

“New Findings of Traditional Medicinal uses of Plants from Bhimashankar and Mulshi Areas of Pune, District, Maharashtra”.

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ABSTRACT: Traditional systems of medicines were developed long before the arrival of modern medicines. They have greatly contributed towards primary healthcare of more than three quarter of the world's population. Even today not only tribals and rural people but also large section of urban people use herbal preparation for health practices in the treatment of various diseases. Many plant species of medicinal importance, because of environmental degradation and uncontrolled exploitation, are facing danger of extinction. Therefore to document and preserve the traditional knowledge, present study was undertaken. Through questionnaire and informal personal interviews with the local traditional healers, information on the native plants used for medicinal purposes was collected. The present communication provides new reports of traditional medicinal uses of 54 species, belonging to 52 genera and 36 families of Angiosperms and ferns, which have not been reported earlier. Further analysis showed that medicinal plants were mostly used for stomach ache, wounds, burns, acidity and ulcer, headache, arthritis, dysentery, menstrual problems, skin diseases etc. The study revealed that most dominant families were Rubiaceae, Moraceae, Liliaceae and followed by Fabaceae, Caesalpinaceae, Cucurbitaceae, Sterculiaceae, Lamiaceae etc.

Keywords: New findings, Traditional medicinal uses, Traditional healers, Maharashtra.

INTRODUCTION:

The use of herbal medicines for primary healthcare of humanity has been started even before the Vedic period, when there was no existence of modern medicines. Since then, in India all over the World, plant based drugs have been used in the traditional systems of medicines such as Ayurved, Unani, Sinddha and Folk medicines. Ayurveda (1500-500 BC) has been an integral part of Indian traditional system of medicine and has described medicinal properties and uses of about 800 herbs. However Charak Samhita have documented herbal remedies of 1100 and 1200 species of plants. Dioscorides, a Greek Philosopher who orderly prepared catalogue of 600 plants of Mediterranean region and published it as *De Materia Medica*, in 77AD (Pan,S.et al,2016). Indian Materia Medica described properties and uses of 3500 species of medicinal plants. It is evident from these records that people, in those days were fully depended on herbal medicines, which they believed it as the natural healing process. It is also clear from the quote made by Hippocrates in the fourth century BC “Nature is the physician of sick”. Tribals utilize many plant species for making herbal preparations for the treatment of various human ailments. They have developed their own Pharmopoiea which has become cultural heritage of our nation .The plants, thus have played pivotal role in the cultural and traditional life of Indian people.

This is because of their rich herbal knowledge and ethnopractices of herbalism for protection and restoration of good health. This traditional knowledge has been transmitted orally from one generation to next. However it appears that it is not being transmitted to the modern society as present younger generation is not much interested to carry on this traditional knowledge. It is, therefore, necessary to preserve the traditionally inherited knowledge in the form of data base for the use generations to come.

India has very rich phytodiversity and it is estimated that over 17000 species of flowering plants occurring in India. Out of which around 8000 species are utilized for medicinal purposes (Jain, 2001). The World Health Organization (WHO) has reported that more than three quarter of the World's population relies on traditional systems of medicine. In India including Maharashtra a good deal of published literature is available on traditional knowledge of plant based medicines. To mention some of them are Kamble & Pradhan, 1980; Yadav and Bhamre,1989;Puspangadan, 1995; Rajput and Yadav 2000; Jain,2001; Desale et al,2013; Kamble et al, 2008,2009,2010,2014a,2014b. But some of the areas not received proper attention of researchers. During the course of time, because of environmental degradation, uncontrolled exploitation, many plant species of medicinal importance have become rare, endangered and in

future, may deplete forever. Therefore to collect, document and preserve this traditional knowledge and provide additional information to update databases, the present study was undertaken.

MATERIAL AND METHODS:

A questionnaire was prepared to obtain information on medicinal plants with their local name, parts used, mode of preparation and administration of drug. Prior to start of collection work, an informed consent was sought from the individual key respondents. During the course of study six field visits of 2-3 days each were undertaken in the study areas. A total of 7 informants were identified. They were selected on the basis of their knowledge of medicinal plants. During the field visits information on the medicinal uses of plants was collected, through informal interviews and general conversations. From the selected local traditional healers i.e. Mukhia or Mhorkya, practicing Vaidu and other knowledgeable persons who have practical knowledge of folk medicines They were as per our request, accompanied us in the field, showed the plants with local names and helped in collection of plant specimens. Herbarium of collected plant specimens were prepared and identified with the help of local flora. The herbarium specimens have been deposited in the herbarium of Botany Department of Yaswantrao Mohite College of Arts and Science, Pune.

RESULTS AND DISCUSSION:

The results of the present investigation provides new reports of traditional medicinal uses of 54 species of plants belonging to 52 genera and 36 families of Angiosperms and Ferns (Table 1). These are new finds and have not been reported earlier. The plant species are arranged in alphabetical orders. For each species botanical name, its family local name, disease or ailments treated, plant parts used and method of preparation and administration of the drug has been provided.

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Further analysis of the data reveals that the traditional healers mostly use medicinal plants to cure the diseases like stomachache (8 species), wounds(5 species), burns (5 species), acidity, headache, arthritis (3 species each), dysentery, cough and colds, menstrual problems, earache, toothache, bone fracture, lactation in woman, skin diseases (2 species) and hair loss, fever, asthma, antinautia(1 species each) The most dominant families in the study were Rubiaceae (4 species), Moraceae, Liliaceae Caesalpinaceae(3 species) and followed by Cucurbitaceae , Sterculiaceae, Lamiaceae (2 species) and rest families 1 species each.

The plant parts root, stem, leaf, flowers and bark are used in various herbal preparations. Among the various plant parts used the leaves are most frequently used for the treatment diseases and followed by whole plant, root, stem, bark and latex etc. The study also showed that the area under study has rich phytodiversity and has plenty of medicinal plants to treat various human diseases.

The number of traditional healers is slowly dwindling and their knowledge may disappear in future. Therefore there is urgent need to collect, preserve, prepare data base and make provision to transmit traditional knowledge to coming generations.

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Table 1: Details of plants used in traditional medicines.

Sr. No.	Botanical Name (family) Local/Ayurvedic Name	Disease/Ailments Treated,	Plant part/s used and administration of a drug
1	Abelmoschus ficulneus (L.) Wt. & Arn. ex. Wight (MALVA CEAE) <i>Jangli bhendi</i>	Jaundice	Roots- Root paste applied on body, every day for about one week
2	Acacia auriculoformis A. Cunn.ex.Bth. (MIMOSACEAE) <i>Chopada khair</i>	Fish poison	Pods-Powder of dried pods of <i>Chopada khair</i> and <i>Papda</i> is spread in water. This stupifies fish and float on water which can be caught easily.
3	Adiantum philipense L. (ADIANTACEAE) <i>Dodhari</i>	Asthama	Whole Plant- Plant extract of whole plant (Powder can be taken) is taken
4	Aerides maculosum Lindl (ORCHIDACEAE) <i>Menda - orchid</i>	Tuberculosis	Roots- One cupful infusion of roots is given once a day for one - two months.
5	Aegle marmelos (L.) Corr. (RUTACEAE) <i>Bel</i>	Snakebite	Leaves-Juice of the leaf is applied on the bitten part and squeezed leaves are eaten which helps to avoide nautia.
6	Aloe barbadeveis Mill. (LILIACEAE) <i>Korphad</i>	Somachache	Leaf-Four five inch long piece of leaf is warmed and tied on stomachonce or twice a day for 2-3 days.
7	Amaranthus spinosus L. (AMARANTHACEAE) <i>Kantabhaji</i>	Rheumatism	Root-Root paste applied on aching joints for 3 - 4 days. Do not consume meat during this period.
8	Anisochilus carnosus (L.) Walls (LAMIACEAE) <i>Jirnya</i>	Stomachache	Roots-Powder of dry roots of <i>Jirnya</i> and <i>Ficus hispida</i> is prepared and one teaspoon powder with lukewarm water is given twice a day for 2 - 3 days.
9	Anogeissus latifolia (Roxb. ex DC)Wall.ex Guill & perr.(COMBRETACEAE) <i>Dhawada</i>	Dysentry	Bark-Bark crushed in water and half cup of it is given twice a day for 2-3 days.
10	Apium graveolens L. (APIACEAE) <i>Owa</i>	Acidity, Ulcer, Arthritis	Fruits, seeds-Powder prepared taking Ajwan fruits, sunt and seeds without seed coat of <i>Sagargota</i> in equal proportion and its 5 gm is taken twice a day after meals for 2-5 weeks
11	Arachis hypogea L. (FABACEAE) <i>Bhui-mug</i>	Diuretic	Seeds-Leaves of <i>Biophytum sensitivum</i> (Ranatil lajala) and ground nut are crushed together and small laddus prepared with ghee and eaten twice a day for 2-3 days by pregnant woman
12	Argyrea sericea Dalz. & Gibs. (CONVOLVULACEAE) <i>Gowel</i>	Burns	Roots-Paste of fresh root is applied on the boils and other burnt portion.
13	Aristolochia bracteata Lam (ARISTOLOCHACEAE) <i>Gandhvel</i>	Cholera, Bowel complaints	Leaf- Leaf juice or decoction is used.
14	Artocarpus heterophyllus Lamk. (MORACEAE) <i>Phanas</i>	Tuberculosis	Fruit-Alternate layers of edible part of fruit and jaggary are put in the mud pot. Its mouth closed and kept in sun for about three weeks. About half cup of it is taken once a day for 2 - 3 weeks
15	Barleria gibsoni Dalz. ACANTHACEAE) <i>Banya</i>	Acidity	Roots-Roots are pounded and its half cup infusion with suger is given in the morning and evening for 5 - 7 days.
16	Biophytum sensitivum (L.) DC.	Leucorrhoea	Leaves-Leaves are pounded with

	(OXALIDACEAE) <i>Jangli lajalu</i>		groundnut seeds. Mixture is gently roasted in pure ghee (Cow) and laddus are prepared. One laddu is taken in the everyday morning for 5 - 6 days
17	Bombax ceiba L. (BOMBACACEAE) <i>Katesaver</i>	Cracked skin	Flowers- One tea spoon flower juice is taken twice a day for 3 - 4 weeks.
18	Borassus flabelifer L. (ARECACEAE) <i>Shindoli</i>	Loctation in Woman	Roots-Latex of <i>Payar & Saber</i> is mixed with roots of <i>Tadi</i> crushed together and given once a day for atleast one week, which increases the lactation.
19	Caesalpinia bonduc (L.) Rox.b. CAESALPINIACEAE) <i>Sagargota</i>	Acidity, ulcer, Arthritis	Seeds-Powder prepared of equal parts of Ajwan fruit, sunt & sagergota is taken 5 gm twice a day after meals for 2-5 weeks
20	Cardiorpermum helicacabum L. (SAPINDACEAE) <i>Phatakdi</i>	Bleeding from wounds	Leaves-Leaf Juice is put on the cut part of the body which stops bleeding.
21	Cassia occidentalis L. (CAESALPINIACEAE) <i>Aagpan</i>	Burns	Leaf-Leaves are burnt and ash mixed with coconut oil is applied on burnt portion.
22	Cassine glauca (Retz). O.Ktze. (CELASTRACEAE) <i>Bhuskat</i>	Headache	Stem-Stem is cut into pieces and put in water and 2 - 3 drops of this and leaf juice is put in the nose. It gives mild shock and patient gets relief.
23	Catunaregum spinosa (Thunb) Tirv. (RUBIACEAE) <i>Gel</i>	Insecticide	Fruits-Mature fruits are kept in the stored food grains
24	Chlorophytum borivilianum Sant. & Fern. (LILIACEAE) <i>Safed Musli</i>	General Weakness	Roots-Fresh tuberous roots or one teaspoonful of powder of roots is taken once a day for 2-3 weeks
25	Citrullus colosynthies (L.) Shrad. (CUCURBITACEAE) <i>Kadu indrayan'</i>	Stomachache	Fruit-In case of chronic stomachache seeds are removed from matured fruit and putting milk in it kept overnight. That milk is given early in the morning with empty stomach once a day for 6-7 days
26	Clematis gouriana Roxb. ex.DC (RANUNCULACEAE) <i>Morvel</i>	Throat problem	Leaf, Stem-Stem & leaves are crushed and its infusion is taken once a day for 2-3 days. This is good remedy for throatache and voice problem.
27	Cocculus hirsutus (L.)Theob. (MENISPERMACEAE) <i>Vasanvel</i>	Conjunctivitis	Leaves-Leaves are pounded and paste is applied on eye lids like potis for 1 - 2 hours a day for 2 - 3 days.
28	Costus speciosus (Koenig) Sm ZINGIBERACEAE) <i>Peva</i>	Headache	Rhizome-Paste of rhizome is applied on the forehead
29	Cuscuta reflexa Roxb (CUSCUTACEATE) <i>Amarvel</i>	Body pain	whole plant-Paste of plant is applied on the body pain
30	Dillenia pentagna Roxb. (DILLENACEAE) <i>Karwal</i>	Hair growth	Leaves, Bark –Mucilage inside fruit with turmeric powder (in 2:1 proportion) applied on hairs for growth.
31	Dioscorea hispida Dennst. (DIOSCOREACEAE) <i>Vaskand</i>	Wounds and Injuries	Tubers-Tuber is roasted, pounded and its paste is applied on wounds and injuries.
32	Eleusine coracana (L.)Gaertn. (POACEAE) <i>Nagli,</i>	Erandidation of small insects	Kernels of seed-Kernels of seeds are burnt and its smoke allowed to spread is good remedy for removing these insects.
33	Erythrina variegata L.	Wounds	Bark-Bark is pounded and its paste is

	(FABAFCEA)Pangara		applied on wound. Within 2-3 days wound is healed.
34	Ficus amplissima J.E. Smith (MORACEAE) <i>Payer</i>	Lactation in women	Latex-Latex of Payer and Saber is mixed with roots of Tadi, crushed together and given once a day for one week, which increases the lactation.
35	Ficus benghalensis L. (MORACEAE) <i>Wad</i>	Intestinal worms in child	Prop (aerial) roots-Prop roots are pounded in water and its half cup given orally once a day for 1-2 days.
36	Ficus hispida L.f. (MORACEAE) <i>Bhui-umber</i>	Stomachache	Roots-Powder of dry roots of Bokada & Jirnya (Anisochilus carnosus) is prepared and one teaspoon powder with lukewarm water is given twice a day for 2-3 days.
37	Firmiana colorata (Roxb.) R.Br. (STERCULIACEAE) <i>Khowsey</i>	Fish poison	Leaf-If leaf powder is spread on water in ponds or lake, fish floats on water and easy to catch fish.
38	Gloriosa superba L. (LILIACEAE) <i>Kal – Lawi'</i>	Pain due to injury	Tuberous Root stalk-Paste of root stalk applied on affected part externally. It is useful as analgesic and also anti-inflammatory
39	Haldina cordifolia (Roxb.)Rids. (RUBIACEAE) <i>Haldu</i>	Toothache	Latex -Latex is applied on aching tooth / gums
40	Heracleum grande (Dalz & Gibs.)Mukhe (APIACEAE) <i>Bafali</i>	Stomach/Gas trouble	Root-Roots are crushed and put into water for about one hour. It's one cupful infusion is given once a day for 2-3 days.
41	Ixora pavetta Andr. (RUBIACEAE) <i>Lokhandi</i>	Gochid on animals	Bark-Decoction of about 3 kg bark is prepared, allowed it to cool and used to wash animal's body. Animals become free from gochid.
42	Lanea coromandelica (Houtt.) Merr. (ANACARDIACEAE) <i>Shimti'</i>	Stomachache	Bark-A cupful decoction of mixture of khadisakhar and bark of Moya and Sag is taken once a day with empty stomach for 1-2 days.
43	Lavandula bipinnata (Roth.) O.ktze (LAMIACEAE) <i>Gayand</i>	Boils (Kestud)	Roots-Paste of root is applied daily for 4-5 days.
44	Leea asiatica (L.) Ridsdale (LEEACEAE) <i>Gharbenda</i>	Anti – inflammatory	Root-Root powder mixed with little water and potice like thing is made and applied on inflamed part and also bandaged. It should be repeated 2-3 times, if necessary.
45	Mallotus philipensis (Lam.) Muell-Arg. (EUPHORBIACEAE) <i>Shendri,</i>	Burns	Leaves –Leaves are burnt and ash is mixed with coconut oil and applied on the burnt portion
46	Mangifera indica L. (ANACARDIACEAE) <i>Amba,</i>	Loose motions	Bark –Bark is crushed in water and its half cup infusion is given twice a day for 1-2 days.
47	Mentha spicata L. (LAMIACEAE) <i>Pudina</i>	Jaundice	Leaf-Fresh leaves are crushed and applied on eyes, the surface of foot and all over the body. One teaspoon leaf juice is also given twice a day for 4 - 5 days.
48	Meyna laxiflora Robyns (RUBIACEAE) Alu	Abdominal distension due to gas etc	Leaf-One to two leaves are chewed and eaten once a day for 1-2 days.

49	Millettia extensa (Bth.)Bak. (FABACEAE) <i>Agrivel</i>	Cough	Seeds-One teaspoon powder of seeds put in ½ cup of water. Strained through cloth and taken once or twice a day for 2-5 days
50	Mimosa pudica L. (MIMOSACEAE) <i>Lajalu</i>	Menstrual complaint	Root-Roots are pounded in cold water and half cup of it is taken once a day for 5-6 days.
51	Nervilia aragoana Gaud. (ORCHIDACEAE) <i>Watya kand</i>	Headache	Tuber-Paste of tuber is applied on forehead ones a day till you get relief.
52	Nicotiana tobacum L (SOLANACEAE) <i>Tambaku</i>	Ear ache	Leaves-One or two drops of juice of leaf put into cching ear, once a day. For 2-3 days.
53	Pterospermum diversifolium Bl. (STERCULIACEAE) <i>Padal</i>	Veterinary (stomach inflation of cattle)	Leaf-If cattle is not eating fodder due to stomach inflation the leaves are crushed or cut into pieces and given 2-3 times as fodder.
54	Radermachara xylocarpa (Roxb.) K.Schum (BIGNONIACEAE) <i>Kharsing</i>	Wounds of human and cattles	Inner bark-Paste of bark applied on wounds till its healing.