



## Ethnomedicine against jaundice used by Gond and baiga tribes of Mandla District, Madhya Pradesh

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### Abstract

Traditional medicines are still under practice in Indian villages and have been developed through experience of many generations. The present communication reports first hand information gathered on 16 plant species traditionally used by Gond and Baiga Tribes of Mandla District of Madhya Pradesh for the treatment of jaundice. Valuable information about the medicinal uses of certain plants against jaundice of the Gond and Baiga Tribes were obtained through personal interviews and collection. The botanical names, families, local name, and locality of these collections are also given along with medicinal uses.

Key words: Traditional, Mandala, Jaundice, Tribes

### Introduction

Medicinal plants play a vital role in providing health care to humans since the dawn of civilization. It is evident that the Indian people have tremendous passion for medicinal plants and they use them for wide range of health related applications. The demand for medicinal plants is increasing in both developing and developed countries and the bulk of their material trade is still from wild harvested plants.<sup>1</sup>

Mandla district is located in the east-central part of the Madhya Pradesh. It is a eastern part of the Jabalpur district. The district forms a part of Satpura hills, which separates the cotton growing of the south from the wheat growing extension of the Malwa Plateau on the north, and is the watershed of three district river systems. It lies between the latitude 22° 12' and 23° 12' north and longitude 80° 18' and 81° 51' east on 887 MSL. The tropic of cancer thus passes through the north of the district. The total area of the district is 13,269 km<sup>2</sup>. The ethno-medicinal research is important aspects of ethno-botanical research. The tribal tracts are storehouse of information and knowledge on the multiple uses of plants. The common tribal communities are Baiga, Gond, Bharia, Bhils, and Oraon tribes. They are partially or completely dependent on forest product for their survival.<sup>2-7</sup>

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### Methodology

The survey to collect the data, presented in this paper was conducted during the period of 2007-2008 in 5 villages of the Bichhiya Range of Mandla district Bariha, Thonda, Bhua, Lepti, and Surhela. The local tribal medicine men or herbal informants were selected and their views regarding the subject matter were used. Data on the preparation of ethno-herbal medicine along with their application were gathered from experienced and knowledgeable medicine men. More than sixteen plants were reported to be commonly used in medicine in this district. There are some plants which are used in Jaundice. Details are given in enumeration.

### Enumeration

The botanical names are arranged in alphabetical order, followed by family, local name, locality, plant parts used and medicinal importance.

*Aegle mermelos* (Linn.) corr. (Rutaceae), Bel.

Teaspoonful of leaf juice, taken once daily for 10days.

*Acacia catechu* willd. (Mimosaceae) khair

Bark 1.3 g is mixed with water and the extract is taken two times daily until cured.

*Azadirachta Indica* A. Juss (Meliaceae) Neem, Margosa

20-30 drops of juice of Neam leaves taken mixed honey early in the morning of empty stomach.

*Boswellia serrata* Roxb. Ex. Colebr. (Bursaceae), Samal

30 gm. powder of bark once daily with water for a week.

*Emblica officinalis* Gaertn. (Euphorbiaceae) Amla.

The dried fruits taken with water for fifteen day.

*Lawsohia inermis* Lamk (Lytheraceae) Mendhi

Bark and leaves (Half Kg.) are crushed together and bolded in water. Decoction is taken two times daily after meal for 2-4 weeks.

***Phyllanthus niruri*** Linn. Euphorbiaceae (BhuiAmla)  
Grind all the parts of Bhui Amla and make Berry like pieces. Intake of this preparation with milk in empty stomach in morning and evening for 7 days control Jaundice.

***Thespesia populnea*** (L). sol. ex correa Paras papal  
Prepare decoction of Paras Pipal. Intake of 50 ml of this preparation with sugar cures Jaundice.

***Curcuma longa*** Linn. Zingiberaceae (Haldi)  
Jaundice is cured when 20 gms of mashed pulp of Haldi and Gwarpatha is taken in morning and evening for 21 days.

***Ficus religiosa*** Linn. Moraceae (Pipal) Intake of one gram of the ash of bark of controls Jaundice and all the yellowish ness is excreted along with urine.

***Terminalia chebula*** Retz. Combretaceae (Harra)  
Powder mixed with the old molasses when taken, in equal proportion cures Jaundice.

***Ocimum basilicum*** Linn. Lamiaceae (Tulsi)  
Grind the leaves of Tulsi 100gm and Bhuin Amla 50 gm and Berry like pieces. Intake of this preparation with milk in the morning and evening cures Jaundice

***Trichosanthus tricuspidata*** Linn. Cucurbitaceae (Kahira)

Dry the clean seeds of red Kahira and roast it with a bit of ghee. When it gets roasted completely, take it chewing for 21 days. The jaundice gets cured for good.

***Boerhavia diffusa*** Linn. Nyctaginaceae (Punarnawa)  
Jaundice gets cured when the preparation of ground panchag (roots, bark, leaves, flower and seeds) of Punarnawa is taken with honey and sugar buds for 21 days.

***Syzygium cumini*** (L.) Skeels Myrtaceae, Jamun  
Take ripe fruit 200 gms of Jamun daily in the morning regularly cures jaundice.

***Ricinus communis*** Linn. (Euphorbiaceae) (Andi)  
Count the leaves of. Andi from descending order and pluck the fifth leaf. Keep this leaf in water for a whole night. In the next morning take the extract from it and grind it with 5 black pepper and a few seeds of ***Coriandrum sativum*** (Jeera). Make three round pieces of it and take one each for three days. Jaundice will get cured.

### Results and Discussion

During the survey period it has been observed that although tribals of this district are still in primitive stage of economic life and depend upon wild resources around them for their needs, they possess fairly good knowledge about the medicinal uses of plants. Due to the constant association with the forest environment

and in the absence of any other medical facility available to them in their localities, they have evolved curious knowledge by the method of tribal and have developed their own way of treatment of ailment. The present findings indicate that tribal of the study area have deep faith in traditional medicine. They seem to depend upon the plants for curing Jaundice and other stomach disorder prevailing among them. Traditionally they do not go to a doctor or a clinic but depend upon herbal treatment suggested by experienced medicine men of the village.

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