



### Short Communication

## Ethnomedicinal Herbal Recipes from Satpura Hill Ranges of Shirpur Tahsil, Dhule, Maharashtra, India

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### Abstract

*During the course of ethnobotanical explorations in the Satpura hill ranges of Shirpur tahsil, a large number of plants species have been collected which are used by the tribals to cure various ailments. The present paper deals with 23 plant species which are ethno-medicinally important. The tribals employ different parts of these plants with different method of preparation and mode of administration of medicine.*

**Keywords:** Ethnomedicine, herbal recipes, Satpura hills, tribals, Shirpur, Dhule.

### Introduction

Majority of the world's population is still dependent on the traditional herbal medicine for their healthcare<sup>1</sup>. The traditional knowledge of these herbal recipes is popular among the indigenous and local communities. Tribal communities residing in the hilly areas are solely dependent on these readily available resources. They have preserved the wealth of traditional knowledge as a part of their belief and customs. Shirpur is the tribal dominated tahsil in Dhule district. Pawara, Barela, Tadvi, Bhil etc are among the prominent tribal communities residing in the Satpura hill ranges of Shirpur tahsil. In spite of rich and diversified plant wealth there are very few reports of ethnomedicine from this area.<sup>2-3</sup>

### Material and Methods

The ethnobotanical explorations were carried out during the 2009-10 and 2010-11 to document the traditional knowledge. The information on medicinal herbal recipes used by the tribals for curing different ailments is gathered through interviews with the tribal medicine-men called Bawa, Vaidu, Maharaj or Bhagats and also from experienced and elderly people. The plant specimens were collected, identified and pressed to prepare herbarium as per the established technique<sup>4-7</sup>. The voucher specimens are deposited at Herbarium, Department of Botany, V. N. College, Shahada, Dist. Nandurbar (Maharashtra)

### Results and Discussion

The herbal recipes of medicine for different ailments involving 23 plant species are presented in table-1.

The present paper documents 23 plant species of angiosperms belonging to 18 families and 21 genera. The plants recorded in the present work are well known medicinal plants, but here different plant parts of these plants are useful against different ailments. The observations revealed that the tribes used stem as the most common crude drug. Stem as a whole or stem bark or even stem latex is employed to cure the different ailments.

Then it is followed by leaves, mostly they are eaten as such or boiled and applied externally or even distilled to obtain oily suspension. Fruits are next to leaves in their medicinal applications, they are eaten after ripening or seeds are also useful in powder or boiled forms. But, in case of *Echinops echinatus* Roxb. Spines of inflorescence are burnt to ash and mixed with ample amount of cow ghee and apply to cure eczema. The authors have observed such unique features, for treatment of specific ailments. Hence these plants have to be pharmacologically analyzed for syntheses of new drugs.

### Conclusion

Tribal communities are solely dependent on plants for their medication; hence they are using them against different disorders by trial and error method. They are practicing these methods generation after generation successfully.

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**Table – 1(a)**  
**Plant species used by tribal medicine-men of Shirpur tahsil for different ailments**

Sr. No.	Local Name	Botanical Name (Family) Voucher specimen no.	Plant Part(s) used	Ailment	Method of preparation and mode of administration
1	Amarvel	Cuscuta chinensis Lamk. (Cuscutaceae) SJP - 409	Stem	Jaundice	The stem is ground to powder and watery paste is prepared which is used for giving bath to the patient for about 7 days.
2	Bahawa	Cassia fistula L. (Caesalpiniaceae) SJP - 406	Leaves	Burns	Ground in coconut oil & the paste is applied twice a day externally for a week.
3	Bel	Aegle marmelos (L.) Corr. [Rutaceae] SJP-427	Leaves	Diabetes	The leaves of old tree are eaten early in the morning to control sugar level in diabetes patient.
			Fruit	Flatulence & abdominal pain	The fruit is eaten everyday to cure flatulence and also to reduce abdominal pains, for 3-4 days.
4	Besharam	Ipomoea carnea Jacq. subsp. fistulosa (Mart. ex Choisy.) Austin. (Convolvulaceae) SJP-423	Leaves	Swelling	The leaves are boiled and warm leaves are applied over the affected area at bed time for 2-3 days.
				Scabies	The leaves are boiled to obtain the oily suspension by distillation. This suspension is applied over the wet scabies at night and repeated till cured.
5	Dhati	Woodfordia fruticosa (L.) Kurz. (Lythraceae) SJP-408	Stem bark	Burns	The bark is ground to powder and the watery paste is prepared. It is applied on the affected areas till cured.
6	Dhawada	Anogeisuss latifolia (Roxb. exDC) Wall ex Guill. (Combretaceae) SJP-422	Stem Bark	Diarrhea	A piece of stem bark is powdered and spoonful powder is given to the patient twice a day for 2 days.
			Stem Bark	Cough	Bark powder is mixed with warm water to prepare a thin paste which is applied over the chest and back.

**Table – 1(b)**  
**Plant species used by tribal medicine-men of Shirpur tahsil for different ailments**

7	Dukkarsheng	<i>Cassia tora</i> L. (Caesalpiaceae)SJP-416	Root	Epilepsy	100 g dried roots are powdered and 1/2 spoonful powder is given to the patient twice a day with a cup of milk.
8	Erاند	<i>Ricinus communis</i> L. (Euphorbiaceae)SJP-419	Leaves	Swelling in Abdomen	The leaves are boiled with water and warm leaves are kept on the affected area at night time. Repeat it till cured.
			Leaves	Swelling of joints	The leaves are boiled with water and warm leaves are kept on the affected area at night time. Repeat it till cured.
			Leaves	Breast tumor	The leaves are boiled with water and kept warm leaves on the affected area at night time. Repeat it till cured
			Leaves	Jaundice	The leaf is extract is prepared filtered and half cup of infusion is given patient twice a day for 6-7 days
9	Gulvel	<i>Tinospora cordifolia</i> (Willd.) Miers. (Menispermaceae)SJP-405	Stem	Abdominal pains in ladies	The stem piece of 3-5 inches is eaten as such or ground to powder and administered twice a day till cured.
			Root	Rheumatism	The root is rubbed over the stone to prepare the thin paste. Which is applied externally over the affected body parts at bed time and repeated till cured.
10	Hinganbet	<i>Balanites aegyptiaca</i> (L.) Del. (Balanitaceae)SJP-414	Seeds	Asthma	The pulp of few seeds is given as single does once a day for 5-7 days.
			Seeds	Abdominal pains	The seeds are ground to powder spoonful powder is administered twice a day with a cup of milk for 2-3 days.
			Stem bark	Diarrhea	4-5 cm of bark is powdered and administered twice day for 3 days.
11	Jamun	<i>Syzygium cumini</i> (L.) Skeels. (Combretaceae)SJP-404	Stem bark	Diarrhea	1/2 spoonful bark powder is administered twice a day for 3-5 days.
12	Jaswand	<i>Hibiscus rosa-sinensis</i> L. (Malvaceae)SJP-413	Leaves	Mouth ulcers	Few leaves are eaten early in the morning for 2-3 days till cured.
			Leaves	Piles	Ample numbers of leaves are eaten early in the morning and at bed time for 4-5 days to control bleeding piles.
			Leaves	Menorrhagia	Few leaves are eaten in the morning and evening for 5-6 days.
13	Khair	<i>Acacia chundra</i> Willd. (Mimosaceae),SJP-402	Wood (Khair) + Bark (Arjun Sadada)	Dry cough	Small piece of wood of <i>khair</i> and bark of <i>Arjun sadada</i> are ground to powder and spoonful powder is administered twice a day for 2-3 days.
14	Arjuna	<i>Terminalia arjuna</i> (Roxb.) Wight & Arn. (Combretaceae)SJP-403	Root	Asthma	Few roots are soaked overnight in water, crushed to obtain the juice. Half cup of juice is administered to the patient twice a day for two weeks.
15	Mahu	<i>Madhuca logifolia</i> (Koen.) Macbr. var. <i>latifolia</i> (Roxb.) Chevalier (Sapotaceae)SJP-407	Leaves	Post natal pains in women	The leaves are boiled in water and kept on the stomach.

16	Palas	<i>Butea monosperma</i> (Lamk.) Taub. (Papilionaceae)SJP-418	Stem	Constipation	Spoonful decoction of stem is given to the patient at bed time.
			Stem	Abortion	Two spoonful stem decoction is given to the pregnant lady at night (In early stages of pregnancy)
			Stem bark	Menorrhagia	10-15 cm stem bark is ground to powder. Then spoonful powder is given to the patient twice a day for 6-7 days.
17	Pivala Dhotra	<i>Argemone mexicana</i> L. (Papaveraceae)SJP-417	Seeds	Scabies	Seeds are roasted on hot iron pan to ash. This ash is mixed with ample amount of <b>coconut oil</b> to prepare a paste. It is applied on the affected area every day, till cured.
18	Ranwange	<i>Solanum virginianum</i> L. (Solanaceae)SJP-421	Seeds	Toothache, bleeding gums	The seed are boiled in water, to obtain the oily suspension which is applied on the affected teeth and gums or sometimes fruits are also eaten as such.
19	Rui	<i>Calotropis procera</i> (Ait.) R.Br. (Asclepiadaceae)SJP-411	Roots	Snake bite	A sample numbers of roots are dried and powdered, 1-2 spoonful powder is administered as a single dose with water, after snake bite.
			Leaves	Scorpion sting	The leaves are kept for boiling with <b>Sesame oil</b> affected by part is held over the boiling to give the vapours.
			Leaves	Epilepsy	The freshly collected leaves are tied on the chest and abdomen of the patient, and repeated for 2-3 days at night time.
20	Sabarkand and Mohari	<i>Euphorbia nerifolia</i> L. (Euphorbiaceae) SJP-412	Stem latex	Eczema	Equal amount of latex mixed with <b>Brassica juncea</b> L. seed oil and applied on the affected parts till cured.
			Seed oil	Ear-ache	Add 2-3 drops of lukewarm seed oil in affected ear at night time.
21	Tarota	<i>Cassia obtusifolia</i> L. (Caesalpinaceae)SJP-415	Leaves	Migraine	5-7 leaves are crushed and water extract is prepared filtered 3-4 drops are added in both nostrils at night time.
			Leaves	Rheumatism	The spoonful leaf extract is orally given to the patient twice a day for 15 days.
22	Tendu	<i>Diospyros melanoxylon</i> Roxb. (Ebenaceae)SJP420	Stem bark	Throat infection	A piece of stem bark is chewed thrice a day.
			Fruit	Cough, Diarrhea	Few ripen fruits are eaten regularly it leads to cure cough and diarrhea.
23	Udkata	<i>Echinops echinatus</i> Roxb. (Compositae)SJP-410	Spines of Inflorescence	Eczema	Spines are burnt to ash which is mixed in cow ghee and applied over eczema for few days.