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Parul Thakur

Post Graduate Department of
Prasuti Tantra evam Stree Roga
Shri Dhanwantri Ayurvedic
Medical College and Research
Centre, Mathura, Uttar Pradesh,
India

Dr. Mukesh Jhariya

Department of Botany,
Microbiology & Environment
Science, Govt. Science College,
Jabalpur, Madhya Pradesh,
India

Corresponding Author:

Dr. Mukesh Jhariya

Department of Botany,
Microbiology & Environment
Science, Govt. Science College,
Jabalpur, Madhya Pradesh,
India

Ethno-medicinal plants used to treat gynecological disorders by Tribals of Dindori District of Madhya Pradesh, India

Parul Thakur and Mukesh Jhariya

Abstract

Gynecological Disorder is one of the most severe circumstances under reproductive health. So, we collected Ethno-medicinal information from traditional healers, Vaidya's, Ojha's, Gunia's or medicinal practitioners to use traditional ethno medicinal plants for the treatment of different gynecological disorders in Dindori district of Madhya Pradesh. In the present study a total number of 41 plant species of ethno medicinal plants belonging to 25 families were recorded as remedies for gynecological problem. On the basis of fieldwork, tribal people has been revealed the ethno medicinal information to treat commonly for leucorrhoea, gonorrhoea, lactation, abortion, irregular menses, menstrual pain, white discharge, menorrhagia, menstruation, and complaints of menopause. It is very important and useful to document traditional knowledge of ethno-medicinal plant and their uses and also necessary to conserve the plant species for new drug development in future.

Keywords: Gynecology, Ethno-medicine, Ethno-gynecology, medicinal plants

Introduction

Ethno medicine is the most important part of traditional health maintenance system in most part of the world. Medicinal plants exploited for periods to treatment of several disease of health care systems in several rural and tribal community worldwide (Fransworth 1993) [5]. Indian rural almost 70%-80% of population is dependent to the traditional medicine system. In Indian people mainly the tribes who are living in forest or attached areas, since long past, maintaining their health through the help of their ethno-medicinal knowledge (Shukla *et al.*, 2008) [13]. It has been assessed that 14 - 28% of higher plant species are medicinally used and 74% of pharmacologically active components derived from plants after succeeding ethno medicinal use of the plant (Ncube *et al.*, 2008.) [7]. Tribal community still almost depend on the ethno medicinal plants which are less luxurious, easily accessible, readily available and highly reliable and they are considered to have less or no side effects in comparison to modern medicines (Caniago,1998) [4]. The ethno medicinal plants usually used in traditional medicine systems are commonly collected from the wild but they can also be easily developed or domesticated in the home garden. Tribal communities have diverse awareness of traditional medicines correlated to indigenous plants for basic health maintenance (Rekha *et al.*, 2013) [11]. The tribal people traditionally depend on ethno-medicinal plants to treatment of numerous gynecological disorders like abortion, menstrual trouble, conception disorders, sterility, delivery problems, etc. mostly rural women prefer to use plant as medicine instead of allopathic medicines for the treatment (Yadav *et al.*, 2006) [15].

Ethno-gynecology study is an emerging and comparatively new subject although mostly tribal people traditionally use many ethno-medicinal plants to cure various gynecological disorders that are essentially deals with the healing of different gynecological problems among tribal women like abortion, menstrual trouble, leucorrhoea, gonorrhoea, delivery problems and anti-fertility (Rahman 2014 ;Rehman *et al*, 2022) [9, 10].

Tribal people of Madhya Pradesh have been studied to treat different gynecological disorders like leucorrhoea, gonorrhoea, menorrhagia, amenorrhoea, dysmenorrhea, promote pregnancy, abortifacient, menstrual disorders, white discharges, irregular menstruation, sterility, syphilis, spermatorrhea, uterine complications and abdominal pain etc. (Tripathi *et al.*, 2010) [14].

The tribal people of Dindori district are also dependent on traditional Ethno medicinal plants

for treatment of various gynecological disorders. Tribal people approach Herbal healers, Vaidya's, Ojha's, instead of doctors. They directly use Ethno medicinal plants in different form for treatment of leucorrhoea, white discharge, irregular menstruation, easy delivery, contraception and burning sensation in urine etc. (Shrivastava, 2013) [12].

Study Site

Dindori district is newly formed district of Madhya Pradesh. It was established on 25th May, 1998. The district is a part of the Jabalpur Division of Madhya Pradesh. The holy river

Narmada passes through the district. Dindori is located in the eastern part of Madhya Pradesh, with an area of 7470 km² situated adjacent to Mandla district in the West, Shahdol district in the East, Umariya district in the North and Bilaspur district of the state of Chhattisgarh in the South. The district is situated between the latitudes 23.37° N and 22.44° N and longitudes 80.48° E and 81.76° E. It is divided into 7 blocks namely Amarpur, Bajag, Dindori, Karanjia, Mehadwani, Samnapur and Shahpura. The Dindori district comprises a total of 927 villages. Baigas are the most prominent tribe among the other major tribes like Gond and Sahariya.



Fig 1: Map showing location of Dindori District of M.P, India



Fig 2: Map showing location of different blocks of Dindori District

Material and Method

In the present study, multiple field trips were conducted for collection of ethno gynecological documentation. During the field interview the information was noted in the documentation record book. Ethno medicinal information was collected through informal interviews on ethno medicinal uses of different plant species for gynecological disorders. Interviews were conducted with local knowledgeable old age persons, traditional healers, Vaidya's, Ojha's, Gunia's or medicinal practitioners. Ethno medicinal value of plant use for treatment of several gynecological disorders was listed including scientific name, family, local name, parts used and ethno-medicinal uses of plants (Table-1).

Result and Discussion: In the present study, a total number of 41 plant species belonging to 25 families were recorded. Our study reveals the different uses of ethno-medicinal plants and their knowledge of tribal people of Dindori district for treatment of gynecological disorder. We recorded 18 diseases

and recognized as gynecological disorders. We also found leucorrhoea, gonorrhoea and menorrhagia are the most common problem in the particular area and they also use ethno-medicinal plants to cure. The highest ethno-medicinal plant remedy used as Root, Stem bark and Leaf in the form of decoction, paste and powder.

Quite similar results were obtained by Balamurugan *et al.* (2018) [2] in South India. They recorded 62 plant species of 44 families for traditional uses of plants in various gynecological problems. Priya and Kumar (2024) [8] also documented 40 plant species belonging to the 27 families for the treatment of different gynecological disorders in a part of Haryana.

In the present study leucorrhoea is recorded to the highest treatable most common problem. Gupta and Solanki (2013) [6] obtained quite similar result they also reported and recognized fourteen diseases for different gynecological disorders, among all these disorders leucorrhoea was recorded and more prone treatable disease in the area. Similar result also recorded by Bhatia *et al.* (2015) [3] in their gynecological studies.

Table 1: Ethno-medicinal plants used in gynecological disorders by tribes in Dindori district.

Scientific Name	Family	Local Name	Parts Used	Ethno-medicinal uses
<i>Achyranthes aspera</i> (L.)	Amaranthaceae	Chirchira	Leaf, Root, Inflorescence	Take fresh leaf decoction 4-5 ml twice a day orally to treat Excessive haemorrhage during before pregnancy and after partal haemorrhage. Crush fresh root and take 4-5 ml extract three time a day to Control and avoid after abortion abdominal pain. Make Inflorescence paste and apply externally to encourage abortion.
<i>Aloe barbadensis</i> (L.)	Liliaceae	Ghritakumari	Fleshy leaf	200 ml water and mixed fresh leaf juice taken empty stomach In the morning 15-20 day for treatment of uterine disorders, suppression of menses, induced

				abortion and very useful after pregnancy as a tonic.
<i>Annona squamosa</i> (L.)	Annonaceae	Sitaphal	Root	Crush dried root to powder form and take it every morning regularly (8 gm) for 7 days to avoid 2 or 3 months of pregnancy.
<i>Artocarpus heterophyllus</i> (L.)	Moraceae	Kathal	Bark	Use fresh bark juice with 200 ml water to treat excessive menstrual discharge.
<i>Azadirachta indica</i> (L.)	Meliaceae	Neem	Stem bark, Fruit	Take 8-10 gm stem bark powder and mixed with honey is given women early morning for 10-15 day as a contraceptive to avoid pregnancy. Use dried fruit powder 5 gm and mixed with 200 ml water once a day in the early morning to facilitate menstrual cycle.
<i>Boerhavia diffusa</i> (L.)	Nyctaginaceae	Punarnava	Whole Plant	Whole plant extraction takes 10 ml every morning for 20 days. It is very useful to the treatment of leucorrhoea.
<i>Butea monosperma</i> (L.)	Fabaceae	Palash, Chhewala	Stem bark, Flowers	15 gm stem bark dust taken twice a day for 10-15 days to treatment of menorrhagia and leucorrhoea. Make fresh flowers paste and take it orally for 10 days to treat white discharge.
<i>Calotropis procera</i> (R. Br.)	Asclepiadaceae	Aak, akoua, akman	Root	5 ml fresh root decoction mixed with 2 gm <i>Piper longum</i> Powder given to women early morning for 15 day for treatment of leucorrhoea.
<i>Cassia fistula</i> (L.)	Caesalpineaceae	Sonalu	Stem bark	10 gm of stem bark powder mixed with 5 gm black pepper Given orally to women for 10-15 days for treatment irregular menstrual disorders.
<i>Catharanthus roseus</i> (L.)	Apocynaceae	Sadabahar	Leaf	Fresh leaf extraction 10 ml mixed with honey taken once a day in the early morning 8-10 day for treatment of menorrhagia, leucorrhoea and gonorrhoea.
<i>Cassia fistula</i> (L.)	Fabaceae	Amaltash	Bark	10 gm bark powder is taken orally twice a day to 15 days for treatment of leucorrhoea.
<i>Dalbergia sisoo</i> (L.)	Fabaceae	Shisham	Leaf	Fresh leaf extracts 10 ml taken once a day in the morning very useful to treat gonorrhoea.
<i>Emblica officinalis</i> (L.)	Euphorbiaceae	Aamla	Fruits, Seed	20 gm dried fruits powder mixed with sugar and salt take it orally twice a day to 20 days For treatment of leucorrhoea. 10 gm dried fruit and seed powder mixed with honey once a day empty stomach in the morning 10-15 days to cure menorrhagia.
<i>Euphorbia hirta</i> (L.)	Euphorbiaceae	Dudhyia	Leaf	Fresh leaf juice taken 10 days every morning it is very useful for treatment of menstrual problems and leaf extract facilitate to irregular periods.
<i>Ficus benghalensis</i> (L.)	Moraceae	Baniyan tree, Bargad	Whole plant	Whole plant part is used to treat gonorrhoea and soaked fruit taken directly early in the morning for the treatment of gonorrhoea and leucorrhoea.
<i>Ficus hispida</i> (L.)	Moraceae	Katgular	Fruit	20 gm green fruits boiled and orally taken once a day after pregnancy to increase milk production.
<i>Hemidesmus indicus</i> (R. Br.)	Asclepiadaceae	Anantamul	Root	15 gm fresh root paste takes empty stomach 10-15 days very effective result for treatment of leucorrhoea. To increase breast milk production during feeding of the child dried root powder with the cow milk given to mother twice in a day.
<i>Hibiscus rosa-sinensis</i> (L.)	Malvaceae	China rose	Stem bark	20 gm stem bark paste given to woman regularly for 7 days to facilitate abortion. 5 gm of flower paste mixed with 3 gm iron and 5 ml of liquor given to women before menstruation as a contraceptive.
<i>Ipomoea paniculata</i> (L.)	Convolvulaceae	Bhuikumra, Besram	Root	Fresh root paste or dried root powder is used for treatment of menorrhagia, gonorrhoea, spermatorrhea and syphilis. It is also useful as an aphrodisiac.
<i>Jasminum angustifolium</i> (L.)	Combretaceae	Jasmine, Banmallika	Flower	10 ml of fresh flower extract to use clot of breast milk or avoid the lactation production of breast.
<i>Madhuca longifoila</i> (L.)	Sapotaceae	Mahua,	Leaf	10 ml of leaf extract taken orally to increase breast milk secretion (lactation) during breast feeding of the child.

<i>Mangifera indica</i> (L.)	Anacardiaceae	Aam	Bark	Stem bark powder 10 gm with honey given to mother twice in a day to increase breast milk production (lactation).
<i>Mentha longifolia</i> (L.)	Lamiaceae	Horsemint, Fillymint	Leaf	Fresh leaf juice taken 15 days every morning for the treatment of menstrual disorders.
<i>Michelia champaca</i> (L.)	Magnoliaceae	Champa	Stem bark, flower, fruit	10 gm of dried stem bark mixed with 200 ml water taken orally twice in a day for 20 days for treatment of irregular menstruation cycle. Flower and fruits are very useful in treatment of leucorrhoea and gonorrhoea.
<i>Moringa oleifera</i> (L.)	Moringaceae	Munga	Root, Gum	15 gm dried root powder mixed with 200 ml warm milk is given to women for 10 days to facilitate abortion. 10 gm dried gum taken orally once a day for 15 days in treatment of menstrual disorders and several venereal diseases.
<i>Ocimum sanctum</i> (L.)	Lamiaceae	Tulsi	Root	200 gm dried root powder, add 50 gm of black pepper powder mixed with honey taken orally once a day to treatment of white discharge.
<i>Phyllanthus niruri</i> (L.)	Euphorbiaceae	Bhuiamala	Whole plant	Take fresh hole plant decoction 10 ml mixed with 100 ml water is given for 10-15 days to treatment of menorrhagia, leucorrhoea and gonorrhoea.
<i>Piper longum</i> (L.)	Piperaceae	Long piper, Pippali	Leaf Fruits	10 gm fresh leaf and 10 gm of inflorescence are mixed with 200 ml water and taken once a day for 10 days to treatment of menstrual disorder, leucorrhoea and gonorrhoea. Fruits are very useful for the treatment of menstrual disorder, leucorrhoea and gonorrhoea.
<i>Plumbago zeylanica</i> (L.)	Plumbaginaceae	Chitrak	Root	Take fresh root paste and made big size of tablet and placed it inside the vagina overnight to Induce abortion. 1 tea spoonful of root paste mixed with honey is given early in the morning to treat syphilis and uterine haemorrhage.
<i>Rauvofia serpentina</i> (L.)	Apocynaceae	Sarpagandha	Root	10 ml of root decoction mixed with 200 ml cow milk is given twice in a day for 15-20 days increase uterine contraction for expansion of foetus at the time of pregnancy.
<i>Ricinus communis</i> (L.)	Euphorbiaceae	Andi, Rehri	Leaf	10 ml fresh leaf extract mixed with honey taken orally twice in a day for 20 days is very useful to increase menstruation, when menstruation is less.
<i>Saraca asoca</i> (L.)	Caesalpineaceae	Ashok	Bark	15 gm of dried bark powder mixed with 200 ml water given women for continuously 20 days in twice a day to cure leucorrhoea, menstrual pain, irregular menses, menorrhagia and complaints of menopause.
<i>Sida cardifolia</i> (L.)	Malvaceae	Berela	Root	Prepared root decoction (1 tea spoon full) mixed with milk is taken continuous 20 days every morning in empty stomach for treatment of leucorrhoea and gonorrhoea.
<i>Smilax ovalifolia</i> (L.)	Smilacaceae	Ram datun	Root	1 tea spoonful of fresh root paste and 1 tea spoonful of honey mixed with 200 ml warm milk taken once a day for 20 days to treatment of abnormal discharges of semen and other uterine diseases.
<i>Tamarindus indica</i> (L.)	Caesalpineaceae	Imli	Fruit	2 tea spoonful fruit paste and 5 ml honey mixed with 300 ml of cow milk given to women every day to cure menorrhagia.
<i>Tectona grandis</i> (L.)	Verbenaceae	Teek, Sagon	Leaf	20 ml of fresh leaf decoction taken once in a day to treatment of irregular menstrual cycle.
<i>Terminalia arjuna</i> (Roxb)	Combretaceae	Arjuna, Koha	Stem bark	Stem bark paste 10 ml taken twice in a day very useful to stop bleeding during labor.
<i>Terminalia chebula</i> (L.)	Combretaceae	Harra	Fruit	15 gm of dried fruit powder mixed with 1 tea spoonful honey taken once in a day to facilitate painful menstruation.
<i>Wedelia chinensis</i> (L.)	Asteraceae	Bhringaraja	Whole plant	10 ml fresh plant decoction mixed with 200 ml water taken early in the morning to treatment of uterine haemorrhages and menorrhagia.
<i>Withania somnifera</i> (L.)	Solanaceae	Aswagandha	Root	5 gm dried root powder with warm cow milk taken twice in a day to cure leucorrhoea and

				menstrual disorder.
<i>Woodfordia fruticosa</i> (L.)	Lythraceae	Dhataki	Flowers	5 gm dried flower powder with honey is given to women twice in a day to treatment of leucorrhoea and gonorrhoea.

Conclusion

The tribal people in Dindori district have their deepest traditional knowledge of ethno medicinal plant of curing many gynecological disorders. They prescribed as medicine different parts of the plant namely root, stem, leaf, flower, fruits, seed, and bark, in different mode. In the present study 41 plant species belonging to 25 families used by the traditional healers, Vaidya's, Ojha's, Gunia's or medicinal practitioners against gynecological problems of women are documented. The proper identification of ethno-medicinal plants is most essential for the future researchers and other processes of medicine.

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