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### Plant Based Remedies Used by the People of Jalna District, Maharashtra State, India

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#### A B S T R A C T

Present paper deals with documentation of ethnomedicinal plants of Jalna district of Maharashtra state. This includes, information of 14 medicinal plants belonging to 12 angiosperm families used by local people and traditional practitioner. The plant based treatments to cure the various diseases known many people of Jalna district, this has important values since long time. All the given medicinal plants are arranged alphabetically with their families, followed by local names, diseases and mode of administration in tabulated form in Table 1.

#### Introduction

Medicinal Plants are globally important for the human beings through its vital role to cure various ailments and diseases. Starting from civilization man has long been associated with medicinal plants. Based on methods and practices, many indigenous systems were found in India, those are found in era of Vedas. Vedic phase dates about 1200 to 800 BC. The traditional knowledge about plants has many communities in India. Traditional knowledge is said to be the wisdom developed by any people over many

generations for proper utilization of their lands, natural resources and environments; it reflects in their life style, innovations and practices (S. K. Jain, 2005). Therefore documentation of such information needed.

The present work focuses on medicinal plant resources and their utility by the local people. The Jalna district has very less forest area and most of the area is under cultivation and waste land. Thus the percentage of the vegetation of the district is not considered

for the much plant diversity. So considering this reason, most of workers might have neglected the area. Apart from this, the study of medicinal plants is restricted to few particular areas of Marathwada region. The earlier available record on medicinal plants reveals that, very few attempts have been made in the Marathwada region. A few number of workers worked on traditional medicine and ethnobotany. Thus the efforts were initiated during the present work to know the plant wealth and their utility for various purposes.

The Jalna district is a part of Marathwada region in the Maharashtra State which lies between 19<sup>0</sup>1' and 21<sup>0</sup>3' North longitude and 75<sup>0</sup> 4' to 76<sup>0</sup>4' East longitude. It has eight Tahsil and 4 Cities and 967 villages. The total geographical area of the district is 7718 Sq. Km. which contributes 2.51 % to the total state area of Maharashtra. The district has a sub-tropical climate, in which the bulk of rainfall is received from the southwest monsoon, between June to September. The average annual rainfall of the district ranges between 650 to 750 mm. The district often experiences drought with rainfall as low as 400 to 450 mm.

The district has moderately to gently sloping undulated topography. The Northern part of the district occupies by *Ajanta* and *Satmala* hill ranges. The 95% area of the district falls in the *Godavari* basin. The river *Godavari* flows along the Southern boundary from West to East direction. The rivers *Dudhana*, *Gulati*, *Purna* are the principal tributaries of the river *Godavari*, while river *Khelna* and *Girja* are other important tributaries of river *Purna* which flows through the district.

### **Materials and Methods**

For the mentioned problem certain tools and methodology were adopted; Extensive and

Intensive field surveys were carried out in the different localities of the Jalna district from July 2012 to July 2015. Consistent field trips were arranged in every month during the course of investigation. All the necessary equipments and chemicals were carried during each trip to collect more number of plant specimens and information. Along with this each medicinal plant was photographed. Ethnomedicinal uses were recorded from the different informants by questionnaires. Meanwhile several meetings have been arranged with the medicinal practitioners, rural people and different Vaidyas. Discussion on uses and medicinal properties were focused in such meetings.

In the laboratory work, after field survey, the collected plant specimens were given successive changes by using a blotting papers or newspapers. The dried specimens were processed for preparing voucher specimens by using standard Herbarium techniques. Plants were identified with help of regional different Floras (Naik, 1979; Naik et al., 1998). The plant species were confirmed by referring BAMU herbarium. The list were prepared and arranged with respective alphabetical order followed by family, local name, diseases treated, modes of Administration are given in tabulated form. The information compared with the earlier literature and publications.

### **Results and Discussion**

During the present study, it shows that listed 14 plants belonging to 12 families have important medicinal properties to cure various ailments. These plants are primary source of medicine to the many villagers. The plants parts like leaf juice, root, stem leaves and seeds in powder form applied on various diseases. Sometimes mixture of two or more plants used like *Terminalia bellirica* (Gaertn.) Roxb. and *A. precatorius* L.; *Calatropis procera* (Ait.) R. Br. and

*Enicostema axillare* (Poir. ex Lam.) A. Raynal.; *Dendrocalamus strictus* (Roxb.) Nees. and *Cuminum cyminum* L.; *Glycyrrhiza glabra* L., *Trachyspermum ammi* (L.) Sprague. and *Terminalia bellirica* (Gaertn.) Roxb. This application of sound knowledge about plants knows elder person in many parts of Jalna district. The methods

of treatments given by traditional practicer, Vaidyas are very cheap and have no side effects. In the observation, plant like *Abrus precatorius* L. useful on stomach problems of children; has very easy treatments. The details of all fourteen plants are given in the Table 1.

**Table.1** Showing Plants Use to Treat Health Problems and Mode of Administration

Sr. No.	Botanical Name & Family	Local Name	Disease/ Health Problems	Modes of Administration
1	<i>Abrus precatorius</i> L. (Papilionaceae)	Pandhari gunj	Cold, fever and stomach problems	Fresh leaves of <i>A. precatorius</i> crushed with water and 3-5 ml leaves extract orally given to children for 2 days.  Crushed the fresh leaves of <i>A. precatorius</i> and make small pills then mix it with <i>Terminalia bellirica</i> or yela fruit powder. The pills are given orally to the same children 2 times after 30 minutes of interval.
2	<i>Calatropis procera</i> (Ait.) R. Br. (Asclepiadaceae)	Rui, Ruchaki	Typhoid	A dried flower powder of <i>C. procera</i> , Kaval Kutki powder and dried powder of <i>Enicostema axillare</i> mix in the proportion 25%, 50% , 25%; half teaspoon taken orally with honey 3 times for two days to cure typhoid.
3	<i>Commiphora wightii</i> (Arn.) Bhandari. (Burseraceae)	Gugul	Shingles or Herpes Zoster	Add Gugul gums and Geru powder in 100 ml water, mix it well and apply on skin were Shingles occurred on the skin; a pest of <i>Boswellia serrata</i> leaves applied to cold skin.
4	<i>Dendrocalamus strictus</i> (Roxb.) Nees. (Poaceae)	Velu	Leucorrhoea	A complete leaves of <i>D. strictus</i> and powder of <i>Cuminum cyminum</i> L. (Marathi: Jire), pest it and mix with one cup of water; the mixture is given orally to ladies to treat Leucorrhoea in the early morning.
5	<i>Ipomoea obscura</i> (L.) Ker. Gawl. (Convolvulaceae)		Baldness	Prepare a homogenized mixture of 50 grams leaves of <i>I. obscura</i> + 25 grams large size salt + 200 ml water; Apply it for the baldness in the 2 hours intervals for one day only. The best time 10 am to 5 pm. <b>Precautions:</b> don't wash the head for two days; don't use any oil, shampoo, and soap to wash the head.
6	<i>Musa paradisiaca</i> L. (Musaceae)	Keli	Piles	Mix one ripe fruit <i>Musa paradisiaca</i> with 3 camphor cake and eat the mixture for 3 days to cure piles when blooded.
7	<i>Oscimum basilicum</i> L.	Ran tulas	Eye problems	Drop 5-6 seeds of <i>O. basilicum</i> in the eye and close for few minutes to remove the external agent in the eye.

	(Lamiaceae)			
8	<i>Phyllanthus reticulatus</i> Poir. (Euphorbiaceae)	Kala Mohan	Piles	Total 10-12 fresh leaves of <i>P. reticulatus</i> crush and given orally to patient in morning at empty stomach for 21 days. About 50 grams of <i>P. reticulatus</i> leaves soaked in copper metal pots or a rounded water pot and keep it over night. Remove the leaves and filter the water with the help of tea strainer; water is given to same patient for drinking in morning time.
9	<i>Terminalia arjuna</i> (Roxb.) Wt. & Arn. (Combretaceae)	Arjun Shadada	Wound Healing	Cover bark powder of Arjun Shadada all over part of wound and tie with the help of Cloth or bandage. Repeat it for 2-3 days.
10	<i>Pongamia pinnata</i> (L.) Pierre. (Papilionaceae)	Karanj	Pain Joints	Seed oil <i>Pongamia pinnata</i> is useful on pain joints.
11	<i>Madhuca longifolia</i> (Koen.) Macbr. var. <i>latifolia</i> (Roxb.) A. Chevalier. (Sapotaceae)	Moha	Pain Joints	Seed oil of <i>Madhuca longifolia</i> is useful on pain joints.
12	<i>Bryophyllum pinnatum</i> (Lam.) Oken. (Crassulaceae)	Pakhanbel	Leucorrhoea	Two teaspoon of Pakhanbel powder in one glass on water is given orally ladies patient on Leucorrhoea. The dosage is given to 3-7 days once in morning and evening.
13	<i>Pergularia daemia</i> (Forssk.) Choiv. (Asclepiadaceae)	Utaran	Finger Infection	A pest of <i>Pergularia</i> leaves and sugar is tight to the finger on finger infection.
14	<i>Trachyspermum ammi</i> (L.) Sprague. ( Apiaceae)	Owa	Acidity, Indigestion, Cough	<b>Ingredients of Jestmadh Churna:</b> Prepared from equal proportion of Jestmadh root ( <i>Glycyrrhiza glabra</i> L.), <i>Trachyspermum ammi</i> (Marathi: Owa), Black salt, Bark of <i>T. bellirica</i> .  Two teaspoon churna in one glass of water or milk is useful on acidity, Indigestion, Cough. The dosage given before and after the lunch.

Note- Kaval Kutki powder \*; Geru powder \* available in the market at Ayurvedic Shoppe

**Fig.1** Subhash Rathod at Pangari Gosavi



**Fig.2** Chagan Shahane at Neemgaon



**Fig.3** Mule Mama at Vatur Phata



## **Conclusion**

In the study area it was observed that local people facing many health problems; now they are engaged to use plant-based remedies given by the traditional practitioner. The medicinal plants given in the result were useful for common health problems of the people. The health problems viz. Eye problems, Typhoid, Shingles or Herpes Zoster, Leucorrhoea, Baldness, Piles, Cold, fever, Piles, Wound Healing, Pain Joints, Leucorrhoea, Finger Infection, Acidity, Indigestion, and Cough are commonly found in the study area. Thus, the documentation of such observation is needed for human kind. Because this traditional knowledge was limited for the particular generation. Given plants need to be evaluated further in the

research to know its potential as drugs and medicines.

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