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Studies of Ethnomedicinal Plants used by Tribals in Some Selected Villages of Nimar Region (M.P.)

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Abstract: ***The present paper deals with the traditional knowledge of traditional herbal healers of East Nimar (Khandwa) and West Nimar (Khargone) district of Madhya Pradesh. The traditional knowledge of medicinal plants used by tribal communities, Tribals like Grand, Korku, Bhil and Bhilalas are residing in the area. These people have valuable information about medicinal property and medicinal use of many plants. A large number of traditional herbal healers exit belonging to the tribal community and are utilizing local plants in ethno medicinal practices prevalent in the area. In this paper 75 species belonging to 68 genera and 38 families being used by tribal's are documented. Traditional use, Local name, scientific name, Family, Plant parts used is provided.***

Keywords: Nimar region, tribal community, ethnomedicinal plants and Raibidpura

1. Introduction

Ethnobotany deals with studies among the tribal and rural people for recording their unique knowledge about plant wealth and for search of new resources of herbal drugs, edible plants and other aspect of plants. The research in the field of Ethnobotany in India was iniated by Dr.E.K.Janki Ammal from Botanical Survey of India sometime in mid fifties, who made intensive studies on the food plants of certain tribes. The work is followed by Jain (1963, 1981, and 1991).

India is one of the twelve mega biodiversity country of the world, having rich vegetation with a wide variety of plants of medicinal value. In the world 85% of the traditional medicines used for primary health care are derived from plants. Herbal drugs obtained from plants are believed to be much safer in the treatment of various ailments (Mitalaya et.al, 2003).Man uses wild plants to supply medicine, crafts and cosmetics to rural and urban areas .In addition wild plants are a source of income and employment particularly in the rural areas (Balick, 1996; Pascaline et al.2011).Traditional medicine and ethno botanical information plays an important role in scientific research. Particularly when the literature and field work data have been properly evaluated. Plant have been associated with the health of mankind from times immemorial. They have been one of the important sources of medicines used by man from prehistoric times for relieving suffering and curing ailments. The early origins of traditional medicine must have had their roots in ethno botanical folklore (Shekhawat et al.2012).

Habitat degradation unscientific harvesting practices and over exploitation to meet the over increasing demand of herb based pharmaceutical industries and practitioners using medicinal plants have led to the extinction of plant species from the forest and several others are facing threat.

The Khargone district was formerly known as West Nimar and it is situated in the south western part of Madhya Pradesh lying between 21^0 -05'N Latitude and 74^0 - 25' to76^0-14'E Longitude. About one third of the earth's land as covered with forest and nearly 50 % of the total forest land is tropical forest. Tropical forests constitute the most diverse plant communities on the earth (Rathod 2013).Nimar region falls under tropical dry deciduous forest. The vegetation is the typical of arid region with thorny trees like Babul, Soybean, Wheat, Cotton and Chilly are main crops of this area. About 40% of the population consists of tribal people bhil, bhilala, barela, tadvi, banjara, grond, korku and mankar are most Common tribes. Tribal communities have an intricate relationship with their surrounding vegetation.

Khandwa district was formerly known as East Nimar. And it is lies between $21^0$05' to $22^0$20' and $76^0$01' to $76^0$40'E. It has 3 sub divisions (Tehsil) Khandwa, Harsud and Pandhana. Total area of the district is 6206 sq km. The Climate of the district is pleasant and healthy. This area about 35.6% of the population consists of the tribes four major groups are kol, karku, sahaiya and baiga have registered. The highest population in Khandwa district, Korku, Bhil Gond as the made of communication in the tribal areas respectively which live in the forest areas. The vegetation of Nimar region is rich and diverse. The Satpura in East Nimar bifurcates into two parallel ridges on either side of Tapti Valley.(Ray and Sainkhediya 2012) The northern part of Satpura extends up to eastern part of Harsud and more or less along the boundary between Khandwa and Burhanpur (Sainkhediya and Ray 2012).

Perusal of the literature reveals that there is still a gap in ethno botanical knowledge about medicinal plants in these regions. Floristic surveys had been carried out in 14 village of Nimar region of Madhya Pradesh .These distributions include maximum tribal/rural population of the state who use a number of medicinal plants community available in and around their habitat and also cultivate such plants in their agricultural fields. The major objective of this paper is to documentation of ethno medicinal plant of the Nimar region and assistance to former to get more yields of ethno medicinal plants. An attempt is made here to conserve the ethno medicinal plants.

2. Methodology

Reconnaissance surveys were under taken of some village of Nimar region of M.P. like that **Shrikhandi, Raibidpura, Raibid, Chotioon, Nandgawoon, Banihar, Oon,**

Deshgawaon, Pandhana, Rustapura, Khegawaon, Bhikangawoan, Piprad and Chiragpura. The information was gathered through interview and discussion with the university, forest nurseries/herbal gardens/Krishi forms/ large scale formers, Vedhayaraj, Ayurvaidhacharryas, and Officials of the forest department beside ethnic groups. The information about modes of Preparation of remedies and how the medicines are administered were also recorded. The scientific name and family of plant species where identified by using standard literature (Hooker 1872-1897; Ray 1984; Mudgal et al.1997; Singh, et al. 2001; Sinha and Shukla 2007, Verma et al. 1993).

3. Results and Discussion

A total of 75 plant species belonging to 38 families used for 43 different ailments are documented in this study. The most commonly represented families were Leguminosae (14 species), Euphorbiaceae (5 species), Apocynaceae and Convolvulaceae (4 species) and Combretaceae (3species)etc.(Fig.-3). Present ethno botanical study was done in 14 village of Nimar regions (Khargone & Khandwa) of M.P. A total of nearly five large scale formers, five practicing ayarvedic physicians, fifteen practicing traditional medical practitioners, five officers of the forest department were interviewed for the present study. A forest from these, three markets, four forest nurseries, eight Krishi forms, five herbal gardens was also visited. Ethno medicinal plants help in the treatments of most common ailments in the Nimar region. This study shows that most of the species recorded are of significant ethno medicinal importance. Distribution of medicinal plants in Nimar region of M.P. is present in table-1 and Medicinal uses are given in Table -2. Various plant parts were used in the traditional medicine to cure different ailments (Fig.:-1). The leaves (19), root (14), the barks (12) were the most used plant part in traditional medicine followed by the seeds (09), fruit (08), flower (05) and gum (02) of the plants. The survey reveals that many of the herbs used by the rural people for treatment of various diseases are very common, easily available at low cost and hence affordable. The results of the growth form analysis of medicinal plants showed that trees (29 species, 39%) made of highest proportion followed by herbs (22 species, 29%), shrubs (17 species, 23%) and climbing herbs(07 species, 9%)(Fig.- 3)

It is evident from the present study that the tribals are dependent on a variety of medicinal plants for treatment of various ailments. We observed that the documented ethno medicinal plants were used for the treatment of **Cough, Asthma, Arthritis, Weakness, Muscular, Pain, Tonic,** etc. The maximum number of plants with medicinal properties belong to family Leguminosae. During survey it was recorded that safed musli was most demanded medicinal plants species in all the villages. Others popular species were Lemaon grass, Shatawari, Kuwarpatt, Gugal, Gudmar, Awala and Adusa. Cultivation of safed musli, Kuwarfatta and Guggal was being practiced in several areas like **Rabid, Raibidpura, Oon, Nandgawon, Bhikangowon, Deshgawon and Chotioon.** Survey revaluated that limited scientific data is available on the aspect of collection time of medicinal plant species except Safad musli.

4. Conclusion

This study shows that knowledge and usage of herbal medicine for the treatment of various ailments among tribal's population is still a major part of their life and culture. The result of our study revealed that use of plant species belonging to 38 families used for different disease .The ethno medicinal information provided in this study is new, as they not been reported earlier important taxa, which we used by the tribal people are **Achyranthes aspera, Tamarindus indica,*Asparagus racemosus, Boerhavia diffusa*, *Commiphora wighti*, *Gymneana Sylvestre*** and others these useful plants need protection and more cultivation in the present context, so that the tribal people may more be benefited and our valuable flora may also survive.

5. Acknowledgement

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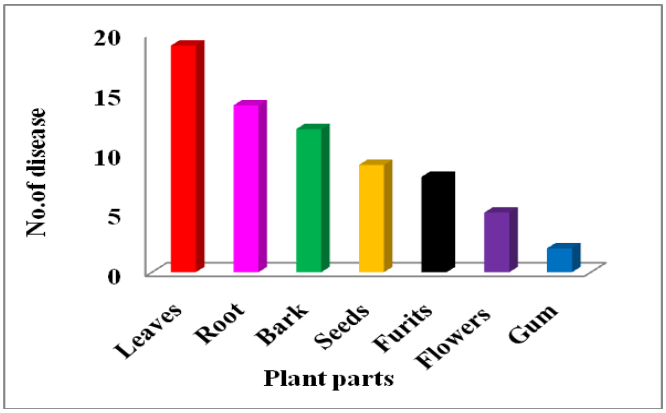

Figure 1: Various plant parts used to cure different disease

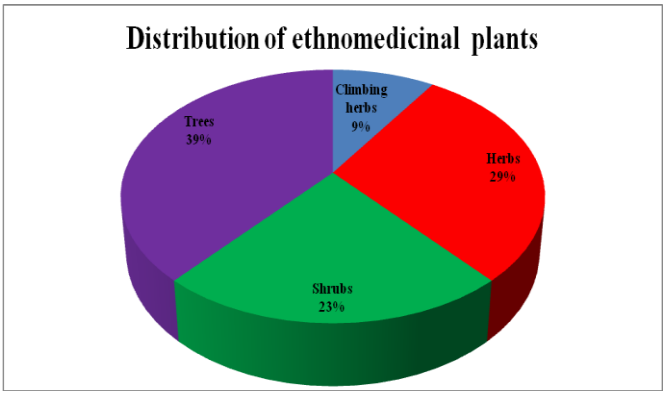

Figure 2: Distribution of ethnomedicinal plants

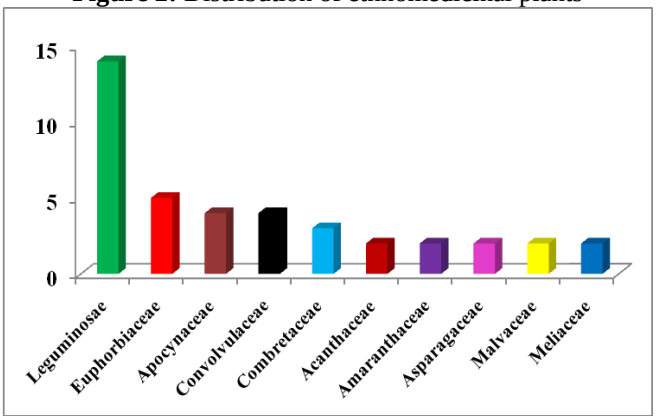

Figure 3: Dominant Families of the area

Table 1: Distribution of medicinal plants in Nimar region

S.N.	Plant name	R	RP	CO	O	B	N	BKG	P	CHI	PAN	DES	RUS.	KHE	SKD
1.	Aakda	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2.	Aam	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3.	Adusa				✓			✓			✓				
4.	Akash bel		✓				✓			✓		✓			✓
5.	Amaltas				✓			✓	✓			✓		✓	✓
6.	Apamarg		✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓
7.	Arandi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
8.	Aritha	✓					✓				✓		✓		
9.	Arjun	✓	✓	✓	✓							✓	✓	✓	
10.	Asawagandha		✓		✓				✓		✓	✓			✓
11.	Awala	✓	✓	✓			✓	✓		✓	✓				
12.	Bawarchi	✓	✓	✓	✓	✓	✓			✓	✓		✓		✓
13.	Babul	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
14.	Baheda	✓	✓	✓	✓		✓		✓	✓	✓		✓		✓
15.	Bargad	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
16.	Bel	✓	✓		✓	✓	✓	✓	✓		✓	✓		✓	✓
17.	Ber	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
18.	Bhai Rangini		✓		✓		✓	✓		✓			✓	✓	✓
19.	Brammi		✓	✓	✓				✓	✓			✓		✓
20.	Chitrak		✓		✓					✓			✓		
21.	Dakankaw	✓	✓	✓		✓	✓	✓		✓		✓			✓
22.	Dhatura	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
23.	Dhawda		✓	✓		✓		✓		✓	✓	✓	✓		
24.	Dudhi		✓	✓		✓		✓		✓	✓	✓	✓	✓	✓
25.	Giloe		✓		✓	✓	✓		✓		✓				
26.	Gokhru	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
27.	Gorakhganja				✓		✓				✓		✓		
28.	Gudmar		✓					✓							✓
29.	Guggal	✓	✓	✓	✓			✓			✓	✓			
30.	Gular	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

31.	Gulbash	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
32.	Guvarpatha	✓	✓	✓				✓		✓	✓		✓	✓	✓
33.	Harsingar	✓				✓					✓		✓		
34.	Hingota		✓				✓		✓	✓				✓	✓
35.	Imali	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
36.	Jatanjot	✓	✓	✓		✓	✓		✓		✓		✓		✓
37.	Jangal Jalabi		✓	✓				✓				✓			✓
38.	Janmum	✓	✓	✓			✓	✓			✓	✓			✓
39.	Jurung		✓		✓		✓	✓			✓			✓	
40.	Kachnar	✓	✓			✓	✓		✓				✓		
41.	Kali musli	✓									✓			✓	✓
42.	Kalmegh			✓		✓		✓			✓		✓		
43.	Kaner	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
44.	Karanj	✓	✓	✓	✓	✓	✓			✓		✓		✓	✓
45.	Karil		✓			✓		✓		✓	✓	✓	✓	✓	
46.	Karonda				✓			✓		✓			✓		
47.	Khakhra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
48.	Khirni		✓		✓							✓			✓
49.	Lajvanti	✓	✓	✓				✓	✓		✓		✓		
50.	Lemmon grass	✓				✓							✓		✓
51.	Mahua	✓	✓	✓			✓	✓	✓						✓
52.	Malkangni		✓					✓		✓	✓	✓			✓
53.	Marorphali		✓					✓		✓		✓		✓	
54.	Nagphani			✓	✓			✓	✓		✓		✓	✓	✓
55.	Neem	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
56.	Pipal	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
57.	Punarnava	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
58.	Ratanjot	✓	✓	✓	✓	✓		✓		✓		✓		✓	✓
59.	Rohani	✓		✓						✓		✓			✓
60.	Safed musli	✓	✓	✓					✓		✓	✓		✓	
61.	Sahjan			✓			✓			✓		✓			✓
62.	Satavari			✓	✓	✓			✓	✓		✓		✓	✓
63.	Semal		✓						✓		✓			✓	✓
64.	Shankhpushpi	✓	✓		✓	✓		✓			✓	✓	✓		✓
65.	Shisham	✓	✓		✓	✓		✓	✓	✓	✓	✓		✓	✓
66.	Shivlingi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
67.	Sitaphal	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
68.	Sonamukhi			✓	✓			✓	✓		✓		✓	✓	
69.	Subabul	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		✓
70.	Surpunkha	✓	✓		✓	✓	✓		✓		✓				
71.	Tameshwar		✓	✓			✓		✓		✓	✓		✓	✓
72.	Tamrabel	✓	✓		✓			✓			✓	✓		✓	
73.	Tendu	✓	✓			✓		✓				✓		✓	
74.	Thor	✓	✓			✓			✓		✓			✓	
75.	Tulsi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Abbreviation- R=Raibid RP=Raibidpura Co=Chotioon O=Oon B=Banihar N=Nandgawoan BKG=Bhikangawoan P=Piprad CHI=Chiragpura PAN=Pandhana DES=Deshgawaon Rus=Rustampura, KHE=Khegawaon SKD=Shirikhandi

Table 2: Medicinal uses of plants of Nimar region

S.N.	*Traditional Use*	*Local Name*	*Scientific Name*	*Family*	*Part Used*	*Habit*
1	Anticancer	Kachnar	***Bauhinia variegata L.***	Leguminosae	B	T
2	Intestinal Problem	Chitrak	***Plumbago zeylanica L.***	Plumbaginaceae	R	S
3	Asthma, Bronchitis	Apamarg	***Achyranthes aspera L.***	Amaranthaceae	R	H
4	Asthma	Dudhi	***Euphorbia hirta L.***	Euphorbiaceae	R	H
5	Swelling	Ber	***Ziziphus jujuba Mill***	Rhamnaceae	R	T
6	Leprosy	Lajvanti	***Mimosa pudica L.***	Leguminosae	R	H
7	Blood Pressure	Sahjan	***Moringa oleifera L.***	Moringaceae	S	T
8	Liver disorder	Surpunkha	***Tephrosia purpurea (L.) Pers.***	Leguminosae	L	H
9	Burns	Guvarpatha	***Aloe vera (L.) Burm.f.***	Xanthorrhoeaceae	L	H
10	Appendix	Giloe	***Tinospora sinensis (Lour.) Merr.***	Menispermaceae	S	CH
11	Culling effect	Neem	***Azadirachta indica A.Juss.***	Meliaceae	F	T
12	Culling effect	Bel	***Aegle marmelos (L.) Correa***	Rutaceae	F	T
13	Leucoderma	Bargad	***Ficus benghalensis L.***	Moraceae	B	T
14	Cooling effect	Aam	***Mangifera indica L.***	Anacardiaceae	B	T
15	Cough	Adusa	***Justicia adhatoda L***	Acanthaceae	L	S
16	Cough	Tulsi	***Ocimum basilicum L.***	Lamiaceae	L	H

S.N.	Traditional Use	Local Name	Scientific Name	Family	Part Used	Habit
17	Cough	Babul	***Acacia nilotica (L.) Delile ssp. indica (Benth.) Brenon***	Leguminosae	L	T
18	Cough	Mahua	***Madhuca longifolia var. latifolia (Roxb.) A.Chev.***	Sapotaceae	F	T
19	Cuts	Gular	***Ficus racemosa L.***	Moraceae	B	T
20	Pyorrhea	Ratanjot	***Jatropha curcas L.***	Euphorbiaceae	R	S
21	Cuts	Jatanjot	***Jatropha gossypiifolia L.***	Euphorbiaceae	L	S
22	Diabetes	Gudmar	***Gymnema sylvestre (Retz.) R.Br. ex Sm.***	Apocynaceae	L	CH
23	Diabetes	Janmum	***Syzygium cumini (L.) Skeels***	Myrtaceae	S	T
24	Diarrhea	Tendu	***Diospyros melanoxylon Roxb.***	Ebenaceae	B	T
25	Dysentery	Jangal Jalabi	***Pithecellobium dulce (Roxb.) Benth.***	Leguminosae	B	T
26	Ear problems	Datura	***Datura stramonium L.***	Solanceae	L	H
27	Hair tonic	Awala	***Phyllanthus emblica L.***	Phyllanthaceae	F	T
28	Diuretic	Asawagandha	***Withania somnifera (L.) Dunal***	Solanceae	R	S
29	Kidney stone	Gorakhganja	***Aerva lanata (L.) Juss.***	Amaranthaceae	F	H
30	Fever	Harsingar	***Nyctanthes arbor-tristis L.***	Oleaceae	F	T
31	Gastric Problems	Khirni	***Manilkara hexandra (Roxb.) Dubard***	Sapotaceae	B	T
32	Worm infestation	Hingota	***Balanites aegyptiaca (L.) Delile***	Zygophyllaceae	F	T
33	Hair lice	Sitaphal	***Annona squamosa L.***	Annonaceae	S	S
34	Healing Wounds	Tamrabel	***Argyreia bella Raizada***	Convolvulaceae	L	CH
35	Hear problems	Kalmegh	***Andrographis paniculata (Burm.f.) Nees***	Acanthaceae	G	H
36	Heart problem	Guggal	***Commiphora wightii (Arn.) Bhandari***	Burseraceae	G	S
37	Heart problem	Arjun	***Terminalia alata Wall.***	Combretaceae	B	T
38	Jaundice	Bhai Rangini	***Phyllanthus fraternus G.L.Webster***	Phyllanthaceae	L	H
39	Teeth pain	Karanj	***Pongamia pinnata (L.) Pierre***	Leguminosae	S	T
40	Joint Pain	Lemmon grass	***Cymbopogon martini (Roxb.) W.Watson***	Poaceae	R	H
41	Memory	Malkangni	***Celastrus paniculatus Willd.***	Celastraceae	S	S
42	Kidney stone	Gokhru	***Tribulus terrestris L.***	Zygophyllaceae	S	H
43	Laxative	Sonamukhi	***Senna alexandrina Mill.***	Leguminosae	L	H
44	Laxative	Amaltas	***Cassia fistula L.***	Leguminosae	F	H
45	Skin problem	Tameshwar	***Ipomoea carnea Jacq.***	Convolvulaceae	R	S
46	Jaundice	Arandi	***Ricinus communis L.***	Euphorbiaceae	S	S
47	Skin problem	Bawarchi	***Cullen corylifolium (L.) Medik.***	Leguminosae	S	H
48	Memory	Brammi	***Bacopa monnieri (L.) Wettst.***	Plantaginaceae	L	H
49	Memory	Shankhpushpi	***Convolvulus prostratus Forssk.***	Convolvulaceae	F	H
50	Mouth sores	Jurung	***Abrus precatorius L.***	Leguminosae	L	CH
51	Tonic	Safed musli	***Chlorophytum arundinaceum Baker***	Asparagaceae	R	H
52	Asthma	Aakda	***Calotropis procera (Aiton) Dryand.***	Apocynaceae	S	S
53	Skin diseases	Shisham	***Dalbergia sissoo DC.***	Leguminosae	B	T
54	Cough	Thor	***Euphorbia caducifolia Haines***	Euphorbiaceae	S	S
55	Jaundice	Kali musli	***Curculigo orchioides Gaertn.***	Hypoxidaceae	R	H
56	Snake bite	Karonda	***Carissa carandas L.***	Apocynaceae	R	S
57	Snake bite	Dakankaw	***Ailanthus excelsa Roxb.***	Simaroubaceae	L	T
58	Asthma	Pipal	***Ficus religiosa L.***	Moraceae	L	T
59	Stomach problems	Semal	***Bombax ceiba L.***	Malvaceae	R	T
60	Stomach Problems	Mororphali	***Helicteres isora L.***	Malvaceae	F	S
61	Cough	Dhawda	***Anogeissus latifolia (Roxb.ex DC) Wall ex. Guill. & Perr.***	Combretaceae	B	T
62	Cough	Subabul	***Acacia leucophloea (Roxb.) Willd.***	Leguminosae	L	T
63	Promote conception	Shivlingi	***Diplocyclos palmatus (L.) C.Jeffrey***	Cucurbitaceae	S	CH
64	Scorpion bite	Khakhra	***Butea monosperma (Lam.) Taub.***	Leguminosae	B	T
65	Scorpion bite	Punarnava	***Boerhavia diffusa L.***	Nyctaginaceae	L	H
66	Weakness	Satavari	***Asparagus racemosus Willd.***	Asparagaceae	R	CH
67	Liver diseases	Akash bel	***Cuscuta reflexa Roxb.***	Convolvulaceae	S	H
68	Boils	Nagphani	***Opuntia elatior Mill.***	Cactaceae	F	S
69	Asthma	Rohani	***Soymida febrifuga (Roxb.) A. Juss***	Meliaceae	B	T
70	Dental pain	Karil	***Capparis decidua (Forssk.) Edgew.***	Capparaceae	S	CH
71	Eye sight	Bahera	***Terminalia bellirica (Gaertn.) Roxb.***	Combretaceae	F	T
72	Hair tonic Cold	Aritha	***Sapindus emarginatus Vahl.***	Sapindaceae	F	S
73	Skin diseases	Kaner	***Nerium oleander L.***	Apocynaceae	L	S
74	Scorpion bite	Imali	***Tamarindus indica L.***	Leguminosae	S	T
75	Swelling	Gulbash	***Mirabilis jalapa L.***	Nyctaginaceae	L	H

Abbreviation- CH: **Climbing herbs, H: Herbs, S: Shrubs, T: Trees**