

Folk Herbal Remedies Used By Tribals Of Chotanagpur Against Anaemia

¹Mridula Khess, ²Kunal Kandir and ³Prasanjit Mukherjee

¹Department of Botany, Gosner college, Ranchi

²University department of Botany, Ranchi University, Ranchi

³Department of Botany, KKM college, Pakur

ABSTRACT

The current paper deals with the exclusive medicinal uses of 17 plants used against the treatment of anemia by the tribals of Chotanagpur region of Jharkhand. In this paper the enumeration of all the 17 plants are presented alphabetically along with their families. The names are given in English (E), Hindi (Hn) Sadri (S), Oraon (O), beside their folk medicinal uses.

INTRODUCTION

The Curative properties of the plants have been of main interest to mankind since time immemorial. Interests in medicinal plants are growing mainly because they are natural non narcotic, cheaper, available even in the backward areas having no side effect and sometimes the only health care available to the poorest of the poor.

According to the report of W.H.O over 80% of the world's population rely on traditional systems of medicines largely based, to meet primary health care needs. The quality of medicinal plants depends on the geographical origin. Chotanagpur Plateau has been the reservoir of enormous natural resources including vegetative wealth. The tribes of this utilize a large number of plants species as herbal remedies in various disease and ailments.

An ethno botanical survey was conducted in the tribal village of Chotanagpur. Informations were gathered from the herbal healers, traditional birth attendants as well as lay population of this area. Some of the important medicinal plants used for anemia are- *Asparagus racemosus*, *Centella asiatica*, *Tinospora sinensis*, *Cynodon dactylon* etc.

This area is extremely rich in potential plants which can be utilized in Integrated development projects and micro project scaled in this area. The present study has brought to light some interesting data on the potential medicinal plants the latter will screened

for determining their true therapeutic pharmacodynamic properties.

MATERIALS AND METHODS

The study area in different villages of Chotanagpur was surveyed time to time in different seasons. Interviews were conducted involving the folk herbal healers, traditional birth attendants and lay population throughout Chotanagpur. Detailed information regarding the mode of preparation of drugs and methods of their administration along with the doses were recorded. However the constituents of medicinal preparation were not measured but estimated carefully at the site. Every prescription was considered authentic wherever three or more informations verified Plant specimens were collected with the help of informations and were identified. The allied properties of the considered plants are given as reported by information.

RESULT

In the following enumeration plants are arranged alphabetically followed by the family and names, English (E), Hindi (Hn) Sadri (S), Oraon (O), At the last the folk medicinal uses are mentioned.

- (1) *Asparagus racemosus* wild,
Family- Liliaceae
C.N.- Hn- Satavari,
O- Kaisago,
S- Maha devjat

Use- One teaspoon full powder of *Asparagus* root is given with milk.

(2) *Anethuns sowa* Kurz,

Family- Apiaceae

C.N.- Hn- Sowa,

E- Dili

About 60 gm of a decoction of the fresh leaves mixed with a tea spoon of parsley juice can be taken thrice daily

(3) *Amaranthus spinosus* L.

Family- Amaranthaceae

C.N.- Chawlal sag (H),

(S)- Kanta vazi sag

Uses- Leaves are cooked as sag and eaten as meal.

(4) *Boerhavia diffusa* L.

Family- Nyctaginaceae

C.N.- Hn- Punarnawa,

(S)- Khapra sag

(a) 20 gm to 30 gm dry plant is taken and boiled in 4 cup of water to reduce it to one cup. This decoction is taken for one month.

(b) 2 to 3 tea spoon juice of *Boerhavia diffusa* is taken twice daily with warm water for a month.

(5) *Cynodon dactylon* (L.) Pers.

Family- Poaceae

C.N.- Doob grass, Dublia grass

About 10 gm of *Cynodon dactylon* is made into paste and is mixed in 250 gm unboiled cow milk, and little amount of sugar is added to it and is warmed slightly. The same is taken in empty stomach for 8 days.

(6) *Centella asiatica* (L.) Urban

Family- Apiaceae

C.N.- (S)- Beng sag,

Hn- Manducaparni

Uses- 10 gm of *Centella asiatica* +250gm of

boiled rice is soaked in water and both are mixed properly and paste is made and taken.

(7) *Celastrus paniculatus* Willd.

Family- Celastraceae

C.N.- Hn- Kujuri

Uses- 100 gm of oil of *Celastrus paniculatus* is mixed with ½ cup of water and taken empty stomach for a month.

(8) *Cocos nucifera* L.

Family- Palmae

C.N.- Nariyal or Dab

Uses- Milk of *Cocos nucifera* is taken during pregnancy.

(9) *Enhydra fluctuance* Lour

Family- Astaraceae

C.N.- Muchiri sag (Hn),

B- Hinchha sag

Uses- Juice of *Enhydra fluctuance* is mixed with honey and taken empty stomach for a month.

(10) *Phyllanthus emblica* L.

Family- Euphorbiaceae

C.N.- Amla, Aonla (Hn) Meral (M)s

Uses -1 kg *Phyllanthus emblica* is taken and dried is taken regularly.

(11) *Euphorbia hirta* L.

Family- Euphorbiaceae

C.N.- Dudh grass

Uses-2-3 drop of latex of *Euphorbia hirta* is mixed jiggery and taken in empty stomach.

(12) *Hibiscus rose Sinensis* L.

Family- Malvaceae

C.N.- China rose (E)

Urhul phul (H)

Jawa phul (B)

Uses-Raw petals are eaten, white china rose is most effective.

(13) *Moringa oliefera* Lam.

Family- Moraceae

C.N.- Hn- Sahajn, Munga

Uses- Moringa is used for any time for 3 days in a week.

(14) *Tinospora cordifolia* (Thunb.) Miers

Family- Menispermaceae

C.N.- S- Harjori,

Hn- Gurich or Amrita.

Uses- ½ tea spoonful *Tinospora cordifolia* is mixed with one teaspoon of honey and taken twice, evening and morning for 4-5 days.

(15) *Woodfordia fruticosa* (L.) Kurz

Family- Litheraceae

C.N.- Hn- Dhawai,

UM- Echa Baha

Uses: Flowers of *Woodfordia fruticosa* + dalchini +Jaggery is mixed and taken one tea spoon daily for 21 days.

(16) *Rungia parviflora*

Family- Acanthaceae

C.N.- Kawa Sag (H)

Uses- Leaves are cooked as sag and eaten as meal.

(17) *Hygrophila auriculata* Schumach.

Family- Acanthaceae

C.N.- Gekalkanta (H),

Kulikhara (B)

Uses- 1 cup of decoction of fresh leaves & stem can be taken in empty stomach.

REFERENCE

Bhattarai N.K. 1994 herbal Remedies for Gynaecological Complaints in Central Nepal I.J. Pharaacognosy 32 (1994) No.- 1, P.P. 13-26

HEMBROM P.P. 1994 Adivasi Aushadhi (Horopathy) Part II.

KAUSHI P. 1988 Indigenous Medicinal Plants. Today and tomorrows Printers and Publishers New Delhi India.

Sinha Rajiv K. 1996 Ethnobotany. The renaissance of traditional medicine.

Pawar R S *et al.* (2010) Erythropietic activity of *Astercantha longifolia* (Nees.) in rates. J Ethnopharmacol.

Khes M 2002, The Study of Folk herbal remedies for gynecological complaints in South Chhotanagpur (Jharkhand) Ph. D. thesis, Ranchi University Ranchi.