TRADITIONAL USES OF MEDICINAL PLANTS IN MAHARASHTRA VIDHARBH REGION

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Abstract: The Vidharbha have a great wealth of medicinal plants and traditional medicinal knowledge. Medicinal plants have played an important role of primary health care system among the local people of Vidharbha region. The present paper is a study of the traditional knowledge of medicinal plants and its use by local people of Vidharbha Region. Due to its unique geographical location and different climatic condition, it has rich biodiversity and variety of plant species. Medicinal plants are the principal health care resources among the most of people in India. Local people of this region are basically depends upon medicinal plants for their primary health care system. Their primary cure of diseases is based upon deep observation of nature and their understanding of traditional knowledge of medical practices. Local people in this region, especially tribal people and women heavily use these traditionally available medicinal plants for health and believe that these are easily available, less expensive and have no side effects as compare to modern medicine. The plants used for medicinal purposes in the primary health traditions are slowly becoming extinct due to development activities, population explosion, impact of tourism, deforestation and many more. The present paper focuses about the indigenous knowledge of different medicinal plants used in the Vidharbha region. Ethnomedicinal uses of 111 medicinal plant species along with botanical name, part used and mode of treatment are given in this paper.

Keywords: Medicinal Plants, Traditional Knowledge, Deforestation, Ethnomedicinal

Introduction:

The Vidharbha have a great wealth of medicinal plants and traditional medicinal knowledge. Medicinal plants have played an important role of primary health care system among the local people of Vidharbha region. As the local people are settled far from urban area, they cannot take modern health care facilities so they are totally dependent on traditional medicinal practices for their primary health care. Out of 15,000 species of flowering plants found in India, about 17% have their medicinal. Local people of this region are partially or completely dependent on forest resources for medicine, food, and fuel and medicinal species are steadily diminishing due to anthropogenic activities (Chhetri DR). Vidharbha has a rich variety of herbs, medicinal and aromatic plant species. The ancient documentation of 67 medicinal plants in Hindu culture is found in the “Rigveda,” which is thought to have been written between 4,500 and 1,600 BC(Malla SB). Collection and trade of medicinal plants to India is a historical fact. The trade of non-timber jungle products is mentioned in the 3,000 years old Ramayan (Edwards DM). Similarly the Vidharbha provides outstanding information about plants and

their medicinal properties. The Charak and the Sushrut Samhitas were written between 700-200 BC, and contain accounts of the finding of medicinal plants (Pandey HP). India’s natural forests are home to about 8000 medicinal plants that form the primary source of health care for 60- 80% of the country’s population, specially the rural people, tribal community and poor people. About 80% of traditional medicines used for principal healthcare are derived from plants (Fransworth). During the last few decades, there has been an increasing interest in the study of medicinal plants and their traditional use in different parts of the glob . Documenting indigenous knowledge through ethnomedicinal studies is significant for the management and utilization of biological resources. The World Health Organization (WHO) suggested that as many as 80% of the worlds people depend on traditional medicine for their primary healthcare needs. There are significant economic benefits in the development of indigenous medicines and in the use of medicinal plants for the cure of various diseases (Azaizeh HS).

Geography of Vidharbha:

Vidharbha is the eastern region of the Indian state of Maharashtra, comprising

Nagpur Division and Amravati Division. Its former name is Berar (Varhad in Marathi). It occupies 31.6% of total area and holds 21.3% of total population of Maharashtra. It borders the state of Madhya Pradesh to the north, Chhattisgarh to the east, Telangana to the south and Marathwadha and Khandesh region of Maharashtra to the west. Situated in central India, Vidharbha has its own rich cultural and historical background district from rest of Maharashtra. The largest city in Vidharbha is Nagpur. A majority of Vidharbhan speak Hindi, Varhadi and Zadi dialect of Marathi. Several wildlife sanctuaries, national parks and Project Tiger reserves have been created in Maharashtra, with the aim of conserving the rich bio-diversity of the region.

VIDHARBHA REGION

Methodology:

The data was collected through secondary sources mainly from the website of Government of Maharashtra, State Medicane Plant Board of Maharashtra and Forest department of Maharashtra. References from research papers, books, articles and news paper were taken for interpretation of data.

S. No.	Botanical Name	Local Name	Parts used	Uses	Mode of Treatment
1	<i>Justicia adhatoda</i> L.	Adulsa	Leaves	cough	Leaves extract
2	<i>Barleria prionitis</i> L.	Kate Korante	Whole Plant	Fever	Decoction
3	<i>Celosia argentea</i> L.	Kurdu	Leaves	Kidney Stone	Leaves extract
4	<i>Annona squamosa</i> L.	Sitafal	Leaves	Leaves	Powder
5	<i>Alistonia scholaris</i> (L.)	Saptaparni	Bark	Fever	Powder
6	<i>Tridax procumbens</i> L.	Kamarmodi	Leaves	Wound	Leaves extract
7	<i>Bombax ceiba</i> L.	Katsawar	Bark	Wound	Powder
8	<i>Opuntia</i>	Nagfuni	Fruit	Cough	Powder

	<i>elator</i> Mill.				
9	<i>Cassia fistula</i> L.	Bahawa	Bark	Cancer	Powder
10	<i>Cassia tora</i> L.	Tarota	Root	Snake bite	Powder
11	<i>Tamarindus indica</i> L.	Chinha	Leaves	Pain	Leaves extract
12	<i>Canna indica</i> L.	Karadali	Rhizome	Fever	Powder
13	<i>Capparis zeylanica</i> L.	Waghathi	Bark	Dropsy	Powder
14	<i>Terminalia cuneata</i> Roth	Arjuna	Bark	Heart diseases	Powder
15	<i>Cucumis sativus</i> L.	Kakadi	Fruit	Digestive	Fruit
16	<i>Cyperus rotundus</i> L.	Nagarmotha	Seeds	fever	Powder
17	<i>Ricinus communis</i> L.	Yerandi	Leaves	Lactation	Leaves syrap
18	<i>Abrus precatorius</i> L.	Gunja	Leaves	Swelling	Leaves extract
19	<i>Crotalaria juncea</i> L.	Tag	Root	Epitaxis	Powder
20	<i>Vigna trilobus</i> (L.) Verdc.	Ran mung	Leaves	Eye diseases	Leaves extract
21	<i>Mentha piperita</i> L.	Pudina	Whole plant	Fever	Decoction
22	<i>Ocimum tenuiflorum</i> L.	Tulas	Leaves	cough	Decoction
23	<i>Allium cepa</i> L.	Kanda	Bulp	Pain killer	Pest
24	<i>Allium sativum</i> L.	Lahsun	Fruit	Headache	Pest
25	<i>Gloriosa superba</i> L.	Karkari	Root	Inflammation	Powder
26	<i>Lawsonia inermis</i> L.	Mehandi	Leaves	Rhumatism	Pest
27	<i>Urena lobata</i> L.	Ran bhendi	Root	Asthama	Powder
28	<i>Gossypium hirsutum</i> L.	Kapus	Fruit	Skin diseases	Pest
29	<i>Hibiscus cannabinus</i> L.	Ambadi	Leaves	Cough	Leaves extract
30	<i>Sida cordifolia</i> L.	Bala	Whole plant	Tonic	Decoction
31	<i>Martynia annua</i> L.	Wagnakhi	Fruit	Snake bite	Pest
32	<i>Melia azedarach</i> L.	Bakani	Leaves	Histryia	Decoction
33	<i>Mimosa hamata</i> Willd.	Chilati	Root	Rhumatism	Powder
34	<i>Mimosa pudica</i> L.	Lajalu	Leaves	Dysentry	Decoction
35	<i>Ficus benghalensis</i> L.	Wad	Root	Gonorrhea	Powder
36	<i>Ficus racemosa</i> L.	Umber	Fruit	U.T.I	Powder
37	<i>Ficus religiosa</i> L.	Pimpal	Leaves	Heart diseases	Decoction
38	<i>Moringa oleifera</i> Lam.	Shevaga	Seeds	Headache	Pest
39	<i>Embelia ribes</i> Burm. f.	Vavading	Bark	Lung disease	Powder
40	<i>Careya arborea</i> Roxb.	Kumbhi	Bark	Cough	Powder
41	<i>Psidium guajava</i> L.	Peru	Fruit	Sperm count	Powder
42	<i>Jasminum officinale</i> L.	Chameli	Leaves	Cough	Decoction
43	<i>Nyctanthes arbor-tristis</i> L.	Parijat	Bark	Cough	Powder
44	<i>Argemone</i>	Piwala	Seeds	Skin	Pest

	<i>mexicana</i> L.	Dhotra		diseases	
45	<i>Sesamum indicum</i> L.	Til	Leaves	Kidney stone	Decocction
46	<i>Oryza sativa</i> L.	Dhan	Seeds	Leucorrhea	Decocction
47	<i>Punica granatum</i> L.	Dalimb	Seeds	Indigestion	Powder
48	<i>Aegle marmelos</i> (L.) Corr.	Bel	Fruit	Indigestion	Sharbat
49	<i>Mimusops elengi</i> L.	Bakul	Flower	Fever	Powder
50	<i>Datura fastuosa</i> L.	Dhotra	Leaves	Asthama	Decocction

Discussion:

Medicinal plants have strong acceptance in spiritual activities of central Indian inhabitant communities, who worshiped the plants in the form of god, goddesses, and minor deities. Due to the unavailability of modern health facilities, poverty, connectivity with urban centre, awareness, etc. people in rural areas are still relying on traditional medicines for their health care. Many communities use wild plant parts for the primary healthcare, due to belief in its effectiveness, easily available, lack of modern medicines. Apart from human use, many plant species were also used in animal husbandary as the primary source of healthcare. United nations University proposal defines traditional knowledge system as "traditional knowledge or „local knowledge“ is a record of human achievement in comprehending the complexities of life and survival in often unfriendly environments. Traditional knowledge may be technical, social, organizational, or cultural was obtained as part of the great human experiment of survival and development." Traditional knowledge provides the basis for problem-solving strategies for local communities, especially the poor. Diseases are the curse of civilization ever since its advent on this planet. Humans have been struggle against a variety of diseases since ancient periods. Finally humans developed a native system of medicine. For millennia human societies have been depending on forest and forest products like medicinal plants, aromatic plants, edible roots, food and many other things for their livelihoods as well as primary health needs. In certain areas these folk medical prescriptions are widespread and have survived through ages from one

generation to the next generation through the word of mouth. They do not exist as on paper knowledge. Normally these systems of medicine depend on old people's experiences and practices.

Conclusion:

The Vidharbian people have a close relationship with nature. They are fully dependent upon forest for food, fruits, fodder, and medicinal plants for their healthcare. Local people in this region, especially older age people, tribal people and women heavily use these traditionally available medicinal plants for health and believe that these are easily available, less expensive and have no side effects as compare to modern medicine. The present situation of traditional knowledge regarding to medicinal plants everywhere is an issue of deep anxiety as the traditional knowledge is gradually declining and disappearing from the countryside. Due to the deforestation, impact of tourism on natural vegetation of this region, population explosion & heavily construction of this region for development and changing of climate in Vidharbha region and many more to responsible for its. We have to make proper policies and do implement these to conserve the forests and medicinal plants. Farmers and local people should be involved in the cultivation of medicinal plants at least on their barren and fallow land.

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