



ISSN 2320-3862

JMPS 2014; 2(4): 69-72

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Received: 18-07-2014

Accepted: 12-08-2014

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Ethno medicinal plants used by traditional herbal practitioners of Kadur Taluk of Chikmagalore district of Karnataka, India

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Abstract

This paper presents the results of a study on ethno medicinal plants used by local traditional healers of Kadur taluk Chikmagalore District of Karnataka. The methods followed were based on questionnaire for documentation of indigenous knowledge. Regular interviews were conducted in local communities, to investigate local people and knowledgeable persons, who are the main user of medicinal plants. This investigation revealed that, the traditional healers used 25 plant species belonging to 25 genera of 19 families were recorded during field trips from selected villages. Among all the plant species, tree vegetation found to be most dominant followed by shrubs, herbs and climbers. In this study most dominant family was Apocynaceae. It is important to conduct proper scientific studies towards discovery of compounds of interest in these plants.

Keywords: Ethno Medicinal plants, Traditional healers, Pathenahalli, Karnataka.

1. Introduction

India has a rich diversity of medicinal plants, knowledge of these medicinal plants has been accumulated in the course of many centuries^[16]. In India, more than 43% of the total flowering plants are reported to be of medicinal importance^[17]. Utilization of plants for medicinal purposes in India has been documented long back in ancient literature^[4].

Ethno botany is the scientific study of the relationships that exists between people and plants. One of the oldest Indian works written around 2000 B.C. highlights the use of Cinnamon (*Cinnamomum verum* Prel.), Ginger (*Zingiber officinale* Rose.), and Sandalwood (*Santalum album* L.) not only in religious ceremonies but also in medical preparations^[3]. Out of the total 4, 22,000 flowering plants reported from the world^[9] more than 50,000 are used for medicinal purposes^[20].

Medicinal plants have traditionally occupied an important position in the socio-cultural and spiritual arena of rural and tribal lives. Medicinal plants are potential renewable natural resources. It has been estimated that around 8000 species, accounting for around 50 percent flowering plant species of India are used for production of different medicines^[14]. Right from its beginning, the documentation of traditional knowledge, especially on the medicinal uses of plants, has provided many important drugs of modern day^[1, 6]. The medicinal plant sector has traditionally occupied a pivotal position in the socio cultural, spiritual and medicinal areas of rural and tribal families^[23].

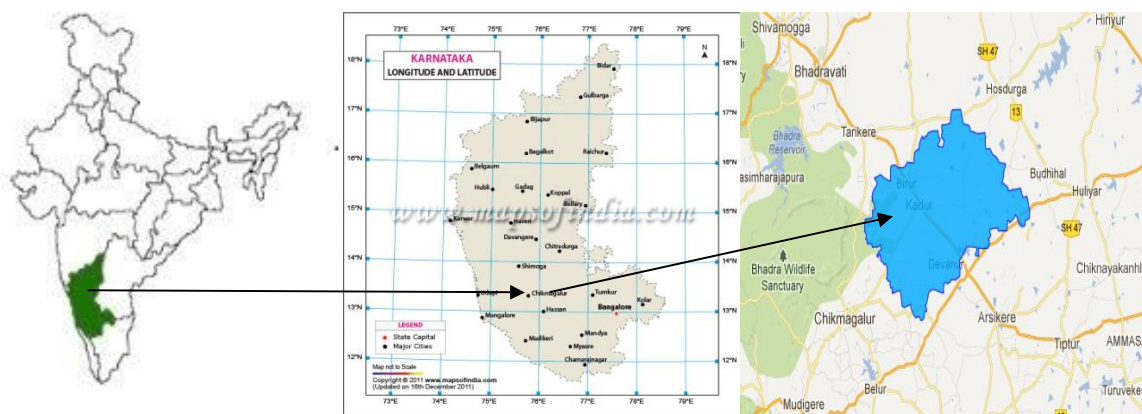
A major portion of the global population in developing countries still relies on botanical drugs to meet its health needs^[15]. Large human population in developing countries is dependent on plant resources for healthcare because allopathic medicine can cure a wide range of diseases, but its high prices and occasional side effects are causing many people to return to herbal medicines which tend to have fewer side effects^[13]. The practice of using herbal treatment for diseases dates back to the very earliest of known human history. Due to contrast intimacy with vegetation cover, primitive communities have gained profound knowledge about the utilities of medicinal plants. They have full confidence in them and their time tested medicines^[5]. The study carried out at the Kadur taluk of Chikmagalore district is one such attempt to document the traditional herbal drug knowledge of the people and their usage.

1.1 Study Area

Kadur is a taluk in Chikmagalore district, in the Indian state of Karnataka. Kadur is located

at 13.55°N, 76.01°E The larger portion of the taluk consists of the Malnad or hill country, which contains some of the wildest mountain scenery in southern India. Kadur taluk consists of population of 30,802, in that Males constitute 51% of the population and females 49%. In Kadur, 12% of the population are under 6 years of age. The present study was included the

different villages of kadur Taluk such as, Thuruvanahalli, Pathenahalli, Sithapura Thandya, Gedlehalli, Garje, Hadagalu, and Byregondanahalli, Herbal healers were given treatment only to the people of limited area. Hence this study will provide more options for the affected people in search of traditional herbal practitioners.



2. Materials and methods

The Ethno medicinal information was collected from traditional herbal healers and old age persons residing in villages of Kadur Taluk of Chikmagalur district through questionnaire and interviews. People inhabiting in this area not affordable to go for allopathy. Hence people will suffer from the various diseases. This work will be to some extent boon to such people suffering from the diseases. They can easily access herbal medicines. They can get the remedy within stipulated time. By this work people are made acquainted with

herbal healers of the nearby area. Regular questionnaires and interviews were undertaken to collect the information regarding ethno medicine. 19 herbal healers were interviewed. The survey was evaluated between 2012 -2013.

3. Results and Discussion

Nineteen Traditional medical practitioners in the age group 30-70 years were interviewed during the survey (Table 1.).

Table 1: List of the Herbal Medicinal Traditional Practitioners Interviewed as follows

| Sl. No. | Name | Area |
|---------|-----------------|--|
| 1. | Leelamma. | Old Police Station Road, Kadur. |
| 2. | Bhagya. | Old Police Station Road, Kadur. |
| 3. | Govindappa. | Behind Vasavi Store, Kadur. |
| 4. | Munni. | Thyagarajanagara, Near Railway Station, Kadur. |
| 5. | Siddalingaiah. | Thuruvanahalli. |
| 6. | Erorappa. | Pathenahalli, Yagati Hobali, Kadur Tq. |
| 7. | Gangamma. | Pathenahalli, Yagati Hobali, Kadur Tq. |
| 8. | Kumara. | Pathenahalli, Yagati Hobali, Kadur Tq. |
| 9. | Rammappa. | Pathenahalli, Yagati Hobali, Kadur Tq. |
| 10. | Girijamma. | Pathenahalli, Yagati Hobali, Kadur Tq. |
| 11. | Rajappa. | Pathenahalli, Yagati Hobali, Kadur Tq. |
| 12. | Raviprakash. | Pathenahalli, Yagati Hobali, Kadur Tq. |
| 13. | Swamy Naika. | Sithapura Thandya, Yagati Hobali, Kadur Tq. |
| 14. | Thippeshappa. | Gedlehalli, Kadur Tq. |
| 15. | Eshasab. | Garje, Kadur Tq. |
| 16. | Noorulla. | Garje, Kadur Tq. |
| 17. | Halli manjappa. | Hadagalu, Kadur Tq. |
| 18. | Govindappa. | Hadagalu, Kadur Tq. |
| 19. | Manivanan. | Byregondanahalli, Kadur Tq. |

The Study revealed that ethanobotanical information on Twenty five plant species belonging to 25 genera and 19

families. The botanical name and its family and mode of utilization are detailed (Table 2).

Table 2: Uses of medicinal plants by the Traditional herbal Practitioners of Kadur taluk Chikmagalore district of Karnataka.

| S. no | Botanical Name | Family | Medicinal Uses |
|-------|--|----------------|---|
| 1. | <i>Achyranthes aspera</i> Linn | Amaranthaceae | Snake bite, Antifungal, Dysentery, Asthma, Dropsy. |
| 2. | <i>Adhatoda vasica</i> Nees. | Acanthaceae | Cold, Cough, Bronchitis, Asthama, Diarrhea and Dysentery. |
| 3. | <i>Aegle marmelos</i> Correa ex Roxb. | Rutaceae | Cardiovascular disorders, Emetics. |
| 4. | <i>Aloe Vera</i> (L) Burm f. | Liliaceae | Leaf pulp applied locally to expel thorns. |
| 5. | <i>Anacardium occidentale</i> L. | Anacardiaceae | Dyspnoea. |
| 6. | <i>Asparagus racemosus</i> Willd. | Liliaceae | Toothache and Rickets. |
| 7. | <i>Azadirachta indica</i> A. juss | Meliaceae | Ringworm, Malaria, Mumps, Skin Diseases, Eczema, and Herpes. |
| 8. | <i>Calotropis procera</i> R. Br. | Asclepiadaceae | Cough, Asthama, Stomach pain and Snake bite. |
| 9. | <i>Carissa carandas</i> (Linn) | Apocynaceae | The root Paste is used to remove intestinal, worms. |
| 10. | <i>Careya arborea</i> Roxb. | Lecythidaceae | Toothache. |
| 11. | <i>Daucus carota</i> L | Apiaceae | Decoction of seeds is given to regularize Menstruation. |
| 12. | <i>Gnidia glauca</i> (Fresen.) Gilg | Thymelaeaceae | Dropsy: Stems tied around the stomach to cure dropsy. |
| 13. | <i>Holarrhena antidysenterica</i> . Wall | Apocynaceae | Dysentery and Stomach Pain. |
| 14. | <i>Leucas aspera</i> (Willd.) Link | Lamiaceae | Cold and Headache, Dentalgia, Jaundice, Pyretics (Drug to treat fever), Snake bite. |
| 15. | <i>Mangifera indica</i> L | Anacardiaceae | Decoction of plant recommended for irregular menstrual flow and Emetics. |
| 16. | <i>Mimosa pudica</i> L. | Mimosaceae | Hair complaints, Goiter, and Stomach Disorders. |
| 17. | <i>Myristica fragrans</i> . Houtt. | Myristicaceae | Cold and Headache, Dysentery. |
| 18. | <i>Ocimum sanctum</i> . L. | Lamiaceae | Cold and Headache, Dentalgia. |
| 19. | <i>Piper nigrum</i> . L. | Piperaceae | Cold and Headache, Pyretics. |
| 20. | <i>Raphanus sativus</i> L | Brassicaceae | Seed powder given orally for 1 week twice a day against irregular menstruation. |
| 21. | <i>Rauwolfia serpentina</i> (Linn) | Apocynaceae | It is used as a depressant – action on the nervous System and generally administered in high B.P. |
| 22. | <i>Solanum nigrum</i> Linn. | Solanaceae | Stomach Disorders. |
| 23. | <i>Tinospora cordifolia</i> (willd.) | Menispermaceae | Jaundice and Pyretics. |
| 24. | <i>Vitex negundo</i> Linn. | Verbenaceae | Arthritis, Dandruff. Expectorant, and Diuretic, Snake bite. |
| 25. | <i>Wrightia tinctoria</i> | Apocynaceae | Bark is an antidote for snake & Scorpion bites. |

Leaves and roots generally from the most frequently used plant parts in traditional medicine [8, 22]. Usage of *Achyranthes aspera* as against snake bite *Adhatoda vasica* to treat cold and Cough and *Azadirachta indica* against Mumps are similar to the studies in the tarikere taluk. Apart from the usage of *Aegle marmelos* to treat cardiovascular disorders *Solanum nigrum* to treat Stomach disorder. *Leucas aspera*, *Tinospora cordifolia* to treat Jaundice and Pyretics. *Vitex negundo* used to treat snake bite [16]. Many literary evidences on the pharmacological effects of herbal drugs are available [15, 19, 21]. Traditional herbal culture is now under assault everywhere in the world under the impact of industrialization and they are fast declining [19]. In other parts of the country, the use of mixtures of plant species in treating a particular ailment is fairly common [2, 10, 11].

There has been an avid interest in the study of medicinal plants and their traditional use in different parts of India and there are many reports on the use of plants in traditional healing by either tribal people or indigenous communities of India [18]. Traditional uses of medicine are much practiced in kadur taluk as most plants are easily available and the drug is free from any side effects information gathered during the survey is in

Confirmatory with some other published works in other region.

4. Conclusion

It can be concluded that the traditional practitioner had a good sound of knowledge of the medicinal properties of various Plants to use for both preventive and therapeutic purposes. The study in Kadur taluk Chikmagalore District, Karnataka Has Gathered Tremendous Information on the ethnic herbal Knowledge of local people. Further local communities needs support and encouragement to protect their knowledge and resources. It is necessary to conserve the threatened medicinal plants from extinction and to document the plant's information before disappearing.

5. Acknowledgement

Authors are Thankful to Principals of both Sri Bhuvanendra College, Karkala, Udupi (Dist.) and Sahyadri Science College Shivmoga, India for providing facilities.

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