International Journal of Biology Research
www.biologyjournal.in
ISSN: 2455-6548
Received: 15-04-2021, Accepted: 06-05-2021, Published 26-05-2021
Volume 6, Issue 2, 2021, Page No. 11-17

Medicinal plants used by konkana tribe of Nashik District Maharashtra, as a remedy after Childbirth

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Abstract
India is one of the twelve Mega Biodiversity country of the world having rich vegetation with the wide variety of plants having unique medicinal value. Tribal people occupy a larger part of Indian culture & society. Herbal medicines have great demand due to their permanent effect & little or no side effects. In India indigenous system of medicine (Ayurveda, Siddha, Unani) have been well established several regions of Nashik district (Maharashtra) has rich flora in its varied type of forests. The Konkana tribals reside in Nashik district. The field trips in these areas were carried out during intervals in Dec. 2013 to June 2015. The ethno botanical survey revealed use of 15 plants species belonging to different families as a remedy after childbirth, present paper deals information after discussion with local lady vaidus and collected data is scientifically tabulated and analyzed.

Keywords: medicinal plants, konkana tribe, woman

Introduction

Ethnobotany deals with the relationship between human societies and plants. Medicinal plants continue to provide health security to rural people throughout the globe. according to WHO, over 80% of people in developing countries depend on traditional medicines for their primary health need herbal medicines are in great demand in both developed & the developing countries in primary health care because of their little or no side effects Nashik district of Maharashtra state has different topographical, edaphic & climatic features comprising rich flora in its varied types of forests". The Nashik district is divided into fifteen revenue places. The forest covered an area of 3,446 26sq. km. the climate of Nashik region is characterized by dryness except in monsoon season. Western Ghat (Igatpuri, Surgana, Peth) rainfall is heavier than the rest part of district. The temperature goes down to 10°C in winter & rises up to 43°C in summer. The present study was carried out in the Nashik district of Maharashtra especially in, Igatpuri, Surgana, Peth. In Maharashtra there are 47 tribal communities living in the remote and hilly region where dense forest is present. Their life is depends on nature. They having good knowledge about medicinal plants and having their own system of treatment on various afflictions. They orally transferring their knowledge from generation to generation. there are several communities living in Nashik district especially in Igatpuri, Dindori, Kalwan, Tryambakeshwar, Niphad, Peth, Surgana etc. total 18 tribes are spread all over the Nashik region (gazette of India, Maharashtra state, Oct. 1975) The present study investigates the detail study of Konkana community in Deola-Kalwan which associated with the medicinal uses of plants.

Material and Methods

For the collection of information on plants used as traditional medicine by the Kokana tribe. A questionaries' was prepared and before interviewing them consent was taken from knowledge provider. For survey and collection of information frequent field visits was arranged. During field visits data on the medicinal uses was collected from local medicine women called Vaidus in Kalwan-Deola region.

The medicinal plants were collected during the survey and were properly identified with help of floras preserved in the form of herbarium. The recorded data compared with Study of Dwivedi (2004), Jain (1991) [6], Verma *et al*. (1995), Maheshwari *et al*. (1986) etc. During the study total number of 18 tribes were observed (ref. Gazetter of India, Maharashtra state, rev. February, 5th, 2016) were visited which are spread in the Tahasils like Peth, Surgana, Igatpuri, Trambakeshwar, Kalwan, Dindori, Deola and Niphad. Several visits to tribal areas of Nashik region made during Dec. 2013 to June 2015 in different localities in different seasons after regular intervals. An ethno medicinal survey was conducted during this period. Firsthand information on medicinal uses of plants *viz*. Local name, botanical name, plant part used, mode of preparation, dose and duration etc. was collected from old and experienced Vaidus or medicine women through intensive interviews according to methodology. The collected information was verified by repeated queries with different local herbalists in different seasons and compared with statement of at least three to four Vaidus.

Demography

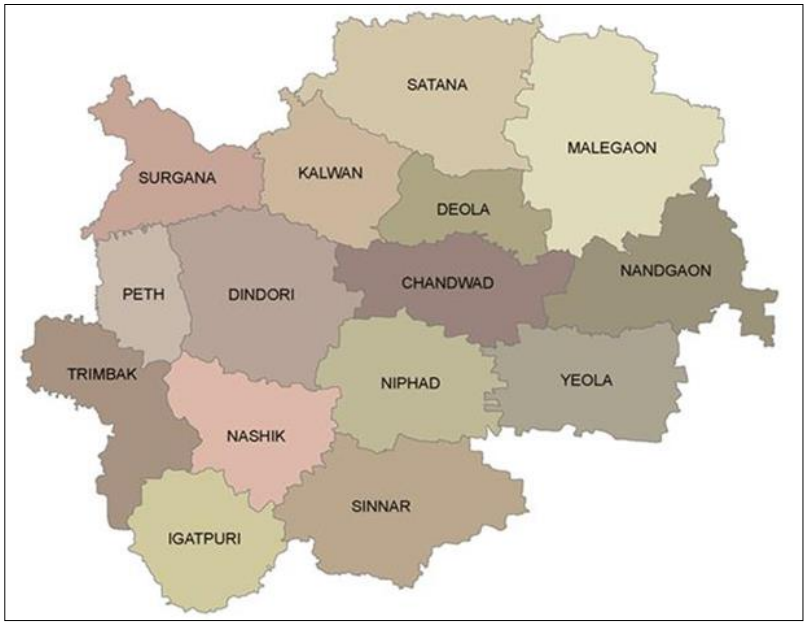

Fig 1

Results and Discussion

The present study includes information about 15 plants belonging to 15 genera and families which are commonly used by tribal people for regular remedies.

The traditional systems of medicine together with Homeopathy and folklore medicine continue to play significant role the health care system of population. The tribal population of India mostly dependent on use medicinal plants therapy for the health care needs. The present work has attracted the potential use of several medicinal plants to cure many serious diseases of mankind and animals. The practice Aurvedic medicines recorded in Sanskrit by legendry figures of Indian medicine, like Charka, Sushruta, Nagarjuna, Atreya and Jeevaka. India has 15% of medicinal plants out 20,000 medicinal plants of the word. Well-known medicinal plants of India and there uses have been recorded in the important Indian medicinal plants' literatures (Kirtikar and Basu, 1935, Chopra *et al* 1956, Jain, 1991 & 1993, Chaudhari *et al*. 1989, Trivedi, 2002, Binu *et al* 1992, Rastogi and Mehrotra, 1993) [5, 13, 12, 1, 11, 27, 6]. Total 62 medicinal plants used in Homeopathy and Ayurvedic preparations (Kulkarni D. K. and Upadhye A. S; 2007) [20].

Ehenomedicinal study was conducted to document the indigenous medicinal plant knowledge used by traditional healers in South-Western Ethopia (Haile Yineger, Delenasaw Yewhalaw and Demel Teketay, 2008) [15].

173 herbal plants with respective to local plant name, family use, plant parts used in different ailments by tribal local community of Jhunjhunu District of Rajasthan (Sharma O. P. *et al*. 2007) [29]. Tribal people have lack scientific knowledge use the medicinal plants because they suffers from nutritional and health problems due to malnutrition, lack of educational facility and job opportunities (Sonowal C. J. 2010) [31]. 26 number of antipyretic plant species belonging to 20 families and 23 genera have been recorded (Manbendra Dutta Chaudhari, Meenakshi Bawari, L. Shyamali Singha 2010) [22].

The study of Conservation of Ethno-medicinal plants of Mangrove forest in North Sumatra with conservation of total 48 medicinal plants, belonging to 23 families were studied by Onrizal and Mashhor Mansor, 2010.

After the discussions with Vaidus & local people it has been found that the use of locally available medicinal plants for curing diseases after childbirth was very common and traditional. In the present article, total of 15 different medicinal plants & their uses have been discussed.

Table 1: Commonly used Medicinal plants in Deola- Kalwan Region by Vaidus

Sr. no.	Botanical Name	Common Name	Family	Part Used
1	Calotropis gigantea L.	Rui	Asclepiadaceae	Bark
2	Centella asiatica (L.) Urban	Brahmi	Apiaceae	Leaf
3	Cissampelos pareira L.	Pahadmul	Menispermaceae	Roots
4	Costus speciosus (Koen.) Smith	Ketki	Zingiberaceae	Roots
5	1. Crotolaria alata Buch.-Ham. Ex D. Don	Khulkula	Fabaceae	All parts
6	Elephantopus Scaber L.	Hastipata	Asteraceae	Roots
7	Gloriosa Superb L	Kallawi	Colchicaceae	Root
8	Hibiscus Ramo-Sinensis L	Jaswand	Malvaceae	Flower
9	Moringa Oleifera Lam	Shewaga	Moringaceae	Root
10	Pterocarpus Marsupium Roxb	Bibla	Fabaceae	Bark
11	Punica Granatum	Dalimb	Punicaceae	Leaves
12	Thespesia Lampas (Cav.) Dalz.Ex Gibs	Ran Bhendi	Malvaceae	Root
13	Colocasia Esculenta (L) Schott	Alu	Arecaceae	Leaf
14	Achyranthus Aspera L.	Aghada	Amaranthaceae	All Parts
15	Phoenix Sylvestris (L) Roxb	Khajur	Palmae	Fruit

1. Calotropis gigantea (L.)
Local Name: R.Brrui
Family: Asclepiadaceae
Uses: The bark is mixed with black pepper (piper nigrum) and made into a paste and this tepid preparation is given for 3 days in an empty stomach as remedy to cure trouble arises after delivery

2. Centella asiatica (L.) Urban
Local Name: Brihmi
Family: Apiaceae
Uses: Leaf paste advised to take with food for women after the delivery. the juice of the leaves mixed with palm ággery is given twice daily for 7 days as tonic after delivery'.

3. Cissampelos pareira L.
Local Name: Pahadmul
Family: Menispermaceae
Uses: The whole plant pasted with seeds of Carum Carvi and Trachyspermum ammi and given twice daily for two days in lower abdomen pain after delivery".

4. Costus speciosus (Koen.) Smith
Local name : Ketki
Family : Zingiberaceae
Uses: The plant has many pharmacological activities such as antidiabetic, anti-inflammatory, antimicrobial, antioxidant. The fresh juice of the rhizome is given to treat difficulty in labour and pain associated during labour

5. Crotolaria alata Buch.-Ham. Ex D. Don
Local Name: Khulkula
Family: Fabaceae
Uses: Plant paste given for quick delivery and as tonic to a weak pregnant women for 10-15 days.

6. Elephantopus scaber L.
Local Name: Hastipata
Family: Asteraceae
Uses: The root of the plant is put in hairdo of women to facilitate childbirth. root paste given with water to reduce labour pain and accelerate delivery smoothly'.

7. Gloriosa superba L.
Local Name: Kallawi
Family: Colchicaceae
Uses: Root paste applies on lower abdomen and in vagina to accelerate delivery without pain. the root paste applied on palms for release of placenta quickty after defivery

8. Hibiscus rosa-sinensis L
Local Name: Jaswand
Family: Malvaceae
Uses: Hibiscus decoction is known to reduce the abdominal cramps and offer medical relief by controlling excessive bleeding.

9. Moringa oleifera lam.
Local Name: Shewaga
Family: Moringaceae
Uses: The juice of fresh root is given for quick and smooth delivery. It decreases malnutrition,prevent low birth weight,increase pregnant womens Hb level.

10. Pterocarpus marsupium Roxb
Name: Biba
Family: Fabaceae
Uses: The juice of bark is given after delivery as tonic.

11. Punica Granatum
Local Name: Dalimb
Family: Punicaceae
Uses: The green leaves fried with 'ghee' are given to women continuously for a month after childbirth for checking bleeding. The leaves are made into a paste with leaves of Santalum album and mixed with curd and honey. this preparation given once daily in empty stomach for threedays for checking miscarriage.

12. Thespesia Lampas (Cav.) Dalz. Ex Gibs.
Local Name: Ran Bhendi
Family: Malvaceae
Uses: Root is tied with white thread on waist of delivering mother for quick delivery.

13. Colocasia Esculenta (L) Schott
Local Name: Alu
Family: Arecaceae
Uses: Young leaf and runner is used for making curry which is used for healing post delivery stages of women within first 15 days.

14. Achyranthus Aspera L.
Local Name: Aghada
Family: Amaranthaceae
Uses: Whole plant extract taken orally to check excessive bleeding during delivery.

15. Phoenix Sylvestris (L) Roxb
Local Name: Khajur
Family: Palmae
Uses: Fruit powder is given as a tonic after delivery,

Fig 2: Calotropis procera

Fig 3: Centella asiatica

Fig 4: Cissampelos pareira

Fig 5: Costus speciosus

Fig 6: Crotolaria alata

Fig 7: Elephantopus scaber

Fig 8: Gloriosa superba

Fig 9: Hibiscus rosa-sinensis

Fig 10: Moringa oleifera

Fig 11: Pterocarpus marsupium

Fig 12: Punica granatum

Fig 13: Thespesia lampas

Fig 14: Colocasia esculenta

Fig 15: Achyranthes aspera

Fig 16: Phoenix sylvestri

Discussion and Conclusion

Ten percent of the total population of the state of Maharashtra belongs to tribal population groups these groups remain isolated, living in remote forest & hilly areas far from civilization. Due to inadequate health infrastructure the women vaidu or dai making the delivery of konkana women in their huts and using herbal medicines. Their remains a conspicuous lack of maternal and child health services among the hilly tribal areas and consequently, the tribal demographic scenario one of high fertility, high maternal and infant mortality rates. The tribal mostly depend on the herbal medicines. The knowledge gained about the efficacy of medicinal plants by the tribes for descendants. This traditional knowledge helps in health care programmes. The present study in Nashik region provides a lead for scratch of new medicinal plants and further ethanopharmacological investigations on them. Such species may be utilized in the formation of new drugs after confirmation of their medicinal value on modern parameters. In order to preserve these plant resources from further depletion, there is an urgent need to involve appropriate conservation strategies to preserve the Nations precious natures heritage.

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