



Ethnomedicinal plants used for treatment of gynecological disorders by tribal of Dindori district of Madhya Pradesh

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Abstract

The present paper deals with the Ethno medicinal plants used by the tribes of Dindori district. The tribals depend on the herbal medicines for curing various gynecological disorders. Tribal do not approach doctors due to lack of awareness and shyness or hesitation. Herbal healers and their patients who receive the treatment for any gynecological complication enquired the local names, parts used and method of administration. The binomial names are enumerated with utilization of these plants. Further studies were suggested to validate the claims and herbal drug development for treatment of such disorder.

Key-Words: Herbal medicine, Gynecological disorder, Tribal, Dindori

Introduction

Use of plants for the treatment of various human ailments is as old as human civilization. Even after the induction of 200 years of modern medicine, about 90% people in rural India take the help of local health practitioners for the treatment of various diseases¹. At present about 65% of the Indian population is dependent on the traditional system of medicine². Menstrual disorders are common in women of this region. This region is well developed by all means; still women of this district have a good deal of faith on local plants used for these problems. Many women do not approach doctors because of hesitation and lack of awareness. The traditional healers have a commendable knowledge of medicinal plants around them. Hence an ethno-medicinal survey was undertaken to document the traditional use of folk drug plants for the treatment of menstrual disorders in women of Dindori district. Documenting the traditional knowledge is important for the conservation of medicinal plants as well as their sustainable utilization. Ethnic communities living in formidable agro-climatic situations are well acquainted with natural resources and their sustainable management from time immemorial. The uneven topographic situation compels them to conduct a number of trial and error practices with nature and thereby the communities developed numerous locally suited the best practices and technologies³.

The people from these region with a vast heritage of diverse ethnic culture and rich biodiversity is said to be a great emporium of ethnobotanical health. The use of plants as medicine antedates history. All most all civilization and culture have employed plants in the treatment of human sickness. Bhadrawati is surrounded by dense forest and the people collect the medicinal plant by their traditional knowledge which is used for some common diseases. But due to deforestation, loss of biodiversity and indiscriminate exploitation of wild and natural resources many valuable herbs are at the stage of extinction. The present survey was conducted for documented of traditional knowledge and practices of plants⁴.

Study site

Newly formed Dindori district was carved out of Mandla district with seven blocks in Dindori and Shapura tehsils. This part of the state had very dense forests in the past. The district has rugged terrain with rocky gravelly soil at places. The district is laden with small streams and tributaries of Narmada and Son rivers alongwith other small rivers. The total area of the district is 7470 km². It lies between the latitude 22° 2' and 23° 22' north and longitude 80° 18' and 81° 50' east with high altitude at plateaus of Chada and Chauradadar. Dindori district is situated at the eastern part of Madhaya Pradesh touching Chhattisgarh state. It touches Shahdol in east, Mandla in west, Umaria in north, and Bilaspur district of Chattisgarh State in south. It is 144 Km from Jabalpur on S.H 21, 104 Km from Mandla and 88 Km from holy place Amarkantak. It is located at 81° 34' degree longitude and 21°16'

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degree latitude. The holy river Narmada passes through the district. It is situated at a height of 1100 m above sea level amongst herbal-rich, Maikal mountain ranges. Dindori has many historical as well as spiritual places. Some of the spiritual places are Laxman Madva, Kukarramath and Kalchuri Kali Mandir. It was established on 25th May, 1998 with total 927 villages. The district is covered in seven blocks namely Dindori, Shahpura, Mehandwani, Amarpur, Bajag, Karanjiya & Samnapur. The Baiga are very primitive tribes which found only in this district. The Baigas are known as the primitive tribe. The major tribal groups residing in district are Gond, baiga, Maria, Bhumia, Agariya, Pardhan and Panka.

Material and Methods⁵⁻¹³

The present paper is out come of extensive field survey of different tribal villages of Dindori district during 2008 - 2009 to collect information's on medicinal uses of different plant species for gynecological disorders. During field work, interviews were conducted with local knowledgeable villagers, herbal healers called Vaidhraj, Baiga, Gunia or Sirha. The gynecological medicinal value of each plant was enumerated in the following patterns:- Botanical name, family, local name, part used, disease, method of preparation are given in Table-1.

Results and Discussion

The data on medicinal plants for treatment of various gynecological disorders was collected from local peoples in Dindori district, were analyzed. The enumeration and utilization of these are described in Table 1. The use of plant species as remedies is probably an ancient as men himself. The medicinal preparations are practiced in day to day life of tribal living in remote forest or village. The use of herbal medicines is wide spread in this region with higher percentage of the tribal as well as non tribal population relying on it. This is because of lack of awareness; shyness and lack of modern medical facilities available in their region and the high cost of medical system for treatment are unaffordable by tribal.

Conclusion

Ethno medicinal practices of tribal and non tribal relating with human health. Ethno medicine means the medical practices for the treatment of ethnic or aborigine people for their health care needs. Present study focuses on the utilization of plants available with the people of Dindori district they are using the traditional knowledge for the treatment of gynecological disorders. There is an urgent need for systematic documentation of this knowledge by using scientific tools.

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Table 1: Plants used for gynecological disorders in Dindori district of Madhya Pradesh

S/No.	Details	Description
1	Botanical Name	<i>Achyranthus aspera</i> Linn.
	Family	Amaranthaceae
	Local Name	Chir-chira
	Part Used	Root
	Disease	Easy Delivery
	Method of Preparation	Fresh and dried root is grinded and decoction is made with water and given to pregnant women for relief in painful delivery.
2	Botanical Name	<i>Smilex zeylanica</i> Linn
	Local Name	Ramdattoon
	Family	Smilacaceae
	Part Used	Root
	Disease	White Discharge
	Method of Preparation	A decoction is made with water and taken orally after completion of menstrual discharge.
3	Botanical Name	<i>Asparagus racemosus</i> Willd.
	Local Name	Satavar
	Family	Liliaceae
	Part Used	Root and stem
	Disease	Excess Bleeding during menstrual discharge and burning sensation in urine
	Method of Preparation	Fresh and Dried root or stem is soaked in a glass of water for one hour. Taken orally early morning in empty stomach.
4	Botanical Name	<i>Woodfordia fruticosa</i> (Linn.) Kurz
	Local Name	Dhawai
	Family	Lythraceae
	Part Used	Root
	Disease	Irregularity in Menstruation
	Method of Preparation	Half spoon of Powder of dried flower is mixed with Honey and taken orally.
5	Botanical Name	<i>Citrullus colocynthus</i> (Linn.) Schrader
	Local Name	Indravan
		Cucurbitaceae
	Part Used	Root
	Disease	Easy Delivery
	Method of Preparation	Grind the roots of <i>Citrullus colocynthus</i> (Indravan) with water and apply it to navel of the pregnant woman. It ensures smooth delivery. The moment the childbirth is complete the application of the above preparation should be removed otherwise the ovary may get ejected.
6	Botanical Name	<i>Butea monosperma</i> (Lam.) Taub
	Local Name	Palas
	Family	Fabaceae
	Part Used	Root and Bark
	Disease	Leucorrhoea
	Method of Preparation	Half spoon of Powder of dried flower is mixed with Honey and taken

		orally.
7	Botanical Name	<i>Diplocyclos palmatus</i> Linn.
	Local Name	Shivlingi
	Family	Cucurbitaceae
	Part Used	Seed
	Disease	Contraception
	Method of Preparation	Seed of Shivlingi, Sonth, Kalimirch, Putrajivi and Root bark of Vat is made in powder. 2-5 gms. powder is taken with water or milk at night. Once daily for 21 days. After completion or beginning of menstrual cycle.
8	Botanical Name	<i>Adina cordifolia</i> Benth&Hook.f.
	Local Name	Haldu
	Family	Rubiaceae
	Part Used	Bark
	Disease	Burning Sensation in Urine
	Method of Preparation	Decotation of Haldu bark and Aonla (<i>Emblica officinalis</i>) bark is prepared and kept in glass bottle. One glass of decotation is taken orally.
9	Botanical Name	<i>Curculigo orchioides</i> Gaertn.
	Local Name	Kalimusli
	Family	Amaryllidaceae
	Part Used	Tuber
	Disease	Promoting Sexual Desire & Strengthening
	Method of Preparation	Powder of dried Kalimusli (<i>Curculigo orchioides</i>), Kalimirch and Illaichi is prepared in tablet form. Two capsule is taken in morning and evening after meal.
10	Botanical Name	<i>Ficus racemosa</i> Linn.
	Local Name	Gular
	Family	Moraceae
	Part Used	Fruit
	Disease	Contraceptive
	Method of Preparation	50 gram of fresh fruit is taken and mixed with honey and taken 2 week as contraceptive.
11	Botanical Name	<i>Litsea glutinosa</i> Lour. Rob.
	Local Name	Maida
	Family	Lauraceae
	Part Used	Bark
	Disease	Leucorrhoea
	Method of Preparation	Bark of Maida (<i>Litsea glutinosa</i>) and Safed siris (<i>Albizia procera</i>) is taken in equal quantity and soaked in one cup water overnight. Taken in empty stomach early morning. Once daily up to 5 days.
12	Botanical Name	<i>Plumbago zeylanica</i> Linn.
	Local Name	Chitrak
	Family	Plumbaginaceae
	Part Used	Root
	Disease	Easy Delivery
	Method of Preparation	Intake of 10 gms of roots of <i>Plumbago zeylanica</i> (Chitrak) with honey ensures quick delivery.
13	Botanical Name	<i>Rauwolfia serpentina</i> (Linn.) Benth. Ex Kurz.
	Local Name	Sarpagandha
	Family	Apocynaceae

	Part Used	Root
	Disease	Easy Delivery
	Method of Preparation	Grind the roots of <i>Rauwolfia serpentina</i> (Sarpagandha) and make 10 gms of its preparation. Intake of this preparation results in early delivery. This treatment invigorates and excites the ovary and consequently delivery comes through.
14	Botanical Name	<i>Boehavia diffusa</i> Linn.
	Local Name	Punarnava
	Family	Nyctaginaceae
	Part Used	Whole plant
	Disease	Easy Delivery
	Method of Preparation	Take extract from the roots of <i>Boehavia diffusa</i> (Punarnava) and mix a little bit of oil of Til. Application of this preparation in the vagina ensures smooth delivery.