the potentialities and new reports to Indian literature.

INTRODUCTION

Since the ancient days, human-beings have turned to plant species for combating various human afflictions. Native herbal remedies are an integral part of indigenous heritage which is passed to next generation orally. This heritage was overlooked for many centuries worldwide. But in recent times, a considerable awareness about indigenous herbal heritage has aroused. India is one such country wherein the activity of tapping down it has started especially after 1960. The present authors investigated Badwani district in Madhya Pradesh (India) which is studded with the various tribal communities such as Gond, Baiga, Korku, Bhil, Halba, Kaul, Pawara, etc. and also has fairly rich forest wealth. This naturally invited our attention for systematic documentation in the region. We completed investigation during February 2009 to August 2012, the results of which are being published (Patil *et al*., 2010, 2011). The present paper is a continuation of the same work.

Area Under Study

District is situated between latitudes 21°37' to 22°22' North and longitudes 74°27' to 75°30' East. It receives ranges of Satpura and VindhyanSatpura which have fair coverage of forests. The forests mostly belong to (i) Tropical Moist (ii) Tropical Dry (iii) Tropical Thorn and (iv) Subtropical broad leaved types. The tribals and rural people partly depend on minor forests products for their livelihoods. The district receives rainfall during June to September. Humidity is maximum in monsoon period. May is the hottest month and has temperature up to 42^0C generally.



Map I Map of BadwaniDistrict Showing Area Under Investigation

METHODOLOGY

The ethnobotanical surveys are carried out in Badwani district since January 2009 as an exclusive topic of research. Ethnobotanical data accrued after frequent visits and discussions with tribal headmen, medicine-men and local informants. Plantspecimens were deciphered using various floras such as Cooke (1958), Panigrahi and Murthi (1999), Naik (1998), Sharma *et al*. (1996), Singh and Karthikeyan (2000), Singh *et al*. (2001) and (Patil *et al*., 2010, 2011). Data

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is obtained *w.r.t.* botanical name, family, local name, doses, mode of administration and disease treated. A special questionnaire was used to document the information. Herbarium specimens have been prepared by using methods suggested by Jain (1977) and housed in the herbarium of Department of Botany, R. C. Patel Science College, Shirpur, and District Dhule. (M.S., India). The information is compared with the classical literature *viz.*,(i) The Wealth of India: A Dictionary of Indian Raw Materials and Natural Products,(Anonymous,1948-1976), (ii) A Dictionary of Economic Products (Watt,1889-1893), (iii) The Useful Plants of India (Ambasta,1986) and Dictionary of Indian Folk Medicine and Ethnobotany (Jain, 1981). Plant species used are enumerated alphabetically.

Ethnomedicinal Enumaration

1. ***Abelmoschus manihot*** (L.) Medik. (Malvaceae)Jangli Bhenda: **Coll.No.205**

A spoonful of decoction of leaves is given thrice a day for a month to cure back-ache after delivery.

Critical Notes: Leaves are used to treat back pains after delivery. This is not reported earlier in classical literature.

2. ***Alstonia scholaris*** *R.Br.(*Apocynaceae*)*Saitan:

Spoonful of latex is consumed along with a glass of milk, once a day for two weeks to cure bleeding leucorrhoea.

Critical Notes: Use of latex aginst leucorrhoea has remained unnoticed in past.

3. ***Amaranthus viridis****L. (*Amaranthaceae*)*Bhaji**:**

Leaf paste is applied onto foot soles and hand palms which helps in removal of delayed placenta after childbirth.

Critical Notes: Application of leaves is being reported for the first time.

4. ***Argemone Mexicana L***. (Papaveraceae) Unhalyo:

A spoonful of root powder is consumed twice a day for three days to regulate menstruation.

Critical Notes: Application of roots for menstrual complaints is not reported earlier. It is exotic weed, native of Mexico.

5. **Bacopa monnieri**(L.) Penn.(Scrophulariaceae)Bramhi:

A spoonful of decoction of leaves is given thrice a day for a month to cure back-ache after delivery.

Critical Notes: Leaf decoction used to reduce post-delivery back pains is an additional report.

6. ***Cadaba fruticosa***(L.) Druce(Capparidaceae)Kodhab:

Spoonful of root powder is mixed in milk once a day for two weeks to cure bleeding leucorrhoea.

Critical Notes: Application of roots to cure bleeding leucorrhoea is being reported for the first time.

7. ***Caesalpinia decapetala (Roth) Alst.*** *(*Caesalpiniaceae*) Chilar:*

Spoonful of root powder is mixed in cow milk. It is advised once a day for two weeks to treat bleeding leucorrhoea.

Critical Notes: A medicinal application of this species reported by present investigators is new to ethnobotany.

8. ***Carica papaya*** L.(Caricaceae)Andakakdo:

I. About two gm of seed powder consumed along with leaf of 'Bhulanwela'(Piper betle L.) to regulate menstrual cycle. It is advisedfor two to three days before regular time of menstruation.
II. Spoonful of seed powder mixed with spoonful of seed powder of 'Andi'(*Ricinuscommunis* L.) is consumed along with leaf of 'Bhulanwela'(*Piper betle* L.) to cause abortion. It is practiced twice a day for a week but not after third month of pregnancy.

Coll.No. 343

Critical Notes: Utility of seeds to regulate menstruation is still unrecorded. It is cultivated species for fruits. It is exotic, native of tropical America.

9. ***Cassia auriculata*** **L. (Caesalpiniaceae) Walanya, Tarvar:**

Coll.No. 159

Flowers are crushed and mixed with goat- milk. A cup of mixture is given twice a day to woman to prevent white discharge during menstrual period. It is practiced for two to three days before menstruation.

Critical Notes: Flowers are useful to avoid white discharge during menstruation. It isnot reported in past.

10. *Cassia fistula L.(*Caesalpiniaceae*)Bandar-lauri:*

Stem bark is powdered. About 10 gm per day is consumed with butter for a week to cure leucorrhoea.

Critical Notes: Applicability of stem bark against ***leucorrhoea is a new record.***

11. ***Cordia dichotoma*** **Forst. (**Cordiaceae**)Lasura:**

Shade dried stem bark is powdered. Spoonful of powder drunk along with glass of cow milk to reduce pains in menstruation. It is practiced once daily during menstrual period.

12. ***Celosia argentea*** *L.(Amaranthaceae)*Mendha:

Spoonful of seed powder is consumed twice a day for 3 days to treat complaints of uterus.

Coll.No.324

13. ***Chlorophytum borivilianum*** *Sant. and Fernad. (Lilliaceae)* Musali: **Coll.No.133**

Root extract, about half cup, is taken internally for a week to cure leucorrhoea.

Critical Notes: Plant useful to treat leucorrhoea is not recorded earlier.

14. ***Curculigo orchiodes*** Gaertn.(Hypoxidaceae) Kali-musali:

Two to three spoonful of root powder mixed with cow-ghee is consumed thrice a day for three days by women suffering from leucorrhoea.

15. ***Daucu scarota*** *L. (Apiaceae)*Gajar:

A spoonful of extract of leaves mixed with spoonful of seed powder is advised orally for seven days against leucorrhoea.

16. ***Dendrocalamus strictus****(Roxb.)Nees(Graminae)Bans:*

Bark is soaked in water. Infusion is obtained. Candy (*Saccharumofficinarum*L.) is added in it and cup of infusion is administered for three days to check leucorrhoea.

Critical Notes: Application of bark against leucorrhoea did not find place in the classical literature.

17. ***Diplocyclo spalmatus****(L.) Jefferey* (Cucurbitaceae) Shivlingi: ***Coll.No.120***

One seed is consumed along with spoonful of cow-ghee daily for a month to improve fertility in women.

18. ***Ensete superbum*** (Roxb.) Cheesm. (Musaceae)Jangli-kela:
Coll.No.282

Seed powder is mixed in a cup of cow milk. Candy is added in it. This is consumed for twenty one days, twice a day, to cure leucorrhoea.

Critical Notes:Usefullness of seeds to cure leucorrhoea is an additional report for the science of ethnobotany.

19. ***Euphorbia parviflora****L.(*Euphorbiaceae)Dhudhi:
Coll.No.287

Root extract, about half cup, is taken internally for a week to cure leucorrhoea.

20. ***Glorios asuperba*** *L.(Liliaceae)*Karihari:

a. Leaf juice is added in a cup of whey. A cup of it is drunk daily for a mouth to control excessive bleeding during menstruation.
b. Flowers (5-6) are soaked in water. Infusion is obtained. Candy (*Saccharumofficinarum*L.) is added in it and cup of it is administered for three days to check leucorrhoea.

Critical Notes: Use of flowers against leucorrhoea is not documented earlier.

21. ***Ocimum basilicum*** Linn.(Labiatae)Tulsi:
Coll.No.01

Dried flowers are powdered. A spoonful of powder consumed along with honey twice a day for seven days to regulate menstruation.

Critical Notes: Use of flowers for regulating menstruation is new to ethno botany. **Coll.No. 55**

22. ***Opuntia dillenii*** Haw.(Cactaceae)Fanta:
Coll.No.273

Ripe fruits are baked and extracted. Spoonful of extract is given twice a day along with spoonful of honey to reduce white discharge in menstruation. It is practiced during menstrual period. **Coll.No.270**

Critical Notes: Application of fruit against white discharge during menstruation. It is new report. Plant is exotic, native of South America. **Coll.No.175**

23. ***Pergulari adaemia (Forsk.) Chiov.(Asclepiadaceae)Utaran, Akasan:***
Coll.No.200

Leaf juice about a cup is taken orally twice a day for three days to regulate menstruation.

Critical Notes: The said use is reported for the first time

24. ***Ricinus communis L.*** **(**Euphorbiaceae) Andi, Erand:
Coll.No. 09

About 10 gm endosperm of seeds consumed along with leaf of 'Bhulanwela' (*Piper betle* L.) twice a day for three days to cause abortion.

Critical Notes: Utility of seeds for causing abortion is not recorded earlier. The plant species is exotic, native of Africa.

25. ***Sesamum orientale*** *L.(Pedaliaceae)*Tivi:
Coll.No.198

Root powder is mixed in water. After three to four hours, a cup of this infusion is advised to a patient suffering from leucorrhoea. It is practiced till cure.

Critical Notes: *Roots are used to cure leucorrhoea is not been recorded in past* **Coll.No.344**

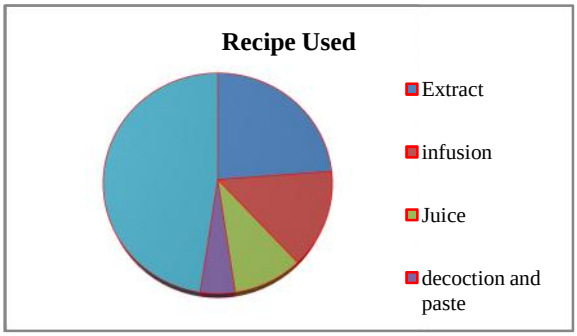
26. Smithia conferta J.E.S m.(Fabaceae) Odabrin:

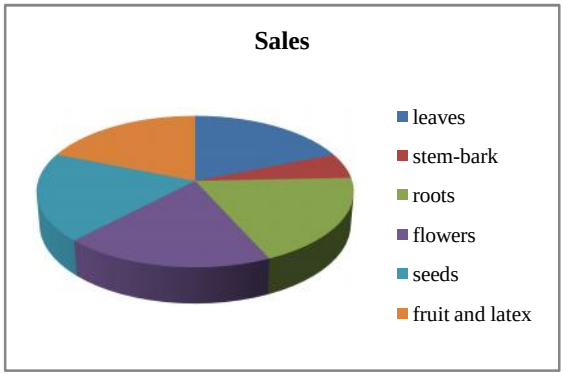
Leaf extract, about half cup, is drunk at morning for about one month to cure leucorrhoea.

Critical Notes: Leaves are useful to treat leucorrhoea. It is not reported in past.

RESULTS AND DISCUSSION

The paper reports results of our studies on native herbal remedies as adducted during January 2009 to August 2012 in Badwani district of Madhya Pradesh (India). It particularly contains information of reproductive ailments in tribal and rural women in the region. In all, 26 species belonging to 25 genera and 21 families of angiosperms are recorded to combat various diseases. Of these, five species belong to trees, whereas other are herbs, shrubs or lianas. Only two species are used to supplement the crude drug *viz*., *Piper betle* L. and *Ricinuscommunis* L. Interestingly, 23 species out of 26 of the present account, on comparison with the classical literature turned out to be the first report for India. The local people prepare recipe such as decoction, paste, juice, powder, extract and infusion. The powder (10 application) form of recipe is commonly employed. It is then followed numerically by extract (05 applications), infusion (03 applications), Juice (02 applications), decoction and paste (01 application each).They use plant parts like leaves (07 use-reports), stem-bark (02 use-reports), roots (07 use-reports), flowers(07 use-reports), seeds(07 use-reports), fruit and latex(07 use-reports). Leaves and roots constitute a major share in their recipes.





Some domestic substances are also added during the preparation of medicinal recipes e.g. goat-milk, cow-milk and ghee, honey and candy. All these are employed to cure back-ache after delivery, leucorrhoea, delayed placenta, irregular menstruation, heavy bleeding during menstruation, abortion, uteral complaints, white discharge during menstruation and to increase fertility. Sometimes, it appears that especially tribal people are not interested in sharing their traditional knowledge. This is true especially in case of reproductive ailments. After many visits to their localities and better acquaintance, they gradually pass on their information. With the rapid rate of acculturation in the state, their valuable information will be lost forever with the end of their lives. Hence, it is very necessary to tap and document their practices. Forest pockets at some places are being denuded due to various forces of biotic inference in the area. The inroad facility further aggravates the situation. It is therefore of utmost importance to document and digitalizetheir traditional heritage. Such plant species hold tremendous potential for pharmaceutical products of commercial value.

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