

Published on: 1st Dec 2011



**TRADITIONAL HERBAL MEDICINES USED BY NATIVE
PEOPLE OF PILLANALLUR, NAMAKKAL DT.,
TAMIL NADU**

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ABSTRACT:

Medicinal plants survey was carried out in remote village of Pillanallur, Rasipuram Taluk in Namakkal District. The village people utilize and observed 31 plant species belonging to 30 genera from 24 families. Medicinally important plants were identified and their uses were described. Plants were arranged according to their binomial name, vernacular name, family, disease, plant parts used, mode of preparation. The medicinal plant species were used to cure heart problem, diarrhea, urinary problem, snake bite, veterinary dysentery. The medicinal plant parts used young leaves, flower, young fruit, bark, shoot, stem, bulb, were taken to prepare the leaf juice, decoction, paste, for oral or external application. The plant parts were used either separately or in combination with other plants. The knowledge of herbal medicine in carried out from generation to generation prepares medicine, using available herbs.

KEY WORD: Medicinal plants, Traditional medicine and Pillanallur.

INTRODUCTION:

India harbours about 15 percentage medicinal plants, out of 20,000 medicinal plants of the world. About 90 percentages of these are found growing wild in different climatic regions of the country (Singh, 1997). Several workers were reported the utility of plants for the treating various ailments. In such away, the present work was carried out to explore the medicinal remedies and some medicinal plants used by the village people of Pillanallur, Rasipuram Taluk, in Namakkal District.

STUDY AREA:

The study area Pillanallur situated at Rasipuram taluk, Namakkal district (43km away from Namakkal) Tamilnadu. Pillanallur lies between 11.39° North Latitude and 78.12° East Longitude. The village people lived at various places such as Poolamatai. Aasarikadu, Moorampukadu, Pudur,

Kallanguthu. There are 930 people residing in Pillanallur community, the average maximum temperature 33°C and average minimum temperature is 25°C. The annual rain fall is 140mm. The whole catchments get rainfall both from South West and North West monsoons, September to October are the rainiest of the months. Red soil predominate soil type. The people mostly working as agriculture labour. The food crops such as paddy, maize, sorghum, vegetables, and fruits like papaya, mango, amla, were cultivated.

METHODOLOGY:

The study was aimed to document traditional medicinal plants used by the local people for curing various diseases(Jeevan Ram, 2007). The study area Pillanallur situated at Rasipuram taluk, Namakkal district (43km away from Namakkal) Tamilnadu. Pillanallur lies between 11.39° North Latitude and 78.12° East Longitude. The village people lived at various places such as Poolamatai. Aasarikadu, Moorampukadu, Pudur, Kallanguthu. There are 930 people residing in Pillanallur community, the average maximum temperature 33°C and average minimum temperature is 25°C. The annual rain fall is 140mm. The whole catchments get rainfall both from South West and North West monsoons, September to October are the rainiest of the months. Red soil predominate soil type. The people mostly working as agriculture labour. The food crops such as paddy, maize, sorghum, vegetables, and fruits like papaya, mango, amla were cultivated.

The understanding knowledge of how the people used the plants as medicine. The first step is to collect the information about native people and traditional medicine. The questionnaire is prepared in Tamil included with local name of the plant, part used, collection locality, dosage, and diseased cured etc. The plant species were collected and identified with the help of Gamble (Vol I-III) and plants are deposited in the Herbarium of Department of Botany, Vivekanandha College of arts and sciences for women. The information gathered was noted in the investigation field notebook.

RESULTS:

About 35 medicinal plant species used in the Pillanallur village people in traditional health care system, day-to-day life to cure various ailments have been documented and belongs to 25 families of angiosperm (Bhatt, 2008). Most of these plant species were grown in wild. Members of medicinal plants were widely used, such as Caesalpiniaceae, Cucurbitaceae 3 species each, Capparidaceae, Euphorbiaceae, Myrtaceae, Lamiaceae, Liliaceae, Poaceae, 2 species each, 17 families were represented by one species. From the medicinal plants 11 are tree species, 13 are herb species, 4 are shrub species, and 7 are climbers. It is arranged alphabetically according to their scientific names, local names, family name, plant parts used, mode of preparation, (Table-1). Muthukrishnan 50 yrs from of Pillanallur who is regarded as master in traditional medicine

explained the medicinal uses, local names, mode of preparation and others relevant matters on various plants.

DISCUSSION:

The health ailments in the study area were skin problems such as eruptions of skin, skin disease and 2 remedies from 3 species cure it. 3 remedies from 6 species cured the Problems such as heart problem, asthma, and expectorant, diarrhoea, carminative and 3 remedies from 10 species cured urinary problems. Aphrodisiac, emmenagogue, anthelmintic, stomachic, anti-inflammation antidote for snake bite, scorpion bite, veterinary dysentery, anorexia, ulcer, rubefacient, rheumatism body cooling, fever, cough, mouth sore, tongue sore, reduced body pain, eye pain, tuberculosis, diuretic, diabetes, prevent bleeding of pus, vermifuge, stomach ulcer were cured by 23 remedies from 16 species(Arya, 2008). Hair colour improvement, cure pimples, hair growth and it is cured by 3 remedies from 3 species.

Among the medicinal plant parts used young leaves, flower, young fruit, bark, shoot, stem, bulb were taken to prepare the leaf juice, decoction, paste, for oral or external application. The knowledge of herbal medicine in carried out from generation to generation prepares medicine, using available herbs.

The rural heads and traditional healers do not keep any written document, the maintain it as closely guarded secret within the family practice. The herbalists do not want to give all information about plants.

CONCLUSION:

Though many people have interested modern treatments namely allopathy, still most of the people dependent upon traditional medicinal system for curing ailments. It is due to the growing importance of traditional medicine. It is necessary to collect the information about the knowledge of traditional system. The documentation might be useful for further studies.

ACKNOWLEDGEMENT:

The author thanks the chairman and the management for the permission to undertake this work.

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Table-1 List of Medicinal plants used by Pillanallur native people

S. NO	Binomial Name	Vernacular Name	Family	Disease	Plant parts used	Mode of preparation
1.	<i>Acalypha indica</i> Linn.	Kuppameni	Euphorbiaceae	Skin disease	Mature leaves	Grind the mature leaves. The paste is applied over the skin, leave it for few hours and clean with fresh water.
2.	<i>Achras sapota</i> Linn.	Sapota	Sapotaceae	Diarrhoea	Young fruit	Grind the young fruit into paste and mix in ½ tumbler cow milk, orally given.
3.	<i>Achyranthus aspera</i> Linn.	Naourunjan	Amaranthaceae	Skin disease Scorpion bite	Mature leaves Mature leaves	Apply the crushed mature leaves on the ring portion of skin to cure it. Crush the mature leaves and apply on bitten area.
4.	<i>Adadhota vasica</i> Nees. <i>Melotheria maderaspatana</i>	Adathoda Musumusuka	Acanthaceae Cucurbitaceae	Asthma Tuberculosis and cough	Young leaves	Young leaves are boiled in water and then the decoction is taken orally.
5.	<i>Albizzia amara</i> Boivin	Arappu	Mimosaceae	Cooling body heat	Young leaves or Mature leaves	Grind the mature and young leaves well, the paste is applied over the Head leave it for some times and clean with water.
6.	<i>Allium cepa</i> Linn.	Vengayam.	Liliaceae	Expectorant	Young leaves	Grind the young leaves and 30ml of leaf juice take orally.
7.	<i>Aloe vera</i> Linn.	Kathalai	Liliaceae	Stomach ulcer Anthelmintic Cooling Body heat Emmenogoge Carminative	Leaves	Leaves skin was removed and the bulb washed with water and taken in empty stomach.
8.	<i>Azadirachta indica</i> A.Juss.	Veppamaram	Meliaceae	Skin disease Anorexic Inflammation	Mature leaves Flower Young leaves	Make paste of mature neem leaves with turmeric and apply to skin diseases. 5g of shade dried flower add 50 ml of water, leave it for some times. Then filtered it and take the juice orally.

S. NO	Binomial Name	Vernacular Name	Family	Disease	Plant parts used	Mode of preparation
				Snakebite & Scorpion bite	Leaves	Make paste of neem leaves with turmeric and to apply on the swellings. Make paste of neem leaves with turmeric and to apply in bitten area.
9.	<i>Bambusa arundinacea</i> wild.	Munkil	Poaceae	Veterinary disease	Leaves	Fresh leaves are given orally to goat and cows.
10.	<i>Cardiospermum halicacabum</i> Linn.	Kuthu Mutakkathan	Sapindaceae	Rubefacient & Rheumatism Prevent bleeding of pus	Young leaves Mature Leaves	Leaves act rubefacient and useful as poultice for rheumatism. 2(or) 3 drops of leaf juice in a painful ear bring down the infection.
11.	<i>Cassia auriculata</i> Linn.	Avaram	Caesalpiniaceae	Pimples	Flower	Shade dried flower powder mixed to turmeric powder and apply on the face to cure pimples.
12.	<i>Cassia tora</i> Linn.	Nilaa avarai.	Caesalpiniaceae	Changing the hair colour	Young (or) mature leaves	Along with senna leaves grind the cassia leaves and the paste is applied on the grey hair.
13.	<i>Calotropis gigantea</i> R.Br.	Erukkala	Asclepidaceae	Scorpion bite	Mature leaves	2 drops of mature leaf juice into nose which acts as antidote for scorpion bite.
14.	<i>Cissus quardrangularss</i> Linn.	Perandai	Vitaceae	Anorexic	Young shoot	Make a chatny from young shoots.
15.	<i>Coccinia indica</i> W&A	Kovakodi	Cucurbitaceae	Skin disease Diabetes	Mature leaves Mature stem, leaves	Grind the mature leaves, the paste are applied to eruption of skin leave it for some time and clean with water. Stem juice taken orally in empty stomach. & Mature leaves to make chatny and taken orally

S. NO	Binomial Name	Vernacular Name	Family	Disease	Plant parts used	Mode of preparation
16.	<i>Cynodon dactylon</i> Pers.	Arugam pullu	Poaceae	Stomach ulcer	Leaves	Leaf juice taken orally in empty stomach.
17.	<i>Delonix elata</i> Gamble.	Vathanamarm	Caesalpiniaceae	Reduced body pain & eye pain. Carminative	Young leaves Young leaves	Aqueous boiled leaves used to bathing, to relieve the body pain Internally take 3 grams of young leaf powder along with hot water daily one time.
18.	<i>Evolvulus alsinoides</i> Linn.	Visnukanthi	Convolvulaceae	Fever Fever & Cough	Whole plant Whole plant	Make a paste of whole plant using cow milk, taken orally for 3 times per day. Make a paste of whole plant, using cow milk and again mixed with cow milk, filtered and then taken orally for 3 times per day.
19.	<i>Emblia officinalis</i> Graete.	Periyanelli	Euphorbiaceae	Mouth sore Tongue sore	Leaves, Root bark, fruit	Wash the mouth with aqueous boiled amla leaves make a paste of root bark with honey and applied on tongue to cure sore.
20.	<i>Hibiscus-rosa sinensis</i> Linn.	Semparuthi	Malvaceae	Changing the hair colour. Stomach ulcer	Flower Flower	Boil the flowers with gingelly oil and applied on the hair for good hair growth. Decoction of flower taken in empty stomach
21.	<i>Lawsonia inermis</i> Linn.	Maruthani	Lythraceae	Inflammation	Mature leaf	Mature leaf paste is applied.
22.	<i>Leucas aspera</i> Spreng.	Thumbai	Lamiaceae	Snakebite & scorpion bite	Leaves	Apply the leaf juice on the poisonous area.

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23.	<i>Melothria maderaspatana</i> Cogn	Musumusukai	Cucurbitaceae	Asthma & Reduced body pain & eye pain	Young leaves	To the young leaf juice adds equal amount of gingelly oil and boiled, wash the hairs one time per week, it will decrease the asthma. And cure body pain & eye pain.
24.	<i>Momordica charantia</i> Linn.	Pavakkai	Cucurbitaceae	Anthelmintic Vermifuge Expectorant	Young leaves	Grind the young leaves with spray the some water then 30ml of leaf juice take orally.
25.	<i>Moringa oleifera</i> Lamk.	Murunga maram	Moringaceae	Stomach ulcer Anthelmintic	Mature leaves Bark,	Mature leaves are grind paste mixed with curd and taken orally in daily. Barks are boiled in water the decoction, mixed with honey.
26.	<i>Musa paradisiaca</i> Linn.	Valamaram	Musaceae	Diuretic	Pseudostem	Taken a stem juice with few jeer seeds crushed into it, thrice a day kept, rid of painful (or) burning urination and to dissolve tiny urinary stones.
27.	<i>Ocimum sanctum</i> Linn.	Thulasi	Lamiaceae	Fever Heat Problem	Leaves Leaves	Add 20 gram of leaves with 2gms of peeled off ginger and grind into paste. Add 200ml of water and boiled till it will turn to 100ml. Take orally thrice a day as 1 or 2 spoon will reduce the fever within 3 days. Leaf juice 1ml, honey 5ml and 5ml of hot water orally given in morning and

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						evening for 20-40 days.
28.	<i>Pedaliium murex</i> Linn.	Aana nerunje	Pedaliaceae	Diuretic	Fruit	The fruit is boiled the decoction water and filtered. Take orally.
29.	<i>Psidium guajava</i> Linn.	Koeyamaram	Myrtaceae	Diarrhoea	Young leaves	Young leaves grind into paste and mix in ½ tumbler of cow milk orally given.
30.	<i>Punica granatum</i> Linn.	Mathula maram	Punicaceae	Diarrhoea	Young fruit	Young fruit grind into paste and mix in ½ tumbler of cow milk orally given.
31.	<i>Tribulus terrestris</i> Linn.	Nerunje	Zygophyllaceae	Diuretic	Whole plant	Mix a teaspoon powdered of Tribulus plants with cow milk and take orally for a week, to break down urinary stones and expel them out.
32.	<i>Vitex negundo</i> Linn.	Nochi	Verbenaceae	Asthma	Mature leaves	Two mature leaves four pepper, 4 clove and 4 garlic these are macerated in mouth all together and swallow the juice into mouth it will cure asthma.