The present paper deals with the ethnomedicinal plants used by the tribes of Dindori district. The tribals depend on 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 diseases. At present about 65% of the Indian population is dependent on the traditional system of medicine. 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 technologies.

* Corresponding Author
E.mail: ankurshrivastava2006@rediffmail.com

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 plants.

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 along with 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 Madhya 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'
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 Methods**

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. The enumeration and utilization of these are described in Table 1. The use of plant species as remedies is probably an ancient as men themselves. The medicinal preparations are practiced in day to day life of tribal living in remote forest or village. The use of herbal medicines is widespread 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.

**Acknowledgement**

The author is sincere thanks to the tribal herbalists who revealed their knowledge on medicinal herbs used in women’s diseases.

**References**


<table>
<thead>
<tr>
<th>S/No.</th>
<th>Botanical Name</th>
<th>Family</th>
<th>Local Name</th>
<th>Part Used</th>
<th>Disease</th>
<th>Method of Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>Achyranthus aspera</em> Linn.</td>
<td>Amaranthaceae</td>
<td>Chir-chira</td>
<td>Root</td>
<td>Easy Delivery</td>
<td>Fresh and dried root is grinded and decoction is made with water and given to pregnant women for relief in painful delivery.</td>
</tr>
<tr>
<td>2</td>
<td><em>Smilax zeylanica</em> Linn</td>
<td>Smilacaceae</td>
<td>Ramdatoon</td>
<td>Root</td>
<td>White Discharge</td>
<td>A decoction is made with water and taken orally after completion of menstrual discharge.</td>
</tr>
<tr>
<td>3</td>
<td><em>Asparagus racemosus</em> Willd.</td>
<td>Liliaceae</td>
<td>Satavar</td>
<td>Root and stem</td>
<td>Excess Bleeding during menstrual discharge and burning sensation in urine.</td>
<td>Fresh and Dried root or stem is soaked in a glass of water for one hour. Taken orally early morning in empty stomach.</td>
</tr>
<tr>
<td>4</td>
<td><em>Woodfordia fruticosa</em> (Linn.) Kurz</td>
<td>Lythraceae</td>
<td>Dhawai</td>
<td>Root</td>
<td>Irregularity in Menstruation</td>
<td>Half spoon of Powder of dried flower is mixed with Honey and taken orally.</td>
</tr>
<tr>
<td>5</td>
<td><em>Citrullus colocynthus</em> (Linn.) Schrader</td>
<td>Cucurbitaceae</td>
<td>Indravan</td>
<td>Root</td>
<td>Easy Delivery</td>
<td>Grind the roots of <em>Citrullus colocynthus</em> (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.</td>
</tr>
<tr>
<td>6</td>
<td><em>Butea monosperma</em> (Lam.) Taub</td>
<td>Fabaceae</td>
<td>Palas</td>
<td>Root and Bark</td>
<td>Leucorrhoea</td>
<td>Half spoon of Powder of dried flower is mixed with Honey and taken orally.</td>
</tr>
<tr>
<td></td>
<td>Botanical Name</td>
<td>Local Name</td>
<td>Family</td>
<td>Part Used</td>
<td>Disease</td>
<td>Method of Preparation</td>
</tr>
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<tr>
<td>7</td>
<td><em>Diplocyclos palmatus</em> Linn.</td>
<td>Shivlingi</td>
<td>Cucurbitaceae</td>
<td>Seed</td>
<td>Contraception</td>
<td>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.</td>
</tr>
<tr>
<td>8</td>
<td><em>Adina cordifolia</em> Benth &amp; Hook.f.</td>
<td>Haldu</td>
<td>Rubiaceae</td>
<td>Bark</td>
<td>Burning Sensation in Urine</td>
<td>Decotation of Haldu bark and Aonla (<em>Embilca officinalis</em>) bark is prepared and kept in glass bottle. One glass of decotation is taken orally.</td>
</tr>
<tr>
<td>9</td>
<td><em>Curculigo orchioides</em> Gaertn.</td>
<td>Kalimusli</td>
<td>Amaryllidaceae</td>
<td>Tuber</td>
<td>Promoting Sexual Desire &amp; Strengthening</td>
<td>Powder of dried Kalimusli (<em>Curculigo orchioides</em>), Kalimirch and Ilaichi is prepared in tablet form. Two capsule is taken in morning and evening after meal.</td>
</tr>
<tr>
<td>10</td>
<td><em>Ficus racemosa</em> Linn.</td>
<td>Gular</td>
<td>Moraceae</td>
<td>Fruit</td>
<td>Contraceptive</td>
<td>50 gram of fresh fruit is taken and mixed with honey and taken 2 week as contraceptive.</td>
</tr>
<tr>
<td>11</td>
<td><em>Litsea glutinosa</em> Lour. Rob.</td>
<td>Maida</td>
<td>Lauraceae</td>
<td>Bark</td>
<td>Leucorrhoea</td>
<td>Bark of Maida (<em>Litsea glutinosa</em>) and Safed sīris (<em>Albizia procera</em>) is taken in equal quantity and soaked in one cup water overnight. Taken in empty stomach early morning. Once daily up to 5 days.</td>
</tr>
<tr>
<td>12</td>
<td><em>Plumbago zeylanica</em> Linn.</td>
<td>Chitrak</td>
<td>Plumbaginaceae</td>
<td>Root</td>
<td>Easy Delivery</td>
<td>Intake of 10 gms of roots of <em>Plumbago zeylanica</em> (Chitrak) with honey ensures quick delivery.</td>
</tr>
<tr>
<td>13</td>
<td><em>Rauwolfia serpentina</em> (Linn.) Benth. Ex Kurz.</td>
<td>Sarpagandha</td>
<td>Apocynaceae</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Part Used</td>
<td>Root</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Disease</td>
<td>Easy Delivery</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Method of Preparation</td>
<td>Grind the roots of <em>Rauwolfia serpentina</em> (Sarpgandha) 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.</td>
<td></td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>14</th>
<th>Botanical Name</th>
<th><em>Boehaavia diffusa</em> Linn.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Local Name</td>
<td>Punarnava</td>
</tr>
<tr>
<td></td>
<td>Family</td>
<td>Nyctaginaceae</td>
</tr>
<tr>
<td></td>
<td>Part Used</td>
<td>Whole plant</td>
</tr>
<tr>
<td></td>
<td>Disease</td>
<td>Easy Delivery</td>
</tr>
<tr>
<td>Method of Preparation</td>
<td>Take extract from the roots of <em>Boehaavia diffusa</em> (Punarnava) and mix a little bit of oil of Til. Application of this preparation in the vagina ensures smooth delivery.</td>
<td></td>
</tr>
</tbody>
</table>