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An Ethno-Medicinal exploration of Bargarh, Odisha, India : Herbal drugs used by Traditional healers in Gynaecological and associated disorders

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ABSTRACT

The current study reveals use of 32 plants belonging to 19 families by Traditional healers in Bargarh district, Odisha for gynaecological disorders. These are collected fresh from hills and prepared with utmost care and then administered in the presence of the folklore *Vaidyas*. Few plants are mentioned in Classical Ayurvedic texts and rest are extra pharmacopeial. The dissemination of knowledge about these plants will show light to pharma companies, government agencies and medical researchers in fight against those diseases.

Key words: Ethno-medicinal, Bargarh.

INTRODUCTION

India is a country of billion plus population and ranked second in global population list.^[1] Many of the peoples are using traditional medicines due to various reasons such as ease of availability, less cost, absence of side effects and non-availability of modern affordable healthcare facility near them^[2-4] and all most everybody starts with home remedy or herbal remedy first for any health-related issues. The present study deals with indigenous plants and their usefulness in Gynaecological disorders by tribes of Bargarh district, Odisha.

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MATERIALS AND METHODS

It is located in western Odisha, close to the boarder of Chhattisgarh state. It is positioned at 21.333°N, 83.616°E with an average elevation of 171 metres and lies in the plains with Eastern Ghats.^[5]

The district is newly created carved out of the old Sambalpur district with a population of 13.5 lakhs. Urban population is 7.66 percent and 6.88 lakhs females in reproductive age. This is the least urbanized district in the state having 7.69% of its population in urban areas whereas the state average is 14.99%.^[6]

Ethno-botanical survey is conducted in 5 panchayats selected randomly namely Barihapali, Budamaal, Charpali, Bukramunda and Lakhmara. Out of 6 million tribals, about 62 tribes seen in Odisha^[7] (Mohapatra 1993). Bargarh district is dominated by Saura, Binjhal and Gondatribes.^[8-9] The survey is conducted in terms of frequent trips to those areas and information is collected by interviews and cross examination of patients and the local traditional healers. The information was collected about 33 plant species from 26 families. Voucher specimen were collected and preserved. Plants were identified by

using Haines^[10] (1921-25) and Saxena and Brahmam^[11] (1994-96)

RESULTS

The plant species are mentioned with local name, Botanical name and Sanskrit names with doses and mentioned diseases conditions. The mentioned plants are either used singly or with combination with another plants. The collected data is mentioned serially in order of Local name, Botanical name, Family and claimed folklore use.

1. **Muturi/Mutair:** *Smilax zeylenica* L. (Liliaceae), Parts used: Roots of black coloured plant collected in Suryaparaga (Solar eclipse) and given with Black pepper powder to cure Dysfunctional Uterine Bleeding (DUB).
2. **Pedipedica/Petari:** *Abutilon indicium* (L.) Sweet (Malvaceae) - The powdered roots of Pedipedica used in 20gms dose along with wheat flour for 2-3 months for prolapse of uterus.
3. **Kanta leutia saag:** *Amaranthus spinosa* L. (Amaranthaceae): The boiled juice of kanta leutia if taken for 1 month helps immensely in leucorrhoea which is called *Padara* here.
4. **Gheekuanri:** *Aloe vera* (L.) Burm.f. (Liliaceae): The dried and powdered leaf extract of *Gheekuanri* is taken for first 6 days during menstrual cycle for 2 months to cure scanty or nil menstruation.
5. **Chatiana:** *Alstonia scholaris* (L) R.Br. (Apocynaceae): The dried bark powder is taken with *Sunthi* powder to cure post-delivery fever in new mothers.
6. **Paldhua:** *Erythrina variegata* L. (Fabaceae): The Paste of leaf juice (4-5) along with bark in dose of 10 gms daily for 45 days, claimed to cure all menstrual disorders.
7. **Dumer:** *Ficus glomerata* L (Moraceae): The paste of bark is eaten for 30 days to control heavy menstrual bleeding in ladies. Salt is to be avoided during this therapy.
8. **Gambhari:** *Gmelina arborea* Roxb. (Verbenaceae): The root of *Gambhari* is boiled along with old Jaggery for post childbirth pain and increase in breast milk quantity.
9. **Bael:** *Aegle marmelos* L. (Rutaceae): The young fruits are burnt and eaten with Jaggery to treat Constipation in pregnancy.
10. **Mandar:** *Hibiscus rosa sinensis* L. (Malvaceae). The flowers and Leaves are pasted together and applied locally to relief dryness in private area.
11. **Bhuinnim:** *Andrographis paniculate* Wall (Acanthaceae): The bark of *Bhuinnima* and *Acacia nilotica* (L.) Willd. ex Delilebark, boiled together and the boiled juice is used for 2 months specially in empty stomach in morning to relieve white discharge.
12. **Bhuin amla:** *Phyllanthus niruri* L. (Euphorbiaceae): The whole plant of *Bhumi amla* along with *chaul dhua pain* (Rice washed water) is eaten for 2 months to treat white discharge with foul smell.
13. **Bishalyakarani:** *Tridax procumbens* L. (Asteraceae): Its paste/juice is taken orally in heavy menstruation.
14. **Randi:** *Ricinus communis* (L.) (Euphorbiaceae): The stem ashes of *Eranda /Randi* are taken with *Amalak/Amla* powder to treat Amenorrhoea.
15. **Agasthi:** *Sesbania grandiflora* (L.) Poiret. (Fabaceae) The juice of its flowers are taken for 60 days to cure white discharge.
16. **Jayanti:** *Sesbania sesbane* L. (Merr) (Fabaceae): The root of *Jayanti* is taken internally in coarse paste form with Pepper powder to treat female infertility.
17. **Ashoka:** *Saraca ashoka* (Roxb). Willd. (Fabaceae): It is a famed tree used in Ramayana. The bark juice is made by boiling and eaten with *Guluchi* (*Tinospora cordifolia*) to relieve painful menstruation.
18. **Aam:** *Mangifera indica* L.(Anacardiaceae): The seed kernel of mango is dried and made powder, and eaten with rice water to cure white discharge.

- 19. Lazkuli Lata:** *Mimosa pudica* L. (Mimosaceae): The roots pasted with *Ashoka* bark is used to stop heavy menstrual bleeding.
- 20. Dharanj:** *Holoptelea integrifolia* (Roxb.) Planch(Ulmaceae): The bark is taken as paste along with water to treat Fever during pregnancy.
- 21. Rakta Mahajal:** *Lygodium flexuosum* (L.) Sw.a fern is taken internally after making powder in dose of 5-10 gms to treat blood deficiency during pregnancy.
- 22. Gandha guheriya:** *Acasia farnesiana* (L) Willd. (Mimosaceae): Root paste/powder is taken in 3-6 gms dose to treat loose stool during pregnancy and post-delivery also.
- 23. Sahada:** *Streblus asper* Lour. (Moraceae) bark is taken along with rice water to treat white discharge.
- 24. Tentel:** *Tamarindus indica* L. (Caesalpinaceae): The seeds (two) are soaked in milk overnight and next morning pasted and if taken internally will cure white discharge.
- 25. Guduchi:** *Tinospora cordifolia* (Willd.) Miers (Menispermaceae): The stem is boiled and the boiled water is taken for 3 months in empty stomach to relieve acidity during pregnancy.
- 26. Sataveri:** *Asparagus racemosus* (Willd) (Liliaceae): The fleshy roots of *Shatavari* is boiled or powdered and taken with milk to increase lactation in mothers.
- 27. Vasanga:** *Adhatoda vasica* (L.) Nees (Acanthaceae): Take 3 leaves of *Vasa*, two leaves of *Tez Patra* and boil together along with 100gms jaggery and take that reddish coloured water for 5-7 days to get relief from cough, bronchial asthma in Pregnancy cases.
- 28. Dhatuphoal:** *Woodfordia fruticosa* Roxb. (Lytharaceae): The flowers paste 3-10 gms along with honey is eaten to cure white discharge and heavy menstrual bleeding.
- 29. Lodh:** *Symplocos racemose* Roxb. (Symplocaceae): The bark of *Lodh* is boiled and

reddish coloured water is taken to treat heavy menstrual bleeding.

- 30. Jambu:** *Syzygium cumini* (L) (Myrtaceae): The young leaves of *Jambu* and along with rice water is taken orally to cure white discharge.

- 31. Kosam:** *Schleichera oleosa* (Lour.) Oken (Sapindaceae): The bark paste along with water is taken twice daily to treat weakness after delivery.

- 32. Kaintha:** *Limonia acidissima* (L.) (Rutaceae): The paste of leaf along with young bamboo leaf is taken internally to treat heavy menstrual bleeding.

CONCLUSION

The ethno medicinal exploration of this area revealed many vital herbal combinations for treating gynaecological and pregnancy related diseases. The knowledge thus obtained will be eye opener to government organizations and Pharma companies to use it in future formulations after undergoing thorough research.

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