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**Traditional Phytotherapy used in the treatment of digestive disorders among tribes of Malwa region (Indore) of Madhya Pradesh**

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**Abstract**

Malwa region (Indore) of Madhya Pradesh sustains a very rich traditional medicinal plant wealth and inherits unique plant and animal communities. The present paper enumerates traditional phytotherapy used in the very common diseases of tribes i.e., digestive disorders. An exhaustive ethnomedicinal survey was made for the collection of the various medicinal plants and their data's in respect were presented in this paper. The herbs viz., *Aegle marmelos* (L.) Corr., *Acorus calamus* L., *Cassia angustifolia* Vahl., *C. fistula* L. *Calonyction muricatum* G. Don., *Curcuma longa* L., *Foeniculum vulgare* Mill. and *Mentha arvensis* L. etc. were identified, their method of preparation, dose and duration along with parts used has been mentioned in the present paper.

**Key words:** Malwa Region, Traditional, Indore, Digestive disorder

**Introduction**

India is known for its valuable heritage of herbal medicinal knowledge. Its ethnic people and tribals still depend upon the indigenous system of medicine. The tribal segment of India's population presents an interesting profile of the country's ethnic diversity. There are altogether 427 tribal communities all over India. It is known that the tribals are not only familiar with the knowledge of plant species in their ecosystem, but also understand the ecological interaction of the various components of their resources<sup>1</sup>.

Malwa is a plateau region in the northwest of the state, with its distinct language and culture. No work has been reported on the ethnobotanical uses of the plant species found in Malwa region with proper citation used in digestive disorders. Therefore the present investigation is an attempt to document the various medicinal plants occurring in this region along with their uses<sup>2</sup>.

Digestive complaints includes the conditions caused by eating, indigestible food, excessive or irregular eating, imbalance or spicy diet, adulterating in foods and contamination of drinking water, resulting the symptoms like abdominal pain, acidity, constipation, dyspepsia, indigestion, flatulence, stomachache. Diarrhoea, dysentery, colic and colitis also occur due to gastrointestinal disorders.

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**Methodology**

The present investigation was based on the personal interview between the authors and tribes of various age groups of Malwa region of Madhya Pradesh. During the course of present work all the sites were visited carefully planned field trips and special attentions were made to those places where the density of tribes are more. Systemic field trips of the study sites were made during the Jan 2016 to July 2016 and data were collected as per plan suggested. Among the many names, the most popular name is chosen and compared with that given in recent available floristic literature.<sup>3-5</sup>

**Results and Conclusion**

Tribals and rural people believes that above digestive disorders are interrelated and arises one from other. However, these ailments occur due to poor digestion. Therefore, they prescribe the herbal drug, which would improve digestion, check excess acid formation, and enhance bowl movement. Traditional herbal medicines have an excellent remedy for the diseases of digestive system.

Exact proportion of the above herbs are taken and made into a powdered mixture with a small amount of black salt. Two teaspoonful of this herbal powder is to be taken twice daily with luke warm water.

Equal amount of harra (*Terminalia chebula*), bahera (*T.bellirica*), amla (*Emblica officinalis*), ajwain and a small amount of heeng (*Ferula assafoetida*) with little salt grinded together and make a fine powder. About

10 gm of this mixture recommended twice daily after meal with water.

Garlic (*Allium sativum*) has an antiseptic effect and is an excellent remedy (3-5 cloves daily with meal) for inflammation of intestine. Likewise, 4-6 fruits of shivalingi (*Diplocyclos palmatus*) fried with fresh cows ghee and recommended twice daily for colitis.

The tribal and rural people for the treatment of colic prescribe Saunf (*Foeniculum vulgare*). It is one of the safest herb for releasing the gas and relive tummy.

About 5 teaspoonful seeds boil in 30 ml water, and allow steeping in water for 15 minutes. The water is strained, cool and given to cure the colic.

Acute loose motion of adults can be prevented by taking 20 ml fresh leaf juice of arjun (*Terminalia arjuna*) with 50 ml curd water. About 3-5 ml leaf juice of choti-dudhi (*Euphorbia microphylla*) is very useful in infantile diarrhoea.

The following plants are used to prepare an oral herbal powder:

Botanical Name	Common Name	Part used	Amount (gm)
<i>Aegle marmelos</i> (L.) Corr.	Bel	Fruit Pulp	50
<i>Acorus calamus</i> L.	Bach	Rhizome	50
<i>Cassia angustifolia</i> Vahl.	Sena	Leaf	100
<i>C. fistula</i> L.	Amaltas	Fruit Pulp	50
<i>Calonyction muricatum</i> G. Don.	Khotaliya	Pedicle	50
<i>Curcuma longa</i> L.	Haldi	Rhizome	50
<i>Foeniculum vulgare</i> Mill.	Saunf	Fruit	100
<i>Mentha arvensis</i> L.	Pudina	Leaf	100

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