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Traditional knowledge on medicinal plants among rural people in Chintamani Taluk, Karnataka, India

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Abstract

Folk medicinal practitioners are the primary health care providers to the substantial segments of the rural population as well as the urban population. Folk medicinal practitioners rely primarily on the simple formulations of medicinal plants for treatment of ailments. While overall simple ailments are treated by them, occasionally complicated ailments which are hard to cure with allopathic medicine. To get a comprehensive picture of the medicinal plants used by the indigenous medicinal plants used by people of Chintamani taluk in Karnataka, was carried out during months of July to October 2016 in view of documenting the folk medicine for different ailments. A total of 99 plants species belonging to 90 genus & 32 families were reported for different therapeutic uses. Most of the plants are herbs (46 species), rarely others. Moraceae & Rutaceae families contribute more for the medicinal purpose. In our survey we found 23 different diseases were cured by traditional medicines.

Keywords: Traditional knowledge, medicinal plants, fever, ethnomedicine

Introduction

Globally, about 85% of the traditional medicines used for primary healthcare are derived from plants ^[1]. Traditional medicine and ethnobotanical information play an important role in scientific research, particularly when the literature and field work data have been properly evaluated ^[2]. India is one of the twelve mega-biodiversity countries of the World having rich vegetation. India is very rich in ethnobotanical information. India is known for its rich biodiversity of Medicinal plants and hence called botanical garden of the world ^[3]. In many countries, scientific investigations of medicinal plants have been initiated because of their contribution to healthcare. Herbal medicines have good values in treating many diseases including infectious diseases, hypertension, etc. That they can save lives of many, particularly in the developing countries, is undisputable ^[4].

Methodology

The survey was carried out in Chintamani taluk of Chikkaballapura district. The taluk is situated at 78 12'36N 13 16'38E & 77 51'39N 13 42'E south eastern part of Karnataka state. Frequent field surveys were conducted in 7 randomly selected villages namely Allapalli, Chimmanahalli, Thimmasandra, Maniganahalli, Chokkareddyhalli, Neranakallu, Doddaaganjuru in Chintamani taluk during August to October 2016. Ethnomedicinal information on medicinal plants was recorded through interviews, discussions, and field observations with herbal healers and knowledgeable elder people of study area using semi structured questionnaire. We surveyed totally 232 respondents. Out of 232, 65 were female respondents under the age group of 21 – 90. The information about plants with their local names, parts of plant used for preparation of drugs, mode of administration and specific comments were documented in our survey

Result

The study revealed the ethno botanical information of 99 plant species curing 23 diseases belonging to 90 genera & 32 families. Most of the plants used in the treatment were herbs (45 species) & trees (38 species), rarely shrubs (16 species)
In the pre-phase of the field survey, peoples' opinion were collected about traditional medicines

verses modern medicines. 83% of the respondents were of the view that access to traditional herbal medicine was bad, while only 17% reported that it was good. The respondents gave various reasons as to why access to traditional herbal medicine is bad. The reasons are environmental degradation, need to use modern medicine, traditional herbal medicine is not a good cure & medicine men misleading people on herbs. But it is observed that 96% of the respondents used only traditional herbal medicine derived from plant species, for some common diseases while only 4% is using traditional herbal medicine and allopathic medicine. The respondents stated, they used traditional herbal medicine because they had confidence in its curing nature and it is cheap, it is readily available and do not have any side effects. Many community elders had traditional medicinal knowledge and were willing to pass it to future generation. The study revealed that 43% of the respondents were of the view that destruction of medicinal plants led to the disappearance traditional medicinal knowledge while 36% reported that introduction of modern medicine from hospitals led to the disappearance of traditional medicine knowledge. 21% of the respondents reported that traditional medicinal knowledge is disappearing because younger generation does not embraces it (Figure 1). People mainly using the medicinal herbs to cure different aches & pains. This percentage of medicinal plants used in

curing diseases is given in Figure 2. Leaves of the plants scored more percentage in preparing traditional medicines (Figure 3). The plants list with local name, useful parts and diseases cured is given in Table 1.

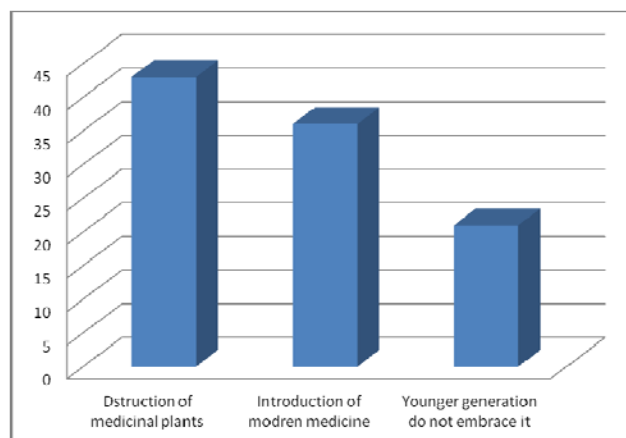


Fig 1: Reasons for the decline of traditional medicinal knowledge

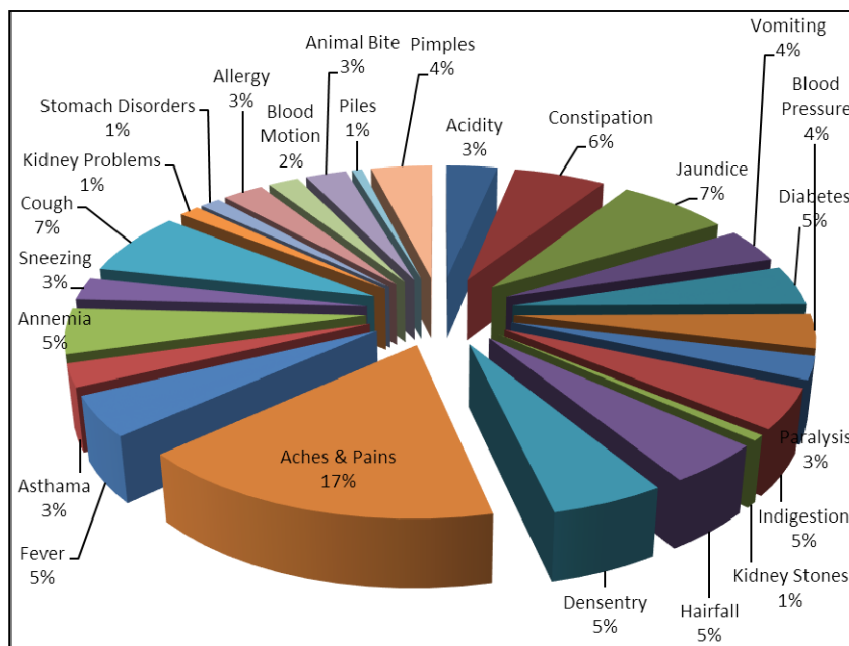


Fig 2: Percentage of plants used in curing different diseases

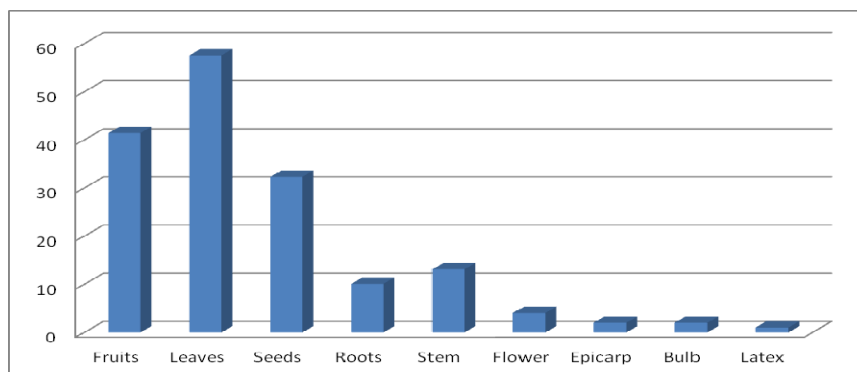


Fig 3: Parts of the traditional medicinal plants used in medication with their percentage of usage

Table 1: Medicinal plants used by rural people of Chintamani Taluk**Aches and Pains**

S. No	Botanical Name	Common Name	Family	Part Used	Usage	Consumption Dosage
1	<i>Punica granatum</i> L	Pomegranate	Myrtaceae	root	Boil the pomegranate root with water and apply to the head	Daily once
2	<i>Areca catechu</i> L	Arecanut	Arecaceae	leaves	Apply to the head	daily 2 time
3	<i>Eucalyptus globulus</i> labile	Nilagiri	Myrtaceae	leaves	Nilagiri leaves are boiled with water and inhale the vapour	Daily once
4	<i>Ficus religiosa</i> L	Ashwatha tree	Moraceae	seeds	Mix the seeds with coconut oil and apply to the head	1 time per day
5	<i>Curcuma longa</i> L	Turmeric	Zingiberaceae	powder	Turmeric powder is mixed with drinking water and boil it and take the vapour of it	Daily once
6	<i>Coffea arabica</i> L	Coffea	Rubiaceae	Powder	Coffee powder apply to the wounds	Daily once
7	<i>Curcuma longa</i> L	Turmeric	zingiberaceae	Powder	Turmeric powder apply to the wounds	Daily once
8	<i>Moringa aptera</i> Gaertn	Drumstick	Moringaceae	Leaves	Cook the drumstick leaves and eat	Daily once
9	<i>Punica granatum</i> L	Pomegranate	Myrtaceae	Leaves	Grind the pomegranate leaves with some water and apply to the wounds	Daily once
10	<i>Linum usitatissimum</i> L	Lin	Linaceae	Seeds	Make oil with lin seeds and apply to the wounds	Daily once
11	<i>Anethum sowa</i> Roxb	Sabbasige soppu	Apiaceae	Leaves	Grind the leaves with turmeric and apply to the wounds	Daily once
12	<i>Lantana camera</i> L	Beli ele	Verbenaceae	Leaves	Grind the leaves with turmeric and salt and apply to the wounds	Weekly twice
13	<i>Ficus religiosa</i> L	Ashwatha tree	Moraceae	Stem	Grind the stem with turmeric and apply to the wounds	Weekly twice
14	<i>Tinospora cordifolia</i> Hook & Thom	Amrutha balli	Menispermaceae	Leaves	Grind the leaves with salt, turmeric and apply to the wounds	Daily once
15	<i>Aloe vera</i> L	Aloe vera	Liliaceae	Stem	Aloevera gel mix with turmeric and salt and apply to the wounds	Daily twice
16	<i>Cocos nucifera</i> L	Coconut	Arecaceae	Oil	Coconut oil mix with salt water and apply to the ears	Daily 2 drops
17	<i>Allium sativum</i> L	Garlic	Liliaceae	Bulb	Grind the garlic with jaggery and apply to the teeth	Daily twice
18	<i>Citrus limon</i> L	Lemon	Rutaceae	Fruit	Boil the lemon water and apply to the ear	Weekly twice
19	<i>Cyperus pangorei</i> Ruttp	Chaape hullu	Cyperaceae	Stem	Make juice of stem and apply to the ear	Weekly twice
20	<i>Adhatoda zeylanica</i> Medik	Adu soge	Acanthaceae	Leaves	Make juice of adu soge leaves and apply to the ear	Daily 2 drops
21	<i>Tamarindus indica</i> L	Tamarind	Cesalpiniaceae	Leaves	Boil the tamarind leaves and apply to the legs	Daily once

Leg Pain

1.	<i>Delonix elata</i> Gamble	Vayunarayani	Ranunculaceae	Leaves	Cook the leaves and eat	Weekly twice
2.	<i>Moringa aptera</i> Gaertn	Drumstick	Moringaceae	Leaves	Cook the leaves and eat	Weekly twice

Heart PAIN

1.	Citrus limon (L) Burm	Lemon	Rutaceae	Fruit	Make juice of lemon and drink	Daily once
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Acidity

S. No	Botanical Name	Common Name	Family	Part Used	Usage	Consumption Dosage
1	<i>Ocimum sanctum</i> L.	Tulsi	Lamiaceae	Seeds, Juice	Mix the powdered seed with juice	Daily Once
2	<i>Ocimum sanctum</i> L.	Tulsi	Lamiaceae	Leaves	Make kashaya of leaves & mix with sugar	Daily Once
3	<i>Carica papaya</i> Limn	papaya	papayaceae	Fruit	Add pepper & Ginger powder to papaya pulp & eat	Daily
4	<i>Punica granatum</i> L	Pomegranate	Myrtaceae	Fruit	Mix pomegranate juice, gajjari juice & cabbage juice & drink	Daily Once
5	<i>Pyrus malus</i> L	Apple	Rosaceae	Fruit	Eat the fruit	Daily Once
6	<i>Ocimum sanctum</i> L.	Tulsi	Lamiaceae	Leaves	Eat the leaves	Weekly once
7	<i>Trachyspermum ammi</i> L	omu	Apiaceae	Seeds	Make kashaya & drink	Daily twice
8	<i>Phyllanthus emblica</i> L	Amla	Euphorbiaceae	Fruit	Consume Amla powder with coconut water	Thrice daily
9	<i>Syzigium aromaticum</i> Linn	Clove	Myrtaceae	Flower	Mix clove powder & honey. Eat it	Daily once

Skin allergy

1	<i>Tinospora cordifolia</i> Hook and Thorn	Amruthaballi	Menispermaceae	Leaves	Make kashaya of leaves and drink	Daily once
2	<i>Moringa aptera</i> Gaertn	Drumstick	Moringaceae	Seeds	Dry the seeds and mix with milk and drink	Daily Twice
3	<i>Allium sativum</i> L	Garlic	Liliaceae	Bulb	Eat the raw garlic bulb	Daily 2 bulbs
4	<i>Leucas aspera</i> Spreng	Thumba	Lamiaceae	Leaves	Leucas leaves are mixed with neem leaves, turmeric, salt and the paste is applied to skin	3 times per day

Anaemia

1	<i>Pyrus malus</i> L.	Apple	Rosaceae	Fruit	Eat the fruit	Daily once
2	<i>Vitis vinifera</i> L.	Dry grapes	Vitaceae	Dried fruits	Eat the fruit	Weekly 3 times
3	<i>Spinacia oleracea</i> L	Spinach	Chenopodiaceae	Leaves	Eat the spinach	Daily once
4	<i>Millingtonia hortensis</i> Linn	Neem chameli	Meliaceae	Leaves	Grind & eat the leaves	Once in morning
5	<i>Beta vulgaris</i> L	Beetroot	Chenopodiaceae	Roots	Eat cooked beetroot	Daily once
6	<i>Cynodon dactyloperis</i> (L) Pres	Grass	Poaceae	Leaves	Make a juice & drink	Daily once
7	<i>Moringa aptera</i> Gaertn	Drumstick	Moringaceae	Leaves	Eat cooked drumstick leaves	Weekly Twice
8	<i>Citrus sinensis</i> Osbeck	Orange	Rutaceae	Fruit	Make a juice & drink	Daily once

Animal Bites**Asthama**

1	<i>Ananas comosus</i> (L) Merr	Pineapple	Bromeliaceae	Fruit	Eat the fruit	Daily one
2	<i>Allium sativum</i> L	Garlic	Liliaceae	Bulb	Eat the bulb	Daily one
3	<i>Trigonella foenuingraecum</i> L	Fenugreek	Fabaceae	Seeds	Make a juice with seed and drink	3 times/ day for 10 days
4	<i>Ocimum sanctum</i> L	Tulsi	Lamiaceae	Leaves	Tulsi and ginger is mixed as juice and drink	Daily twice

Blood motion

1	<i>Punica granatum</i> L.	Pomegranate	Lythraaceae	Epicarp	Epicarp paste is mixed with curd and drink as tonic	Daily 2 time
2	<i>Mangifera indica</i>	Mango	Anacardiaceae	Raw fruit	Eat the raw fruit	One per day
3	<i>Hibiscus rosa-sinensis</i>	China rose	Malvaceae	Flower	Make powder of flower and mix ragi flour and eat it	Daily 1 time

High blood pressure

1	<i>Syzgium cuminii</i> Lam	Black berry	Myrtaceae	Seeds	Consume powdered black berry seeds with honey	Daily 3 times
2	<i>Tinospora cordifolia</i> Hook & Thom	Amrutha balli	Menispermaceae	leaves	Boil amruthaballi in water. Add jeera & salt to drink	Once in Morning
3	<i>Allium sativum</i> L	Garlic	Liliaceae	Bulb	Eat 4 - 6 raw bulbs after the food	Daily once at night after food
4	<i>Punica granatum</i> L	Pomegranate	Myrtaceae	Epicarp	Make a juice of epicarp & drink	Daily once
5	<i>Moringa apter</i> Gaertn	Drumstic	Moringaceae	Stem & Roots	Cook the stem & eat. Eat the raw roots	Weekly twice
	<i>Lagenaria siceraria</i> (Molina) standley (LS)	Bottleguard	Cucurbitaceae	Stem	Make a juice of stem & drink	Weekly twice

Constipation

1	<i>Carica papaya</i> Linn	Papaya	Papayaceae	Seeds or raw papaya	Eat chatni of papaya seeds or raw papaya juice	Daily once
2	<i>Brassica nigra</i> Koch	Mustard	Brassicaceae	Powder	Mix ingu with mustard powder and consume in hot water	Daily once
3	<i>Ocimum sanctum</i> L	Tulsi	Lamiaceae	Leaves	Add tulsi leaves to luke warm water and drink	Daily once
4	<i>Punica granatum</i> L	Pomegranate	Myrtaceae	Leaves	Grind the pomegranate leaves and make kashaya and drink	Daily once
5	<i>Curcuma longa</i> L	Turmeric	Zingiberaceae	Powder	Mix turmeric powder with water and drink after food	Morning and evening
6	<i>Citrus limon</i> L	Lemon	Rutaceae	Fruit	Squeeze lemon juice on radish piece & eat	Thrice daily
7	<i>Phyllanthus emblica</i> L	Amla / Goose Berries	Euphorbiaceae	Powder	Mix goose berries powder with milk and drink	Once at night

8	<i>Citrus limon L</i>	Lemon	Rutaceae	Fruit	Make a juice of lemon and drink	Daily 1 time
9	<i>Rosa sp</i>	Red Rose	Rosaceae	Flower	Eat the red rose petals or gulkan	Daily once
10	<i>Phyllanthus emblica L</i>	Amla Goose Berries	euphorbiaceae	Fruit	Eat the amla fruit	2 times per day
11	<i>Linum usitatissimum L</i>	Lin	Linaceae	Seeds	Eat the lin seeds	Daily once

Cough

<i>Punica granatum L</i>	Pomegranate	Myrtaceae	Epicarp	Make a juice with pomegranate epicarp and drink	Weekly twice
<i>Cicer arietinum L</i>	Hurigadale	Fabaceae	Seeds	Cooked the hurigadale and eat	Daily once
<i>Zingiber officinale Rosc</i>	Ginger	zingiberaceae	Stem	Inhale the boiled ginger	Daily once
<i>Piper longum L</i>	Pepper	Piperaceae	Seeds	Pepper mixed with tulsii, ginger & jeera with boiled water and drink	Daily 1 spoon
<i>Moringa aptera Gaertn</i>	Drumstick	Moringaceae	Leaves	Drumstick leaves mix with milk and drink	3 days once
<i>Curcuma longa L</i>	Turmeric	zingiberaceae	Turmeric powder	Inhale the boiled turmeric water	Daily once
<i>Piper longum L</i>	Pepper	Piperaceae	Seeds	Boil the pepper seeds with jaggery and drink	Daily once
<i>Cuminum cyminum L</i>	Jeera	Apiaceae	Seeds	Jeera mixed with pepper, coriander, ginger & jaggery and inhale it	Daily twice
<i>Zingiber officinale Rosc</i>	Ginger	zingiberaceae	Stem	Mix Ginger with honey and eat	Daily 2 spoons
<i>Lecuas aspera Spreng</i>	Thumbbe	Lamiaceae	Leaves	Thumbbe leaves mix with lime and apply to the throat	Daily once
<i>Ocimum sanctum L</i>	Tulasi	Lamiaceae	Leaves	Boil the tulasi leaves with water and drink	Daily once
<i>Elettaria cardamomum Maton</i>	Cardamom	zingiberaceae	Seeds	Cardamom seeds mix with honey and apply to the throat	Daily once
<i>Ocimum sanctum L</i>	Tulasi	Lamiaceae	Leaves	Tulasi leaves mix with honey and eat	Daily once
<i>Opuntia dillemi Ker-Gawl</i>	Kalli	Cactaceae	Leaves	Grind the kalli leaves with turmeric and apply to the throat	Daily twice

Diabetes

<i>Tinospora cordiofolio Hook & Thom</i>	Amruthaballi	Menispermaceae	Leaves	Eat in empty stomach	Daily Morning for 41 days
<i>Phyllanthus emblica L</i>	Amla	Euphorbiaceae	Fruit	Eat amla	Daily Once
<i>Syzygium cuminii Lam</i>	Nerale	Myrtaceae	Seeds	Mix seed powder with water & drink	Once at morning & night
<i>Momorica charantia L</i>	Bitter guard	Cucurbitaceae	Fruit	Eat raw fruit	Daily one
<i>Moringa aptera Gaertn</i>	Drumstick	Moringaceae	Raw fruit or leaves	Eat the raw fruit Or leaves	Daily Once
<i>Ficus religiosa L</i>	Ashwatha tree	Moraceae	Leaves	Eat the leaves	Weekly Thrice
<i>Murraya koenigii Spreng</i>	Curry leaves	Rutaceae	Leaves	Eat the leaves	Daily 4 leaves

Dysentery

1	<i>Trigonella foenumgraecum L</i>	Fenugreek	Fabaceae	Seeds	Make juice of fenugreek, curd & honey to drink	Daily Once
2	<i>Allium Cepa L</i>	Onion	Liliaceae	Leaves & bulb	grind onion with jeera, pepper & turmeric, Cover it with white cloth to smell	Daily Once
3	<i>Musa paradisiaca L</i>	Banana	Musaceae	Fruit	Eat the banana	Daily One
4	<i>Tamarindus indica L</i>	Tamarind	Caesalpinaceae	Seeds	Mix tamarind seed powder, papaya epicarp, jaggery & milk	A Spoon - daily Twice
5	<i>Moringa aptera Gaertn</i>	Drumstick	Moringaceae	Seeds	Dry the seeds & eat	Daily Once
6	<i>Oryza sativa L</i>	Rice	Poaceae	Seeds	Eat curd rice	Daily Once
7	<i>Phyllanthus emblica L</i>	Amla	Euphorbiaceae	Fruit	Eat the fruit	One daily
8	<i>Aegle marmelos Corren</i>	Bilvathre	Aurantiaceae	Leaves	Make juice to drink	Daily Once

Fevers

Dengue						
1	<i>Carica papaya</i> Linn	papaya	Caricaceae	Leaves	Chew the leaves or make juice and drink it	Daily once
2	<i>Actinidia deliciosa</i>	Kewi	Actinidiaceae	Fruit	Eat the fruit	A fruit per day
Typhoid						
1	<i>Momorica charantia</i> L	Bitter guard	Cucurbitaceae	Vegetable	Eat Raw unripened fruit	Daily one
2	<i>Coriandrum sativum</i> L	Coriander	Apiaceae	Seeds	Make a juice and drink	Daily once
3	<i>Ocimum sanctum</i> L.	Tulsi	Lamiaceae	Leaves	Tulsi leaves ground with coriander seeds and eat the mixture	Daily once
4	<i>Spinacia oleracea</i> L.	Spinach	Chenopodiaceae	Leaves	Spinach leaves mix with turmeric, salt, pepper, garlic. Make a paste and smell it	One time/Day
5	<i>Syzygium cumini</i> Linn.	Black Berries	Myrtaceae	Fruit	Fruit is eaten	Daily 20 - 30

Malaria						
1	<i>Ocimum sanctum</i> L.	Tulsi	Lamiaceae	Leaves	Grind tulsi leaves and apply to the body	One time/Day

Hairfall

1	<i>Hibiscus rosa-sinensis</i> L	China rose	Malvaceae	Leaves	Make leaves paste and apply to hair	Weekly once
2	<i>Lawsonia inermis</i> L	Henna	Verbenaceae	Leaves	Make leaves paste and apply to hair	Weekly once
3	<i>Phyllanthus emblica</i> L	Amla	Euphorbiaceae	Fruit	Make paste of fruit and mix it with coconut oil and apply	Weekly 2 times
4	<i>Murraya koengii</i> Spreng	Curry leaves	Rutaceae	Leaves	Eat leaves	Daily 2 leaves
5	<i>Trigonella foenum-graecum</i> L	Fenugreek	Fabaceae	Seeds	Paste the seeds with water and apply to the hair	Weekly once
6	<i>Hibiscus rosa-sinensis</i> L	China rose	Malvaceae	Leaves	Leaves of Hibiscus and Fenugreek seeds are mixed and mix with coconut oil and apply to hair	Daily
7	<i>Aegle marmelos</i> Correa	Bengal quice	Rutaceae	Fruit	Fruit is boiled with water and mix it with bathing water	Weekly once
8	<i>Vetiveria zizanioides</i> Linn	Laavanche	Poaceae	Root	Root powder is mixed with coconut oil and applied to hair	Daily once

Indigestion

1.	<i>Moringa aptera</i> Gaertn	Drumstick	Moringaceae	Fruit	Eat cooked drumstick as sambar etc	Weekly once
2.	<i>Allium cepa</i> L	Onion	Liliaceae	Leaves & bulb	Eat the raw onion	Daily one
3.	<i>Carica papaya</i> Linn	Papaya	Papayaceae	Fruit	Eat papaya halva	Morning & evening
4.	<i>Punica granatum</i> L	Pomegranate	Myrtaceae	Fruit	Mix the juices of pomegranate & onion (10:1)	Daily once
5.	<i>Ocimum sanctum</i> L.	Tulsi	Lamiaceae	Leaves	consume grinded tulsi leaves in water	Daily thrice after the food
6.	<i>Phyllanthus emblica</i> L	Amla	Euphorbiaceae	Fruit	Dry powder of amla in water	Daily once After the food
7.	<i>Mentha arvensis</i> L	Menthol	Lamiaceae	Leaves	Make a juice & drink	Daily once

Jaundice

1	<i>Phyllanthus emblica</i> L	Amla	Euphorbiaceae	Fruit	Mix amla juices with sugarcane juice (1:1) & add honey to consume	Twice daily
2	<i>Ferula asafoetida</i> L	Ingu	Apiaceae	Root paste	Mix powdered ingu with banana & Powdered lime	Daily once
3	<i>Allium sativum</i> L	Garlic	Liliaceae	Bulb	Drink grinded garlic bulbs in a glass of milk	Daily once
4	<i>Carica papaya</i> Linn	papaya	papayaceae	Fruit	Add sugar cubes or sugar to papaya juice & drink	Twice daily
5	<i>Azadirachta indica</i> Juss	Neem	Meliaceae	Leaves	Grind the neem leaves & mix with the glass of water, warm it & drink	Daily Once
6	<i>Zingiber officinale</i> Rosc	Ginger	Zingiberaceae	Stem	Mix ginger juice with large amount of raddish juice & add sugar to drink	Morning & evening
7	<i>Punica granatum</i> L	Pomegranate	Lythraaceae	Fruit	In a glass of pomegranate juice mix a spoon of neem juice & drink	4 Times daily
8	<i>Piper longum</i> Linn	Pepper	Piperaceae	Seeds	Mix pepper with honey & mango juice to drink	Daily Once
9	<i>Coleus amboinicus</i> Lour	Doddapathre	Lamiaceae	Leaves	Chew the leaves	2 leaves per day
10	<i>Saccharum officinarum</i> L	Sugar cane	Poaceae	Stem	Eat the sugarcane	Daily Once

Kidney problems

1	<i>Anacardium occidentale L.</i>	Cashew nut	Anacardiaceae	Stem	Eat the cashew nut stem	Weekly once
2	<i>Musa paradisiaca L</i>	Banana	Musaceae	Fruit	Eat fruit in empty stomach	One fruit daily
3	<i>Punica granatum L.</i>	Pomegranate	Lythraaceae	Fruit	Make juice and drink it	Daily 1 time
4	<i>Musa paradisiaca L</i>	Banana	Musaceae	Stem	Make juice and drink it	Daily 1 time

Paralysis

1	<i>Ocimum sanctum L.</i>	Tulsi	Lamiaceae	Leaves	Massage with tulsi oil	Daily twice
2	<i>Ocimum sanctum L.</i>	Tulsi	Lamiaceae	Leaves	Grind the tulsi leaves & apply to the affected part	Daily Once
3	<i>Ferula asafoetida L</i>	Ingu	Apiaceae	Root paste	Grind Ingu & cucumber seeds. Apply to the affected part	Daily Once
4	<i>Allium sativum L</i>	Garlic	Liliaceae	Bulb	Grind few bulbs of garlic with butter & eat	Daily Once
5	<i>Dolichos biflorus L</i>	Horsegram	Fabaceae	Grams	Mix salt & jeera to cooked grams	Daily Once

Piles

1	<i>Mimosa pudica L</i>	Touch me not	Mimosaceae	Root	Make kashaya and drink	Daily Once
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Pimple

1	<i>Piper longum linn</i>	Pepper	Piperaceae	Seeds	Make a paste & apply	Weekly Twice
2	<i>Santalum album L</i>	Sandal wood	Santalaceae	Wood powder	Apply to the face	Daily Once
3	<i>Hibiscus rosa-sinensis L</i>	China rose	Malvaceae	Flower	Make the liquid form of hibiscus flower & apply	Weekly Twice
4	<i>Curcuma longa L</i>	Turmeric	Zingiberaceae	Rhizome	Mix turmeric powder & milk to apply	Weekly Thrice
5	<i>Cucumis sativus L</i>	Cucumber	Cucurbitaceae	Epicarp	Grind it & apply	Daily Once
6	<i>Lycopersicon esculentum Mill</i>	Tomato	Solanaceae	Fruit	Grind tomato, papaya & menthol to apply	Daily Once

Sneezing

1	<i>Curcuma longa L</i>	Turmeric	Zingiberaceae	Turmeric powder	Boil the water and add turmeric powder and inhale the smell	Daily once
2	<i>Coriandrum sativum L</i>	Coriander	Apiaceae	Seeds	Coriander seeds mix with ginger, jeera, turmeric, pepper and milk make juice and drink	Daily twice
3	<i>Trigonella foenumgraecum L</i>	Fenu greek	Fabaceae	Seeds	Boil the water and mix fenugreek seeds and inhale the smell	Daily once
4	<i>Cuminum cyminum L</i>	Jeera	Apiaceae	Seeds	Mix jeera and ginger make juice and drink	Daily once

Stomach ache

1	<i>Spinacia oleracea L</i>	Spinach	Chenopodiaceae	Leaves	Spinach leaves and papaya leaves and make a juice and drink	Daily once
2	<i>Citrus limon L</i>	Lemon	Rutaceae	Fruit	Mix lemon drops with water and drink lemon juice	1 time per day
3	<i>Ferula asafoetida L</i>	Ingu	Apiaceae	Root Paste	Ingu mix with curd and drink	Daily 1 time
4	<i>Areca catechu L</i>	Arecanut	Arecaceae	Leaves	Boil the mustard oil and apply to the stomach	Afternoon 1 time
5	<i>Cynodon dactylon Pers</i>	Garike	Poaceae	Leaves	Boil the grass with water to drink	Daily once
6	<i>Aegle marmeloas Coneo</i>	Bilvathre	Aurantiaceae	Leaves	Grind the leaves with salt and eat	Night time

Stomach Disorders

1	<i>Lycopersicon esculentum Mill</i>	Tomato	Solanaceae	Ripened Fruit	Eat the ripened fruit	Daily once
2	<i>Cucurbita maxima Duch</i>	Pumpkin	Cucurbitaceae	Fruit	Drink the juice of fruit	Daily once

Vomiting

1	<i>Ferula asafoetida L</i>	Ingu	Apiaceae	Root paste	Mix a piece of ingu with onion juice & eat	Multiple dosage in a day
2	<i>Ferula asafoetida L</i>	Ingu	Apiaceae	Root paste	Mix Ingu & turmeric powder with water to drink	Daily twice
3	<i>Phyllanthus emblica L</i>	Amla	Euphorbiaceae	Fruit	Prepare kashaya with amla, dry grapes & sugar cubes	once in three hours
4	<i>Punica granatum L</i>	Pomegranate	Myrtaceae	Seeds	Seeds of pomegranate must be consume	Daily twice
5	<i>Ocimum sanctum L</i>	Tulasi	Lamiaceae	Leaves	The juice of tulasi leaves mix with honey	Daily thrice
6	<i>Azadirachta indica juss</i>	Neem	Meliaceae	Leaves	Grind the neem leaves mix with pepper powder in water and drink	Daily once
7	<i>Zingiber officinale Rose</i>	Ginger	Zingiberaceae	Stem	Mix ginger juice with lemon juice and drink	Daily once

Discussion

The ethnobotanical data serve as a base for new compounds with active principles for phytochemical, pharmacognostical, pharmacological and clinical research. It is the search and research, which keeps adding new drugs and new foods for the welfare of mankind [5]. Ganesan *et al.* (2004) [7] enlisted 45 species of medicinal plants from lower Palani Hills, Bhagwati and Vandana (2005) [6] listed out 113 medicinal plants in Garhwal, in our survey we documented 99 species which cures 24 variety of diseases.

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