



Ethno-medicinal Plants used for Amenorrhoea and Abnormal Menstruation Diseases in Narendra Nagar Block, District TehriGarhwal, Uttarakhand

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Abstract

The present paper deals with ethno-medicinal information on 12 flowering plant species commonly used by women of Narendra Block to cure amenorrhoea and abnormal menstruation diseases and disorder. Amenorrhoea failure to menstruate is very common among women above the age of 35 years. Abnormal uterine bleeding *i.e.* excessive menstrual scanty menstrual are also common problems. The cause of disease, its symptoms, and plant organs utilized and methods of preparation of remedies are provided. The information data on ethno-botanical plants were collected through the dialogue and arranging night meeting with local knowledgeable people of the villages. The ethno-medicinal data was gathered from local women and the tribal medicine men, 'Vaidhyas'.

Keywords: Amenorrhoea, Ethnomedicinal plants, Vaidyas

Introduction

Medico-ethno botany acts as a bridge between botany and tribal knowledge regarding medicinal aspects of plants. India is very rich in floristic diversity as well as in ancient folk literature which may be tapped for information since all systems of medicine have their roots, in one way or the other in folk medicines and household remedies (Patel, 2010). Uttarakhand Himalaya is the most spectacular in its natural assets, landform, water sedges, lush green forest and floristic diversity. Uttarakhand state comprises 13 districts and lies in between 28° 43' to 31° 8' N latitude and 77° 35' to 81° 2' E longitude. It is surrounded to the North-west by Himachal Pradesh, to the north by Tibet (China), to the east by Nepal and to the south by Uttar Pradesh. The large human populace with diverse life styles, beliefs, traditions and cultural heritage inhabiting in hilly region of Himalayas has learnt to utilize natural resources and products in various ways. TehriGarhwal is one of the hilly districts of Uttarakhand state, India. It has nine (9) blocks. Out of these one of the block

in the district Tehri Garhwal is Narendra Nagar which sustains unique and diverse vegetation in wide range of habitats from Tarai- Bhabar tracts (275-1900m asl) to the high range of lesser Himalaya. It lies in between 30° 10'-30° 17' N latitude and 78° 18'-78° 30'E longitude and covering in the area of 6, 8123 ha. It stretches from Dhalwala to Than, Amsera, Jaikot, Gaja to Marora, Nigyer and Dhalwalato Kauriyala etc. The traditional healers have a commendable knowledge of medicinal plants around them. The climatic conditions prevailing in the region provides an ideal habitat for the natural growth of variety of plants and herbs, which provide raw materials for pharmaceutical, phytochemical, food, flavoring and cosmetic industries. Some of the common problems prevailing in the study area. The paper provides information on (12) medicinal plants used for the treatment of amenorrhoea and abnormal menstruation diseases and disorder (Table 1). Traditional medicine remains an integral part of the health system in this region.

These plants hold great promise to enhance the health of females of this region. This ethnic knowledge is falling prey to the lure of modernization therefore an urgent need was felt to study and document this precious knowledge for

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posterity. This paper discusses the different household remedies practiced by the females of the block. A lot of work has been done on medicinal plants of India (Saranghi and Sahu, 2005; Singh and Pandey, 1996) but a little information is available on plants used for gynecological problems in study area (Gaur, 1999).

Materials and Method

The present paper is outcome of extensive field survey of different villages of during 2010 - 2011 to collect information's on medicinal uses of different plant species for amenorrhoea and abnormal menstruation diseases and disorder. During field work, interviews were conducted with local knowledgeable villagers, herbal healers called Vaidhraj, old women and patients.

Standard method of collection, preservation and maintenance of specimens in the herbarium were followed (Jain and Rao, 1977; Singh and Subramaniyam, 2008). All the collected plant specimens were identified with the help of recent and relevant floras and confirmed from the authentic specimens, housed in the Herbaria of Botanical Survey of India, Northern Circle (BSD), Dehradun, Forest Research Institute (DD), Dehradun and Garhwal University Herbarium (GUH), Srinagar Garhwal. All the collected plant specimens have been deposited in the Herbarium of H.N.B Garhwal Central University, S.R.T. Campus Botany Department BadshahiThaul, TehriGarhwal and Botany Department Herbarium (GUH), Srinagar Garhwal. In the following text, plant species were arranged alphabetically with their botanical names with citations, family, part used and mode of applications (Table 1).

Table-1: Ethno-medicinal Plants used for Amenorrhoea and Abnormal Menstruation Diseases in Narendra Nagar Block, District TehriGarhwal, Uttarakhand

Botanical name	Family	Part use	Modes of administration
<i>Allium cepa</i> L.	Liliaceae	Bulb	Young bulbs are eaten in excessive to start menstruation
<i>Allium sativum</i> L.	Liliaceae	Bulb	Bulbs boiled with mustard oil massaged for post (Lahsun) delivery pains.
<i>Aloe vera</i> (L.) Webb. & Bert	Liliaceae	Leaves	Leaf pith vegetable used for oligomenorrhoea.
<i>Celastrus paniculatus</i> Willd.	Celastraceae.	Fruits	Fruit powder roasted in butter, recommended to improve vigor after post delivery stress.
<i>Cissampelo spareira</i> L.	Menispermaceae	Root	Root paste taken to check menstruation
<i>Daucus carota</i> L.	Apiaceae	Seeds	Decoction of seeds is given to regularize menstruation. It is considered as much effective.
<i>Geranium nepalense</i> Sweet	Geraniaceae	Whole plant	Decoction of plant recommended for irregular menstrual flow.
<i>Mangifera indica</i> L.	Anacardiaceae	Leaves	Decoction of plant recommended for irregular menstrual flow.
<i>Plumbago zeylanica</i> L.	Plumbaginaceae	Roots	Root powder taken for irregular menstrual flow.
<i>Raphanus sativus</i> L.	Brassicaceae	Muli	Seed powder given orally for 1 week twice a day against irregular menstruce by the villagers.
<i>Rubia cordifolia</i> Linn.	Rubiaceae		Root decoction used for oligomenorrhoea
<i>Trachyspermum ammi</i> (L.) Sprague.	(Apiaceae).	Ajwain	Seeds powdered and half or one spoon is taken 2-3 times a day by ladies suffering from scanty menstruation. High dose is believed to cause abortion. It is also prescribed by the local vaidyas.



Results and Discussion

The use of plant species as remedies is probably an ancient as men himself. The medicinal preparations are practiced in day to day life of people living in village. The use of herbal medicines is wide spread in this region with higher percentage of the tribal as well as non tribal population relying on it. This is because of lack of awareness, shyness and lack of modern medical facilities available in their region and the high cost of medical system for treatment are unaffordable by villagers. Ethnomedicine means the medical practices for the treatment of ethnic or aborigine people for their health care needs. Present study focuses on the utilization of plants available with the people of the block, they are using the traditional knowledge for the treatment of amenorrhoea and abnormal menstruation diseases and disorder. There is an urgent need for systematic documentation of this knowledge by using scientific tools.

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