

Published on: 1st Aug 2012



PLANT BASED FOLK RECIPES FOR TREATMENT OF HEPATIC DISORDERS IN JALGAON DISTRICT MAHARASHTRA

SHUBHANGI PAWAR

DEPARTMENT OF BOTANY,

PRATAP COLLEGE, AMALNER 425401 DIST. JALGAON (MAHARASHTRA), INDIA

shubhangipawarb@rediff.com

ABSTRACT:

The present communication reveals the folk medicine of Jalgaon District (Maharashtra) 21 species. 21 genera of 19 Angiosperm families useful for hepatic disorders of these applicatry of 12 species as unknown or little known from India. Botanical names, local name part and product used mode and dosages administration an given as gathered from tribal of Jalgaon District.

KEY WORD: *Folk medicine, Hepatic disorder, Jalgaon.*

INTRODUCTION:

The ethnic people have provided several miracle plants of immense food and medicinal value to modern civilization. The field approach of studs of ethnobotany play a vital role because of the direct contact that can be established with the authentic information on uses of plant both wild and cultivated. The present field study informs the important folk medicine practiced for treatment of Hepatic disorders in Jalgaon District. The need of the hour is to catalogue the plants used by indigenous people around the country and to collaborate with the chemists to analyse the compounds in medicinal plants, before the valuable ethnobotanical data gets disappeared. Pawar and Patil published recently some ethnobotanical information on Jalgaon District (2000a,b, 2001,2003,2004,2005a,b, 2006a,b,c,d).

STUDY AREA:

Jalgaon district is located on the northern part of the state of Maharashtra. It lies between 20° and 21° north latitude and 74° 55' and 76°28' east longitude. The Satupura Mountain extend northern parts of the district, whereas off shoots of Western Ghats do so in south east parts. The forests in the district are dry deciduous.

A recent interest in ethnobotanical explorations is increased on international and national level with the work of [3-12] contributed to the ethnobotany. Almeida, M. R. and S. M. Almedia 1981; Ansari, M. Y. 1978 and Das, A. K. 2001; Gadgil Madhav and V. D. Vartak 1974; Vartak, V. D. 1957; Bhamare, T. B. and Patil, D. A. 2005 etc. made valuable contribution in ethnobotany in India and Maharashtra.

METHODOLOGY:

Field trips were conducted in tribal hamlets and villages in Jalgaon District the information was collected by interviewing elder tribal and rural people. Each claim was verified repeatedly. The plant collected has been housed in the Herbarium of Pratap Collage, Amalner. They have been identified using various district, regional floras by Patil (2003), Naik (1998) Lakshminarsimhan and Sharma the plants have been described alphabetically with reference to botanical name (family in parenthesis), followed by vernacular name, plant part and mode of administration.

RESUTLS AND DISCUSSIONS:

Enumerations :

1. *Achyranthesaspera* L. (Amaranthaceae) Aghada

Use- Seeds along with some sugar is powdered finely, about spoonful of it is advised in water daily do cure Jaundice.

2. *Aeglamarmelos* (L.) Corr. (Rutaceae) Bel.

Use – *Pulp of unripe fruit is mixed with pickled mango (*Mangifera indica* L.) and lemon (*Citrus aruntifoliachristm* (S.W) and eaten for jaundice.

3. *Asparagus racemsus* wild. (Liliaceae) Shatavari

Use - *Root extract mixed with milk after boiling it, one spoonful of this consumed with honey per day to cure jaundice.

4. *Boerhavia diffusa* L. (Nyctaginaceae) Ghotali.

Use – *About one cup of decoction of leaves is given twice a day to cure Jaundice till cure.

5. *Citrus aurantifolia* (Christm.) SW (Rutaceae) Nimboo.

Use- Juice of one fruit mixed in glass of water. Some sugar is added it and consumed thrice a day to cure jaundice.

6. *Euphorbia nerifolia* L (Euphorbiaceae) sabar

Use - Two drops of latex with jaggery is taken at morning only for few days.

7. *Ensetesuperbum* (Roxb.) Cheesm. (Musaceae)

Use- *3 gm of seeds of *Brassica Juncea* (L.) (Zern. Etcoss and Jagaryis crushed in fruit and consumed a week to cure jaundice.

8. *Eclipta alba*(L.) Hassk. (Asteraceae) Maka

Use - Leaf juice mixed in Jaggan and 40 gm of seed powder of *Piper nigrum* L and advised to consume with spoonful honey two times per day.

9. *Lawsonia inermis* L.(Lythracea) Mehendi

Use - A spoonful of leaf juice is consumed daily till cure the jaundice.

10. *Luffa acutangula* (L.) Roxb. (Cucurbitaceae) Dodka

Use- Powdered fruit snuff is smelled as snuff to cure the jaundice.

11. *Mehthaspicata* L. (Lamiaceae) Pudina

Use – Leaf juice about half cup, is given at morning and evening for Hepatic disorder.

12. *Mimosa pudica* L. (Mimosaceae) Lajalu

Use – *Decoction of root (3 to 4 gm) given along with Honey in chronic liver problem.

13. *Ocimum sanctum* L. (Lamiaceae) Kali Tulshi

Use- Juice of fresh leaves about one spoonful is given twice daily for a 10 days in chronic liver problem.

14. *Punica granatum* L. (Punicaceae) Dalimb

Use - Half cup of fruit juice for twice a day given for two weeks to the patients suffering from jaundice.

15. *Phyllanthus amarus* Sch. &Thoms (Euphorbiaceae) Bhuiawala

Use – A cup of decoction of entire plant is given orally twice day for jaundice till cure

16. *Ricinus communis* L. (Euphorbiaceae) Arandi

Use- Extract of one leaf is added in half cup of fresh unboiled cow milk and given for these days to cure jaundice.

17. *Saccharum officinarum* L. (Poaceae) Oos.

Use - *Juice of culm is drunk twice day to cure jaundice.

18. *Tamarindus indica* L. (Casealpiniaceae) Chinch.

Use - Rind of pods is burnt. There gm of ash mixed in spoonful of cow using is taken orally for three to four times a day to cure jaundice.

19. *Terminalia chebula* Retz. (Combretaceae) Hirda

Use - Consymption of two fruit boiled in cow urine at morning for three days to cure jaundice.

Use- *A cup of decoction of entire plant is given orally twice a day for jaundice still cure.

20. *Gardenia resinifera* Roth. (Rubiaceae) Dikamali

Use- *Gum A spoonful of exudates mixed in powder sugar and consumed daily till cure hepatic disorder.

21. *Gossypium herbaceum* L. (Malvaceae) Kapas

Use- *One spoonful of leaf juice drunk with honey twice a day to cure hepatic disorder.

The present Paper provides an account of 21 genera. 21 species and 19 families covering more than 21 recipes of plant five medicines used for the treatment of liver disorder in Jalgaon district Maharashtra.

Most of the Preparation They orally administered either as extract, juice powder or exudates, decoction etc. Root, fruit, seed, culms, leaves. Plant parts are used. There is enough scope of the amalgamation of these drug in the main stream of prenatal medicine suggest today after the tribal drug are subjected to the phytochemical and biological screening, together with clinical trials.

ACKNOWLEDGEMENT

Author is thanking full to principal Pratap collage, Amalner for providing necessary facilities and encouragement.

REFERENCES:

1. Almeida, M. R. and Almeida, S. M. 1981 : Falklore and utility of vascular plants from Savant Wadi in : proc. on India symposium on Biology and utility of wild plants. Prof. G. L. Shah : Commemoration Vol. Dept. of Bio Science South Gujrath Univ., Surat, PP 23-39.
2. Ansari, M. Y. and Naya r, M. P. 1978 : Some less known plants from western ghat useful for essential oil industries. *Indian Perfumer* 22(3):210-213.
3. Ambasta, S.P. 1986: The Useful Plants of India. Publication and information Directorate, CSIR, New Delhi, India.
4. Anonymous, 1948-1976: The Wealth of India: A Dictionary of Indian Raw Materials and Industrial Products. : Vol. I-XI, Publication and Information Directorate, CSIR, New Delhi, India.
5. Athwale, V.B 1997: Ayurvedic Oshadhi Rajan typography unit, new way lonawale p.p 101-162.
6. Das, A. K. and Saika, D. C. 2001: Indigenous practises of treating human liver disorder in Asam. *Ethnobotany* 13 : 87-90.
7. Gadgil Madhav and Vartak, V. D. 1973 : Groves dedicated to the Gods the illustrated weekly of India.
8. Jain, S.K. 1991: Dictionary of Indian Folk Medicine and Ethnobotany, Deep Publication New Delhi, India.
9. Kshirsagar, S. R. and Patil, D. A. 2002: Exotic Floral Element in the Flora of Jalgaon District, (Maharashtra). *J. Econ. Tax. Bot.* 26(3) 529-532.
10. Naik, V.N. 1998: Flora of Marathwada Vol.1-2. Amrut Prakashan, Aurangabad, India.
11. Patil, D.A. 1992: Key to Angiospermic families of North Maharashtra, Vidyarthi Gruha Prakashan, Pune, India.
12. Pawar Shubhangi and Patil, D. A. 2000: The orgine and utility of vernacular plant names in khandesh region of Maharashtra, India. *J. Shwami Botanical club.* (vol. – 7), 43/47
13. Pawar Shubhangi and Patil, D. A. 2000: Certain unconventional food plant of jalgaon dist. Maharastra, India, *J. Non Timber forest product* 7(3-4) 229-232
14. Pawar Shubhangi and Patil, D. A. 2001: Herbal folk medicines of Jalgaon Dist. Maharashtra, India. *Ancient Sci. life* 21 (2) 87-91.

15. Pawar Shubhangi and Patil, D. A. 2003: observation on folk loric medicines fo jalgaon dist. maharashtra, India. *Indian J. Trade Knowledge* (C.S.I.R.) 3 (4) 81-91.
16. Pawar Shubhangi and Patil, M. V. and Patil, D. A. 2004: Fish stupefying plant used tribal's of North Maharashtra, India. *Ethnobotony* 16 (1-2) 136-138
17. Patil, D. A. 2005: Doctrine of signatures and ayurvedic medicine N.J.L.S. 2 (S.U.P.P.L.) 535-539.
18. Patil, D. A. 2005: Philology vis avis element in plant nomenclatuer in Sankrut, *Adv. Bio. Sci.* (1) 251-254
19. Pawar Shubhangi and Patil, D. A.2006: Ethonobatanical aspect of naturalised exotic plants of Jalgaon Dist. *J. Non Timber forest Proudest* 13 (1) 55-59.
20. Pawar Shubhang and Patil, D. A.2006: Folk remedies against Rrumatic disordvs in jalgaon dist. Maharashtra, India. *J. trad knowledge* (C.S.I.R.) 5 (3) 314-316.
21. Pawar Shubhanig and Patil, D. A. Indigenous antivenin clains in Jalgaon dist. of maharastra Biointoler 3 (3) 2006. 215-218.
22. Pawar Shubhangi and Patil, D. A. 2006a: Contribution to the ethnobotany of Jalgaon Dist. Maharastra. fodder resources. *Adv. Bio. Sci.* 5 (1) 2006 75-78.
23. Lakshmi Narsimhan, P. and Sharna, B. D.1991: Flora of Nashik Dist. *Bot. surv. of India*, Calcutta, India 1991.
24. Watt George 1889-1893: A Dictionary of Economic Products of India Vol. 1-6. Periodical Expert, Shahadara, Delhi, India.