



Herbal Drugs for the treatment of Digestive Disorders

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Abstract

Traditional folk medicine has a long history and is very deep rooted in India. It was practiced since the pre-vedic periods. The vedic and post-vedic periods has celebrated noted physicians and herbalists like Charaka, Shrusht, Nagarjuna, and Vagbhata. Indeed, the knowledge of ancient Indian medicine has survived among the primitive societies of India, the aboriginal tribal folk healers. They mostly inhabited in deep forests and remote villages. The tribals and rural people have obtained this knowledge from their fore fathers, which were in closed relation with these peoples. In the present paper some herbal drugs used in the treatment of digestive disorders were mentioned.

Key-Words: Herbs, Digestive disorders, Powder

Introduction

The concept of health, ailments, treatment, life and death is unique among the culture of tribal and rural people. The usual theory of diseases in their society is that a disease is caused by the breach of some taboos or by hospitable spirits. Sickness is the routine punishment for every lapse and crime meted out to him by these spirits. Indeed, disease to a tribal mind is like another phenomenon of the neutral world, in many faced and essentially incomprehensible in the sense that no single theory will perfectly cover all the known facts. The tribal and rural people generally suffer from diseases like anaemia, asthma, debility, digestive disorders, gynaecological complaints, joint diseases, malaria, respiratory diseases, skin eruptions etc. Digestive, joint and skin ailments are frequent among the rural people. Anaemia and general debility are reported to be assuming serious proportions. Occurrence of more than eighty percent anaemia is either due to malnutrition or due to iron deficient diets. Cholera and measles are most common among the epidemics. Children diseases mostly rickets and pulmonary disorders has now become very

common, and the mortality rate due to these diseases are said to be high. [1-2]

Digestive complaints or disorders includes the conditions caused by eating, indigestible food, excessive or irregular eating, imbalance or spicy diet, adulterating in foods and contamination of drinking water, resulting the symptoms like abdominal pain, acidity, constipation, dyspepsia, indigestion, flatulence, stomachache. Diarrhoea, dysentery, colic and colitis also occur due to gastrointestinal disorders.

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Tribals and rural people believes that above digestive disorders are interrelated and arises one from other. However, these ailments occur due to poor digestion. Therefore, they prescribe the herbal drug, which would improve digestion,

check excess acid formation, and enhance bowl movement. Traditional herbal medicines have an excellent remedy for the diseases of digestive system. [3-5]

Herbal Remedies

The following plants are used to prepare an oral herbal powder:

Botanical Name	Common Name	Part used	Amount (gm)
<i>Aegle marmelos</i> (L.) Corr.	Bel	Fruit Pulp	50
<i>Acorus calamus</i> L.	Bach	Rhizome	50
<i>Cassia angustifolia</i> Vahl.	Sena	Leaf	100
<i>C. fistula</i> L.	Amaltas	Fruit Pulp	50
<i>Calonyction muricatum</i> G. Don.	Khotaliya	Pedicle	50
<i>Curcuma longa</i> L.	Haldi	Rhizome	50
<i>Foeniculum vulgare</i> Mill.	Saunf	Fruit	100
<i>Mentha arvensis</i> L.	Pudina	Leaf	100

Exact proportion of the above herbs are taken and made into a powdered mixture with a small amount of black salt. Two teaspoonful of this herbal powder is to be taken twice daily with luke warm water.

Equal amount of harra (*Terminalia chebula*), bahera (*T. bellirica*), amla (*Emblica officinalis*), ajwain and a small amount of heeng (*Ferula assafoetida*) with little salt grinded together and make a fine powder. About 10 gm of this mixture recommended twice daily after meal with water.

Garlic (*Allium sativum*) has an antiseptic effect and is an excellent remedy (3-5 cloves daily with meal) for inflammation of intestine. Likewise, 4-6 fruits of shivalingi (*Diplocyclos palmatus*) fried with fresh cows ghee and recommended twice daily for colitis.

The tribal and rural people for the treatment of colic prescribe Saunf (*Foeniculum vulgare*). It is one of the safest herb for releasing the gas and relive tummy. About 5 teaspoonful seeds boil in 30 ml water, and allow steeping in water for 15

minutes. The water is strained, cool and given to cure the colic.

Acute loose motion of adults can be prevented by taking 20 ml fresh leaf juice of arjun (*Terminalia arjuna*) with 50 ml curd water. About 3-5 ml leaf juice of choti-dudhi (*Euphorbia microphylla*) is very useful in infantile diarrhoea.

Conclusion

It is obvious from above discussions that the herbal drugs used by the tribals and non-tribals since long have proved to be of great biological significance and modern researches have convincingly established their medicinal properties and restore their creditability which has been eroded with the coming of modern medicines. Further studies on the photochemistry of other medicinal herbs utilized by these rural physicians would reveal some more valuable compounds of greater biological significance not yet known to any school of medicine.

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