DOCUMENTATION AND CONSERVATION OF ETHNOMEDICINAL PRACTICES IN TRIBAL PEOPLE OF CHITRAKOOT REGION

RASHMI SINGH^{1*} and MANOJ TRIPATHI²

¹Department of Botany, Govt. Autonomous P. G. College, Satna (M.P.)

²Deendayal Research Institute, Arogyadham, Chitrakoot (M.P.)

ABSTRACT : A study on ethnomedicinal practices used by tribal people was conducted from April, 2018-March, 2019 in Chitrakoot district of M.P. The study was focused on the treatment of various diseases through medicinal plants found in the area, used by tribal people. We documented the plant parts used for drug formulations, method of preparation of drug, method of administration of drug and also the dose and duration of drug uses. The data was collected from 18 tribal dominant villages, 674 interviews were conducted through 86 intensive field visits, covering almost all seasons of the year.

Key words : Ethnomedicinal practices, Tribal people, Treatment of diseases

INTRODUCTION

India is a repository of medicinal plants due to varied climatic conditions. India is rich in its floristic wealth. Tribal people have been using plants as medicines since time immemorial. Traditional herbal medicines play a significant role in the treatment of various common ailments and diseases. The present study is based on the conservation of vanishing traditional knowledge of ethnomedicinal practices done by tribals of Chitrakoot region. Jain (1991) given an enormous information on medicinal plants in his book "Dictionary of Indian folk medicines and ethnobotany". Chopra *et al.* (1956) also given a Glossary of Indian medicinal plants.

There are two streams of traditional knowledge of ethnomedicinal plants are prevalent in India. One is well documented and other is in the form of folklore or undocumented. Examples of first one are Ayurveda, Unnani, Homeopathy and of second one are transmitted orally from one generation to other, which is very common among tribal people. This stream still play a significant role in the treatment of various ailment and diseases, particularly in tribal and rural area of India.

MATERIAL AND METHODS

The study site is Majhgawan Tehsil of Chitrakoot, Satna district, M.P. It lies between 80°52"-80°73"N latitude and 25°10"-25°52"E longitude. The majority of population belong to Kol, Gond, Khairwar and Mawasi tribes. They generally reside in and around the forest areas. Around 79% of total population of Majhgawan Tehsil lives in rural areas. Schedule Caste (SC) constitutes 15% while Schedule Tribe (ST) is 28.8% of total population in Majhgawan Tehsil. This region has tropical mixed dry deciduous type of forest.

For documentation of folklore/traditional medicinal knowledge in Chitrakoot region 18 tribal dominant villages were selected for survey, these are Amiliya, Barua,

Bhargawan, Bundelapur, Chandai, Devlaha, Tagi, Hiraundi, Kailashpur, Kathauta, Koldari, Parewa, Patna, Patni, Pindra, Piparitola, Raiya and Turra. 674 interviews were conducted through 86 intensive field visits during April, 2018-March, 2019, covering almost all the seasons of the year.

The data was also collected through exploration of deep forest with Traditional Medicine Practitioner (TMP) to find out exact location of medicinal plants. Digital photography has been done for reference and further studies (Plate.1).

The detailed information such as plant name, parts used, mode of preparation, mode of application, dose and duration etc. has been collected with the help of prescribed proforma. The voucher specimen were also collected and identified with the help of local flora; and preserved in the herbarium of Arogyadham, Deendayal Research Institute, Chitrakoot. The recorded medicinal uses of various plants were compared with the well known Indian literature and found that these uses are not recorded in the consulted literature.

For identification of these medicinal plants various flora's were used, such as flora of Madhya Pradesh by Verma *et al.*, 1993; Singh *et al.*, 2001 and Mudgal *et al.*, 1997. Dictionary of Indian folk medicines and ethnobotany by Jain and Rao, 1977 was a milestone for this study. For identification of local plants Sikarwar (2001) and Sikarwar *et al.* (2008) gives an immense view on ethnobotany of Madhya Pradesh.

RESULTS AND DISCUSSION

It was observed that instead of single drug used by the local and tribal people of Chitrakoot, the Vaidhyas/traditional healers, generally use combined formulations of medicinal plants (Table.1). Because they believe that the compound formulations have synergistic effects. Total 252 formulations are being used for the treatment of 51 various diseases *viz.* Bone fracture & Sprain (15 formulations), Measles & chickenpox

*Corresponding author (email : rashmisingh.rs2003@gmail.com)

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Table. 1 Folklore/traditional practices used by tribal's of Chitrakoot region for treatment for various diseases.

Note : These formulations were obtained through survey in the study sites. These are general formulations, but it is an appeal that don't take these formulations without prescription of authorised medical practitioners obtained after thorough check up because these medicines may vary from one person to an other. It may suits to one persons, but may not suit to other.

S.	Name of Diseases	Ingredients/ formulations name	Botanical name and family	Method of preparation	Method of administration	Dose & duration
1.	Bone Fracture and Sprain	Haldi (rhizome);	<i>Curcuma longa</i> Linn.	Mix the ingredients	Apply to the	Twice a day
		Chuna (Calcium carbonate)	(Zingiberaceae)	& make a paste	affected area	for 5-7 days
		Haldi (rhizome),	<i>Curcuma longa</i> Linn.	Mix the ingredients	Apply to the	Twice a day
		Chuna (Calcium carbonate)	(Zingiberaceae)	& make a paste	affected area	for 3-5 days
		Honey				
		Haldi (rhizome),	<i>C.longa</i> Linn. (Zingiberaceae);	Mix the ingredients	Apply to the	Twice a day
		Ajwain (fruit),	<i>T.ammi</i> (L.) (Apiaceae);	& make a paste	affected area	for 3-5 days
		Onion (rhizome)	<i>Allium cepa</i> Linn.(Liliaceae)			
		Mahuwa (flower),	<i>M.longifolia</i> (Koenig) Macb.	Grind the ingredients	Apply to the	Twice a day
		Madar (leaves)	(Sapotaceae); <i>C.procera</i> (Aiton.) Dryand. (Asclepiadaceae)	& make a paste	affected area	for 3-5 days
		Ghamira (leaves),	<i>Eclipta prostrata</i> (L.) (Asteraceae)	Extract the juice	Apply to the	Twice a day
					affected area	for 3-5 days
		Amahaldi (rhizome);	<i>C.amada</i> Roxb. (Zingiberaceae);	Grind the ingredients	Apply to the	Twice a day
		Ajwain (fruit),	<i>T.ammi</i> (L.) (Apiaceae);	& make a paste	affected area	for 3-5 days
		Menda (stem bark)	<i>L.glutinosa</i> (Lour) Robins. (Lauraceae)			
		Haldi (rhizome),	<i>C.longa</i> Linn. (Zingiberaceae);	Grind the ingredients	Apply to the	Twice a day
		Chuna (Calcium carbonate)	<i>C.quandrangularis</i> L. (Vitaceae)	& make a paste	affected area	for 3-5 days
		Hadjod (aerial part)				
		Mahua (leaves),	<i>Madhuca longifolia</i> (Koenig) Macb. (Sapotaceae);	Grind the ingredients	Apply to the	Twice a day
		Hadjod (aerial part)	<i>C.quandragularis</i> L. (Vitaceae)	& make a paste	affected area	for 5 days
2.	Measles and Chicken pox	Amahaldi (rhizome)	<i>C.amada</i> Roxb. (Zingiberaceae);	Grind the ingredients	Apply in the	Twice a day
		Mehandi (root)	<i>L.inermis</i> L. (Lythraceae)	& make a paste	affected area	for 2-5 days
		Mahua (flower),	<i>M.longifolia</i> (Koenig)	Grind the ingredients	Apply in the	Twice a day
		Haldi (rhizome),	Macb. (Sapotaceae);	& make a paste	affected area	for 2-5 days
		Ajawain (fruit),	<i>C.longa</i> Linn. (Zingiberaceae);			
		Gud	<i>T.ammi</i> (L.) (Apiaceae);			
		Tendu (stem bark)	<i>Diospyros esculpta</i> (Gaertn) (Ebenaceae)	Grind it and make a paste	Apply in the affected area	Twice a day for 1-3 days
		Ajowan (fruit),	<i>T.ammi</i> (L.) (Apiaceae);	Roast all the ingredients and make a pultish	Use the pultish for Sudation of the affected area	Twice a day for 2-5 days
		Haldi (rhizome),	<i>C.longa</i> Linn. (Zingiberaceae);			
		Madar (leaves),	<i>C.procera</i> (Aiton.) Dryand. (Asclepiadaceae);			
		Dhatuara (leaves),	<i>Datura metel</i> L. (Solanaceae);			
		Mahua (flower)	<i>M.longifolia</i> (Koenig) Macb. (Sapotaceae);			
3.	Jaundice	Babool (fruit)	<i>Acacia nilotica</i> (Mimosaceae)	Grind the fruits to make a powder	Take the powder with water	1-2 gm twice a day for 5-7 days
		Meda (bark),	<i>Litsea glutinosa</i> (Lauraceae);	Grind it and make a paste	Apply on the affected area	Twice a day for 1-3 days
		Gurubel (Leaf)	<i>T.cordifolia</i> (Menispermaceae)			
		Baghnakhi (leaves)	<i>Martynia annua</i> (Martyniaceae)	Grind it and a paste	Apply on the affected area	Twice a day for 1-3 days
		Haldi (rhizome),	<i>C.longa</i> Linn. (Zingiberaceae);	Grind, mix with oil to make a paste	Apply on the affected area	Twice a day for 1-3 days
		Durba (aerial part),	<i>C.dactylon</i> (L.) Pers (Poaceae);			
		Haldi (rhizome),	<i>C.longa</i> Linn. (Zingiberaceae);	Grind, mix with oil	Apply on the	Twice a day
		Mustard oil	<i>B.compestris</i> Linn.var. <i>sarson</i> Prain (Brassicaceae)			
		Duba,	<i>C.dactylon</i> (L.) Pers (Poaceae);	Grind to make a paste	Apply on the affected area	Twice a day for 1-3 days
		Swate chandan	<i>S.album</i> Linn. (Santalaceae)			
3.	Jaundice	Amla (leaf)	<i>Phyllanthus emblica</i> (Phyllanthaceae)	Grind to make a extract	Take the extract	Twice a day for 1-3 days
		Papaya (fruit),	<i>H.laurifolia</i> (Dennst.) (Flacourtiaceae);	Wash all the ingredients	Directly eat it	250 gm
		Spinach (leaves),	<i>Spinach oleracea</i> (Amaranthaceae);			
		Radish (root),	<i>Radish sativus</i> (Brassicaceae);			
		Carrot (root),	<i>Daucus carota</i> (Apiaceae);			
3.	Jaundice	Gram (leaf)	<i>Cicer arietinum</i> (Fabaceae)			
		Mango (leaves),	<i>M.indica</i> (Anacardiaceae);	Boil with water and take a bath,	Directly take a bath	Once a day for 5-7 days
		Jamun (leaves) & Arjun (stem bark)	<i>S.cumini</i> (Linn) Skeels (Myrtaceae); <i>Terminelia arjuna</i> (Combretaceae)			
3.	Jaundice	Pumpkin (fruit),	<i>L.siceraria</i> (Mol) (Cucurbitaceae)	Wash all the ingredients	Drink the juice and directly	250 ml juice twice a day for 5-7 days
		Spinach (leaves),	<i>S.oleracea</i> (Chenopodiaceae);			
		Radish (root),	<i>R.sativus</i> (Brassicaceae);			

	Sugarcane (stem)	<i>S.officinarum</i> Linn. (Poaceae)			
	Aran (leaves)	<i>P.corymbosa</i> (Burm.f. Rottler et Willd. (Lamiaceae)	Make Decoction	Drink the mixture	150 ml twice a day for 3-5 days
	Katkatuni (root)	<i>Solanum virginianum</i> L. (Solanaceae)	Grind and make the decoction	Take the decoction	50 ml twice a day for 7 days
	Durva (root), sugar	<i>Cynodon dactylon</i> (L.) Pers (Poaceae)	Grind make the juice and mixed with sugar	Use as such	100 ml twice a day for 7 days
	Safed madar (latex), batasha	<i>C.gigantia</i> (L.) Dryand. (Asclepiadaceae)	Collect the latex	Latex is taken with Batasha	2 drops latex put into Batasha for 2 days
	Nahi (Panchanga)	<i>E.axillare</i> (Poir. Ex Lam.) <i>A.raynal</i> (Gentianaceae)	Grind and make the decoction	Take a decoction	30-40 ml twice a day for 5 days
	Erandi (root), Jaggari	<i>Ricinus communis</i> L. (Euphorbiaceae)	Make the paste mixed with Jaggari and make vatti	Vatti is taken with water	2 vatti twice a day for 7 days
	Madar (leaves), Gud	<i>Calotropis procera</i> (Aiton.) Dryand. (Asclepiadaceae)	Wash and grind the leaf with jaggery to make a paste	Directly eat	1 gm twice a day for 3-5 days
	Punrnawa (roots), bitter pumpkin	<i>B.diffusa</i> Linn. (Nyctaginaceae); <i>L.siceraria</i> Mol. (Cucurbitaceae)	Grind to make a powder	Take with water	1-2 gm churna twice a day with water
	Patherchata (root)	<i>Boerhavia diffusa</i> L. (Nyctaginaceae)	Grind to make a powder	Power is taken with water	1-2 gm twice a day for 5-7 days
	Amarbel (root), Mishree/Milk	<i>Cuscuta reflexa</i> Roxb. (Convolvulaceae sensu lato)	Amarbel grind with mishree & milk	Drink the liquid	100 ml once a day for 3-5 days
	Akawan (latex), Kela (fruit)	<i>C.gigantia</i> (L.) Dryand. (Asclepiadaceae); <i>M.paradisica</i> Linn. (Musaceae)	Latex put in the banana	Eat the babana	1-2 drop latex one a day for 3 days
	Bhuiamala (Fruit and Leaves)	<i>Phyllanthus emblica</i> Linn. (Euphorbiaceae)	Grind and make a solution	Take the solution	50 ml twice a day for 5-7 days
	Pumpkin (fruit), Spinach (leaves), Radish (root), Sugarcane (stem)	<i>L.siceraria</i> Mol. (Cucurbitaceae); <i>S.oleracea</i> (Chenopodiaceae); <i>R.sativum</i> (Brassicaceae); <i>S.officinarum</i> Linn. (Poaceae)	Extract the juice of all ingredients	Drink the juice and directly	250 ml juice twice a day for 5-7 days
	Rat rani (root)	<i>Cestrum nocturnum</i> (Solanaceae)	Grind and make a solution	Take the solution	50 ml twice a day for 5-7 days
	Menhdi (root)	<i>Lawsonia inermis</i> (Lythraceae)	Grind and make a solution	Take the solution	50 ml twice a day for 5-7 days
	Kronda (root)	<i>Carissa carandas</i> (Apocynaceae)	Grind and make a solution	Take the solution	50 ml twice a day for 5-7 days
	Methel/mohra (root)	<i>Bauhinia vahlii</i> (Fabaceae)	Grind and make a solution	Take the solution	50 ml twice a day for 5-7 days
	Kumbhi (root)	<i>Careya arborea</i> (Lecythidaceae)	Grind and make	Take the solution	50 ml twice a day for 5-7 days
4. Conjunctivitis	Milk cream; cotton		Cotton dip into milk cream to make a pultis	Cover the eye with pultish	Every night for 1-3 days
	Honey		Use as such	Apply on the outside of the eye	Twice a day for 1-3 days
	Neem (leaf)	<i>Azadirachta indica</i> A.Juss. (Meliaceae)	Extract the juice	Apply the extract in the eye	2 drops twice a day for 1-3 days
	Onion (rhizome)	<i>Allium cepa</i> Linn. (Liliaceae)	Extract the juice	Apply the extract in the eye	2 drops twice a day for 1-3 days
	Hurhur (leaves)	<i>Gynandropsis gynandra</i> Linn. (Cleomaceae)	Extract the juice	Apply the extract in the eye	2 drops twice a day for 1-3 days
	Tulsi (leaf)	<i>Ocimum tenuiflorum</i> L. (Lamiaceae)	Extract the juice	Apply the extract in the eye	2 drops twice a day for 3 days
	Haldi (rhizome), Methi (seed), Milk (mother), cotton	<i>Curcuma longa</i> Linn. (Zingiberaceae); <i>Trigonella foenumgraecum</i> Linn. (Fabaceae)	Mixed and grind the Haldi and Methi with mother milk to make a pultis	Cover the eye with pultish	Every night for 1-3 days
	Goat Milk, cotton		Cotton dip into milk cream to make a pultis	Cover the eye with pultish	Every night for 1-3 days
	Ajwain (fruit), Methi (seed), Milk cream, cotton	<i>T.ammi</i> (L.) Sprague (Apiaceae); <i>Trigonella foenum graecum</i> L. (Fabaceae)	Mixed and grind the Ajwain and Methi with mother milk to make a pultis	Cover the eye with pultish	Every night for 1-3 days
	Ajan (leaves)	<i>Argemone mexicana</i> L. (Papaveraceae)	Extract the juice	Apply the extract in the eye	2 drops twice a day for 1-3 days
	Chakuada (leaves)	<i>Senna tora</i> (L.) Roxb. (Leguminosae)	Extract the juice in the eye	Apply the extract	2 drops twice a day for 1-3 days
	Chakuada (leaves) & Sahijan (leaves)	<i>Senna tora</i> (L.) Roxb. (Leguminosae); <i>Moringa oleifera</i> Lam. (Moringaceae)	Extract the juice	Apply the extract	3 drops twice a day for 1-3 days
	Dudhi (latex)	<i>Euphorbia heterophylla</i> (Euphorbiaceae)	Extract the latex	Apply the latex in the eye	3 drops twice a day for 1-3 days

	Gurubel (seed)	<i>Tinospora cordifolia</i> (Menispermaceae)	Fry the seeds with Jasmine oil to make a paste	Apply the paste in the eye	twice a day for 1-3 days
	Genda (leaves)	<i>Tagetes erecta</i> Linn. (Asteraceae)	Extract the juice	Apply the extract in the eye	3 drops twice a day for 1-3 days
	Bhatkataia (leaves)	<i>Solanum virginianum</i> L. (Solanaceae)	Extract the juice	Apply the extract in the eye	3 drops twice a day for 1-3 days
	Tendu (leaves)	<i>Diospyros esculpta</i> Gaertn. (Ebenaceae)	Extract the juice	Apply the extract in the eye	3 drops twice a day for 1-3 days
5. Mouth ulcer	Chiraunji (seed) & Milk cream	<i>Buchanania lanzan</i> Spreng. (Anacardiaceae)	Mix together and make a paste	Direct apply on the mouth ulcer	Thrice a day for 1-3 days
	Majuphal (fruit)	<i>Quercus infectoria</i> Olivier (Fagaceae)	Rub with water to make a paste	Direct apply on the mouth ulcer	Thrice a day for 1-3 days
	Chameli (leaf)	<i>Jasminum officinale</i> Linn. (Oleaceae)	Wash the leaves	Chew the leaves	6-8 leaves twice a day for 2 days
	Khair (stem bark) & Milk cream	<i>Acacia catechu</i> (Linn. F.) Willd. (Mimosaceae)	Grind the bark & make a powder	Powder is apply with cream	Thrice a day for 1-3 days
	Babool (stem bark) Milk cream	<i>Vachellia nilotica</i> (L.) P.J.H. Hurter & Mabb. (Leguminosae)	Grind the bark & make a powder	Powder is apply with cream	Thrice a day for 1-3 days
	Majufal (fruit), Chameli (seed), Milk cream	<i>Quercus infectoria</i> Olivier (Fagaceae); <i>Jasminum officinale</i> Linn. (Oleaceae)	Grind and make a paste	Apply on the affected area	Thrice a day for 1-3 days
	Amala (leaf)	<i>Embolica officinalis</i> Gaertn. (Euphorbiaceae)	Boil the leaves with water	Gargle with water	Thrice a day for 1-3 days
	Curd		Use as such	Gargle with curd	Early morning (Sun. & Wed.)
	Godani (leaf) & Ghee	<i>Cordia dichotoma</i> G. Forst. (Boraginaceae)	Grind the leaves and mix with Ghee	Directly apply on mouth ulcer	Thrice a day for 1-3 days
	Dauna (leaves)	<i>Artemisia vulgaris</i> Linn. (Asteraceae)	Grind the leaves to make a paste	Directly apply on mouth ulcer	Thrice a day for 1-3 days
	Anar (leaf)	<i>Punica granatum</i> (Lythraceae)	Grind the leaves to make a paste	Directly apply on mouth ulcer	Thrice a day for 1-3 days
	Bihi (leaf)	<i>Psidium guajava</i> (Myrtaceae)	Wash the leaves	Chew the leaves	6-8 leaves twice a day for 2 days
	Mulethi (root)	<i>Glycyrrhiza glabra</i> (Fabaceae)	Grind the leaves to make a paste	Directly apply on mouth ulcer with honey	Thrice a day for 1-3 days
	Amarbel (areal part)	<i>Cuscuta reflexa</i> (Convolvulaceae)	Grind the leaves to make a paste	Directly apply on mouth ulcer	Thrice a day for 1-3 days
	Majufal (fruit), Chiraungi (seed), Khair (stem bark), Milk cream	<i>Quercus infectoria</i> Olivier (Fagaceae); <i>Jasminum officinale</i> Linn. (Oleaceae); <i>Acacia catechu</i> (Linn. F.) Willd (Mimosaceae)	Grind the ingredients to make a paste	Directly apply on mouth ulcer	Thrice a day for 1-3 days
6. Stomach ache	Ajowan (fruit), Nimbu (fruit), Sugar Sendha namak, Water	T.ammi (L.) Sprague (Apiaceae); <i>Citrus aurantiifolia</i> (Christm.) Swingle (Rutaceae)	Grind the ingredients to make a sharbat	Drink the sharbat	50-100 ml twice a day for 2 days
	Ajwain (fruit), Jagerry	<i>Trachyspermum ammi</i> (L.) Sprague (Apiaceae)	Grind & mix together & make a Vati (tablet)	Vati (tablet) is taken with water	1-2 vati (tablet) twice a 7 days
	Marodfali (fruit), honey	<i>Helicteris isora</i> Linn. (Malvaceae)	Grind it and make a powder	Powder is taken with honey	1-2 gm twice a day for 2-5 days
	Mint, Batasha	<i>Mentha piperita</i> Linn. (Lamiaceae)	Use as such	Add few drops of mint on the batasha	1-2 batasha twice a day for 2 days
	Mint (leaves), Sugar	<i>Mentha piperita</i> Linn. (Lamiaceae)	Grind the fruit & mix it with sugar & water	Drink the sharbat	50-100 ml twice a day for 2 days
	Ajwain, Sendha namak, Harra (fruit), Bahera (fruit)	<i>T.ammi</i> (L.) Sprague (Apiaceae); <i>T.chebula</i> Retz. (Combretaceae); <i>T.bellirica</i> (Breyn ex Gaertn.) Roxb. (Combretaceae)	Grind all the ingredients to make powder	Powder is taken with water	1-2 gm twice a day for 2-5 days
	Ajwain (fruit), Harra (fruit)	<i>T.ammi</i> (L.) Sprague (Apiaceae); <i>T.chebula</i> Retz. (Combretaceae)	Grind both the ingre- dents & make powder	Powder is taken with water	1-2 gm twice a day for 2 days
	Dhaniya (fruit), sugar	<i>Coriandrum sativum</i> Linn. (Umbelliferae)	Grind the fruit & mix it with sugar & water	Drink the sharbat	50-100 ml twice a day for 2 days
	Hingu (excude), Ajwain (fruit)	<i>N.asafoetida</i> Falc. Ex Lindl. (Apiaceae); T.ammi (L.) Sprague (Apiaceae)	Grind all the ingredients & make powder	Powder is taken with water	1-2 gm twice a day for 2 days
	Duba (root), Misari	<i>Cynodon dactylon</i> (L.) Pers. (Poaceae)	Grind the root & mix it with sugar & water	Drink the sharbat	50-100 ml twice a day for 2 days
	Bargad (Aerial part of the abnormal growth), Sugar	<i>Ficus bengalensis</i> Linn. (Moraceae)	Grind the plant part & mix with sugar & water	Drink the sharbat	50-100 ml twice a day for 2 days
	Chichida (root), Sugar, Water	<i>Achyranthes aspera</i> Linn. (Amaranthaceae)	Grind the root & make a sharbat	Drink the sharbat	50-100 ml twice a day for 2 days
	Jungli selvat (Root)	<i>Cordia dichotoma</i> (Boraginaceae)	Grind the root and make a sharbat	Drink the sharbat	50-100 ml twice a day for 2 days

	Tinsa (root), Mahua (root)	<i>Ougeinia oojeinensis</i> (Fabaceae); <i>Mahua longifolia</i> (Sapotaceae)	Grind the root to make a powder	Take the powder	1-2 gm powder twice a day for 1-5 days
	Padin (root), Kaduwa kanda (root)	<i>Cissampelos pareira</i> (Menispermaceae); <i>Dioscorea bulbifera</i> (Dioscoreaceae)	Grind the root to make a powder	Take the powder	1-2 gm powder twice a day for 1-5 days
	Bendar (root)	<i>Gardenia gummifera</i> (Rubiaceae)	Make the decoction	Take the decoction	40-50 ml twice a day for 1-3 days
7. Ear pain	Hurhur (leaf)	<i>Gynandropsis gynandra</i> (Linn.) (Cleomaceae)	Extract the juice	Apply the extract in the ear	10 drops twice a day for 1-3 days
	Genda (leaf)	<i>Tagetes erecta</i> Linn. (Asteraceae)	Extract the juice	Apply the extract in the ear	10 drops twice a day for 1-3 days
	Lahsun (bulb), Hingu (exude), Mustard oil	<i>Allium sativum</i> Linn. (Amaryllidaceae); <i>Narthex asafoetida</i> Falc. Ex Lind. (Apiaceae); <i>B.campestris</i> Linn. Var. <i>sarson</i> Prain (Brassicaceae)	Lasun and Hingu gently boiled in mustard oil	Lukewarm oil apply in the ear	10 drops thrice a day for 1-3 days
	Bakain (leaves)	<i>Melia azedarach</i> L. (Meliaceae)	Grind the leaf to make a juice	Apply the extract in the ear	4-5 drops, apply in to ear twice a day for 2 days
	Tulsi (leaf)	<i>Ocimum tenuiflorum</i> L. (Lamiaceae)	Extract the juice	Apply the extract in the ear	4-5 drops twice a day for 1-3 days
	Sudarshan (leaf)	<i>Crinum latifolium</i> Linn. (Amaryllidaceae)	Extract the juice	Apply the extract in the ear	4-5 drops twice a day for 1-3 days
	Sehund (leaf), Hingu (exude)	<i>E.nerrifolia</i> Linn. (Euphorbiaceae); <i>N.asafetida</i> Falc. Ex Lindl. (Apiaceae)	Extract the juice and gently heat	Lukewarm extract apply in the ear	10 drop thrice a day for 1-3 days
	Chichida (leaf)	<i>Achyranthes aspera</i> Linn. (Amaranthaceae)	Extract the juice	Apply the extract in the ear	5-6 drops twice a day for 1-3 days
	Amarbel (areal part)	<i>Cuscuta reflexa</i> (Convolvulaceae)	Extract the juice	Apply the extract in the ear	5-6 drops twice a day for 1-3 days
	Onion (bulb)	<i>Allium cepa</i> (Amaryllidaceae)	Extract the juice	Apply the extract in the ear	5-6 drops twice a day for 1-3 days
	Kapash (leaf)	<i>Gossypium herbaceum</i> Linn. (Malvaceae)	Extract the juice	Apply the extract in the ear	5-6 drops twice a day for 1-3 days
8. Skin disease	Kalimirsch (seed), Neem (stem bark), Mustard oil	<i>P.nigrum</i> L. (Piperaceae); <i>A.indica</i> <i>A.Juss.</i> (Meliaceae); <i>B.campestris</i> L. var. <i>sarson</i> Prain (Brassicaceae)	Grind and gently boiled with mustard oil	Lukewarm oil apply in the affected area	Twice a day for for 4-5 days
	Chilla (stem bark)	<i>Holoptelea integrifolia</i> (Roxb.) Planch. (Ulmaceae)	Grind the bark to make a paste	Apply in the affected area	Twice a day for 3-5 days
	Mustard (oil), Nimbu (fruit)	<i>B.compestris</i> L. var. <i>sarson</i> Prain (Brassicaceae); <i>C.aurantiifolia</i> (Christm.) Swingle (Rutaceae)	Mixed both ingredients in equal quantity	Apply in the affected area	Twice a day for 21 days
	Kapur, Alasi oil	<i>Linum usitatissimum</i> Linn. (Linaceae)	Grind and gently boiled with Alasi oil	Lukewarm oil apply in the affected area	Twice a day for 4-5 days
	Lahsun (bulb), Hingu (exude), Mustard oil	<i>Allium sativum</i> Linn. (Amaryllidaceae); <i>N.asafetida</i> Falc. Ex Lindl. (Apiaceae); <i>B.campestris</i> Linn. var. <i>sarson</i> Prain (Brassicaceae)	Lasun and Hingu gently boiled in mustard oil	Lukewarm oil apply in the affected area	Twice a day for 4-5 days
	Tambaku (Leaf), Water	<i>Nicotiana tabacum</i> Linn. (Solanaceae)	Leaf gently boiled with water	Lukewarm water apply in the affected area	Twice a day for 4-5 days
	Chameli (leaf), Narial oil	<i>J.grandiflorum</i> Linn. (Oleaceae); <i>Cocus nucifera</i> L. (Arecaceae)	Leaf gently boiled with Narial oil	Lukewarm oil apply in the affected area	Twice a day for 4-5 days
	Kela (leaf), Narial (skill), Kalimirsch (seed); Alasi oil	<i>Musa paradisiaca</i> Linn. (Musaceae); <i>Cocus nucifera</i> L. (Arecaceae); <i>Piper nigrum</i> L. (Piperaceae); <i>Linum usitatissimum</i> Linn. (Linaceae)	Burn the Kela leaf & Narial skill to make ash grind the Kalimirsch to make a powder mix together & gently boiled with Alasi oil	Lukewarm oil apply in the affected area	Twice a day for 4-5 days
	Lasun (bulb), Ajan (seed), Amarbel (aerial part), Mustard oil	<i>A.sativum</i> Linn. (Amaryllidaceae); <i>A.mexicana</i> L. (Papaveraceae); <i>C.reflexa</i> Roxb. (Convolvulaceae sensu lato), <i>B.campestris</i> Linn. var. <i>sarson</i> Prain (Brassicaceae)	Lasun, Ajan and Amarbel gently boiled with mustard oil	Lukewarm oil apply in the affected area	Twice a day for 4-5 days
	Mahua (leaves), Hadzod (aerial part)	<i>Madhuca longifolia</i> (Koenig) Macb. (Sapotaceae); <i>Cissus quadrangularis</i> L. (Vitaceae)	Grind the ingredients to make the paste	Apply in the affected area	Twice a day for 5 days
	Ama haldi (rhizome) Mehandi (root)	<i>Curcuma amada</i> Roxb. (Zingiberaceae); <i>Lawsonia inermis</i> L. (Lythraceae)	Grind the ingredients to make the paste	Apply in the affected area	Twice a day for 5 days
	Satyanashi (leaves); Kalimirsch (fruit)	<i>Argemone mexicana</i> L. (Papaveraceae); <i>Piper nigrum</i> L. (Piperaceae)	Grind the ingredients to make the paste	Apply in the affected area	Twice a day for 5 days
	Sarpunkha (leaves), Bhatkatia (leaves)	<i>T.purpurea</i> (L.) Pers. (Leguminoseae); <i>Solanum virginianum</i> L. (Solanaceae)	Grind the ingredients to make the paste	Apply on the affected area	Twice a day for 3 days

	Paras papal (seeds)	<i>Thespesia populnea</i> (Malvaceae)	Grind the ingredients to make the paste	Apply on the affected area	Twice a day for 3 days
	Neem (leaf)	<i>Azadirachta indica</i> (Meliaceae),	Grind the ingredients to make the paste	Apply on the affected area	Twice a day for 3 days
	Karela (leaf)	<i>Momordica charantia</i> (Cucurbitaceae)	Grind the ingredients to make the paste	Apply on the affected area	Twice a day for 3 days
	Bargad (twig)	<i>Ficus benghalensis</i> (Moraceae)	Grind the ingredients to make the paste	Apply on the affected area	Twice a day for 3 days
9. Fever	Nenua (leaves); Mammari (leaves)	<i>L.cylindrica</i> (L.) Roem. (Cucurbita.); <i>O.americanum</i> L. (Lamiaceae)	Grind the ingredients to make the paste	Apply on the affected area	Twice a day for 3 days
	Harsingar (leaf), Kalesar (leaf), Kalimirch (fruit)	<i>N.arbortristis</i> L. (Oleaceae); <i>A.indica</i> Linn. (Aristolochiaceae); <i>Pnigrum</i> L. (Piperaceae)	Cut into small pieces of ingredients and boiled to make a decoction	Decoction is taken with water	40-50 ml twice a day for 3-5 days
	Tulsi (leaf), Kalimirch (fruit), Kalesar (leaf)	<i>O.tenuiflorum</i> L. (Lamiaceae); <i>Pnigrum</i> L. (Piperaceae); <i>A.indica</i> Linn.(Aristolochiaceae)	Cut into small pieces of ingredients and boiled to make a decoction	Decoction is taken with water	40-50 ml twice a day for 3-5 days
	Saherua (leaf), Kalesar (leaf), Neem (twig)	<i>N.arbortristis</i> L. (Oleaceae); <i>A.indica</i> Linn. (Aristolochiaceae); <i>A.indica</i> A. Juss. (Meliaceae)	Cut into small pieces of ingredients and boiled to make a decoction	Decoction is taken with water	40-50 ml twice a day for 3-5 days
	Guduchi (stem), Kalimirch (seed), Tulsi (leaves), Kalmegh (Panchanga)	<i>T.cordifolia</i> (Willd.) Miers ex Hook. f. & Thoms, (Menispermaceae); <i>Piper nigrum</i> L. (Piperaceae); <i>O.tenuiflorum</i> L. (Lamiaceae); <i>A.paniculata</i> (Burm.f.) Wall. ex Nees (Acanthaceae)	Cut into small pieces of ingredients and boiled and make the decoction	Decoction is taken with water	20-30 ml twice a day for 5 days
	Kalmegh (Panchang), Kareli (seed), Guduchi (stem)	<i>A.paniculata</i> (Burm.f.) Wall.ex Nees. (Acanthaceae); <i>M.charantia</i> L. (Cucurbitaceae); <i>T.cordifolia</i> (Willd.) Miers ex Hook. F. & Thoms (Menispermaceae)	Cut into small pieces of ingredients and boiled to make a decoction	Decoction is taken with water	40-50 ml twice a day for 3-5 days
	Kalmegh (Panchanga), Neem (leaves), Tulsi (leaves)	<i>A.paniculata</i> (Burm.f.) Wall. ex.Nees. (Acanthaceae); <i>A.indica</i> A.Juss. (Meliaceae); <i>O.tenuiflorum</i> L. (Lam.)	Cut into small pieces of ingredients and boiled to make the decoction	Take the decoction	10-20 ml twice a day for 5 days
	Kalesar (leaf), Pippali (fruit), Kalimirch (fruit), Karanj (seed), Guduchi (stem)	<i>A.indica</i> Linn. (Aristolochiaceae); <i>P.nigrum</i> L. (Piperaceae); <i>P.longum</i> L. (Piperaceae); <i>M.charantia</i> L. (Cucurbitaceae); <i>T.cordifolia</i> (Willd.) Miers ex Hook. F. & Thoms (Menispermaceae)	Cut into small pieces of ingredients and boiled to make a decoction	Decoction is taken with water	40-50 ml twice a day for 3-5 days
10. Malaria fever	Nari damdari, Neem ghetua, Tulsi (leaves), Kalimirch	<i>E.axillare</i> (Poir. ex Lam.) A. Raynal (Gentianaceae); <i>A.india</i> , <i>A.Juss.</i> (Meliaceae); <i>O.tenuiflorum</i> L. (Lamiaceae) <i>P.nigrum</i> L. (Piperaceae)	Cut into small pieces of ingredients and boiled to make the decoction	Decoction is taken with water	10-20 ml twice a day for 5 days
	Sheesham (leaves), Kalimirch (fruit), Honey	<i>Dalbergia sissoo</i> D.C. (Leguminosae); <i>Piper nigrum</i> L. (Piperaceae)	Grind and make the churna	Churna is taken with honey	2 gm churna twice a day for 7 days
	Van jeera (seeds), Tulsi (leaf)	<i>Baccharoides anthelmintica</i> (Aster.), <i>Ocimum sanctum</i> (Lamiaceae)	Cut into small pieces of ingredients and boiled to make the decoction	Decoction is taken with water	10-20 ml twice a day for 5 days
	Van jeera (seeds); Neem (leaf)	<i>B.anthelmintica</i> (Asteraceae), <i>Azadirachta indica</i> (Meliaceae)	Cut into small pieces of ingredients and boiled to make the decoction	Decoction is taken with water	10-20 ml twice a day for 5 days
	Kala bach (root)	<i>Hymenodictyon orixense</i> (Rubiaceae)	Cut into small pieces of ingredients and boiled to make the decoction	Decoction is taken with water	10-20 ml twice a day for 5 days
	Peacock (feather), Jivanti Honey	<i>Leptadenia reticulata</i> W& A. (Asclepiadaceae)	Burn the feather to make a ash	Powder is taken with honey	1-2 gm powder twice a day for 1-2 days
11. Vomiting	Lavanga (flower bud), water	<i>Syzygium aromaticum</i> (L.) Merr. & L.M. Perry. (Myrtaceae)	Boil the water with Lavanga flower bud	Taken as such	2-3 liters in day for 3-5 days
	Onion (bulb), Lalmirch (seed), Water	<i>Allium cepa</i> Linn. (Amaryllidaceae); <i>Capsicum annuum</i> L. (Solanaceae)	Grind the bulb & Mirch seeds & make solution	Taken as such	30-40 ml twice a day for 3 days
	Lalmirch (seed), Onion (bulb), Ajwan (fruit)	<i>C.annuum</i> L. (Solanaceae); <i>A.cepa</i> Linn. (Amaryllidaceae); <i>T.ammi</i> (L.) Sprague (Apiaceae);	Grind all ingredients to make a paste and dissolve in water to make a solution	Taken as such	30-40 ml twice a day for 3 days
	Lavanga (flower), Onion (bulb), Ajwain (fruit), Honey	<i>S.aromaticum</i> (L.) Merr. & L.M. Perry. (Myrtaceae), <i>A.cepa</i> Linn. (Amaryllidaceae); <i>T.ammi</i> (L.) Sprague (Apiaceae)	Grind all ingredients to make a paste	Paste is taken with honey	1-2 gm twice a day for 1-2 days
	Sugar, Namak, Water		Make a solution	Taken as such	2-3 liters in day for 3-5 days
	Donda (badi elaichi), Honey	<i>Amomum subulatum</i> Roxb. (Zingiberaceae)	Grind the Donda to make a powder	Powder is taken with honey	2 gm powder twice a day for 1-3 days

	Bahera (stem bark), Honey	<i>Terminalia bellirica</i> (Breyn ex Gaertn.) Roxb. (Combretaceae)	Grind the ingredient to make a powder	Powder is taken with honey	1-2 gm powder twice a day for 1-3 days
12. Loose motion	Mango (ripe fruit), milk	<i>Mangifera indica</i> Linn. (Anacardiaceae)	Extract the juice of ripe fruit mixed with milk to make a solution	Taken as such	100 ml twice a day for 1-2 days
	Ajwain (fruit), Onion (bulb), Methi (seed), water	<i>T.ammi</i> (L.) Sprague (Apiaceae); <i>Allium cepa</i> Linn. (Amaryllidaceae); <i>T.foenumgraecum</i> Linn. (Fabaceae)	Grind all ingredients to make a solution	Taken as such	100 ml thrice a day for 1-3 days
	Duddhiya (leaf)	<i>Euphorbia neriifolia</i> Linn. (Euphorbiaceae)	Extract the juice	Taken as such	10-20 ml twice a day for one day
	Kaitha (leaf), Curd	<i>Feronia limonia</i> (L.) Swingle (Rutaceae)	Extract the juice of leaves & mix with curd	Taken as such	40-50 ml twice a day for 1-2 days
	Patharchata (root), Milk	<i>Boerhavia diffusa</i> L. (Nyctaginaceae)	Extract the juice of root & mix with milk	Taken as such	40-50 ml twice a day for 1-2 days
	Bel (fruit pulp), Kaitha (leaf), Water	<i>A.marmelos</i> Linn. Corr. (Rutaceae), <i>F.limonia</i> (L.) Swingle (Rutaceae)	Grind the both ingredi- ents to make a solution	Take the solution	100 ml thrice a day for 1-2 days
	Ajwain (fruit), Lavanga (flower bud), Kalimirsch (seed)	<i>T.ammi</i> (L.) Sprague (Apiaceae); <i>S.aromaticum</i> (L.) Merr. & L.M. Perry. (Myrtaceae); <i>Piper nigrum</i> L. (Piperaceae)	Grind to make a powder	Power is taken with water	1-2 gm powder twice a day for 1-2 days
	Sheesham (leaves), Curd	<i>Dalbergia sissoo</i> DC. (Leguminosae)	Extract the juice	Taken as such	10-20 ml twice a day for one day
	Methi (Seed, kachhi & Pakki), Ajwain (fruit)	<i>Trigonella foenumgraecum</i> Linn. (Fabaceae)	Grind to make a powder	Powder is taken with water	1-2 gm powder twice a day for 1-2 days
	Babul (leaves), Sugar, Water	<i>Vachellia nilotica</i> (L.) P.J.H. Hurter & Mabb. (Leguminosae)	Grind the both ingredi- ents to make a solution	Take the solution	100 ml thrice a day for 1-2 days
	Silahatta (leaves)	<i>Bergenia ciliata</i> (Haw.) Sternb. (Saxifragaceae)	Extract the juice	Taken as such	10-20 ml twice a day for one day
	Kudo (leaves)	<i>Holarrhena antidysenterica</i> (Apocynaceae)	Extract the juice	Taken as such	10-20 ml twice a day for one day
	Maida (stem bark)	<i>Litsea glutinosa</i> (Lauraceae)	Grind the ingredient to make a solution	Take the solution	100 ml thrice a day for 1-2 days
	Sarai/Saal (Raal)	<i>Shorea robusta</i> (Dipterocarpaceae)	Grind and make a powder	Take it	1-2 gm powder with water twice a day for 3 days
	Padin (root)	<i>Cissampelos pareira</i> (Menispermaceae)	Grind the ingredient to make a solution	Take the solution	100 ml thrice a day for 1-2 days
13. Tooth- eruption	Adusa (bark)	<i>Justicia adhatoda</i> L. (Acanthaceae)	Grind to make a paste	Paste is apply in the affected area	Thrice a day for 1-3 days
	Sitaphala (leaves)	<i>Annona squamosa</i> L. (Annonaceae)	Grind and make the decoction and gargle	Use as such	20-30 ml Twice a day for 3 days
	Lehsun (bulb hair)	<i>Allium sativum</i> (Amaryllidaceae)	Grind to make a paste	Paste is apply in the affected area	Thrice a day for 1-3 days
	Chandrajot (twig)	<i>Jatropha curcas</i> (Euphorbiaceae)	Grind to make a paste	Paste is apply in the affected area	Thrice a day for 1-3 days
	Akona (latex)	<i>Calotropis procera</i> (Asclepiadaceae)		Apply the latex in the affected area	Thrice a day for 1-3 days
14. Dislo- cation of shoulder	Arand oil	<i>Ricinus communis</i> Linn. (Euphorbiaceae)		Massage the oil into the shoulder	Twice a day for 1-2 days
15. Pneu- monia	Ghungghi (fruit)	<i>Abrus precatorius</i> L. (Leguminosae)	½-1 fruit grind to make a paste & mix with milk	Take the solution	1-2 spoon twice a day for 3days
	Hingu (exude), Lahsun (bulb), Mustard oil	<i>N.asafoetida</i> Falc. ex Lin. (Apiaceae); <i>A.sativum</i> Linn. (Amaryllidaceae); <i>Brassica campestris</i> Linn. Var. <i>sarson</i> Prain (Brassicaceae)	Boil the both ingredients in mustard oil	Massage with lukewarm oil	Thrice a day for 3-5 days
	Kukraundha (leaf)	<i>Blumea lacera</i> (Burm.f) DC. (Asteraceae)	Extract the juice	Taken as such	10-20 ml twice a day for one day
	Kukraundha (leaf), Hingu (exude), Sunthi (rhizome)	<i>B.lacera</i> (Burm.f) DC. (Asteraceae); <i>N.asafoetida</i> Falc. ex Lin.. (Apiaceae); <i>Z.officinale</i> Rosc. (Zingiberaceae)	Extract the juice & mix with Hingu & Sunthi and gently warmed	Apply the liquid	1-2 spoon twice a day for 3 days & massage in body
	Sehund (leaves), Hingu (exude), Lahsun (bulb)	<i>E.neriifolia</i> Linn. (Euphorbiaceae); <i>N.asafetida</i> Falc. ex Lindl. (Apiaceae); <i>Allium sativum</i> Linn. (Amaryllidaceae)	Extract the juice & mix with Hingu & Lasun and gently warmed	Apply the liquid	1-2 spoon twice a day for 3 days & massage in body
	Dagdaua (seed), Hingu, Honey	<i>Cassia fistula</i> Linn. (Caesalpiniaceae); <i>Narthex asafoetida</i> Falc. ex Linn. (Apiaceae)	Grind to make a powder	Powder is given with honey	½-2 gm powder twice a day for 3 days
	Babai (root), Dagdaua (seed), Honey	<i>Ocimum tenuiflorum</i> Linn. (Lamiaceae); <i>Cassia fistula</i> Linn. (Caesalpiniaceae)	Grind to make a powder	Powder is given with honey	½-2 gm powder twice a day for 3 days

	Kukraundha (whole plant); Hing	<i>Blumea lacera</i> (Burm.f) DC. (Asteraceae); <i>Narthex asafoetida</i> Falc. ex Lin. (Apiaceae)	Grind and make the extract add the Hingu and warmed	Taken orally & apply on the whole body	10-20 ml twice a day for 2 days
	Safed Ghughachi (fruit), Honey	<i>Abrus precatorius</i> L. (Leguminosae)	Make the ash	Taken with honey	1 gm ash twice a day for 3 days
16. Cough & cold	Tulsi (flower & fruit), Adarak (rhizome), Kalimirsch (seed), Pippali (fruit), Honey	<i>Ocimum tenuiflorum</i> Linn. (Lamiaceae); <i>Z.officinale</i> Rosc. (Zingiberaceae); <i>Piper nigrum</i> L. (Piperaceae); <i>Piper longum</i> L. (Piperaceae)	Grind all the ingredients to make a powder	Powder is taken with honey	1-2 gm powder twice a day for 3-7 days
	Labher (leaves), Badi Kanteri (Panchanga)	<i>Cordia dichotoma</i> G. Forst. (Boraginaceae); <i>Solanum indicum</i> L. (Solanaceae)	Cut into small pieces of all ingredients & boiled and make the decoction	Take the decoction	40-50 ml twice a day 3 days
	Safed akona (flower)	<i>Calotropis gigantea</i> (Asclepiadaceae)	Grind the flowers to make a powder	Powder is taken with honey	1-2 gm powder twice a day for 7 days
	Bhatkatai (Fruit)	<i>Argemone mexicana</i> (Papaveraceae)	Grind the fruits to make a powder	Powder is taken with honey	1-2 gm powder twice a day for 7 days
	Chakoda (seeds)	<i>Cassia tora</i> (Fabaceae)	Grind the seeds to make a powder	Powder is taken with honey	1-2 gm powder twice a day for 7 days
17. Bawasir (Piles)	Sahdevi (leaves), Gajar ghas (fruits), Kalimirsch (fruit)	<i>C.cinereum</i> (L.) H. Rob. (Asteraceae); <i>Physterophorus</i> L. (Asteraceae), <i>Piper nigrum</i> L. (Piperaceae)	Mixed all the ingredients and make the decoction	Take the decoction	10-20 ml Twice a day for 21 days
	Kareli (root), Kantakari (Fruits)	<i>M.charantia</i> L. (Cucurbitaceae); <i>S.virginianum</i> L. (Solanaceae)	Grind and make the paste	Apply in the affected area	Twice a day for 7 days
	Aswagandha (root), Patharchata (root)	<i>W.somnifera</i> (L.) Dunal (Solanaceae); <i>Boerhavia diffusa</i> L.(Nyctaginaceae)	Grind and make the paste	Apply in the affected area	Twice a day for 7 days
	Kareli (leaves), Kalimirsch (fruits)	<i>M.charantia</i> L. (Cucurbitaceae); <i>Piper nigrum</i> L. (Piperaceae)	Grind and make the juice	Take the juice	30-40 ml Twice a day for 21 days
	Reetha (fruit rind)	<i>Sapindus emarginatus</i> Vahl. (Sapindaceae)	Grind and make the paste	Apply in the affected area	Twice a day for 21 days
	Bangala Pan (Leaves stalk) Kalimirsch (fruit)	<i>Piper betel</i> L. (Piperaceae); <i>Piper nigrum</i> L. (Piperaceae), Allum	Mixed all the ingredients and make a paste	Apply in the affected area	Twice a day for 11 days
	Nari (Root)	<i>Enicostema axillare</i> (Poir. ex Lam.) A. Raynal (Gentianaceae)	Grind and make the decoction	Take the decoction	40-50 ml twice a day for 15 days
	Mammari, (leaves); Kalimirsch (fruit)	<i>Ocimum americanum</i> L. (Lamiaceae); <i>Piper nigrum</i> L. (Piperaceae)	Make the decoction	Apply in the affected area	50 ml twice a day for 11 days
	Gajar ghas (whole plant); Kalimirsch (fruit); Sahdei (leaves), Mammari (leaves); Sugar crystals	<i>Physterophorus</i> L. (Asteraceae), <i>Piper nigrum</i> L. (Piperaceae), <i>C.cinereum</i> (L.) H. Rob. (Asteraceae); <i>Ocimum americanum</i> L. (Lamiaceae),	Grind and mixed all ingredients make the decoction and mixed sugar a few crystal	Take the solution	40-50 ml twice a day for 21 days
	Chirchita (Inflorescence)	<i>Achyranthes aspera</i> (Amaranthaceae)	Grind and make a powder	Take the powder with honey	1-2 gm twice a day for 15 days
	Kalihari (root)	<i>Gloriosa superba</i> (Colchicaceae)	Grind and make a powder	Take the powder with honey	1-2 gm twice a day for 15 days
	Nariyal (Fruit shell)	<i>Cocos nusifera</i> (Arecaceae)	Burn the fruit shell and make the ash	Take the ash with honey	1-2 gm twice a day for 15 days
18. Weakness (Tonic)	Makoy (fruit); Aswagandha (root)	<i>S.americanum</i> Mill. (Solanaceae); <i>Withania somnifera</i> (L.) Dunal (Solanaceae)	Grind and make a powder	Powder is taken with milk	1-2 gm in 200 ml milk twice a day for 1 month
	Sahijan (leaves); Sugar crystals	<i>Moringa oleifera</i> Lam. (Moringaceae),	Dry & grind the leaves to make powder grind the fruits to make powder	Powder is taken with milk	2 gm powder in 250 ml milk once day for 1 month
	Safed musli (root); Satavar (root)	<i>Chlorophytum borivilianum</i> (Liliaceae); <i>Asparagus racemosus</i> (Asparagaceae)	Grind and make a powder	Powder is taken with milk	1-2 gm in 200 ml milk twice a day for 1 month
	Dhanbhar (root)	<i>Cassia fistula</i> (Fabaceae)	Grind and make a powder	Powder is taken with milk	1-2 gm in 200 ml milk twice a day for 1 month
	Tejraj (root)	<i>Peucedanum dhana</i> (Apiaceae)	Grind and make a powder	Powder is taken with milk	1-2 gm in 200 ml milk twice a day for 1 month
19. Rakt Shodhak blood purification)	Van Tulsi (fruits); Sugar crystals	<i>Ocimum americanum</i> L. (Lamiaceae);	Grind the fruit to make powder	Powder is taken with water	1 gm powder twice a day for 1 month
20. Safed Pradar (Leucorrhoea)	Gulsakari (root), Khand, Milk	<i>Grewia hirsuta</i> Vahl. (Malvaceae)	Grind the root mixed with Khand make a	Paste is taken with milk paste	2-3 gm paste Once a day for 21 days

21. Rakta-pradar (Leucorrhoea)	Peepal (Gum), Elaichi (Fruit), Khand, Milk	<i>Ficus religiosa</i> L. (Moraceae); <i>Elettaria cardamomum</i> L. Maton (Zingiberaceae)	Grind three ingredient and make the powder	Powder is taken with goat milk	2 gm powder Twice a day for 21 days
	Menda (root bark), Kamalgatta	<i>Litsea glutinosa</i> (Lour.) Robins. (Lauraceae); <i>Nelumbo nucifera</i> Gaertn. (Nelumbonaceae)	Grind the ingredients to make a powder	Use as such	2-3 gm powder with 200 ml milk once a day for 21 days
22. Anti-fertility	Kabila (fruit) Krishna sariva (root), milk	<i>M.philippiensis</i> (Lam.) Muell-Arg (Euphorbiaceae); <i>H.indicus</i> (L.) R.Br. ex. Schult. (Apocynaceae)	Ground and make the powder	Powder is taken with milk	1-2 gm powder twice a day for 3 months
23. Napunshkata (Sterility)	Shivlingi (Seed), Aswagandha (root), Cow milk	<i>Diplocyclos palmatus</i> (L.) C. Jeffery (Cucurbitaceae) <i>Withania somnifera</i> (L.) Dunal (Solanaceae)	Grind the ingredients to make powder	Powder is taken with milk	1-2 gm powder is taken with milk Twice a day for 3 months
	Peepal (leaves), Misari (Crystal sugar)	<i>Ficus religiosa</i> L. (Moraceae)	Grind the ingredients make mixture	Take the mixture	100 ml twice a day for 3 months
24. Arthritis	Sahijan (root bark), Nirgundi (leaves), Bariyari (leaves)	<i>Moringa oleifera</i> Lam. (Moringaceae); <i>Vitex negundo</i> L. (Lamiaceae); <i>Sida acuta</i> Burm.f. (Malvaceae)	Make the decoction	Use as such	40-50 ml Twice a day for 11 days
	Kala dhatura (leaves), Aak (leaves), Erand (leaves)	<i>D.metel</i> L. (Solanaceae); <i>C.gigantia</i> (L.); Dryand. (Asclepiadaceae); <i>Ricinus communis</i> L. (Euphorbiaceae);	Cut the ingredients into small pieces & boiled with Til Taila make oil	Apply on the affected area	Twice a day for 21 days
	Sehund (leaves), Nirgundi (leaves), Til tail (oil)	<i>E.neriifolia</i> L. (Euphorbiaceae); <i>Vitex negundo</i> L. (Lamiaceae); <i>Sesamum indicum</i> L. (Pedaliaceae)	Cut the ingredients into small pieces & boiled with Til Taila make oil	Apply on the affected area	Twice a day for 3 months
	Midaki (leaves), Til tail	<i>Vitex negundo</i> L. (Lamiaceae); <i>Sesamum indicum</i> L. (Pedaliaceae)	Cut the ingredients into small pieces & boiled with Til Taila make oil	Apply on the affected area	Twice a day for 3 months
	Shisham (leaves)	<i>Dalbergia sissoo</i> (Fabaceae)	Extract the juice	Take the juice	30 ml twice day
	Kankaua (leaves)	<i>Commelina benghalensis</i> L. (Commelinaceae)	Make the paste	Apply on the affected area	Thrice a day for two days
26. Scorpion poison sting	Chakouda (leaves), Jaggari	<i>Senna tora</i> (L.) Roxb. (Leguminosae)	Ground and make the paste	Apply in affected area	Twice a day for 3 days
	Lalmirch (Panchanga), Sahad (Honey)	<i>Capsicum annuum</i> L. (Solanaceae)	Make the paste	Apply in the affected area	Twice a day for one day
	Madar (root)	<i>Calotropis procera</i> (Aiton Dryand.) (Asclepiadaceae)	Make the paste	Direct apply in the affected area	Twice a day for 2 days
	Tinpatiya (root)	<i>Oxalis corniculata</i> L. (Oxaladaceae)	Grind and make a paste	Apply on the affected area	Twice a day for 2 days
27. Asthma	Desi madar (Root &) leaves), Afeem, Nariyal (Pericarp)	<i>Calotropis procera</i> (Aiton.) Dryand. (Asclepiadaceae); <i>P.somniferum</i> L. (Papaveraceae); <i>Cocos nucifera</i> L. (Arecaceae)	Dry & grind two ingredients make a powder and Nariyal pericorp burnt make ash mixed	Powder is taken with honey	1-2 gm powder twice a day for 7 days
	Labher (fruit); Kalimirch	<i>C.dichotoma</i> G. Forst. (Boraginaceae); <i>Piper nigrum</i> L. (Piperaceae)	Make the decoction	Take the decoction	40-50 ml twice a day for 21 days
	Katkatauni (fruit)	<i>Solanum virginianum</i> L. (Solanaceae)	Burnt the fruits to make ash	Ash is taken with honey	1-2 gm ash twice a day for 7 days
	Bhelwa (fruit)	<i>Semecarpus anacardium</i> (Anacardiaceae)	Fry the fruit	Eat the fruit with milk	4-5 fruits twice a day for 30 days
	Anar (fruit), Laung (flower), Neem (leaves)	<i>Punica granatum</i> L. (Punicaceae); <i>Syzygium aromaticum</i> (L.) Merr. & L.M. Perry. (Myrtaceae); <i>Azadirachata indica</i> , A.Juss. (Meliaceae)	Lavanga flowers keep in Anar fruit & put in the clay pot under the Nimba tree; when to make the ash	Ash is taken with honey	1-2 gm ash twice a day for 21 days
	Arhar (leaves)	<i>Cajanus cajan</i> (L.) Millsp.	Direct eat the leaves	Use as such	5 kg once a days
28. Retension of placenta of animal	Lajwanti panchanga (whole plant)	<i>Mimosa pudica</i> L. (Leguminosae)	Grind and make the juice	Use as such	200-250 ml once a day for one day
	Bans (Bamboo) ((leaves)	<i>Bambusa bambos</i> (L.) Voss (Poaceae)	Direct eat the leaves	Use as such	4-5 kg once a day for one day
	Dhan (Paddy) (fruit)	<i>Oryza sativa</i> L. (Poaceae)	Direct eat the Dhan	Use as such	2-3 kg once a day for one day
29. Cut and wounds	Ghamira (leaves); Vidhara (leaves)	<i>Eclipta prostrata</i> (L.) (Asteraceae); <i>Argyreia nervosa</i> (Burm.f.) Bojer (Convolvulaceae)	Mix and grind the both to make a paste	Apply in the affected area	Twice a day for 3 days
	Elephant creeper				
	Katkatuni (fruits)	<i>Solanum virginianum</i> L. (Solanaceae)	Grind and make the paste	Apply the paste	Twice a day for 5 days
	Rohani (stem bark)	<i>Mallotus phillipensi</i> (Euphorbiaceae)	Grind and make the paste	Apply the paste	Twice a day for 5 days

	Basondara (root)	<i>Ageratum conyzoides</i> (Asteraceae)	Grind and make the paste	Apply the paste	Twice a day for 5 days
30. Pathari (Stone)	Van bhindi (root)	<i>Abelmoschus moschatus</i> Medik. (Malvaceae)	Make the powder	Powder is taken with water	1-2 gm powder twice a day for 7 days
	Chakouda (seeds), Honey	<i>Senna tora</i> (L.) Roxb. (Leguminosae)	Grind and make the powder	Powder is taken with honey	1-2 gm powder twice a day for 7 days
	Safed punarnawa (root), Misari (Crystal sugar), Milk,	<i>Boerhavia diffusa</i> L. (Nyctaginaceae)	Cut the small pieces of Punarnawa root to make paste mixed with misari and milk to make mixture	Take the mixture	100-200 ml twice a day for 21 days
	Punarnawa (Panchanga), Gokharu (Panchanga)	<i>Boerhavia diffusa</i> L. (Nyctaginaceae); <i>Tribulus terrestris</i> L. (Zygophyllaceae)	Cut into small pieces of all ingredients & boiled to make decoction	Take the decoction	40-50 ml twice a day for 21 days
	Kala Dana (seeds), Kamraj (Panchaga), Khand	<i>I.nil</i> (L.) Roth. (Convolvulaceae); <i>Selaginella bryopteris</i> Baker (Selaginellaceae); Sugar	Make the decoction	Take the decoction	40-50 ml twice a day for 15 days
	Indrayan (root), Kali musali (leaves)	<i>Cirullus colocynthis</i> (L.) Schrad. (Cucurbitaceae); <i>Curculigo orchioides</i> Gaertn. (Hypoxidaceae)	To make the decoction	Take the decoction	30-40 ml twice a day for 7 days
31. Kidney failure	Ashwagandha (leaves), Milk	<i>Withania somnifera</i> (L.) Dunal (Solanaceae);	Grind and make the powder	Powder is taken with milk	1-2 gm powder twice a day for 15 days
32. Dhat (Sperma-torrhoea)	Satauna (root), Katkatauni (root)	<i>Alotonia scholaris</i> (L.) R. Br. (Apocynaceae); <i>Solanum virginianum</i> L. (Solanaceae)	Grind the ingredients & mixed with Mishri to make a paste	Taken with milk	3 gm paste taken with milk once a day for 21 days
	Durva (whole plant) Mishri (Crystal sugar), Milk	<i>Cynodon dactylon</i> (L.) Pers. (Poaceae)	Grind the ingredients & mixed with Mishri to make a paste	Taken with milk	2-3 gm paste in 200 ml once a day for 21 days
33. Lakwa (Paralysis)	Harsingar (Leaves)	<i>Nyctanthes arbostristis</i> L. (Oleaceae)	Make the decoction	Take the decoction	40-50 ml twice a day for 21 days
34. Safed dag (Leprosy)	Kabila (fruit), Meida (stem bark), Gorakhmundi (panchanga), Kutaj (stem bark)	<i>M.philippensis</i> (Lam.) Muell. Arg. (Euphorbiaceae); <i>L.glutinosa</i> (Lour.) C. B. Robins (Lauraceae); <i>S.indicus</i> L. (Asteraceae); <i>Holarrhena pubescens</i> Wall.ex G. Don (Apocynaceae)	Grind all the ingredients to make a paste	Apply in the affected area	Twice a day for 3 months
	Kasaundi (Panchanga)	<i>Senna occidentalis</i> (L.) Link (Leguminosae)	Make the paste	Apply in affected area	Twice a day for 3 months
	Saptaparni (Root bark)	<i>Alstonia scholaris</i> (Roth.) R. Br. (Apocynaceae)	Make the paste	Apply on the affected area	Twice a day for 21 days
35. Sno-phaelia	Nimbu (fruit), Madar (Dondi), Meetha soda	<i>Citrus aurantiifolia</i> (Christm.) Swingle (Rutaceae), <i>Calotropis procera</i> (Aiton.) Dryand. (Apocynaceae)	Madar dondi make the decoction and mixed Meetha Soda and ml lemon juice	Take a decoction	40-50 ml twice a day for 7 days
36. Foda funsi (Pimples)	Erandi (leaves)	<i>Ricinus communis</i> L. (Euphorbiaceae)	Grind and make a paste	Apply in the affected area	Twice a day for 3 months
37. Hydro-cele	Kantakari (root), Kalimirch (seed)	<i>Solanum virginianum</i> L. (Solanaceae); <i>Piper nigrum</i> L. (Piperaceae)	Grind and make the mixture	Take the mixture	50-60 ml twice a day for 7 days
38. Blind-ness of one eye	Gudhal ((leaves)	<i>Hibiscus rosa-sinensis</i> L. (Malvaceae)	Grind and make a juice	Use as such	4-5 drops, apply in to eyes twice a day for 7 days
39. Mirgi (Epilepsy)	Kasaundi (leaves)	<i>Senna occidentalis</i> (L.) Link (Leguminosae)	Grind and make a juice	Use as such	40-50 ml twice a day for 3 months
	Gummi (Panchanga)	<i>Leucas cephalotes</i> (Roth.) Spreng. (Lamiaceae)	Make the decoction	Use as such	40-50 ml twice a day for 3 months
40. Retention of Anus, Guda nikalna	Lajwanti (leaves)	<i>Mimosa pudica</i> L. (Leguminosae)	Grind and make the paste	Apply in the affected area	Twice a day for 5 days
41. Pechis (Dysent-ery)	Babool (leaves), Jamun (leaves), Dhataki (flower), Kaitha (leaves)	<i>Vnilotica</i> (L.) P.J.H. Hurter & Mabb. (Leguminosae); <i>S.cumini</i> (L.) Skeels, (Myrtaceae); <i>Woodfordia fruticosa</i> (L.) Kurz. (Lythraceae); <i>Feronia limonia</i> (L.) Swingle (Rutaceae)	Grind all the ingredients to make a mixture	Take a mixture	50-60 ml twice a day for 3 days

42. Gas (Acidity)	Kaccha Suhaga, Sunthi (Rizome), Hingu (Excude), Sahijan (stem bark), Kala namak Kala Dana (seeds), Ajowan (fruit) <i>T</i>	<i>Z.officinale</i> Rosc. (Zingiberaceae); <i>N.asafoetida</i> Falc. ex Lin. (Apiaceae); <i>Moringa oleifera</i> Lam. (Moringaceae)	Grind all the ingredients to make a churna	Powder is taken with water	1-2 gm twice a day-15 for days
		<i>I.nil</i> (L.) Roth. (Convolvulaceae); <i>T.ammi</i> (L.) Sprague (Apiaceae)	Grind and make the churna	Powder is taken with warm water	1-2 gm twice a day for 21 days
43. Abortion	Bans (root)	<i>Bambusa bambos</i> (L.) Voss (Poaceae)	Grind the root to make a juice	Take a juice	40-50 ml once a day for 3 days
44. Sookha rog (Rickets)	Reetha (root), Rakta punarawa (Panchanga), Ashwagandha (root), Adusa (root)	<i>S.emarginatus</i> Vahl. (Sapindaceae); <i>Boerhavia diffusa</i> L. (Nyctaginaceae); <i>W.somnifera</i> L. Dunal (Solanaceae); <i>Justicia adhatoda</i> L. (Acanthaceae)	Cut into small pieces of all ingredients and boiled to make the decoction	Take the decoction	40-50 ml twice a day for 21 days
45. Kuposhan (Malnutrition)	Gokchur (Panchang), Munga (leaves)	<i>Tribulus terrestris</i> L. (Zygophyllaceae); <i>Moringa oleifera</i> Lam. (Moringaceae)	Cut and make the decoction	Take the decoction	30-40 ml twice a day for 21 days
46. Head ache	Kala Dana (seeds)	<i>Ipomoea nil</i> (L.) Roth. (Convolvulaceae)	Make a paste	Apply in the affected area	5 days
47. Putra prapti (Born baby)	Til (seeds), Kala Dana (root), Dahi (Curd)	<i>Sesamum indicum</i> L. (Pedaliaceae); <i>Ipomoea nil</i> (L.) Roth. (Convolvulaceae)	Grind the ingredients to make powder & mixed with curd and Mishri	Use as such	100 gm orally taken twice a day for 3 months
48. Bleeding	Adusa (Panchanga), Tinpatiya (root), Misri (Crystal sugar)	<i>Justicia adhatoda</i> L. (Acanthaceae); <i>Oxalis corniculata</i> L. (Oxiladaceae),	Grind the ingredients to make decoction	Take a decoction	40-50 ml one a day for 7 days
49. Kukur khansi (Whooping Cough)	Makka ke bal (Fruit hair), Hone	<i>Zea mays</i> L. (Poaceae)	Make the ash of Makka hairs	Ash is taken with honey	1-2 gm ash is taken with honey twice a day for 5 days
	San (leaves), Saptaparni (leaves), Honey	<i>Crotalaria juncea</i> L. (Leguminosae); <i>A.scholaris</i> (L.) R.Br. (Apocynaceae)	Grind and make the ash	Ash is taken with honey	2 gm ash is twice a day for 3 days
50. Snake bite	Padhi (Panchanga), Gumi (Panchana, Kali musali (leaves)	<i>C.pareira</i> L. (Menispermaceae); <i>Leucas cephalotes</i> (Roth) Spreng (Lamiaceae), <i>Curculigo orchioides</i> Gaertn. (Hypoxidaceae)	Mix all & make decoction	Decoction is taken orally	40-50 ml trice a day for 2 days
51. Adha shishi (Migraine)	Tinpatiya (whole plant), Eranda (leaves), Baheda ((leaves), Sheesham (leaves), Eucalyptus (leaves)	<i>Oxalis corniculata</i> L. (Oxiladaceae); <i>Ricinus communis</i> L. (Euphorbiaceae); <i>Terminallia bellirica</i> (Gaertn.) Roxb. (Combretaceae), <i>Dalbergia sissoo</i> DC. (Leguminosae); <i>Eucalyptus globulus</i> Labill. (Myrtaceae)	Grind all the ingredients to make a past and also extract	Paste apply on the head and put into nose	4-5 drops twice a day for 7 days
	Nari Damdari (Panchanga)	<i>Enicostema axillare</i> (Poir. ex Lam.) A Raynal (Gentianaceae)	Grind and make the juice mixed with deshi	Put into nose	4-5 drops twice a day 5 days

Plate. 1 Photographs of Tribal Villages of Chitrakoot during documentation

(4 formulations), Jaundice (21 formulations), Conjunctivitis (17 formulations), Mouth ulcer (15 formulations), Stomach ache (16 formulations), Ear pain (11 formulations), Skin diseases (16 formulations), Fever (8 formulations), Malaria fever (6 formulations), Vomiting (7 formulations), Loose motion (15 formulations), Tooth eruption (5 formulations), Dislocation of shoulder (1 formulation), Pneumonia (9 formulations), Cough & cold (5 formulations), Bawasir (piles) (12 formulations), Weakness (tonic) (5 formulations), Rakta Shodhan (Blood purification) (1 formulation), Safed Pradar

(Leucorrhoea) (1 formulation), Rakta Pradar (Leucorrhoea) (2 formulations), Anti fertility (1 formulation), Napunsakata (2 formulations), Arthritis (6 formulations), Bee bite (1 formulation), Scorpion poison sting (4 formulations), Asthma (6 formulations), Retention of placenta (animal) (3 formulations), Cut & wounds (4formulations), Pathari (6 formulations), Kidney failure (1 formulation), Dhat (spermatorrhoea) (2 formulations), Lakwa (Paralysis) (1 formulation), Safed dag (Leprosy) (3 formulations), Eosinophilia (1 formulation), Pimples (1 formulation), Hydrocele (1 formulation), Blindness of one eye (1 formulation), Mirgi (Epilepsy) (2 formulations), Retention of anus (1 formulation), Pechis (Dysentery) (1 formulations), Gas (Acidity) (2 formulations), Abortion (1 formulation), Rickets (1 formulations), New Born baby (1 formulations), Malnutrition (1 formulation), Headache (1 formulation), Bleeding (1 formulation), Whooping cough (2 formulations), Snake bite (1 formulation) and Adha shish (Migrane) (2 formulations). Similar study was also carried out by Singh *et al.* (2018) in Balaghat.

In the present study 64 plants were used as single drug and rest of 117 plants were used as compound formulations. It was also observed that different Vaidyas treats the same disease by different formulations in different villages such as malarial fever, acidity, leucorrhoea, pneumonia and paralysis etc. Out of 181 plant species, life form analysis showed that 69 species were herbs, 28 were shrubs, 53 species were trees, 22 species were climbers and 9 species were tubers. Leguminosae (Fabaceae) is the largest family contributes with 9 species, followed by Solanaceae with 6 species, Apocynaceae and Asteraceae with 5 species each, Poaceae, Malvaceae, Lamiaceae and Cucurbitaceae with 4 species each, Euphorbiaceae, Zingiberaceae and Myrtaceae with 3

species each, Piperaceae, Lythraceae, Papaveraceae, Convolvulaceae, Apiaceae, Acanthaceae, Meliaceae, Rutaceae and Menispermaceae with 2 species each and rest of 22 families having single species. It was also observed that the leaves used of 54 species, root of 39 species, tuber of 8 species, fruits of 21 species, seeds of 13 species, whole plant of 15 species, stem of 12 species, stem bark of 4 species, latex of 3 species, gum of 2 species, flower of 6 species and 4 species of oil were used for ethno-medicinal practices. The total 181 plant species belonging to 89 genera and 51 families are used in 51 different ailments and diseases.

Conclusion : The programme has drawn up and implemented for improving the traditional knowledge and economic status of the Scheduled Tribes mainly; as well as the Scheduled Caste and other backward classes were also included for the sake of their awareness. It is evident that the area is highly rich in the forest and medicinal plants as well; efforts be made to share the collected information through this project for the welfare of Scheduled Tribe of the Chitrakoot region, so that the knowledge economy could be generated, which has enough scope in this region.

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