



ISSN (E): 2320-3862
ISSN (P): 2394-0530
www.plantsjournal.com
JMPS 2022; 10(4): 223-225
© 2022 JMPS
Received: 13-04-2022
Accepted: 14-05-2022

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A documentation of medical plants used by tribal people of the Sambalpur district of the Odisha for the treatment of reproductive health

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Abstract

In all aspects pertaining to the reproductive system and to its activities and processes, reproductive health is a condition of whole physical, mental, and social well-being and not only the absence of disease or infirmity. For a healthy life a good sexual is necessary. The traditional treatments utilized by tribal people to treat both male and female reproductive illnesses were the focus of this investigation. Sambalpur District in Odisha's unrecognized tribes is widely known for its extensive knowledge of medicinal herbs. A study was conducted in the Sambalpur region of Odisha between January and February 2022 to identify the medicinal plant that the tribes used to address their reproductive issues. The Sambalpur tribes treated sexual problems with 14 species from 10 various groupings. Six species are utilized as sex stimulants, and four species are used to alleviate menstrual problems.

Keywords: Reproductive problem, sex life, phytomedicines, tribes, sambalpur district.

Introduction

Herbal products, botanical products, or phytomedicines are items manufactured from botanicals, or plants that are used to treat illnesses or preserve health. Numerous human diseases can be cured with plant medicine. These medical practices have been around for a while. Plant-based medicines have fewer adverse effects.

Research, medical care, and social activism in the area of sexual and reproductive health focus on the condition of a person's reproductive system and sexual health at all ages. The term "reproductive system and sexual disorders" refers to both the male and female reproductive systems as well as any diseases like syphilis, gonorrhea, chlamydia, and trichomoniasis that may affect both. For a healthy existence, reproductive issues should be adequately treated. A wide variety of herbal traditional remedies are used as either abortifacients or anti-abortifacients, as well as to promote fertility and control the menstrual cycle.

Kamatenesi-Mugisha *et al.* (2005) Citropsis articulate and Cola acuminata were two of the most frequently used of the 33 medicinal plants used in the treatment of erectile dysfunction and sexual impotence ^[1]. According to Ajao *et al.* (2019), 209 plant species from 73 families were utilized to treat sexual dysfunction in sub-Saharan Africa ^[2]. (2021) Asgharpoor Following additional research that demonstrate their efficiency, medicinal plants containing phytoestrogens can be thought of as a treatment of preference for treating vaginal atrophy and an acceptable substitute for chemical medications ^[3]. In (2014), Dey *et al.* reported twenty families of plants totaling 40 species were listed for the treatment of digestive disorders, sexual difficulties, and skin conditions. According to Adhikary *et al.* ^[4]. (2018), a total of 71 plant species from 48 families and 64 genera are used to treat a variety of reproductive issues, including infertility in men, impotence, erectile dysfunction, retrograde ejaculation and sexual potency in men, as well as aphrodisiac, metrorrhagia, and infertility in women ^[5].

This study addressed the types of traditional remedies used by tribal people to treat both male and female reproductive diseases. Unrecognized tribes in Odisha's Sambalpur District are well known for their deep knowledge of medicinal plants.

Methodology

Study area

The Sambalpur District is found in the western region of the state of Odisha. A district with a 6702 sq km geographic area is located between 20° 40' and 22° 11' North Latitude and 82° 39' and 85° 15' East Longitude. According to the 2011 Census, the District has a total population of 10,41,099. The District has a total male population of 5,26,877, compared to a total female population of 5,14,222. There are 3,55,261 ST people and 1,91,827 SC people living in the district overall. Sambalpur District has a severe climate, with 66 wet days and 153 millimeters of rain falling there year on average. The south west monsoon only affects the months of June to October, when most of the rain falls. In May, Mercury reaches a temperature of 47 C and in December, when it is extremely cold, and reaches a low of 11.8 degrees C during an excruciating heat wave. The rain is rather erratic and uneven.

Data collection

Data were gathered for the study between January and

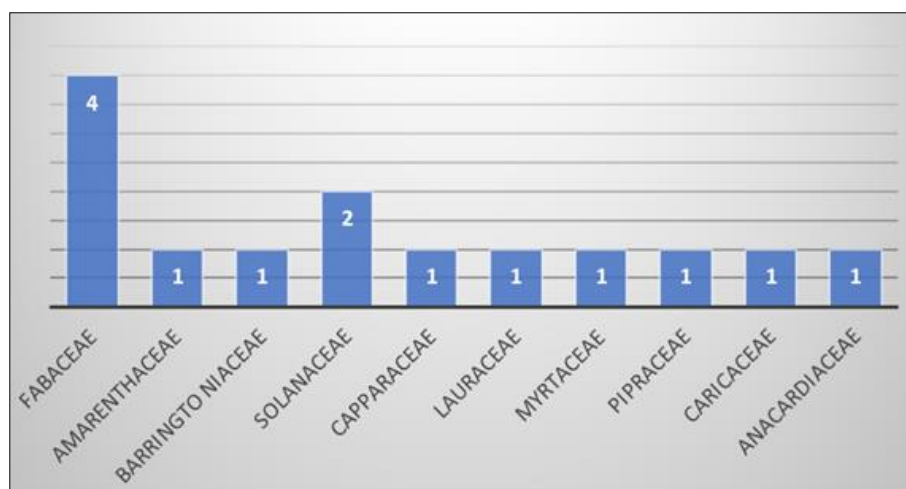
February, 2022. During regular trips to the research site, a deep relationship was formed with the older tribal members who used herbal medicine. Interviews with villagers in the area were conducted during the fieldwork. The plant dealers, the elderly woman known as Kabiraj, and the herbalist "VAIDYAS." Plant specimens were gathered and identified using the local flora and some of the more seasoned practitioners (Saxena and Brahaman, 1996) [7]. Since these medications made it difficult to get at the truth directly, indirect means were used to learn about their most common illnesses and potential remedies. During this survey, we hired a tribal person for communication in their own language.

Result

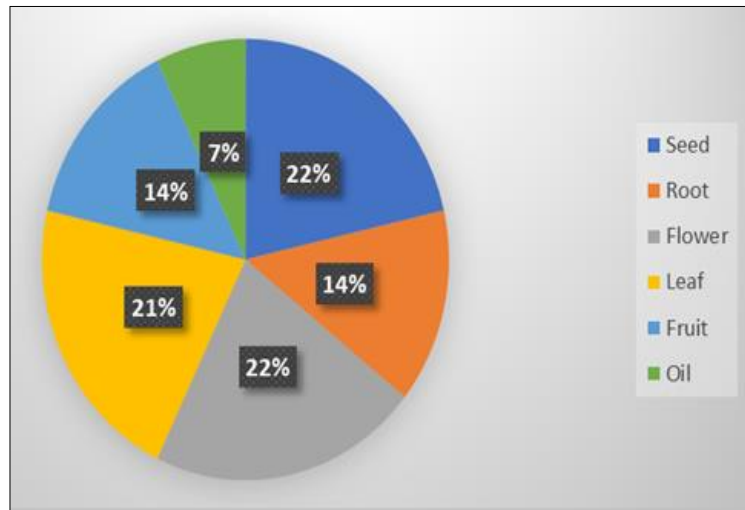
In this work 14 species belonging to 10 different families are used by tribes of Sambalpur district to cure sexual problem. Among them 4 species used for treatment of menstrual problem and 6 Species are used as sex stimulant. Table no. 1 shows that plant family, part used and application.

Table 1: Shows that plant family, part used and application

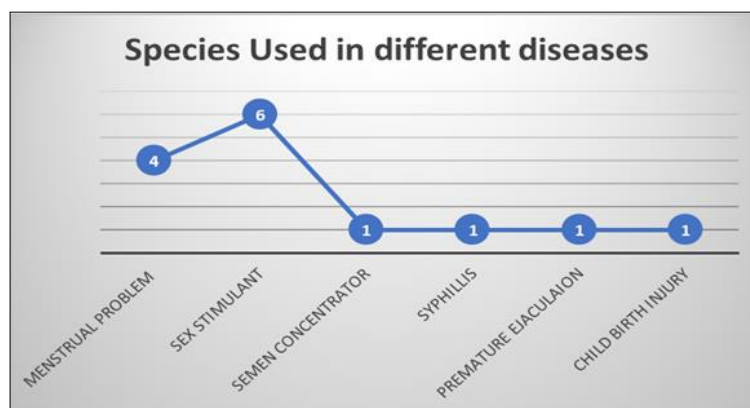
Sl. No.	Local Name	Scientific Name	Family	Part Used	Application
1	Tentuli	<i>Tamarindus indica</i>	Fabaceae	Seed	Check Menstrual Bleeding
2	Apamarga	<i>Achyranthes aspera</i>	Amaranthaceae	Root	Used in Menstrual problem
3	Kumbhi	<i>Careya arborea</i>	Lecythidaceae	Flower	Flower juice given after child birth to heal Injury
4	Shami	<i>Prosopis cineraria</i>	Fabaceae	Flower	Used to prevent Miscarriage
5	Ashoka	<i>Saraca asoca</i>	Fabaceae	Leaf	Used to treat menstrual problem
6	Baikhujena	<i>Mucuna pruriens</i>	Fabaceae	Leaf	Used as sex stimulant
7	Ashwagandha	<i>Withania somnifera</i>	Solanaceae	Root	Used as Semen concentrator
8	Asadhia	<i>Capparis zeylanica</i>	Capparaceae	Leaf	Used for treatment of Syphilis
9	Dalchini	<i>Cinnamomum verum</i>	Lauraceae	Oil	Prevent premature ejaculation
10	Labang	<i>Syzygium aromaticum</i>	Myrtaceae	Flower	Used as sex Stimulant
11	Gol Marich	<i>Piper nigrum</i>	Piperaceae	Seed	Used as sex Stimulant
12	Mircha	<i>Capsicum annum</i>	Solanaceae	Fruit	Used as sex Stimulant
13	Papita	<i>Carica papaya</i>	Caricaceae	Seed	Reduce Menstrual Pain
14	Mango	<i>Mangifera indica</i>	Anacardiaceae	Fruit	Improve sex drive



Graph 1: Graph for number of species



Graph 2: Pie chart showing percent distribution



Graph 3: Species used in different diseases

Conclusion

Between January and February of 2022, a study was carried out in the Sambalpur area of Odisha to determine the medicinal plant that the tribes used to treat their reproductive problems. The tribes of Sambalpur used 14 species from 10 different groups to address sexual issues. Four species are used to treat menstruation difficulties, and six species are utilized as sex stimulants. According to the findings of these investigations, the Sambalpur tribes possessed a plethora of traditional medicinal knowledge. Our sexual health benefits from phytomedicine, which is generally safe.

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