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## Indigenous herbal medicines used by tribal people in Satpuda Mountain Amarkantak, District Anuppur (M.P.)

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### Abstract

According to the survey taken in Amarkantak, Anuppur district of Madhya Pradesh, India in the year of 2015-2016 various medicinal plants are present. The tribal people like Bhil, Gond and Baiga are used these plants for different diseases. The use of these herbal medicines has important role in the modern medicine stream like homeopathy, ayurveda, unani etc. The use of herbal medicine is not only cost effective but also safe and almost free from serious side effects. A total 70 medicinal plants species distributed in 37 families in this districts. These medicinal plants are use for headache, earache, stomachache, antioxidants enriched plants, liver protective, renal protective, antidiabetic, abortifacients, wound infections, skin infections, fever, cough, diarrhea, eye infections, general weakness, blood purifier medicinal plants etc.

**Keywords:** Bhil Tribe, Herbal Medicine, Gond Tribe, Baiga Tribe, Satpuda Mountain

### 1. Introduction

Satpuda Mountain is a range of hills in central India. The range rises in eastern Gujarat state near the Arabian Sea coast, running east through the border of Madhya Pradesh to the east till Chhattisgarh. Satpuda Range, range of hills, part of the Deccan plateau, western India. The hills stretch for some 560 miles (900 km) across the widest part of peninsular India, through Madhya Pradesh states. The name of Satpuda is given because of the seven folds forms the watershed between Narmada (north) Tapti (south) rivers. India is well known for its plants diversity and is rich in medicinal plant wealth. India has the second largest tribal population in the world after Africa. According to the 2011 census of India, the total tribal population is 8% of country's population of which Madhya Pradesh has population of 7.27 Crores, an increase from figure of 6.03 Crore in 2001 census. Total population of Madhya Pradesh as per 2011 census is 72,626,809 of which male and female are 37,612,306 and 35,014,503 respectively. There are 46 recognized Scheduled Tribes in Madhya Pradesh, India, three of which have been identified as 'Particularly Vulnerable Tribal Groups' (PTGs) (formerly known as 'Special Primitive Tribal Groups'). The population of Scheduled Tribals (ST) is 21.1% of the state population (15.31 million out of 72.62 million), according to the 2011 census. Bounded by the Narmada River to the north and the Godavari River to the southeast, tribal peoples occupy the slopes of the region's mountains. The traditional medicinal practices are an important part of primary healthcare systems in the developing countries (Ghosh, 2003) <sup>[1]</sup>. As per World Health Organization (1978) <sup>[2]</sup> report as much as 80% population of the world depends on traditional herbal medicine for their primary healthcare necessities (Azaizeh *et al.*, 2003) <sup>[3]</sup>. The tribal people don't have much knowledge of the education but they have the knowledge of traditional medicines and their uses for the remedies to various diseases. This knowledge is transmitted from one generation to the next generation

### 2. Material and Methods

The study site lies between 23°6'0" N Latitude and 81°41'1" E Longitude. Anuppur district situated in the north eastern part of Madhya Pradesh. This District came into existence on 15<sup>th</sup> August 2003 by reorganising Shahdol District. Anuppur District has total area of 3701 sq. km., extends 80 km from east to west and 70 km. from north to south. District Anuppur is surrounded by Koraria District (C.G.) in east, Shahdol & Umaria district in west. Shahdol district in north and Dindori (M.P.) Bilaspur (C.G.) in the south.

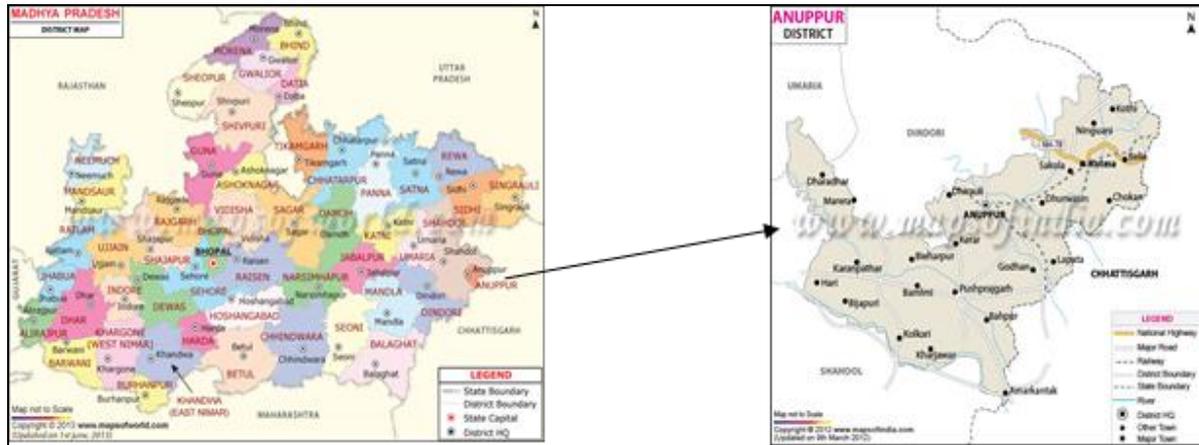
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Amarkantak is located in the state of Madhya Pradesh in India at 22.67 °N 81.75 °E. It has an average elevation of 1048 metres (3438 ft). Roads running through Rewa, Shahdol, Anuppur, Jabalpur, Katni and Pendra connect it. The nearest railway stations are Anuppur and Pendra Road 43 km via Keonchi and only 28 km via Jwaleswar.

Amarkantak (NLK *Amarakaṇṭaka*) is a pilgrim town and a Nagar Panchayat in Anuppur, Madhya Pradesh, India. The Amarkantak region is a unique natural heritage area and is the meeting point of the Vindhya and the Satpura Ranges, with the Maikal Hills being the fulcrum. This is where the Narmada River, the Son River and Johila River emerge.



Map 1: Location map of Madhya Pradesh and study area of Anuppur district.

The tribal people were interviewed and the samples of medicines were collected. If the plants were unknown then they were identified by the experts. Most of the medicinal preparations of these tribal matched with those mentioned in Ayurveda and those medicinal preparations. More than one medicinal plant is used for same disease. The members of Tribal community were sharing the knowledge regarding traditional method of preparing the herbal medicines, local names of plants, parts used for various diseases, etc. This traditional knowledge was confirmed by the previous research work on medicinal plants i.e. a few are literature (Ambasta 1986; and Chopra *et al.* 1956) [4, 5] and research papers (Bhalla *et al.* 1982; Bhatnagar *et al.* 1973; Jain 1963, 1965; Maheshwari *et al.* 1985; Rai 1985; 1987; Sahu 1984; Saxena 1986; Verma 1982; Jain *et al.* 2010; Jayprakash, *et al.* 2011; Chaudhary, *et al.* 2012; Bharti, 2015a & 2015b and Malaiya, 2016) [6-21] published on this aspect.

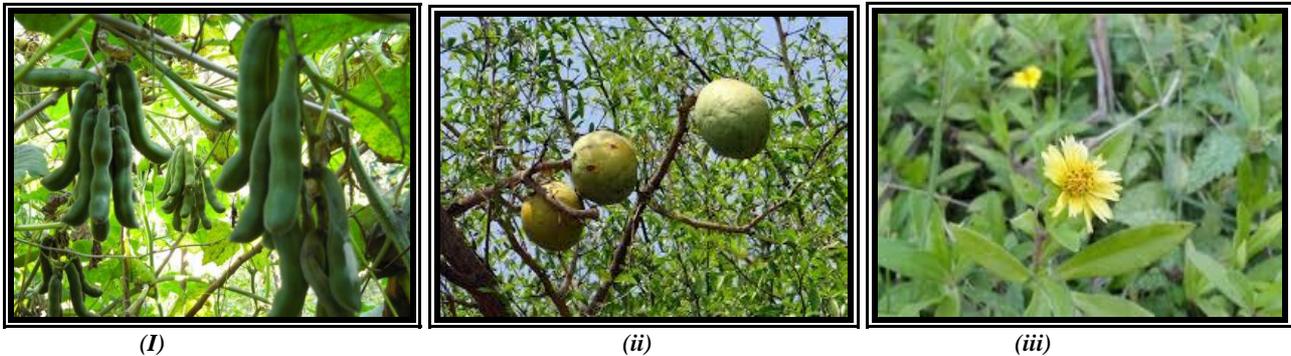
### 3. Results and discussion

In the study, 70 medicinal plant species and 37 families are studied. But few of them are given in the observation table with their method of preparation, mode of administration, parts of plants, botanical, local names, family names etc. It is observed that medicinal preparations practiced were freshly prepared. In figure 1 showed medicinal plants. The knowledge of herbal medicines for preparations, mode of administration to cure the diseases is transmitted generation to generation. The traditional herbalists are the integral part of that community who take care to the same (Jain SK, 1981) [22]. The contribution of traditional medicine to the modern medicine is worth noting. Many drugs are made by the scientists with the help of the knowledge of traditional medicine. Now a day the scientists are also studying the drugs against HIV/AIDS, zoster, herpes, psoriasis, hypertension, jaundice, asthma, tuberculosis, leprosy, rheumatism, etc. in pilot trials. The botanical names, local names, family names, parts of plants used for medicinal purposes, mode of administration are given in the given Table 1.

Table 1: Plants used medicinally by tribal people in Satpura Mountain, Amarkantak district.

S. No.	Ailment	Botanical name, families and parts used	Preparation of medicine	Mode of administration of medicine
1.	Epilepsy	<i>Commelina benghalensis</i> Linn., Commelinaceae, Roots	20 gm. Powder of roots is mixed with the equal amount of jaggary and small sized pills are prepared	Two pills in a day one in the morning and one in the evening for 6-7 days in case of adults and one pill in a day in case of children and women
2.	Psychosomatic disorders	1) <i>Ensete superbum</i> (Roxb.) Cheesm, Musaceae Seeds	Nine seeds are powdered every time	Powder of seeds is given early in the morning
		2) <i>Cassine albens</i> (Retz.) Celastraceae, Bark	4-5 cm piece of bark is crushed and soaked in a cup of water overnight or 4-5 hours a day	This cup of water is given as a single dose every day for 9 days
		3) <i>Curcuma inodora</i> Blatt. Zingiberaceae, Rhizome	A small piece of rhizome is rubbed on stone or soaked in a cup of water for 4-5 hrs	This cup of water is administered once a day for 2-3 days
3	Gynaecological disorders: a) Leucorrhoea	1) <i>Curculigo orchioides</i> Gaertn. Hypoxidaceae, Tuber	5-7 cm of tuber is dried and powdered	Powdered tuber is administered with a cup of milk twice a day for days
		2) <i>Bombax ceiba</i> Linn., Bombacaceae, Bark	4-5 cm bark is ground to powder every time	Bark powder is mixed in a cup of water and administered twice a day for 7 days

	b) Menorrhagia	1) <i>Tinospora cordifolia</i> (Willd.) Mier ex Hook. f. Thoms, Menispermaceae, Twig. and <i>Bombax ceiba</i> Linn., Sawari, Bombacaceae, Bark	5-6 cm twig of gulvel and a small piece of sawari bark are ground to powder and mixed together	Prepared mixer of powder is given to the patient twice a day for 3 days
		2) <i>Eclipta alba</i> (Linn.) Hassk. Asteraceae.	4-5 leaves are ground to powder	Powdered leaves are administered with a cup of water as a single dose for 2 days.
4	Prevention of pregnancy	1) <i>Daucus carota</i> Linn. var. <i>sativa</i> DC. Apiaceae. Seeds	70 gms seeds are ground to powder	5 gms seed powder is given to the women twice a day for 14 day from the 4 th day of menstruation
		2) <i>Syzygium heyneanum</i> (Duthie) Wall. Ex Gamble, Myrtaceae.	Bark in the west side of the tree is removed and powdered	Spoonful powder is given to the women as a single dose on the 5 th day of menstruation
5.	Sexual potency	<i>Mucuna pruriens</i> (Linn.) DC Fabaceae.	50 gm seeds are finely powdered	This powder is mixed in 50 gm honey and taken at every morning. The sperms count increases from 30-80%
6.	Fistula	<i>Achyranthes aspera</i> Linn. Amaranthaceae.	The leaves are crushed and a paste prepared	Leaves paste applied externally at night until relief is felt
7.	Diabetes	1) <i>Gymnema sylvestre</i> (Ritz.) R. Br. Asclepiadaceae. Fresh leaves.	Fresh leaves are plucked early in the morning	One leaf is eaten as such in the morning for 5 days
8.		2) <i>Calotropis gigantea</i> (Linn.) R.Br.ex Ait, Asclepiadaceae.	Fresh flowers are plucked early in the morning	7 flowers are eaten every morning for 21 days
9.	Kidney stone	<i>Ensete superbum</i> (Roxb.) Cheesm, Musaceae	Fresh tender peduncle is cut and used	About half foot peduncle is eaten raw. It leads to excessive urination and later relief is felt from kidney stone
10.	Constipation	1) <i>Celosia argentea</i> Linn. Amaranthaceae.	1) 250 leaves are fried and curry is prepared 2) 7-9 cm piece of root is crushed and soaked in half glass of water for 4-5 hrs.	The curry is eaten in excess at a time This water is administered to the patient once a day for 2 days
		2) <i>Curcuma inodora</i> Blatt. Zingiberaceae	About 2.5 cm piece of rhizome is crushed and soaked in half glass of water	This water is administered as a single dose
		3) <i>Baliospermum raziana</i> Euphorbiaceae.	1-2 roots are crushed and soaked in a cup of water for 4-5 hrs	This water is administered as a single dose
11.	Asthma	<i>Aegle mormelos</i> (Linn.) Correa ex Roxb., Rutaceae	Mix pulp of one fruit with a small piece of adrak and equivalent amount of sugar is added to the mixture	This mixture is given twice a day till cured
12.	Dog bite	<i>Ensete superbum</i> (Roxb.) Cheesm, Musaceae	Few seeds are powdered	A spoonful powder is taken with glass of water early in the morning for 7 days
13.	Food poisoning	<i>Hibiscus sabdariffa</i> Linn. Malvaceae	A few sepals are boiled in a glass of water	The infusion of sepals is given to the patient which leads to vomiting
14.	Paralysis	<i>Celastrus paniculatus</i> Willd. Celastraceae.	Seeds are boiled and then crushed to obtain oil	This oil is applied on paralysed parts in the morning and evening. This oil is also taken orally 2 ml each in morning and evening for 15 days
15.	Skin diseases	<i>Cassia tora</i> Linn. Caesalpinaceae.	Seeds are finely powdered and mixed in coconut oil to prepare a paste	This paste is applied on affected part till cured
16.	Leucoderma	<i>Ziziphys xylopyra</i> (Retz.) Willd. Rhamnaceae. <i>Datura innoxia</i> Mill. Solanaceae	Leaves of ghatbor and flowers of pivala dhotra are crushed and prepare a paste	This paste is applied on the patches till relief is felt
17.	Body pains	<i>Bombax ceiba</i> Linn., Bombacaceae	Few leaves are crushed and soaked in water	The water extract is added to hot water and bath is given to the patient. It is repeated for 2-3 days
18.	Gonorrhoea	<i>Eranthemum nervosum</i> (Vahl.) R.Br. Acanthaceae.	2-3 roots are crushed and soaked in a cup of water for over night	This cup of water is given to patient in the morning for 2-3 days



**Fig 1:** Medicinal plants (i) *Mucuna pruriens*; (ii) *Aegle mormelos* and (iii) *Eclipta alba*

#### 4. Conclusion

The study concludes that the role of herbal medicines and their role in the treatment of various diseases among the tribes are crucial. They use many forest plants, weeds, flowers, seeds, fruit, and barks in their traditional treatment. These people use these plants for non-medicinal purposes also like fuels, construction of huts etc. If the traditional knowledge is associated with modern system of medicine, it will be the new revolution in the medicine.

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