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## Herbal Medicinal Plants used by Tribal of South West Rajasthan for Tribal Medicines : A Review

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### ABSTRACT

Tribes are still shrouded in mystery. Around seven percent of tribal population of India lives in Rajasthan. The highest concentration of tribal population is mainly in south west districts of Rajasthan like: Banswara, Dungarpur, Pratapgarh, Rajsamand, Sirohi and Udaipur. The tribal populations are at risk of under dietary practices due to their over-reliance on primitive agricultural practices and uncertainty of food supply. Tribal people use traditional medicines from herbal medicinal plants found in their area for treatment of various diseases. The knowledge of these medicines is transferred from one generation to another without any documentation. Present paper deals with Herbal Medicinal Plants used by tribal of south-west Rajasthan for tribal medicines.

**Key words:** Herbal Medicinal Plants, Tribes, Rajasthan, Diseases, Tribal Medicines.

### INTRODUCTION

Rajasthan is one of the largest states located in the northwestern part of India. Geographically, it lies between 23°3' to 30°12' longitudes and 69°30' to 78°17' latitudes. The climate is tropical with the maximum temperature ranging between 38.30 - 46.00c (during summer) and the minimum between 7.00 - 11.6°C (during winter). Average annual rainfall has been recorded to be 65.03 cm. The area is characterized by the tropical deciduous type of vegetation.

South west part of Rajasthan comprising Banswara, Dungarpur, Pratapgarh, Rajsamand, Sirohi and Udaipur is the tribal belt in which Mina, Bhil, Damor, Garasia, Kalbelia and Kathodia are the main tribes. The plants growing around them form an integral part of their culture. These people are largely dependent on their traditional healing system for their healthcare and the information is passed on from generation to generation through the word of mouth.

Significant contribution has been made by several workers on the use of herbal medicinal plants as medicines in Rajasthan. However, the studies on the use of herbal medicinal plants for tribal medicines by tribes of south west Rajasthan are scantier. Therefore, an attempt has been made here to collect the information about herbal medicinal plants used by tribal in their traditional healthcare system. The study is based on interviews with local tribal living in the region and review of literature.

## **ENUMERATION**

The tribes of south west districts of Rajasthan i.e. Banswara, Dungarpur, Pratapgarh, Rajsamand, Sirohi and Udaipur use herbal medicinal plants in fresh form as well as dried plant material to treat their ailments such as injuries, wounds, cuts, fever, diarrhea, ulcer, swelling, bone-fractures, potency, anti-poisons, skin care, asthma, cough and cold. Still, they strongly believe in the traditional way of treatment of various ailments by using herbal medicinal plants rather than modern medical treatment.

In the enumeration, herbal medicinal plants known by local names are arranged alphabetically with their botanical names and their uses are enumerated in Table-1.

**Table-1**

S. No.	Local Name	Botanical Name	Use
1.	Aankol, Ankola	Alangiumsalvifolium (Linn.f.) Wang(Alangiaceae)	Extract of leaves (2-3) is taken orally by the tribal in fever.
2.	Akdo, Aak, Aakro	Calotropisprocera (Ait) R. Br. (Asclepiadaceae)	Latex of Calotropisprocera and Mangiferaindica mixed with one drop of concentrated HCL is applied locally as an antidote in scorpion bite.
3.	Amarchotioo	Carytiatrifolia (Linn.) Domin (Vitaceae)	Leaf paste of Gymnemasylvestris and Carytiatrifolia is applied locally in eczema. Plant paste of Carytiatrifolia is applied locally by the tribal for early cure of purulent wound.
4.	Amarchotioo	Cayratiaauriculata Gamble (Vitaceae)	Plant paste of Cayratiaauriculata is applied locally for early cure of purulent wound.
5.	Amla	Phyllanthusemblica Linn. (Euphorbiaceae)	Powder of Carissa congesta fruits, Phyllanthusemblica fruits, Tamarindusindicus pods and unripe fruits of Mangiferaindica is taken for constipation.
6.	Andhijhara, Undhokanto	Achyranthesaspera Linn. (Amaranthaceae)	Root extract is taken orally by the tribal as an antidote in scorpion bite.
7.	Angulithor	Euphorbia trucalliLinn. (Euphorbiaceae)	Latex mixed with salt is massaged locally in rheumatism and also applied to cure eczema. During treatment, herbal bath of Azadirachtaindica leaves is considered beneficial.
8.	Bajradanti, Kantaulio	Barleriapronitis Linn. (Acanthaceae)	Root extract is applied locally on skin to expel out spine from the skin.
9.	Bakain	Meliaazedarach Linn. (Meliaceae)	Leaf paste is massaged on the body of children to cure rickets.
10.	Banderbati,	Holopteleaintegrifolia	Leaf paste is applied locally to cure

	Churil	Planch. (Ulmaceae)	eczema.
11.	Bhui – amla	PhyllanthusfraternusWebst. (Euphorbiaceae)	Powder prepared by mixing Phyllanthusfraternus whole plant, Trachyspermumammi seeds and common salt is taken orally after meal to cure constipation.
12.	Bhui – amla	Phyllanthus simplex Retz. (Euphorbiaceae)	Plant extract is given orally once or twice in a day to children as febrifuge.
13.	Bhuttakateli	Solanumnigrum Linn. (Solanaceae)	Fruit cut in lengthwise, filled with purified butter is eaten in cough and cold.
14.	Bokhania, Bukana	Commelinabenghalensis Linn. (Commelinaceae)	Roots along with Piper betel leaves are chewed in malarial fever (alternate fever).
15.	Dhauk, Palas	Buteamonosperma (Lam.) Taub. (Fabaceae)	Seed paste is taken orally along with fresh cow milk early in the morning for 20 days to cure asthma.
16.	Doob	Cynodondactylon (Linn.) Pers. (Poaceae)	Half cup extract of whole plant is taken orally by the tribal in Dysuria.
17.	Dudhi, Chotidudhi	Euphorbia hirta Linn. (Euphorbiaceae)	Plant paste is taken with water to cure dysentery. Plant extract is also given orally to children as febrifuge.
18.	Dugio	GirardiniazeylanicaDecne. (Urticaceae)	Tribal ladies take root paste orally for inducing sterility.
19.	Gawarpatha	Aloevera Linn. (Liliaceae)	Leaf is cut laterally and Curcuma aromatica powder is sprinkled on the cut portion, warmed and tied locally, on both sides of fractured bone. After 3-4 hrs, the bone is then set in correct position and plastered.

20.	Gorisal	Aristolochia indica Linn.	Root paste is massaged locally in eczema. Herbal bath of Azadirachia indica leaves is considered beneficial. Mixture of tuber powder of Aristolochia indica, Curcuma aromatica and jaggery is taken in alternate fever. Root extract is taken in cold, cough and fever.
21.	Gundi	Cordia allamanda (Forssk.) Ehrenb. ex Asch. (Ehretiaceae)	Leaves are chewed by the tribal to cure mouth blisters.
22.	Hingota, Hingot	Balanites aegyptica (Linn.) Delile (Balanitaceae)	Seed kernel is used in dysentery; seed kernel powder mixed with jaggery is taken orally for sciatica.
23.	Jaljamni	Cocculus hirsutus (L.) Diels (Menispermaceae)	One teaspoon leaf powder is taken orally once in a day for 8 days to cure night blindness.
24.	Jangli – kanda	Urginea indica (Roxb.) Kunth (Liliaceae)	Poultice of crushed tuber is tied locally to cure abscesses.
25.	Jangli haldi	Curcuma amada Roxb. (Zingiberaceae)	Tuber powder mixed with equal quantity of Trachyspermum ammi seed powder is given orally once a day for 3 days to cure rickets.
26.	Kadaya	Sterculia urens Roxb. (Solanaceae)	Gum paste is applied locally in eczema and taken orally to cure dysentery.
27.	Kadu	Holarrhena antidysenterica Walls. (Apocynaceae)	Stem bark decoction of Holarrhena antidysenterica and Curcuma aromatica tuber is taken once in a day for 3 days in rheumatism. During treatment, salt, chilly, tea, acidic food, oil, etc. are prohibited.
28.	Kala sisam	Dalbergia latifolia Roxb (Fabaceae)	Leaf extract is taken orally by the tribal in dysentery.

29.	Kali musli	Curculigoorchioides Gaertn. (Hypoxidaceae)	Tuber powder is taken with one cup refined butter in snakebite; taken orally for 7-10 days to cure leucorrhoea and menorrhagia; given orally to children in rickets.
30.	Kaskatali	Kickxiaramosissima (Wall.) Janchen (Scrophulariaceae)	Whole plant extract is taken orally in rheumatism. Leaf extract is taken orally for first 3 days during menses in dysmenorrhoea. During treatment, oil and acidic diet is strictly prohibited.
31.	Kechan	Trichosanthes cucumerina Linn. (Cucurbitaceae)	Tuber powder is taken orally once in a day for 3 days in colic. Leaf decoction is taken as an antidote in snakebite.
32.	Kikora	Momordica dioica Roxb. ex Willd. (Cucurbitaceae)	Seed paste is applied on the lower abdomen in dysuria and also to cure constipation.
33.	Lajwanti	Biophytum sensitivum (Linn.) DC. (Oxalidaceae)	Whole plant extract is given to children orally in dysentery.
34.	Marsikand	Corallocarpus epigaeus (Rottl. & Willd.) Hook. f. (Cucurbitaceae)	One tea spoonful root powder mixed with three teaspoon refined butter is taken orally as an antidote in snake bite.
35.	Mirja	Commelina forskalaei Valh (Commelinaceae)	Plant extract is massaged locally/ taken orally twice a day for 15 days to cure rheumatism and body swelling.
36.	Nagarbel, Paan	Piper betel Linn. (Piperaceae)	Paste prepared by mixing the fresh Paan leaves with inner bark of Acacia catchu (Katha) is massaged on the skin of children in maggots.

37.	Pattarchatta	Tubifloraacaulis (L.f.) Kuntze (Acanthaceae)	Leaf extract is taken orally during first 2-3 days of menses in dysmenorrhoea. During treatment, oil and acidic diet is strictly prohibited. Leaf powder is taken with water to remove kidney stone.
38.	Phool	Evolvulusalsinoides Linn. (Convolvulaceae)	Crushed leaves are taken orally in enlargement of spleen. During treatment, salt, chilly, tea, acidic food, oil, etc. are prohibited. Whole plant powder of Evolvulusalsinoides and Convolvulus prostratus mixed in sugar is taken orally to cure leucorrhoea.
39.	Popli	Merremiamarginata (Burm. f.) Hall. f. (Convolvulaceae)	Extract of 10-12 seeds is taken orally by the tribal men for 10-12 days to cure sexual debility.
40.	Punarnava	Boerhaviadiffusa Linn. (Nyctaginaceae)	Leaves are chewed by the tribal in scorpion bite.
41.	Ratanjot	Jatrophacurcus Linn. (Euphorbiaceae)	Latex mixed with water is taken orally to cure leukaemia. Salt, spices and acidic food is prohibited during treatment.
42.	Satawari, Naharkata	Asparagus racemosusWilld. (Liliaceae)	Tubers are lactogogues. Tuber powder is given orally to nursing mothers for seven days early in the morning for lactation.
43.	Tamboliya	EhretialaevisRoxb. (Ehertiaceae)	Leaves are chewed orally to cure mouth blisters. Leaf powder of Ehretialaevis mixed with sugar is divided into 10 equal doses. Each dose is taken daily orally along with goat milk curd to cure dysuria. During the course of administration salt, chilly, tea, acidic food, oil, etc. are strictly prohibited.
44.	Vadarikand, Jangliaritha	Dioscoreabulbifera Linn. (Dioscoreaceae)	Tablet prepared by mixing the crushed Dioscoreabulbifera bulbil, a pinch of

			common salt, Curcuma aromatica powder and jaggery is given once in a day for three days to child patient suffering from typhoid.
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## DISCUSSION

The tribal people are dependent on herbal practices and have deep faith in their old treatise and traditions. Now days, much of the wealth of knowledge is being lost as the traditional culture is disappearing. So, documentation of traditional practices of herbal medicine will be coherence in future. There is an urgent need to study and document the precious knowledge of herbal medicinal practices. Documentation of such information will go a long way in developing new drugs through further researches. A large number of plant species occur in tribal inhabited localities of south west Rajasthan. The tribal community possess a vast knowledge regarding multifarious uses of plants. Total 44 plant species have been recorded and enumerated in present study. The data on herbal medicinal plants like local name, botanical name, family and their traditional methods of drugs administration in different ailments are presented. These plants are being used by ethnic groups and tribal people of south west Rajasthan to treat various ailments. In most of the cases, fresh part of the plant or sometimes dry powder is used for the preparation of medicine.

## CONCLUSION

Tribal people still depend on the medicinal plants to cure their diseases and disorders. The paste or an extract of these plants are commonly applied externally on boils, wounds, cuts, swellings, burns, eczema and ringworm or taken orally as decoction or chewed in case of mouth ulcers, sore throat, toothache etc. Similar studies have been reported for the treatment of various ailments from different parts of Rajasthan and other states. The information gathered in present work on the herbal medicinal plants will definitely help in developing strategies for the conservation, cultivation of herbal medicinal plants and economic welfare of tribal population of south west Rajasthan.



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