



ISSN (E): 2320-3862
ISSN (P): 2394-0530
<https://www.plantsjournal.com>
JMPS 2024; 12(1): 127-129
© 2024 JMPS
Received: 02-12-2023
Accepted: 03-01-2024

Dr. Ved Prakash
Department of Botany, Bhagat
Singh Govt. P.G. College, Jaora,
Ratlam, Madhya Pradesh, India

An overview of some medicinal plants used by tribals of Madhya Pradesh

Dr. Ved Prakash

DOI: <https://doi.org/10.22271/plants.2024.v12.i1b.1633>

Abstract

Madhya Pradesh, a state in Central India is a veritable niche of growing healing herbs, which are being utilised and explored in Indian system of medicine such as Ayurveda, Siddha and Unani. There are about 28 tribal communities (Baiga, Bhariya, Korku, Korwa and Sahariya, Kol, Bhil, Gond, Pao, Khairwar, Maria, Kamar etc.) spread over the entire state in Madhya Pradesh which are utilizing the plants for food and medicinal purposes. These indigenous people have been using with a historical continuity of resource use, and the traditional knowledge has accumulated through a series of observations and explorations transmitted from generation to generation. Ethnobotany, a multidisciplinary science, studies the complex interaction/relationship between plants and people. This relationship between plants and human culture is not limited to the use of plants for food, clothing and shelter but finds their use for religious ceremonies, ornamentation and primary health care services. The plants have always been the principle source of medicines in India since time immemorial. In older times, ethnobotanical research was predominately a detailed survey of the plants used by local practitioners but in today's world ethnobotany focuses primarily on how plants are being used, managed and perceived across human societies i.e. as food, as medicine, in divination, cosmetics, dying, textile, construction, clothing, literature and in rituals and social life. Therefore, an attempt has been made to compile the ethnobotanical or traditional knowledge of some medicinally useful plants used by tribal communities of Madhya Pradesh to meet different purposes in different ways.

Keywords: Ethnobotany, Madhya Pradesh, tribal community, medicinal plants, traditional knowledge

Introduction

Madhya Pradesh, a state in Central India, is very rich in medicinal plant diversity where most of the tribal people cure themselves through indigenous or traditional drug system. The tribal communities such as Baiga, Bhariya, Korku, Korwa and Sahariya, Kol, Bhil, Gond, Pao, Khairwar, Maria, Kamar etc. have preserved bulk of traditional knowledge of medicinal plants growing around them and this knowledge is being disseminated to generations through word of mouth and is being extensively used for the treatment of common diseases and ailments (Pandey *et al.*, 2019) ^[15]. There has been a rapid increase of allopathic system of medical treatment in our country during the past century (Dwivedi *et al.*, 2007) ^[8]. However, these drugs have adverse effects and that's why the people are going back to nature with hope of safety and security associated with natural products. The herbal preparations are safe, cheaper and easily available with no fear of any side effect. It is evident that many valuable herbal drugs have been discovered by knowing that particular plant was used by the ancient folk healers for the treatment of some kind of ailment or disorder (Ekka & Dixit, 2007) ^[9]. Furthermore, the medicinal plant wealth is our national heritage which seems to be the first and foremost line of defense mostly in tribal and rural communities for the treatment of various diseases (Dwivedi *et al.*, 2008) ^[7].

The readily available and culturally important traditional medicines form the basis of an accessible and affordable health-care regime and are an important source of livelihood for tribal and rural populations. Moreover, ethnobotanical studies have become increasingly valuable in the development of health care and conservation programs in different parts of the world (Balick, 1996) ^[5]. There are several studies which have reported the continued use of traditional practices as people migrate to urban centres surrounded by diverse cultures, healing systems and the new environments (Baca, 1978; Gordon, 1994; O'Connor, 1998; Prakash, 2017) ^[4, 10, 14, 6].

Corresponding Author:
Dr. Ved Prakash
Department of Botany, Bhagat
Singh Govt. P.G. College, Jaora,
Ratlam, Madhya Pradesh, India

Approximately 64% of the total world population relies on traditional medicines for their health care system whereas 85% of the Indian rural population depends on wild varieties of plants for the treatment of various diseases they usually suffer from. One of the major challenges today is to protect the traditional knowledge. Due to indiscriminate exploitation, destruction of forests and changing scenario of rural life-style, the oral folklore of plants life as well as the knowledge is in

the process of gradual degeneration (Kumar *et al.*, 2004) [13]. Therefore, it is need of the hour to study and document the information available on medicinal plants in detail for its wider applications in the future.

List of some plants used by tribal communities of Madhya Pradesh (Chopra *et al.*, 1956; Jadhav, 2006; Khan *et al.*, 2008; Ahirwar, 2010; Ray *et al.*, 2011; Ahirwar and Singh, 2011; Samar *et al.*, 2015) [6, 11, 12, 1, 17, 3, 18].

| S. No. | Botanical Name | Vernacular Name | Family | Uses |
|--------|--|-----------------|-----------------|---|
| 1 | <i>Abrus precatorius</i> L. | Ghumchi | Fabaceae | Contraceptives, purgative, emetic & menstrual disorder |
| 2 | <i>Abutilon indicum</i> (L.) Sweet. | Kanghi | Malvaceae | Leprosy, jaundice, piles, vaginal infections, mumps, urinary diseases |
| 3 | <i>Acacia nilotica</i> L. | Babul | Mimosaceae | Piles & Urogenital problems |
| 4 | <i>Achyranthes aspera</i> L. | Latjeera | Amaranthaceae | Respiratory disorders |
| 5 | <i>Adhatoda vasica</i> Medikus. | Adusa | Acanthaceae | Respiratory disorders |
| 6 | <i>Ageratum conyzoides</i> L. | Khajju | Asteraceae | Skin/Dermatological disorders |
| 7 | <i>Albizia procera</i> L. | Safed Siris | Mimosaceae | Respiratory disorders |
| 8 | <i>Aloe barbadensis</i> Mill. | Gwar Patha | Aloaceae | Skin disorders |
| 9 | <i>Alpinia calcarata</i> Roscoe | Kulanjan | Zingiberaceae | Sore throat |
| 10 | <i>Andrographis paniculata</i> (Burm. f.) Wall. ex Nee | Chirayta | Acanthaceae | Respiratory disorder |
| 11 | <i>Argemone mexicana</i> L. | Ghamoya | Papaveraceae | Boils & burns, diuretic, expectorant |
| 12 | <i>Azadirachta indica</i> A. Juss | Neem | Meliaceae | Malaria fever, skin problems |
| 13 | <i>Bambusa spinosa</i> Roxb. | Bans | Poaceae | Leprosy, urino-genital disorders |
| 14 | <i>Barleria prionitis</i> L. | Kati-korati | Acanthaceae | Tooth ache, digestive problems |
| 15 | <i>Bauhinia variegata</i> L. | Kachnar | Caesalpiniaceae | Cure piles |
| 16 | <i>Bryonopsis laciniosa</i> L. | Pachguria | Cucurbitaceae | Ripen fruits with Kalmegh, Giloy, Neem & Tulsi is used in malaria and typhoid fever |
| 17 | <i>Bryophyllum calycinum</i> Salisb. | Murari | Crassulaceae | Ulcer, stomach pain |
| 18 | <i>Butea monosperma</i> (Lam.) Taub. | Palash | Fabaceae | Oral contraceptive, dysentery |
| 19 | <i>Calotropis procera</i> L. | Aak | Asclepiadaceae | Detergent, snake bites |
| 20 | <i>Carica papaya</i> L. | Papita | Caricaceae | Oral contraceptive, digestant and rubefacient |
| 21 | <i>Cassia fistula</i> L. | Amaltas | Caesalpiniaceae | Purgative, febrifuge |
| 22 | <i>Catharanthus roseus</i> L. | Sadabahar | Apocynaceae | Anticancer, antidiabetic |
| 23 | <i>Cissus quadrangularis</i> L. | Harjor | Vitaceae | Antiosteoporotic, antiasthmatic |
| 24 | <i>Citrullus aromatica</i> Salisb. | Kacharia | Cucurbitaceae | Stomach disorders |
| 25 | <i>Clitorea ternatea</i> L. | Aprajita | Fabaceae | Anti-dote to snake-bite |
| 26 | <i>Convolvulus pleuricaulis</i> L. | Shankhpushpi | Convolvulaceae | Used as brain tonic |
| 27 | <i>Cordia macleodii</i> Hook. f. | Dahiman | Boraginaceae | Provides relief from insanity |
| 28 | <i>Curculigo orchiooides</i> Gaertn. | Kali musali | Hypoxidaceae | Leucorrhoea |
| 29 | <i>Curcuma longa</i> L. | Haldi | Zingiberaceae | Anthelmintic, carminative, antimicrobial |
| 30 | <i>Cuscuta reflexa</i> Roxb. | Amarbel | Cuscutaceae | Jaundice, indigestion, diarrhoea, asthma |
| 31 | <i>Cynodon dactylon</i> (L.) Pers. | Doob | Poaceae | Ear, nose, throat problems |
| 32 | <i>Cyperus rotundus</i> L. | Nagarmotha | Cyperaceae | Diarrhoea, respiratory issues |
| 33 | <i>Daemia extensa</i> R.Br | Utran | Asclepiadaceae | Menses problem, removal of snake or scorpion poison |
| 34 | <i>Datura stramonium</i> L. | Dhatura | Solanaceae | Anti-inflammatory, antispasmodic |
| 35 | <i>Dioscorea bulbifera</i> L. | Ratalu | Dioscoriaceae | Antidysentery, antisiphilis |
| 36 | <i>Dendrocalamus strictus</i> Nees. | Bans | Poaceae | Astringent tonic, indigestion |
| 37 | <i>Eclipta alba</i> (L.) Hassk | Bhringraj | Asteraceae | Hair oil for hair fall defence and dandruff problems |
| 38 | <i>Emblia officinalis</i> Gaert. | Amla | Euphorbiaceae | Stomach disorders, indigestion |
| 39 | <i>Euphorbia hirta</i> L. | Dudhi | Euphorbiaceae | Asthma, Infantile diarrhoea |
| 40 | <i>Ferula assa-foetida</i> L. | Heeng | Apiaceae | Fluctuance, stomach disorders, bronchitis, asthma |
| 41 | <i>Ficus bengalensis</i> L. | Bargad | Moraceae | Skin and eye diseases, diabetes, leucorrhoea |
| 42 | <i>Ficus glomerata</i> Roxb. | Umer | Moraceae | Dysentery, diabetes, asthma, ulcers, male contraceptive |
| 43 | <i>Ficus religiosa</i> L. | Peepal | Moraceae | Skin diseases, gonorrhoea, ulcers |
| 44 | <i>Gloriosa superba</i> L. | Kalihari | Liliaceae | Mumps, diphtheria, & abortifacient |
| 45 | <i>Hemidesmus indicus</i> (L.) R. Br. | Anantmul | Asclepiadaceae | Respiratory diseases, energy tonic |
| 46 | <i>Helicteres isora</i> L. | Marorphali | Sterculaceae | Gastro-enteritis |
| 47 | <i>Hibiscus rosa-sinensis</i> L. | Gurhal | Malvaceae | Enhances hair growth & reduces dandruff |
| 48 | <i>Ipomoea fistulosa</i> Mart. | Besharm | Convolvulaceae | Sprains, sedative, leucoderma |
| 49 | <i>Ipomea pes-tigridis</i> L. | Panchpatiya | Convolvulaceae | Leaf paste applied on the affected area to treat scorpion bite |
| 50 | <i>Jatropha curcas</i> L. | Ratanjot | Euphorbiaceae | Skin disorders and wounds |
| 51 | <i>Kigelia pinnata</i> (Jacq.) DC | Balamkhira | Bignoniaceae | Stomach disorders, indigestion |
| 52 | <i>Lawsonia inermis</i> L. | Mehndi | Lythraceae | Boils and burns |
| 53 | <i>Lathyrus aphaca</i> L. | Jungli Matar | Fabaceae | Famine food, dyestuff |
| 54 | <i>Madhuca indica</i> Gmel. | Mahua | Sapotaceae | Snake bite, stomach ache |
| 55 | <i>Mimosa pudica</i> L. | Lajwanti | Mimosaceae | Carminative, aphrodisiac, indigestion |
| 56 | <i>Momordica dioica</i> Roxb. | Kakora | Cucurbitaceae | Fever, urogenital disorders |

| | | | | |
|-----|--|---------------|----------------|---|
| 57 | <i>Morus alba</i> L. | Shahtoot | Moraceae | Purgative, insomnia, dizziness |
| 58 | <i>Mucuna pruriens</i> (L.) DC. | Kevanch | Fabaceae | Against intestinal worms |
| 59 | <i>Nyctanthes arbor-tristis</i> L. | Harsingar | Oleaceae | Rheumatism, skin diseases, diabetes |
| 60 | <i>Ocimum sanctum</i> L. | Tulsi | Lamiaceae | Malaria, Jaundice, Typhoid, Cough & cold |
| 61 | <i>Oxalis corniculata</i> L. | Khatti bhaji | Oxalidaceae | Diabetes, ulcers, wounds |
| 62 | <i>Parthenium hysterophorus</i> L. | Gajarghas | Asteraceae | Anti-allergic |
| 63 | <i>Phyllanthus emblica</i> L. | Amla | Euphorbiaceae | Diarrhoea, jaundice, inflammation |
| 64 | <i>Ricinus communis</i> L. | Arandi | Euphorbiaceae | Jaundice, constipation, arthritis, insomnia, menstrual cramps |
| 65 | <i>Ruta graveolens</i> L. | Sitab | Rutaceae | Against ringworm, abortifacient |
| 66 | <i>Saraca indica</i> L. | Ashok | Fabaceae | Brain tonic, fever, pain, uterine & genital disorders |
| 67 | <i>Semecarpus anacardium</i> L. | Bhilwa | Anacardiaceae | Digestive and reproductive disorders |
| 68 | <i>Solanum nigrum</i> L. | Makoi | Solanaceae | Indigestion, scrotum swelling |
| 69 | <i>Syzygium cumini</i> L. | Jamun | Myrtaceae | Diabetes, bronchitis, asthma, dysentery, ulcers, sore throat |
| 70 | <i>Terminalia arjuna</i> (Rpxb.)W. & A. | Arjun | Combretaceae | Cardiac problems, fractured bone recovery |
| 71 | <i>Tinospora cordifolia</i> Willd. | Giloy | Menispermaceae | Sexual impotency, fever, malaria |
| 72 | <i>Withania somnifera</i> (L.) Dunal | Ashwagandha | Solanaceae | Sexual impotency, aphrodisiac |
| 73 | <i>Vitex negundo</i> L. | Nirgundi | Verbenaceae | Rheumatism, diabetes, ulcers, throat pain |
| 74 | <i>Xanthium strumarium</i> L. | Chhota gokhru | Asteraceae | Diuretic, diaphoretic |
| 75s | <i>Ziziphus nummularia</i> (Burm. f.) Wight & Arn. | Jharberi | Rhamnaceae | Gastrointestinal problems, diabetes, bilious infections |

Conclusion

Tribal communities of Madhya Pradesh relies heavily on Indian system of medicine such as Ayurveda, Siddha and Unani and are utilizing the plants for food and medicinal purposes. In the past, ethnobotanical research was predominately a survey of the plants used by local practitioners but in today's world ethnobotany focuses primarily on how plants are used, managed and perceived across human societies to serve different purposes and thus curing different ailments or diseases i.e. respiratory, gastrointestinal, gastro-urinogenital, reproductive etc. Additionally, the medicinal plant wealth being our national heritage seems to be the first and foremost line of defense mostly in tribal and rural communities for the treatment of various disorders or ailments. The plants or plant-based products are serving good purposes to alleviate the occurrence of diseases thus caused.

Acknowledgments

The author is thankful to the respective college authorities for granting permission to carry out this review work.

Conflict of interest

There is no conflict of interest.

References

- Ahirwar RK. A survey of medicinal plants used by tribals of Anuppur District, central India. *Indian J Appl. & Pure Biol.* 2010;25:227-230.
- Ahirwar RK. Ethnomedicinal uses of plant roots from Shahdol district of M.P. India. *Indian J Appl. & Pure Biol.* 2010;25(1):71-76.
- Ahirwar RK, Singh GK. Some anti-diabetic plants from Dindori District of Madhya Pradesh (India). *Indian J Appl & Pure Biol.* 2011;26(2):269-271.
- Baca JE. Some health beliefs of the Spanish speaking. In: Martínez RA, ed. *Hispanic Culture and Health Care: Fact, Fiction, Folklore.* St. Louis, MO: Mosby; c1978. p. 92-98.
- Balick MJ, Kronenberg F, Ososki AL, et al. Medicinal plants used by Latino healers for women's health conditions in New York City. *Econ Bot.* 1996;54(3):344-357.
- Chopra RN, Nyar SL, Chopra IC. *Glossary of Indian Medicinal Plants.* New Delhi: Council of Scientific and Industrial Research; c1956.
- Dwivedi S, Dwivedi A, Dwivedi SN. Folk lore uses of some plants by the tribes of Madhya Pradesh with special reference to their conservation. *Ethnobot Leaflets.* 2008;12:763-771.
- Dwivedi S, Shrivastava S, Dubey D, Kapoor S, Jain S. Status and conservation strategies of herbal oral contraceptives. *Planta Indica.* 2007;3(1):5-7.
- Ekka R, Dixit VK. Ethno-pharmacognostical studies of medicinal plants of Jashpur district, Chhattisgarh. *Int J Green Phar.* 2007;1(1):2-4.
- Gordon SM. Hispanic cultural health beliefs and folk remedies. *J Holist Nurs.* 1994;12(3):307-322.
- Jadhav D. Ethnomedicinal plants used by Bhil tribe of Bibdod, Madhya Pradesh. *Indian J Tradit Knowl.* 2006;5(2):263-267.
- Khan AA, Agnihotri SK, Singh MK, Ahirwar RK. Observation of Certain plants used in skin diseases by Baiga Tribes of Mandala district. *Plant Arch.* 2008;8(1):283-284.
- Kumar R, Suman NR, Dash SS. Traditional uses of plants by Tribals of Amarkantak Region, Madhya Pradesh. *Indian J Tradit Knowl.* 2004;3(4):382-390.
- O'Connor BB. Healing practices. In: Loue S, ed. *Handbook of Immigrant Health.* New York: Plenum; 1998:45-162.
- Pandey CS, Upadhyay SD, Pandey V. Medicinal and aromatic plants in Madhya Pradesh: SWOT analysis. *Int J Agric Sci.* 2019;11(6):8054-8058.
- Prakash R. Ethnobotanical survey of medicinal plants commonly used by tribal persons of Tikamgarh District Madhya Pradesh. *World J Pharm Res.* 2017;6(7):1085-1107.
- Ray S, Sheikh M, Mishra S. Ethnomedicinal plants used by tribals of East Nimar region, Madhya Pradesh. *Indian J Tradit Knowl.* 2011;10(2):367-371.
- Samar R, Srivastava PN, Jain M. Ethnobotanical Study of Traditional Medicinal Plants Used By Tribe of Guna District, Madhya Pradesh, India. *Int. J Curr. Microbiol. Appl. Sci.* 2015;4(7):466-471.