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Traditional Medicinal Plants Used By the Inhabitants of Chitrakootdham Mandal of Uttar Pradesh, India

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Abstract : *Present communication deals with the traditional knowledge of tribals of Chitrakootdham mandal of U.P. where tribals of this region are using plants, plant parts and their preparations for treating various ailments like swellings of body, constipation , diabetes, food poisoning, dysentery, acidity, caries of teeth , cough and cold etc. The tribals populations of this region comprises many remote villages and towns dominated by Kol, Lodh, Nath, Kabootra, Sapera and other local rural peoples. In the floristic survey 21 plant species belong to 20 genera and 16 families were recorded for their medicinal properties.*
Keywords: *Chitrakootdham mandal, Tribals, Ailments, Ethnobotany , Migration.*

I. Introduction

Chitrakootdham mandal is one of the richest region (Banda, Chitrakoot, Hamirpur and Mahoba Districts) of in ethnobotanical knowledge due to presence of multiethnic grouped and biodiversity. Ethnobotany holds and records the old age knowledge of tribal people about the miraculous use of diverse plant species. The science of medicines dates back to the cave-man who used the plants to cure various diseases. The knowledge is inherited into the tribal and local rural people. They have perfected the knowledge through their own experiences. It may be more effective in curing certain diseases than the conventional ones, but unfortunately such knowledge mostly remains buried in the folklore.

II. Social Status Of Tribes

The life of tribal peoples full of difficulties. There are two problems, financial and social. Main problem is financial due to low wages payment, debts and daily jobs. Many trible families are fieldless so here migration is big problem. Migration is not an old practice among tribal communities. The possibilities and avenues of migration have increased only with advent of fast and easy means of transport and communication. The tribal migration may be understood from two angles as pulled and pushed factors. We can included socio-economic exploitation, starvation, diseases and natural calamities like drought, epidemics etc. in pulled factor and in second category, it is attraction of employment, better income and better conditions.

III. Material And Methods

The indigenous knowledge and therapy of medicinal plants for their health care was gathered from the tribals chief, old and experienced informants and medicinman, with a lot of discussion was done with them. The data obtained from different tribal villages were compared and identified with the help of regional floras and other important publications (Saxena and Vyas, 1978-79 ; Kirtikar and Basu, 1980 ;; Prajapati et al. 2004 ; Kumar, 2010 .). The botanical Name, family, local name, botany, distribution, chemical constituents, parts used, and ethnomedicinal data were recorded for each plant. Boucher herbarium specimens were deposited in the department of Botany, Pt. J. L. N. P. G. College Banda.

IV. Observation

1. ***Abrus precatorius*** Linn.
   Family : Fabaceae
   Local Name : Ghunchu
   Part Used : Leaves
   Habit : Shrub
   Leaf juice is mixed with coconut oil and applied over the painful swellings of the body.
2. ***Aegle marmelos*** (Linn.) Correa.
   Family : Rutaceae
   Local Name : Bel
   Part Used : Fruit
   Habit : Tree
   Half of a ripe fruit is eaten twice a day for 3-4 days to cure constipation.

3. ***Allium sativum*** Linn.
Family : Amaryllidaceae
Local Name : Lahshun
Part Used : Bulb
Habit : Herb
3-4 cloves are taken raw twice a day for a week to get relief from stomach pain and gastric trouble.

4. ***Aloe barbadensis*** Mill .
Family : Liliaceae
Local Name : Gwarpatha
Part Used : Leaf pulp
Habit : Herb
About 2 teaspoons of juice is taken thrice a day for 3-4 days to cure fever.

5. ***Bauhinia varigata*** Linn.
Family : Fabaceae
Local Name : Kachnar
Part Used : Bark
Habit : Tree
About 2- teaspoons of bark juice is taken thrice a day for week to cure dysentery and diarrhoea.

6. ***Bombax ceiba*** Linn.
Family : Bombaceae
Local Name : Semul
Part Used : Flower
Habit : Tree
A spoonful of flower powder is given to treat piles.

7. ***Butea monosperma*** Linn.
Family : Fabaceae
Local Name : Palas
Part Used : Root
Habit : Tree
Root are used in tuberculesis.

8. ***Calotropis procera*** R. Br.
Family : Asclepiadaceae
Local Name : Madar
Part Used : Latex of whole plant
Habit : Shrub
The latex is useful in the treatment of the ringworm and skin disease.

9. ***Carica papaya*** Linn.
Family : Cariaceae
Local Name : Papita
Part Used : Latex of fruit
Habit : Tree
Latex fruit is used in ringworm and eczema.

10. ***Costus specious*** (Koenig.) Smith.
Family : Zingiberaceae
Local Name : Kust
Part Used : Stem
Habit : Herb
Stem juice about 3-4 teaspoons twice a day is given for 3-4 days to cure dysentery and diarrhoea.

11. ***Cuscuta reflexa*** Roxb.
Family : Convolvulaceae
Local Name : Amarbel
Part Used : Whole plant
Habit : Parasitic Herb
Juice of the plant mixed with juice of *Saccharum officinarum* is given in doses of about 3-4 teaspoons twice a day is given for 10-12 days to treat jaundice.

12. ***Cynodon dactylon*** (Linn.) Press.
Family : Poaceae
Local Name : Doob ghass

Part Used : Whole plant
Habit : Grass
Juice of the plant about 4 teaspoons thrice a day at a regular intervals is taken for 3-4 days to relieve from indigestion.

13. ***Euphorbia hirta*** Linn.
Family : Euphorbiaceae
Local Name : Dudhi
Part Used : Whole plant
Habit : Annual herb
Juice of the plants is given in dysentery and colic.

14. ***Euphorbia thymifolia*** Linn.
Family : Euphorbiaceae
Local Name : Choti Dudhi
Part Used : Whole plant
Habit : Herb
The juice of the plants is given in ringworm and other skin disease.

15. ***Ficus racemosa*** Wau. Cat.
Family : Moraceae
Local Name : Gular
Part Used : Root
Habit : Tree
The sap of root is given in diabetes.

16. ***Gymnema sylvestre*** (Retz.) R. Br.
Family : Asclepiadaceae
Local Name : Gudmaar
Part Used : Root
Habit : Climbing shrub
Root powder is given to induce vomiting in case of food poisoning.

17. ***Hibiscus rosa-sinensis*** Linn.
Family : Malvaceae
Local Name : Gudhal
Part Used : Root
Habit : Shrub
Juice of the root about 3 teaspoons is given 3 times a day for 3-4 days in case of cough and cold.

18. ***Mentha spicta*** Linn.
Family : Lamiaceae
Local Name : Pudina
Part Used : Leaf
Habit : Herb
2-3 teaspoons of leaf juice is given thrice a day for 3-4 days to treat bloody dysentery.

19. ***Nerium oleander*** Linn.
Family : Apocynaceae
Local Name : Kaner
Part Used : Latex of plant
Habit : Tree
Latex applied on muscles pain of limbs.

20. ***Psoralia corylifolia*** Linn**.**
Family : Fabaceae
Local Name : Bakuchi
Habit : Tree
Part Used : Shrub
Root brush and root powder is used to cure caries of teeth.

21. ***Tinospora cordifolia*** (Willd.) Hook. f. & Thoms.
Family : Menispermaceae
Local Name : Gurich
Part Used : Stem
Habit : Climbing shrub
Decoction of stem with common salt is taken in empty stomach for one month for the cure of acidity.

V. Result And Discussion

The present ethnobotanical study was carried out among the ethenic groups (Kols, Nath, Lodh Kabootra and Sapera) in the ChitrakootDham Mandal region of Uttar Pradesh, India. A field survey of the study area was carried out during 2012-2014 to document the medicinal utility of plants occurring in this area by tribals. Traditional uses of 21 angiospermic plant species are described under this study.

Besides with the changing ecosystem, the tribals are in a state of acculturation or total disintegration of the habitat and the environment where the tribals experienced and learnt useful lores are also fast disappearing on account of deforestation and intensive farming. The tribals living in the forests, their knowledge of the uses of plants is often kept secret and passed on by verbal traditions only. There is every possibility that valuable data on ethnobotany will be lost in near future. There is urgent need of mass awareness programme amongst the local communities about the conservation and cultivation of plants on scientific lines. It will help to generate the rural employment and hence to improve rural economy of the area.

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