

Traditional use of some medicinal plants in the tribal area of Betul district of Madhya Pradesh (India)

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Abstract

District Betul of Madhya Pradesh is situated at the centre of India. It has dense forest. Number of medicinal plants are found here. This district of Madhya Pradesh is densely populated by the tribes. Gond, Korkoos are the main tribal communities. The minimum rain fall of the district is mainly 45 inches per year. The people of this area are mostly suffered from Asthma, Eosinophilia, various skin diseases, malaria, piles, pyrrhea, typhoid diabetes etc. Floristically the area is observed to support diverse flora in prevailing forest ecosystem. *Annoa reticulata* (Anonaceae) Ramphal, *Aegle marmelos* (Rutaceae) Bel, *Zypus rotundifolia* (Rhamnaceae) Jarbery, *Sapinduse merginata* (Sapindaceae) Ritha, *Semicarpus anacardium* (Anacardiaceae) Bhilwa, *Pitecarpus marsupium* (Fabaceae) Beeja, *Cassia fistula* (Caesalpinaceae) Amaltas, *Acasia nilotica* (Mimosaceae) Babool *Madhuca latifolia* Sapotaceae mahua, *Halarrhena antidysentica* (Apocynaceae) Dhudhi, *Achyranthus aspera* (Amaranthaceae) Latjira *Chlorophytum tuberosum* (Liliaceae) Safed musli, are the well known medicinal plants amongs them. Tribes of this district are using these medicinal plants as traditional medicine. They use these plants to cure many diseases.

Key Words :- Medicinal plants, Amaranthaceae, Liliaceae.

Introduction

District Betul of Madhya Pradesh has dense forest, it possess Sal, Teaks and Bamboo trees. Along with these plants number of medicinal plants are also found here, local resident of the district are mostly, gond, korkoo and baiga. They are surviving their life within these dense forest most of the places where medical facilities are not available they use medicinal plants as they require. During the survey author have found that these people are solving there medical problem by using wild fruits, root and bark of the plants which are found surrounding to there approach. Few peoples are very much expert treating Patients and are called "Baigas". These Baigas collect medicinal plants according to there elders guidance. As mentioned above so many plants are there for e.g. Banana (Musaceae), *Nelumbium sucifera* (Lotus), *Ficus religiosa* (Moraceae), Papaya (Caricaceae), *Annona squamosa* (Annonaceae) tribes who are using as medicine. It is not possible to discuss here about all plants, therefore this paper deals some important plants and there uses to cure various diseases.

Methodology

Survey was conducted (during year 2002-2003) and author interviewed number of expert peoples specially Baigas etc. Number of medicinal plants, roots and bark were collected with the help of these peoples and identified them from standard literature.

Results and Discussion

Plantwise details and their uses are given below :-

- 1- *Ageratum conyzoides* Linn. (Local name Teera) the leaves are styptic and anti-tetanic and are applied to cuts and sores. The whole plant is used as a nervine tonic. Extract of the plant is used as insecticide (Mainly in the field of mosquitoes control). Long stored water extract of the leaves are given to the children to cure bed wetting.
2. *Tridax procumbance* L. (Family compositae) Local name MONDI. It is common weed used for a variety of medicinal purposes. Apart from these uses local peoples used this plant (powder) to control aquatic population of mosquitoes.
3. *Amaranthus viridis* Linn. (Syn. *A. gracili* Desf.). Local name-Choulai. This plant is used as cooling medicine in snake-bite. Its roots are used as anti fertility agent. Water extract of leaves is used to cure urinary problem.
4. *Bombax ceiba* Linn. Syn. *B. malabaricum*) Local name Semul. The bark of this plant is used to control abnormal uterine bleeding. Flowers of plants are used to induce fertility in women.
5. *Cassia fistula* Linn. Local name-Amaltas. Young leaves of the plant are used to cure Amenorrhoea (Genital problem in women).
6. *Terminalia arjuna* (Roxb.) Local name - Arjun. Twigs of the plant are used to clean mouth and teeth. Bark powder is taken with milk as a cardio-tonic.
7. *Chenopodium album* Linn. Local name Bathua Bhaji. Paste of the seed of this plant is applied for various skin diseases.
8. *Chloropodium borivillanum* Family Liliaceae-Local name-Safed musli. The roots of this wild plant are commonly used by the tribes of the district as health tonic or sexual tonic this plant has got great importance in traditional medicine. it is also called Anti-cancer plant.
9. *Calotropis gigantea* Linn. Oleaceae local name-Chameli. The fresh juice of the leaves is used by the tribes to cure ear ache and to remove the corns of the feet.
10. *Saraca indica* Mimosaceae. L name Ashoka Bark of the tree is used to prevent abortion & irregular menstruation in women.
11. *Withania somnifera* (Bitter Cherry-Solanaceae L) Name Asgandh. It is common wild herb. Roots of the plant are very much important. As we know Betul is surrounded by hills, here patients suffering from goitre are more than other district due to lack of iodine Baigas are treating them by giving roots of such types of plants.
12. *Adhatoda vasica* Acanthaceae L. Name Adusa. The roots and leaves are used for those patients which are suffering from chronic bronchitis. Author collected data from Patakhera, Bagdona, and Sallaya villages. These villages receive dust and ash particles from thermal power station which is situated nearby these villages.
13. *Aegle marmelos* Rutaceae L. name Bel. Whole plant having medicinal value. It is used to cure digestive, stomach ache, diarrhea etc.

Along with these plants various other plants of medicinal use are also found but it is need of today to consume rare plants which are only found in District.

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