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**Traditional herbal medicine for respiratory disorders among
the Tribals of Singrauli district in Madhya Pradesh**

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Abstract

Herbs are staging a comeback and herbal renaissance is happening all over the globe. The herbal products have been symbolizing safety in contrast to the synthetics that are regarded as unsafe to human and environment. Although herbs have been priced for their medicinal, flavouring and aromatic qualities for centuries, the synthetic products of the modern age surpassed their importance, due to serious side effects. However, the blind dependence on synthetics is over and people are returning to the naturals with hope of safety and security. The present paper deals with the traditional herbal medicine for respiratory disorders among the tribals of Singrauli district in Madhya Pradesh, India.

Key words: Herbal Medicine, Respiratory disorders, Singrauli, Tribal's

Introduction

Tribe man is a vanishing relic of early man in our society. He confined to widely scattered and completely restricted pockets, chiefly in the hills to which he has restricted under the increasing pressure of civilizations. The primitives men during the course of their struggle for existence in the forest must have encountered the miseries of pains and sickness, sustained injuries and to liberate themselves from these suffering should have looked towards their fellow friends – the plants. And thus, the discovery of healing properties of herbs comes into existence¹⁻².

Singrauli is situated in the eastern part of Madhya Pradesh and the adjoining southern part of Sonbhadra district of Uttar Pradesh, collectively known as Singrauli. The area is emerging as India's energy capital, the place earlier known as Shringaval, named after the sage Shring, was once upon a time covered with dense and unavailable forests and inhabited by tribals and wild animals.

The area has group of rock cut caves made in 7-8 th century A.D. in Mada which is 32 km from Waidhan. Mada is situated in Mada tehsil of Singrauli district. Famous caves include Vivah Mada, Ganesh Mada, Shankar Mada, Jalaila and Ravan Mada. These caves are not only beautiful example of rock cut caves but also it is spendid from the point of view of iconography. Besides, rock cut caves Singrauli also has painted rock shelters belong to the Mesolithic age of microlithic implements culture.

Respiratory complaints are very common health problem and increasing alarmingly with the rise of air pollution. Modern allopathic medicines have so far not produced any curative drug for respiratory problems. It only gives symptomatic relief for a short duration. Traditional herbal medicines, however, has some specific herbs which can cure many of the pulmonary complaints from their root.

Till date no any systematic work has been done so far, therefore, the present work was conceived to reveal the traditional herbal medicine used to cure respiratory disorders among the tribal's of Singrauli district in Madhya Pradesh³⁻⁴.

Material and Methods⁴⁻⁵

Selection of Study Sites

Twenty five study sites scattered over five tehsels were selected on the basis of floristic pattern and population of tribal and rural people. The herbal knowledge was obtained by the tribals and knowledgeable person. Emphasis was given to trace out the herbal secrets from the old medicine men, schedule castes and schedule tribes. Some tribes move villages to villages and often lead to nomad's life, during the days of famine and scarcity for their live hood. The author had also visited in the huts of these tribes to obtain their herbal secrets.

Informants

Before actually launching into fieldwork, discussions were held and guidance sought from tribals and medicine men at different centers. The local informants were of five types, chosen by selected sampling and random sampling methods.

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Method of Data Collection

Systemic field trips of the study sites were made during the September 2002 to August 2004. The entire region was covered and three places in each block were touched. Data regarding to herbal heritage were collected as per plan suggested.

Correct Botanical Name

Every effort has been made to assign the correct botanical name of the herbs used by tribes.

Results and Conclusion

It has been realized that medicinal herbs are going to play a very important role in future health care system. Most of modern researches on herbal medicine have hinged around traditional folklore medicine. We stand today at the crossroad of ancient traditions and modern advancement with regards to medicine. The modern medicine has brought it host of drug, none of which is non-toxic and hundred percentages safe for us and some of them even causes irreversible damage to our body system. It has also no answer to some of the diseases ailing the humanity. On the contrary the herbal medicines are safe, without any toxic effect and have answer for dreaded diseases too.

Respiratory complaints are very common health problem among the tribal and natives of Singrauli district of Madhya Pradesh. Modern allopathic medicines have so far not produced any curative drug for respiratory problems. It only gives symptomatic relief for a short duration. Traditional herbal medicines, however, has some specific herbs which can cure many of the pulmonary complaints from their root. Asthma, bronchitis, Cough (Common & Whooping) are very common respiratory disorders among the tribals of study area. The tribe's attributes this disease arises due to the impairment of digestive function. The decoction of *Acorus calamus* L. (Bach), *Adhatoda vasica* L. (Adusa) and *Ocimum sanctum* L. (Tulsi) are taken with *Mentha arvensis* (Mint), *Curcuma longa* (Haldi) and *Ferula assafoetida* (Heeng). were recommended three times

in a day till the cure is perceived from asthma. A decoction used in the treatment of asthma is also suggested in bronchitis. Herbal powder made by bark of *Acacia Arabica* (Babool), stem of *Tinospora cordifolia* (Giloya) and dried roots of *Withania somnifera* (Ashwagandha) is given two teaspoonful three times in a day) for fast recovery of bronchitis.

About 100 gm leaves of *Adhatoda vasica* (Adusa), 50 gm dry seeds of *Moringa olecifera* (Munaga), 50 gm leaves of *Ocimum sanctum* (Tulsi) and 50 gm *Piper longum* (Peepar) are taken and an made a decoction by boiling them in water. Two teaspoonful of this decoction is consumed three times in a day for the treatment of common cough.

Dried leaves powder of *Adhatoda vaica* (Asusa) and seeds powder of *Piper longum* (Peepar) mixed in a ratio of 50gm: 15 gm and make the small pills by adding 30 gm jaggery. Two pills three times in a day is an excellent remedy for whooping cough.

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