SOME ETHNOMEDICINAL PLANTS OF DHAR DISTRICT

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ABSTRACT

Dhar district is inhabited by dominating tribes, bhils and bhilalas. Bhils constitute the third largest tribe of India. There are many sub-tribes of bhils viz., tarvi, nayar, nhal, barela, and kotwal. At the same time sub-tribes of bhilalas, darbari bhilala, dhaplya bhilala, rathya bhilala, also live here. They utilize a large number of plant species occurring in wild as herbal remedies on various diseases and ailments in the area. The paper lists 32 such species.

INTRODUCTION

An ethnomedicinal survey was conducted in the tribal blocks of Dhar district specially in Mandav. The first hand information was gathered and their mode of therapeutic uses from the tribal medicine-man badwa and other experienced tribals was studied. They give herbal treatment for several human diseases—a skill, which they have inherited from their ancestors through several generations of experience.

The present study brings to some light on interesting data on potential medicinal plants which should be screened for determining their true therapeutic and pharmaco-dynamic properties.

1. Actiniopteris sp.
   Family: Polypodiaceae
   Loc. name: Bhui tar
   Locality: Mandav
   Uses: The extract of whole plant is used in leucorrhoea and urinary problems.

2. Andrographis paniculata Wall. ex Nees
   Family: Acanthaceae
   Loc. name: Bhui neem
   Locality: Doncha
Uses: The juice of the root is used in hyper-acidity, bleeding in women and urinary problems in man. Due to bitterness it is used with sugar.

3. **Anisochilus carnosus** Wall.
   Family: Lamiaceae
   Loc. name: Bhui Ringani
   Locality: Mandav
   Uses: Fruits of this plant are used with coconut oil in headaches and applied on the forehead.

4. **Anogeissus latifolia** Wall. ex Bedd.
   Family: Combretaceae
   Loc. name: Dhawara
   Locality: Mandav
   Uses: The gum of this plant is used as a tonic and aphrodisiac with dry fruits and ghee.

5. **Boerhavia diffusa** L.
   Family: Nyctaginaceae
   Loc. name: Kharwar, Kharjar
   Locality: Manawar
   Uses: Seeds are used in dysentry, diarrhoea and stomachache. Roots are used for the treatment of jaundice. 21-22 pieces of roots are cut and tied around the neck of patient. Root paste is used for inflammation in pets.

6. **Bryonia sp.**
   Family: Cucurbitaceae
   Loc. name: Shivlingi
   Locality: Mandav
   Uses: The seeds are given against female sterility. 5 seeds are given on each Monday upto 5 weeks. Kheer of 25 seeds is given to woman which enhances the there is surety of pregnancy.
   After 2 months pregnancy if 4 seeds are given to woman, 2 hours before meals up to 1 month, there is surety of male child. They believe like this. The seeds should not be chewed. They should be swallowed as whole.

7. **Caesalpinia crista** L.
   Family: Cesalpeniaceae
   Loc. name: Kali gathar
   Locality: Doncha
   Uses: Seeds are soaked in water and after crushing they are used against vomiting and stomachache.
8. Cheilanthes sp. (Silver fern)
   Family: Cheilanthaceae
   Loc. name: Nakpolish
   Locality: Mandav
   Uses: The complete plant is used for the treatment of typhoid.

9. Chlorophytum borivilianum Sant. & Fernandez
   Family: Liliaceae
   Loc. name: Dhauli Musli
   Locality: Mandav
   Uses: The roots are used for the treatment of bleeding and leucorrhoea in women
   urinary problems and wet dreams in men.

10. Cissus quadrangularis L.
    Family: Vitaceae
    Loc. name: Periya, Harjori
    Locality: Manawar
    Uses: Its stem-paste is used for the treatment of joint-pain, and bone-fractures.
    Paste is applied externally.

    Family: Hypoxidaceae
    Loc. name: Kali Musli
    Locality: Mandav
    Uses: Its rhizome is used in gynaec disorders, bleeding, leucorrhoea, urinary problems
    and wet dreams. It is also used as a tonic and aphrodisiac.

12. Datura stramonium L.
    Family: Solanaceae
    Loc. name: Kala Datura
    Locality: Mandav
    Uses: Roots are used for treatment of wet dreams and nutritional marasmus.
    Seeds are used for the treatment of stomachache and diarrhoea.

13. Enicostema axillare (Lam.) R. Raynal
    Family: Gentianaceae
    Loc. name: Nay
    Locality: Manawar
    Uses: Complete plant is used in migraine. Paste of plant is applied on opposite arm.
    The plant juice can be used as a tea to control all types of fevers except enteric fever.
   Family: Orchidaceae
   Loc. name: Kukari kand, Murgi kand
   Locality: Mandav
   Uses: For the treatment of inflammation, urinary retention, constipation in pets, its tuber is used in the form of paste. Small tuber is given orally while large tuber is applied externally.
   Tuber is also used for the treatment of cough and fever. Bone fractures are treated by tuber. A single roasted tuber is given orally with milk and sugar.

15. *Gloriosa superba* L.
   Family: Liliaceae
   Loc. name: Kalihari
   Locality: Mandav
   Uses: Tuberous roots are herbal magic for easy and fast labour. After fine grinding on stone, it is applied on palm, sole and lower abdominal region. A piece of root is placed below the head. They believe that it brings easy delivery. But after delivery, all the parts should be cleaned and root piece should be removed, else uterus might come out.

16. *Grewia tiliaefolia* Vahl
   Family: Tiliaceae
   Loc. name: Dhaman
   Locality: Mandav
   Uses: The paste of bark is used with Datura leaf for the treatment of inflammation in any part of body.

17. *Helicteres isora* L.
   Family: Sterculiaceae
   Loc. name: Marorphali
   Locality: Mandav
   Uses: Abdominal colic can be controlled with its fruits. Diarrhoea of children can also be controlled with its fruits.

18. *Indigofera glandulosa* Willd.
   Family: Papilionaceae
   Loc. name: Jangli Mogra
   Locality: Mandav
   Uses: Whole plant paste is applied on boils and skin infections of any part of the body.

19. *Hybanthus enneaspermum* (L.) F. Muell.
   Family: Violaceae
Loc. name : Bhukamal  
Locality : Mandav  
Uses : For the treatment of impotency and general debility. Its roots are used in paste form with *Leea macrophylla* and honey.

20. *Kickxia ramosissima* (Wall.) Janchen  
Family : Scrophulariaceae  
Loc. name : Bhuriya  
Locality : Mandav  
Uses : The whole plant is used for the treatment of vomiting and diarrhoea.

Family : Lamiaceae  
Loc. name : Hathipaga  
Locality : Mandav  
Uses : Chronic asthma and cough can be controlled with its dried roots. The powder of dried roots is given with jaggary.

22. *Lavendula* sp.  
Family : Lamiaceae  
Loc. name : Jangli umbi  
Locality : Mandav  
Uses : The whole plant is crushed and its paste is used with coconut oil to cure ruptured heels.

23. *Musa paradisiaca* L.  
Family : Musaceae  
Loc. name : Jangli kela  
Locality : Mandav  
Uses : On liver disorders the parts of rhizome with *Curcuma* is applied on abdomen externally. Its fruits are used with bananas for the treatment of Tuberculosis and Acitis.

24. *Ocimum* sp.  
Family : Lamiaceae  
Loc. name : Van Tulsi  
Locality : Manawar  
Uses : Malaria can be cured by the seed of Van Tulsi. The juice of whole plant is very useful for the treatment of corneal opacity, the fresh juice is used as antidote twice daily. The powder of whole plant with butter is used as antidote in snake bite.

25. *Orchis latifolia* L.  
Family : Orchidaceae
Loc. name: Kudala kand, Salam mishri
Locality: Mandav
Uses: Roots are used for backache and strengthening of male potency. The powder of dried roots is used with dry fruits, ghee, and honey. It is very effective for backache. For strengthening of male potency dried powder is used for 15 days, two spoons daily.

   Family: Euphorbiaceae
   Loc. name: Bhui amla, Jhenjaru
   Locality: Doncha
   Uses: The powder of whole dried plants is used for treatment of leucorrhoea.

27. *Luffa acutangula* (L.) Roxb.
   Family: Cucurbitaceae
   Loc. name: Kadavi Turai
   Locality: Mandav
   Uses: Seeds are used for the treatment of jaundice. After drying of fruits seeds are crushed and sniffed to the patient in empty stomach.

28. *Plumbago zeylanica* L.
   Family: Plumbaginaceae
   Loc. name: Chhitawal, Chhitawar
   Locality: Mandav
   Uses: Roots are crushed with whey and applied on scabies. Roots are crushed with leaves of *Emblica* and Copper sulphate and applied on Eczema.

   Family: Solanaceae
   Loc. name: Bhui dolari, Bhui ringni
   Locality: Doncha
   Uses: The whole plant is burnt in a closed earthen pot. Ash is used for treatment of asthma. To control the fever of children, anthers are used after crushing. In children, aged between 1 to 8 months, to control vomiting, fruit juice is given either with mother’s milk or slightly warm milk of cow.

30. *Sphaeranthus indicus* L.
   Family: Asteraceae
   Loc. name: Gorakhmundi
   Locality: Mandav
   Uses: For the treatment of jaundice, complete plant is used with *Bryonia, Asparagus*, sugar and cow milk. Chronic jaundice can be cured with this.
31. *Tridax procumbens* L.
   Family: Asteraceae
   Loc. name: Kuradia
   Locality: Manawar
   Uses: Bleeding caused by injury can be controlled by the leaf juice of this plant.

32. *Urginea indica* Kunth
   Family: Liliaceae
   Loc. Name: Jangli kanda
   Locality: Mandav
   Uses: The juice of bulb is used for ear pain. It is also used with coconut oil on boils and skin infections.
   Paste of the bulb with *Curcuma* is used as a suppurative.