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Original Research Article

Ethnomedicines for Jaundice Used in Tribal Areas of Ghunghuti Forest, District Umaria, Madhya Pradesh, Central India

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Abstract

The present paper deals with ethnomedicinal use of 25 antiviral hepatitic plant species occurring in hilly forest of Ghunghuti, District Umaria, Madhya Pradesh Central India. In the study area, more than a dozen plants are used in different parts of the state by natives like Baiga, Gond and Bhumia as remedy for this disease. Some of which are less known, but very effective. The present study enumerated 25 ethnomedicinal plants used in treatment of jaundice by tribals of Ghunghuti forest.

Keywords

Ethnomedicine

Jaundice

Tribal people

Introduction

Ghunghuti forest is present in District Umaria, Madhya Pradesh, India and is a very dense forest. District Umaria is located to the North East of Madhya Pradesh. Mathematically the coordinates of the District extend from 23^0 38' to 24^0 20' North and 80^0 28' to 82^0 12' East. It has geographical area of 4548 sq.km. The greatest length of the district is about 150 km. from north to south and the greatest width is about 60km from east to west. The population of the district on the basis of 2001 census is 515963. Out of which about 83% population resides in rural areas. The district has extensive forests. About 42% of the total area is covered by forests only. The District is rich in minerals. The most important mineral found in the district is coal and as a result 8 mines are being operated by South Eastern Coalfield Limited in the district. The famous Bandhavgarh National Park (Tala) and Sanjay Gandhi Thermal Power Station Mangthar (Pali) are located in the district. Umaria was formerly the headquarters of the South Rewa District and thereafter the headquarters town of the Bandhavgarh tehsil. It is situated at a distance of about 69 Km. from Shahdol, the parent district. Metalled roads connect the town with Katni, RewaShahdol etc., on which regular buses ply.

Umaria is famous for its coal-mines, which were opened

in 1881 by the Government of India and transferred to the Rewa Darbar in the same year, mainly to meet the requirement of railway at Katni. The topography is divisible into plains, mountains and plateau. Plateau occupies the middle part of the district. This is called plateau of Baghelkhand. Maikal range constitutes southern part of the district. The hilly tracts of Central India are covered by luxuriant vegetation. The tribals are

distributed mostly in the aforesaid hilly tracts of the thick forest. They are adopted to live in these habitations. Baiga tribes are the dominant tribes inhabiting in Umaria district and most of the tribal populations are using plants for their domestic livestock. The ethnobotany and ethnoveterinary plants and traditional knowledge of ethnomedicines are gradually depleting due to lack of proper records and documentation. They usually collect their materials from nearly forests and use in their health care system, which is well developed and proven successfully for generation together.

Review of literature reveals that lest of workers explored the medicinal wealth of this area. Agrawal (1997), Ahirwar (2010a, 2010b, 2011, 2014, 2015), Duthie (1973), Dwivedi and Singh (1984), Hooker (1872-1897), Jain (1964-1981), Jain and Goel (1987), Khan et al. (2008), Khan et al. (2005, 2008), Khan and Khan (1957), Maheshwari (1984, 1990), Manilal (1991), Naga Raju and Rao (1990), Oommanchan et al. (1990), Pandey et al. (1992), Shukla (1996) and Verma (1995). Viral Hepatitis was known to mankind as pilia (Jaundice) for morethan 2500 year ago as can be seen from Charak and sushruta (400 B.C) Jaundice (Pilia) is a symptom complex characterised by increase of bile pigment in body fluids tissues yellowness of skin. Whites of eyes and vomiting yellowish fluid are initial external symptoms. Its causes of Jaundice are varied excess of bile from the liver or any damage to the liver affects the normal excretion of bile pigments many be responsible. Plants and minerals have been utilized as sources of remedy for Jaundice from ancient time.

Materials and methods

Periodic extensive survey has been made from July 2013 to June 2014 and the collection of plants was made from different localities of Ghunghuti and of adjoining areas (Figs. 1 and 2). Information regarding plants used by the tribals and rural folk in treatment of jaundice in these regions were noted.

Fig. 1: The study area - District Umaria in Madhya Pradesh, India

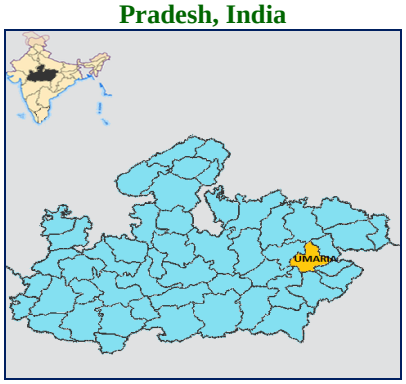
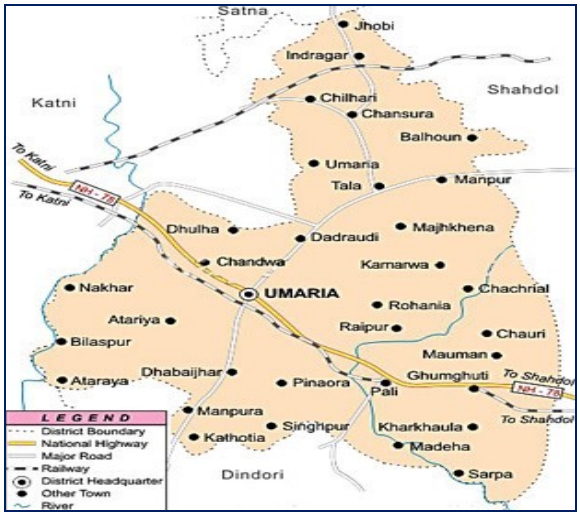


Fig. 2: Location map of study site Ghunghuti, District Umaria.



Results and discussion

Plants species have been arranged alphabetically followed by their family, local name, place of collection and use as reported by the tribes of Ghunghuti District Umaria Madhya Pradesh, Central India (Table 1) and some of the important plant species recorded in the present study are shown in Fig. 3.

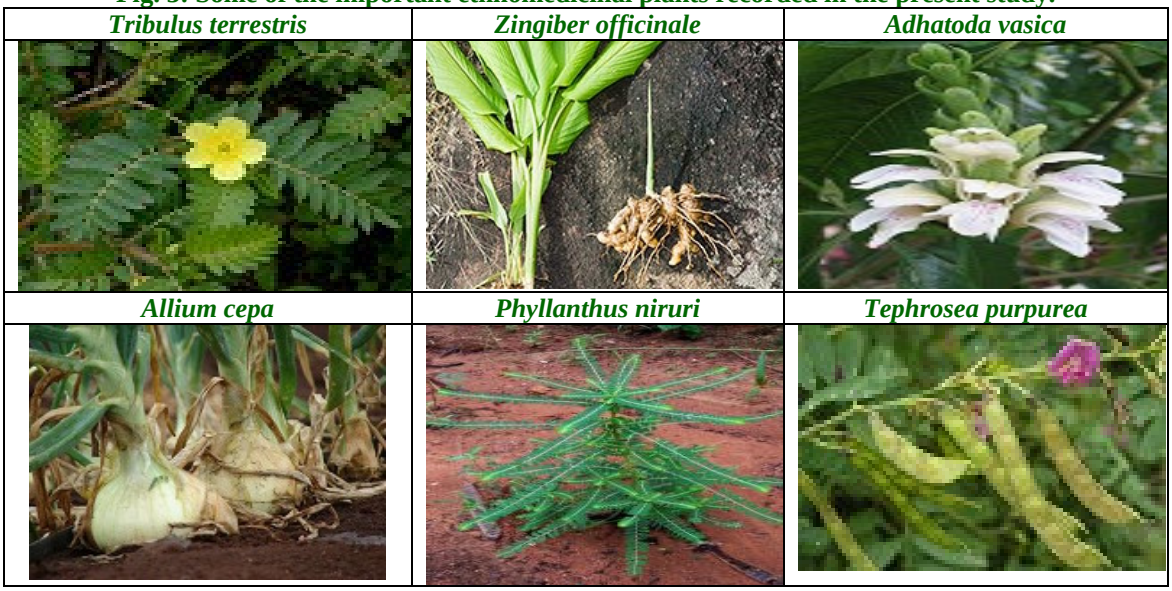
Table 1. Ethnomedicinal plants used in the treatment of jaundice by the tribals of Ghunghuti forest.

Sl. No.	Plants species and family	Vernacular Name	Parts used	Form of remedy with ingredients
1	*Adhatoda vasica* (Acanthaceae)	Adusha	Leaves	Powder mixed with leaf powder of *Plumbago zeylanica* (Chitrak) and in milk is given; one dose per day for 7 days
2	*Allium cepa* L. (Liliaceae)	Pyaj	Bulb	Onion cooked with vinegar, given one a day for 3 days.
3	*Alysicarpus vaginalis* (L.) DC (Fabaceae)	Gohmana	Leaves	Leaf juice is drunk twice a day for 7 days.

Sl. No.	Plants species and family	Vernacular Name	Parts used	Form of remedy with ingredients
4	*Azadirachta indica* Juss.(Meliaceae)	Neem	Leaves	Powder with butter milk or leaf juice is drunk for a week.
5	*Bhumeopsis flava* (DC.) Gagnep. (Asteraceae)	Murva	Root	Dried root powder with water is taken for two weeks.
6	*Boerhaavia diffusa* L. (Nyctaginaceae)	Patharchata	Entire plant	Decoction of whole plant with 6 black peppers (*Piper nigum*) and a piece of garfic (*Allium sativum*) is given once day for 4 days.
7	*Curculigo Orchioises* Gaertn. (Hypoxidaceae)	Kali musli	Whole plant	Powder of plant is taken with milk or curd twice a daily for 2 weeks.
8	*Cuscutareflexa* Roxb. (Cuscutaceae)	Amarbel	Stem and seeds	Juice of stem and seeds used orally for 7 days.
9	*Cyperusrotundus* L. (Cyperaceae)	Gondila	Whole plant	Buttur-millk, garlic (*Allium sativum*) and black pepper (*Piper nigrum*). Powder of plant is taken with milk or curd twice dally for 2 weeks.
10	*Eclipta prostrata* (L.) (Asteraceae)	Bhringraj	Whole plant	Decoction whole plant used once a day for few weeks.
11	*Emblica officinalis* L. (Euphorbiaceae)	Aamla	Fruit	Dried fruit powder (mg.) and with powder of *Phyllanthus amarus* in butter milk is administered for 3 days.
12	*Hygrophlla auriculata* (Schum) Heine (Acanthaceae)	Kateelibooti	Leaves and seeds.	Leaves and seeds are ground into paste and made into pills; 2 pills per day taken for five days. Diet Buttermilk and food salt restricted.
13	*Ichnocarpus fruitescens* (L.) R.Br. (Apocynaceae)	Dudhilata or Dhimarbrl or kalidudhi	Root	Dried root powder with water is used.
14	*Murraya koenigii* (L.) Spr (Rutaceae)	Hathil	Leaves	Decoction of powder is drunk for one week.
15	*Ocimum sanctum* L. (Lamiaceae)	Tulsi	Entire plant	Juice or infusion leaves are drunk, and some time infusion of entire plant is also drunk with butter milk.
16	*Hedyotis corymbosa* (L.)Lamk. (Rubiaceae)	Dhadra	Root	Root powder with water is drunk for a week.
17	*Phyllannthus niruri* L. (Euphorbiaceae)	Bhoo-Aamla	Leaves and fruits	Fresh leaves and fruit juice is used.
18	*Phumbago zeylanica* L. (Plumbaginaceae)	Chitramool	Leaves and Root	Decoction of root and leaves are drunk and used for bath.
19	*Ricinus commuis* L. (Euphorbiaceae)	Arandi	Tender Leaf	Leaf paste is given cow milk for a week.
20	*Rubia cordiflolia* L. (Rubiaceae)	Pilia	Root	Root powder is used.
21	*Solanum nigrum* L.(Solanaceae)	Makoi	Entire point	Infusion of entire plant is drunk for few days.
22	*Tephrosia purpurea* Pers. (Fabaceae)	Sharpankha	Leaves	Leaves are grounded and are administered with butturmilk (Contains a piece of garlic (*Allium sativum*) and 2 or 3 pepper (*Piper nigrum*)
23	*Tinospora cordifolia* (L.) Merr. (Menispermaceae)	Gurij	Leaves and fruit	Dried leaves and fruit powder is drunk with water for few days.
24	*Tribulus terrestris* L. (Zygophyllaceae)	Gokhru	Leaf and fruit	Decoction of fresh leaf and fruit are drunk.

Sl. No.	Plants species and family	Vernacular Name	Parts used	Form of remedy with ingredients
25	*Zingiher offcinale* Rose. (Zingiberaceae)	Adrakh	Rhizome	Decoction, one tablespoon is drunk, 2 times per day for 7 days.

Fig. 3: Some of the important ethnomedicinal plants recorded in the present study.



The tribal peoples live at interior villages deep inside the dense forest areas. They are dependent on many medicinal plants growing nearby. The present information on 25 plant species frequently used in jaundice, has been recorded. The folklore herbalists and tribal are very familiar with the disease and symptoms of jaundice in patients and mode of treatment with plant crude drugs. The knowledge of proper used of these plants is essential for treatment to those people who cannot afford costly allopathic drugs.

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