

SOME ETHNO MEDICINAL PLANTS IN THE TREATMENT OF GASTRO-INTESTINAL DISORDERS ADMINISTERED BY THE HERBAL HEALERS OF WASHIM DISTRICT, M.S. INDIA

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ABSTRACT

Gastro-intestinal disorders are one of the major issues of concern in the Washim district . The reason for this may be attributed to unhygienic living condition, poverty, ignorance and use of polluted water. The gastrointestinal disorders are more severe in the rainy season when all the water bodies get polluted. The present study has revealed that 10 plants are regularly administered by the herbal healers in the treatment of gastrointestinal disorders. Echinops echinatus Roxb, Ailanthus excelsa Roxb, Azadirachta indica A. Juss., Caesalpinia bonducella (L.) Flem, Lantana camara L., Aegle marmelos (L.) Corr. Mimosa pudica L., Aloe vera L. Lagenaria siceraria Standl. and Luffa acutangula L. are prominent among them.

Key words: Gastro-intestinal disorders, ethnomedicinal plants, herbal healers, Washim district

Introduction

The art of herbal healing has very deep roots in Indian culture and folklore. Even today in most of the rural areas, people are depending on the local traditional healing system for their primary health care. Data on ethnobotanical survey can provide a lead for the discovery and the development of potential therapeutic agents of plant origin. In the present investigation ethnobotanical survey of Washim district was carried out through 16 villages to find out the ethnomedicinal plants used by the herbal healers in the treatment of gastrointestinal disorders. 12 plants were found to be prescribed in the treatment of various intestinal disorders. Washim is one of the eleven districts of Vidarbha, Maharashtra. It was first created in 1875, but broken in 1905 and was included in Akola

district (Brown, 1910). Recently on 1st July

1998 it was again given status of the District. Geographically the district lies between the meridians of longitudes 76° 7' to 77° 4' East and between parallels of latitudes 19° 61' to 21° 16' North. It has a total area of 5095 sq km. The district is divided into six tehsils viz. Washim, Risod, Mangrulpir, Malegaon, Manora and Karanja for administrative purposes. The district is bordered by Amravati district on its north-eastern border; Yeotmal district is present on its eastern and southern side; Hingoli districts lies on its southern side; Akola district is present on its south-western side and Buldhana district borders its Western side. Washim district has a population of 1020216 of which 841771 i.e. 82.51% are rural inhabitants and 178445 i.e. 17.49 % of the population resides in urban area (Census of India 2001).

Material and Method

Ethnobotanical survey of Washim district was carried out to collect information on ethnomedicinal plants used in the treatment on gastrointestinal disorders. The Informants were interviewed. The informant after imparting his ethnobotanical information was taken to field from where he used to collect a drug plant. The plant was photographed to all details. A drug part of the plant along with whole specimens were collected and properly preserved. The plant is identified on the field with the help of flora. The relevant information given by informant was recorded as under and then the same information was incorporated in a definite format.

Plant Species – Name, family, local name, English name, vernacular name, habit, distribution;
 Part used – Root, stem, bark, leaf, flower, fruit and gum;
 Ailment treated – Name of ailment;
 Administrative route – External, oral, etc;

Observations and Results

Enumeration of Ethnomedicinal Plants

Ailanthus excelsa Roxb.

Family - Simaroubaceae
 Local Name - Maharug
 Eng.name - Tree of heaven
 Ver.name – Mahaa rukha
 Habit - Tree
 Distribution - Commons excels Roxb,
 Ailment treated: Intestinal worms/
 abdominal pain

Method of Administration: Leaf juice half tea spoon (1-2 days) in milk for intestinal worms and abdominal pain.



Fig1 | *Ailanthus excelsa* Roxb

Azadirachta indica A. Juss

Family - Meliaceae
 Local Name - Neem
 Eng.name - Margosa tree
 Ver.name - Neem
 Habit - Tree
 Distribution – Common
 Ailment treated :Intestinal worm
 Administration Method: 1 gm. Burnt powder of bark + yellow of egg three times aday.



Fig2 | *Azadirachta indica* L.

Echinops echinatus Roxb.

Family - Asteraceae
 Local name - Ootkata

Ver.name - Katechumbaka
 Eng.name - Globe-thistle
 Habit - Annual herb
 Distribution - Common,
 Ailment Treated: Dyspepsia
 Method of Administration :Root pieces
 cooked with rice, pieces discarded and
 rice eaten , root powder taken in milk



Fig 3 *Echinops echinatus* Roxb.

Caesalpinia bonducella (L.)Flem,
 Family - Caesalpiaceae
 Local Name - Sagargoti
 Eng.name - Fever nut
 Ver.name - Sagargoti
 Habit - Spiny shrub
 Distribution - Sparse
 Ailment Treated- Intestinal
 pain/Intestinal Worms
 Method of Administration- Seed
 Roasted and taken with Jaggery



Fig. 4 *Caesalpinia bonducella (L.)* Flem.

Lantana camara L.,
 Family - Verbenaceae
 Local Name - Doda
 Eng.name - Lantana
 Ver.name - Raimuni
 Habit - Shrub
 Distribution - Common
 Method Of Administration: Leaf juice
 is taken in the morning.



Fig 5 *Lantana camara L.,*

Aegle marmelos (L.)Corr.
 Family - Rutaceae
 Local Name - Bel
 Eng.name - Beal tree
 Ver.name - Bel
 Habit - Tree

Distribution - Common in forest
 Ailment Treated- Amoebic dysentery
 Method of Administration: Fruit pulp
 about a gm consumed in the morning
 with sugar for few days.

Fig.6 *Aegle marmelos* (L.) Corr.***Mimosa pudica* L.,**

Family - Mimosaceae

Local Name -Lajwanti

Eng.name - Sensitive plant

Ver.name - Lajalu

Habit - Perennial under shrub

Distribution – Rare

Ailment Treated- Piles

Method of Administration: Ripe fruit pulp applied to affected area overnight for few Days.

Fig 7 *Mimosa pudica* L.***Aloe vera* L.**

Family - Liliaceae

Local Name - Karpatta

Eng.name - Indian aloe

Ver.name - Korphad

Habit-Herb

Distribution - Occasional

Ailment Treated: Intestinal pain

Method of Administration: A teaspoon full of leaf pulp consumed with equal amount of sugar in the morning

Fig. 8 *Aloe vera* L.***Lagenaria siceraria* Standl.**

Family - Cucurbitaceae

Local Name –Kadwi Dudhi

Eng.name - Bitter bottle gourd

Ver.name - Kadubhopla

Habit - Climber

Distribution –Common along wet places

Ailment Treated- Jaundice

Method of Administration: Fruit pulp is removed and the hollow fruit is filled with water and kept sealed for 7 days. After seven days water is filled in bottle and used to cure jaundice.3-4 drops in nostrils every day for 3 days in morning

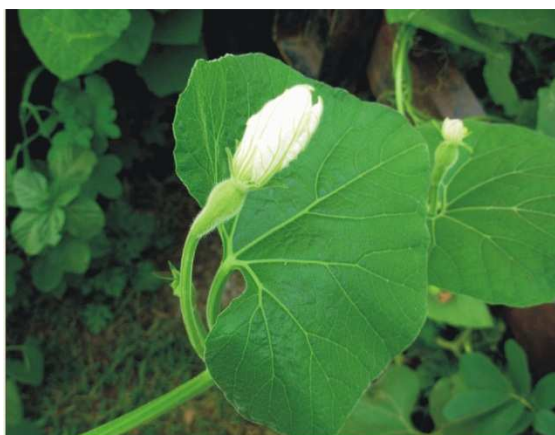


Fig.9 *Lagenaria siceraria* Standl.

Luffa acutangula Roxb.

Family - Cucurbitaceae

Local Name –Kadwa dodka

Eng.name - Ridged Gourd

Ver.name - Kadu dodka

Habit - Climber

Distribution – Occasional

Ailment Treated: Jaundice

Method of administration: Fruit pulp about a gram is consumed with sugar in the Morning for few days



Fig 10 *Luffa acutangula* Roxb.

Discussion

Root extract and root powder of *Echinops echinatus*Roxb. was employed in the treatment of dyspepsia, dysentery and colic by local informants. Previously *E.*

*echinatus*Roxb.in the treatment of intestinal disorders has been reported (Ravisankar and Henry, 1992; Singh and Maheshwari, 1994).

Fruit pulp of *Cassia fistula* L. was found to be employed in the treatment of dysentery by the informant in the Washim district, Badheet *al.*, (1992) have reported use of stem bark of the plant in the treatment of intestinal problems. The observation in the present investigation was further supported by Gurib-Fakim *et al.*,(1997) who have reported use of this plant in the treatment of dysentery.

Leaf juice of *Ailanthus excelsa*Roxb. was used as carminative by local informants in Washim district, Ravisankar and Henry (1992) have reported use of fresh bark of the plant in the treatment of abdominal pain, while Anis and Iqbal (1994) have recorded use of bark juice in the treatment of diarrhea and dysentery from Aligarh. Bark of *Azadirachta indica* A. Juss. was prescribed in the treatment of intestinal disorders. Similar use was recorded by Anis and Iqbal (1994). Leaf powder of was prescribed by local informants to improve digestion. Singh and Maheshwari (1992) have reported use of the plant in treatment of headache while *Eclipta alba* (L.) Bajpaiet *al.*, (1995) have reported use of leaves of the plant for growing healthy hair.

Bark of *Cordia dichotoma*Frost.f. was employed in the treatment of amoebic dysentery by local healer, Jain (1991) has reported similar use of *C. dichotoma*, that has strengthened observations in the present study. Fruit pulp of *Aegle marmelos* (L.) Corr. was employed in the treatment of dysentery by the informant in Washim district, Kumar and Nagiyan (2006) have reported similar observations. Seed of

Caesalpinia bonducella (L.) Flem. was prescribed in the treatment of abdominal pain, this observation was supported by the study of Gurib-Fakimet *al.*, (1997) who have reported use of the seed as carminative. Leaf juice of *Lantana camara* L. was prescribed in the treatment of colic by local informant, Kirtikar and Basu (2005) have reported use of the plant in the treatment of colic, this report is in line with present observations. Leaf paste of *Mimosa pudica* L. and leaf pulp of *Aloe vera* L. was administered

in the treatment of piles by the informants in the Washim district, Jeevan Ram et al., (2007) have reported similar use of the plants. Bajpaiet *al.*, (1995) have also reported use of the plants in the treatment of piles. These reports are in agreement with observations in the present investigation. Fruit of *Lagenaria siceraria* Standl. and *Luffa acutangula* L. were administered to cure jaundice by the informants these observations on *L. siceraria* Standl. and *L. acutangula* L. were supported by Jain (1991).

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