A SURVEY OF PLANTS IN TRADITIONAL HOME REMEDIES FROM BHANDRADARA AREAS OF AHMEDNAGAR DISTRICT (M.S.), INDIA

1*Salave Ashok P. and 2 P. G. Reddy

1Dept. of Botany, Shri Dnyaneshwar Mahavidyalaya, Newasa, Ahmednagar-414603
2Research Centre of Botany, P.V.P. College, Pravaranagar (Loni), Ahmednagar-413713

ABSTRACT

The present communication reveals the traditional herbal remedies practiced in Akole tahasil areas of the Ahmednagar district against various liver diseases and disorders from Maharashtra, India. In all total 19 plant species belonging to 17 genera from 14 angiosperm families used for treatment of certain human ailments and disorders have been documented. of these, uses of --plant species found unknown or less known to India.

KEY WORDS: Folklore, Home Remedies, toothache, Bhandardara.

INTRODUCTION

In India, the interactions between the traditional healers and their surroundings i.e. plants have greatly contributed in human civilization. Man himself has been using plants several plants for his healthcare [1]. These interactions have contributed greatly to the development [2], survival and welfare of human race on the earth planet. Scientific study of these interactions with a special focus on the traditional knowledge regarding use of plants and their produce for human welfare is called as ethnobotany. In recent years, it has been realized that traditional herbal drugs are going to play a very significant role in curing certain acute and chronic diseases and disorders. Most of the modern synthetic drugs and medicines have attacked the targets blindly and thus badly affected several related metabolic processes. On contrarily, the herbal drugs probably have more accuracy in working, more effective, target specific action and without side effects. Further the drugs are affordable, eco-friendly and easily available in local market. About the study area: Bhandardara is a pleasant hilly place occur as one of the spur of Sahyadri Mountain. it is situated 185 Km (i.e. 115 miles) away
from Mumbai. It is surrounded by the dense forests of ethnobotanical interests. The area under the study is an ideal hill station famous for diverse ethno-flora. It is situated at distance of 75 km on North-western side of Ahmednagar district (M.S.) India. It covers an area of 214.10km² (i.e. 468.8 miles²) and lies at an altitude of 394-413 meters from MSL (Mean Sea Level) and is located in between 19°31′40″N-19°33′43″N latitude and 73°45′50″E-73°49′57″E longitude. The area under the study is occupied by forest area of 44.26 km² with 52.5% mixed-deciduous forests with an average rainfall of about 635 mm (2008) and temperature range of 12°C to 36°C [3]. So far the study concerned, area under the study is unexplored up to today.

**Figure:1 Study area: Bhandardara**

**Review of literature**
Recent interest in ethno-medicinal explorations has increased due to the work of [3-11]

**Methodology**
A structured and semi-structured interviews [12] were arranged in the study area season wise during the period from June 2009 to October 2011 to collect the data regarding ethno-medicinal uses of the native ethno-flora from the local inhabitants. The plant specimens were collected and identified by their local names, with the help of local traditional healers and medicine men as per guidelines [13-15]. The ethno-medicinal information was confirmed orally through help from the local traditional healers and medicine men via verbal and informal interviews. The voucher specimens were prepared, tagged and confirmed by
referring the standard floras [16-20]. They were preserved as per plan suggested by [21] in the Department of Botany, Shri Dnyaneshwar Mahavidyalaya, Newasa for future study.

RESULT/ENUMERATION

1. *Abelmoschus mannihot* (L.) Medik. ‘Ran-bhendi’ (Malvaceae)
   Habit: Herb
   Occurrence: Common
   Plant part: Leaf
   Use: Young and tender leaves of the plant are chewed by the live traditional singers to improve tutoring speech.

2. *Acacia leucophloea* (Roxb.)Willd. ‘Hiwar’ (Mimosaceae)
   Habit: Tree
   Occurrence: Common
   Plant part: Root
   Use: Paste from one to two gram of fresh roots in 10-15ml warm water is applied topically on painful gums once daily up to 15-18 days to cure gingivitis.

   Habit:Fern
   Occurrence:Rare
   Plant part: Leaf
   Use: 1-2 tolas (aprox.10-20 gm) leaves powder is boiled in aatpav (100 ml)water for 5-7 minutes and the decoction is applied topically on painful teeth once a day in the early morning to cure toothache.

   Habit:Tree
   Occurrence:Rare
   Plant part: Leaf
   Use: Aatpav (aprox.100 gm) young leaves are crushed in a cupful of goat’s milk and the extract is given with 1-2 tsp of honey twice a day up to 5-8 days to cure diarrhea and dysentery.

5. *Ailanthus excelsa* Roxb. ‘Maharukh’ (Simaroubaceae)
   Habit:Tree
   Occurrence:Common
   Plant part: stem (bark)
Use: Shade dried stem bark pieces are crushed with 2-3 dried nilgir (*Eucalyptus globulus*) leaves and 1-2 tolas of Arjun sadada (*Terminalia arjuna*) stem bark pieces and the fine powder is used as tooth powder once daily in early morning to relieve from toothache.

   Habit: Tree
   Occurrence: Rare
   Plant part: stem (bark)
   Use: 1-2 tolas (aprox.10-20 gm) of fresh root pieces are crushed and is taken in mouth two times in a day for 3-4 days to get relief from toothache.

   Habit: Shrub
   Occurrence: Rare
   Plant part: Leaf
   Use: An extract from fresh leaves is mixed in a applied painful muscles of joints to relieve arthritis and rheumatism.

8. *Bombax ceiba* Linn. ‘Kate-sawar’ (Bombacaceae)
   Habit: Tree
   Occurrence: Rare
   Plant part: Stem (bark)
   Use: Fresh latex from the plant is applied on teeth as toothpaste once daily for 10-12 days to heal wounds in pet animals.

9. *Caesalpinia decapetala* (Roth.) Alst. ‘Chillar’ (Caesalpinaceae)
   Habit: Shrub
   Occurrence: Rare
   Plant part: Leaf
   Use: Fresh leaves are boiled with tea powder in cup of goat’s milk is given twice a day for 3-4 days to control gingivitis and pyorrhoea.

10. *Bauhinia perpurea* Linn. ‘Rakta-kanta’ (Mimosaceae)
    Habit: Shrub
    Occurrence: An exotic ornamental
    Plant part: Leaf
    Use: 2-3 mase (aprox 2-3 gm) of leaf powder mixed in equal amount of Gondhan (*Cordia gharaf*) stem bark powder with a pinch of black salt is boiled in a glass of water and the decoction is used to eradicate lice.
11. *Caesulia axillaris* Roxb. ‘Kala-maka’ (Asteraceae)
   - Habit: Herb
   - Occurrence: Common
   - Plant part: Leaf
   - Use: Fresh and healthy leaves of the plant are boiled in coconut oil and the preparation is used to attain healthy and fast hair growth.

12. *Caralluma adscendens* var *fimbricata* (Wall.) Gravely & Mayumath. ‘Shindal-makadi’ (Asclepiadaceae)
   - Habit: Herb
   - Occurrence: Rare
   - Plant part: Stem
   - Use: Fresh leaves are chewed regularly by the inhabitants to cure mouth sores and ulcers.

13. *Holarrhena pubescens* Wall. ex G. Don. ‘Safed kuda’ (Apocynaceae)
   - Habit: Tree
   - Occurrence: Rare
   - Plant part: Latex
   - Use: A tablespoon of fresh latex is mixed in a half litre of cow’s milk to convert it into curd.

14. *Ipomoea carnea* Jacq. ssp.*fistulosa* (Mart. Ex Choisy) Austin ‘Beshram’ (Convolvulaceae)
   - Habit: Herb
   - Occurrence: Common
   - Plant part: Leaf
   - Use: an extract from fresh leaves in ordinary liquor is applied externally on the skin suffering from cryptococcosis twice a day up to 12-15 days to cure infection.

15. *Jatropha gossypifolia* Linn.’Mogali erand’ (Euphorbiaceae)
   - Habit: Shrub
   - Occurrence: Rare
   - Plant part: Latex
   - Use: Latex from the plant mixed in mixture of mohri (*Brassica compestris*) oil and clove (*Syzygium aromaticum*) oil (5 ml each) and the formulation is applied on painful legs of pregnant women once daily at night from seventh month up to 10-12th days after delivery.

Habit: Tree
Occurrence: Rare
Plant part : Whole plant
Use: *To increase fertility and chances of conception, women willing to pregnant, remain in close association of this tree in flowering period.

Habit: Herb
Occurrence: Rare
Plant part : Inflorescence
Use: A handful of fresh inflorescence axes are crushed in a cupful of goat’s milk and resultant preparation is consumed once daily in the early morning up to 6-8 days to cure pyorrhoea and gingivitis.

Habit: Herb
Occurrence: Common
Plant part : Root
Use: A handful of root powder and 1-2 tsp of honey are boiled in a glass of goat’s milk and the formulation is given internally twice a day up to 6-10 days to cure toothache and pyorrhoea.

19. *Terminalia arjuna* Retz. ‘Arjuna’ (Combretaceae)
Habit: Tree
Occurrence: Rare
Plant part : Fruit
Use: Homogeneous mixture from fruit powder with specific quantity of shatawari (*Asparagus racemosus*) tuber powder is used regularly as health tonic for anti-ageing.

20. *Terminalia chebula* Retz. ‘Hirda’(Combretaceae)
Habit: Tree
Occurrence: Rare
Plant part : Fruit
Use: *Pericarp from 2-3 ripen fruits is boiled in a cupful cow’s milk and the resultant formulation is consumed once daily in early morning for 3-4 weeks increase and maintains sexual vigour and strength in sexually weak men .
DISCUSSION

The present paper illustrated a brief account of 19 plant species belonging to 17 genera from 14 families used for the treatment of specific kind of oral healthcare practices in Akole tahasil from Ahmednagar district (M.S.) India. Almost all of the preparation/formulations are administered orally either in the form of extract or juice.

Table: 2-Plant part used against name and number of plant species studied:

<table>
<thead>
<tr>
<th>S.N</th>
<th>Part used</th>
<th>Name of plant species</th>
<th>No of species</th>
<th>% of plant part used</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Latex</td>
<td><em>Jatropha gossypifolia</em> Linn., <em>Holarrhena pubescens</em> Wall. ex G.Don.</td>
<td>02</td>
<td>10.00</td>
</tr>
<tr>
<td>4</td>
<td>Root</td>
<td><em>Tephrosia perpurea</em> (Linn.)Pers., <em>Acacia leucophloea</em> (Roxb.)Willd.,</td>
<td>02</td>
<td>10.00</td>
</tr>
<tr>
<td>5</td>
<td>Fruit</td>
<td><em>Terminalia arjuna</em> Retz., <em>Terminalia chebula</em> Retz.</td>
<td>02</td>
<td>10.00</td>
</tr>
<tr>
<td>6</td>
<td>Inflo.</td>
<td><em>Spilanthus oleracea</em> Linn.</td>
<td>01</td>
<td>5.00</td>
</tr>
<tr>
<td>7</td>
<td>Whole plant</td>
<td><em>Milingtonia hortensis</em> L.f.</td>
<td>01</td>
<td>5.00</td>
</tr>
</tbody>
</table>

From above study (Table:2), it is found that leaves in seven plants (36.84%) which is followed with roots in five plants each (26.32%), fruits in three plants (15.79%) and stem and latex in two plants each (15.79%).found to have unique role in oral healthcare practices..

CONCLUSION

The area under the study is bestowed with a great ethno-floristic diversity. It denotes the wisdom of the local people including the traditional healers and medicine men in regards to traditional ethno-medicinal knowledge. It enlightens immense scope and wide potential for research in the ethnobotanical science. To document, conserve and evaluate the information, collective efforts are needed from the ethno-botanists and ethno-pharmacologists before it disappeared. As an ethno-botanist, it’s our prime duty to protect, document and spread the indigenous traditional knowledge through various media and overcome the problems of biotic and abiotic interference and deforestation. To conserve it, urgent need of collaborative work on rural and tribal level through participation activities of the rural, tribal and non-tribal
populace, semi-government and government authorities is essential which will create general awareness among them about the conservation of the native ethno-flora. The central and the state government authorities should encourage the ethno-botanists and ethno-pharmacologists in exploration of the hidden ethnobotanical wealth in these areas which will help in elevating the export of herbal medicine and growing the trade and economy of the country by increasing herbal trade with the major countries around the world. This will also improve the health and quality of life of this entire nation.

ACKNOWLEDGEMENT
Author's thanks are due to the help rendered by the notified and de-notified rural, tribal and non-tribal groups and traditional healers from the study area due to their immense help and co-operation during the study and field work. Thanks are also due to the authorities of Forest division of Ahmednagar for immense co-operation and permission for collection of plant parts from plants of ethno-medicinal significance.

REFERENCES


Printers and Publishers, New Delhi, 33-58.


