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Traditional knowledge on ethno-medicinal used by the tribal people of Rewa district, Madhya Pradesh (India)

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Abstract

The present study deals with survey on Traditional knowledge on ethno-medicinal used by the tribal people of Rewa district, Madhya Pradesh (India). A good number of plant species used by indigenous peoples in the treatment of communicable diseases e.g. rheumatism, gout and arthritis. In this study, 35 species of medicinal plants of 32 families and 35 species were recorded. Out of the 35 plant species, arthritis curing 16 (45.71%) are used, rheumatism 11 (31.43%) in used and 08 (22.86%) of gout. *Vitex negundo* is a popular remedy commonly used by local people for many common ailments. Traditional medicine was widely used in the home of tribes and forest dwellers. More than 30% of the nation's people have a wealth of traditional knowledge. Traditional knowledge often includes processes based on awareness. The diversity of plant uses among multinational communities is all based on action. The study of traditional or folk remedies is called ethnomedicine.

Keywords: ethno-medicinal, tribal people, Rewa, joint diseases

Introduction

Medicinal plants are a gift to mankind because they cure diseases without any side effects. Herbs have been a major factor in curing various diseases and ailments since ancient times. Herbs are widely used by tribes and peoples in rural areas, as they are found close to their homes. Herbs contain a large amount of natural substances that work to change the body's chemicals to restore them to their natural state of health. In recent years, due to a fast and busy lifestyle, mental disorders, low body function, many illnesses and disorders are on the rise (Sahu, 2010) ^[16]. One of the most common musculoskeletal disorders and disorders is rheumatism, which is more common in women 40 years of age and older. The cause of rheumatism is caused by the insertion of uric acid into the cartilage of the joints. Repeated attacks, pain and swelling of the joints, with disabling effects in some cases, have also been manifested in various joint ailments. Herbs have been used for centuries to treat many ailments and have been shown to be effective in some herbal remedies for rheumatism. In the modern allopathic system many medicines are also prescribed for the disease, but they have many side effects. So to avoid their side effects, nowadays, people are more prone to using herbal remedies than modern allopathic (Samvatsar and Diwanji 1999) ^[17]. To keep this in mind, the current paper highlights traditional knowledge of the traditional medicine used by the tribes to treat the Rewa district. These herbs have properties that can greatly reduce joint pain or inflammation and have no side effects.

Ethnobotanical studies on medicinal plants were carried out by many worker such as (Jain, 1963a, Maheshwari, *et al.*, 1986, Lal, 1988, Oommachan and Masih, 1989, Kadel, and Jain, 2006, Khan, *et al.*, 2005 & 2008, Wagh and Jain, 2010, Diwanji, 2011, Jadhav and Rawat, 2011, Alawa and Ray, 2012, Yadav *et al.* 2014, Singh and Batish, 2015, Sharma, 2016, Radha *et al.* 2019, Kumar, 2019) [4, 13, 12, 14, 7, 8, 9, 10, 20, 21, 2, 3, 1, 22, 19, 18, 15, 11]. The present paper provides Traditional knowledge on ethno-medicinal information on some important plant species used by the tribal communities of Rewa district to cure the joint diseases.

Rewa District is a district of the Madhya Pradesh state in central India. The city of Rewa is the district headquarters. Rewa is also known as the 'Land of White Tigers' as the first White Tiger was discovered here by Maharaja of the province, Martand Singh in 1951 in the nearby jungle of Govindgarh. Madhya Pradesh's only Sainik School is also situated in Rewa. Rewa was capital

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city of Vindhya Pradesh. Rewa lies between $24^{\circ}18'$ and $25^{\circ}12'$ north latitudes and $81^{\circ}2'$ and $82^{\circ}18'$. The district is bounded on the north by Uttar Pradesh, on the east and southeast by Sidhi,

on the south by Shahdol, and on the west by Satna. Rewa district is part of Rewa Division and has an area of 6,240 km².

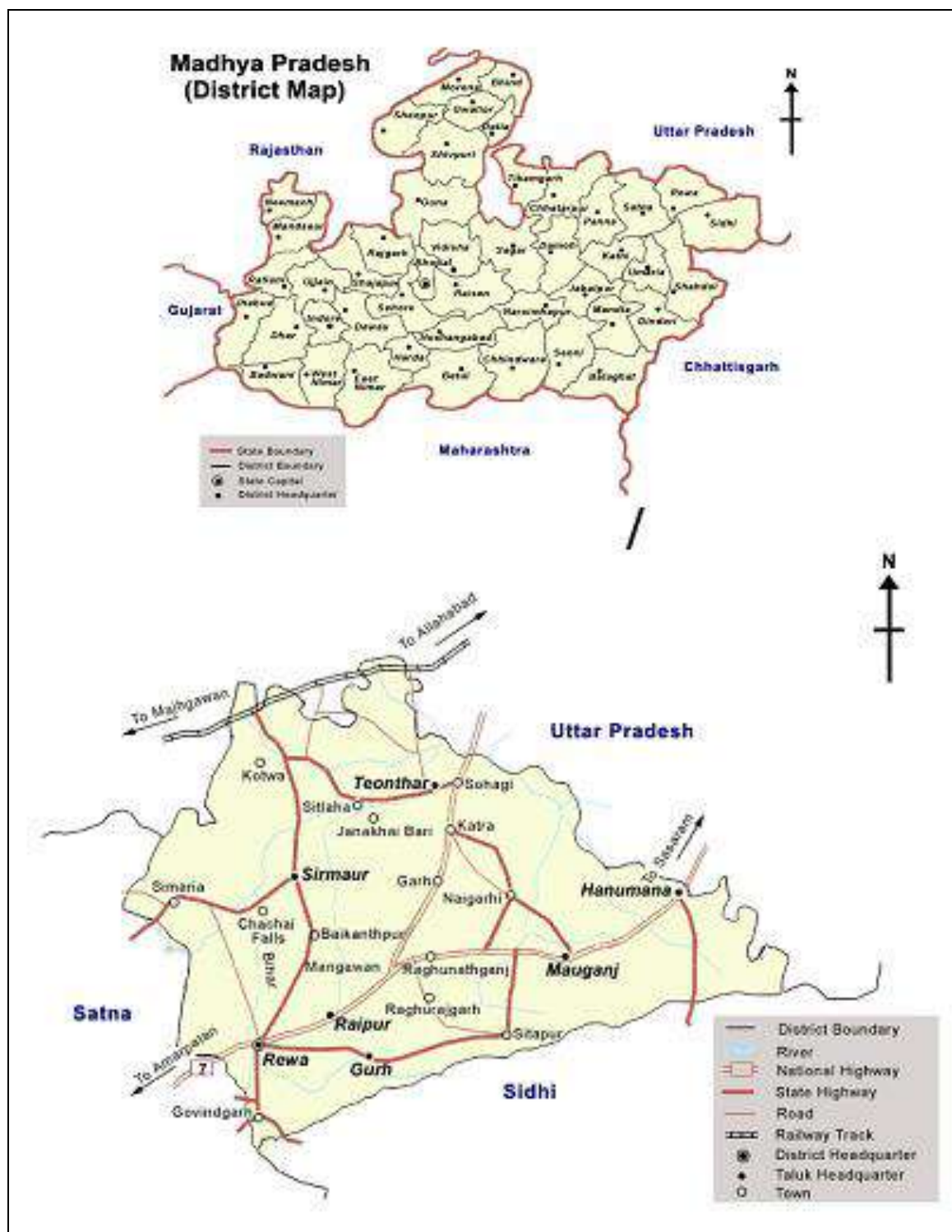


Fig 1: Location map of Madhya Pradesh and study area of Rewa

Material and Methods

The observation is based on a study conducted in the tribal areas of the Rewa district during June 2020-May 2021. Group discussions were organized to bring plants from a selected area and to show or distribute local trees in the forest, as suggested by Jain (1987) [5]. Information about the plant namely the name of the place, the parts used, the method of drug preparation, dosage etc. was collected from foreigners and 'Ojha' medicines. Examples of collected plants were taxonomically identified with

the help of regional plants and other authentic published literature. Examples of Herbarium prepared following the standard method (Jain and Rao, 1976) [6] and included in the Botany Deptt. of Government. Science P.G. College, Rewa (M.P.).

Results

Detailed information about various species along with diseases and drug preparation is given in Table 1.

Table 1: List of plant species used by the tribals of Rewa district

S. No.	Family	Botanical name	Local name	Disease name	Drug Preparation
1.	Apocynaceae	<i>Alstonia scholaris</i> (L.) R.Br.	Saptaparni	Arthritis	Glassful bark decoction is given orally twice a day daily.
2.	Anacardiaceae	<i>Lannea coromandelica</i> (Houtt.) Merr.	Moyan	Rheumatism	Stem bark decoction is given orally thrice a day.
3.	Araceae	<i>Amorphophallus paenifolius</i> (Dennst) Nicolson	Jangali Bhuta	Rheumatism	Corm paste is applied on affected parts.
4.	Aristolochiaceae	<i>Aristolochia indica</i> L.	Isharmul	Rheumatism	Root decoction is given twice a day.
5.	Asclepiadaceae	<i>Wattakaka volubilis</i> (L.F.) Stapf	Kadwa dudi	Rheumatism	Whole plant is macerated with water and mustard oil is added, formed paste is used.
6.	Asteraceae	<i>Elephantos scaber</i> L.	Gaujihawa	Rheumatism	Two teaspoonful root powder is administered orally twice a day.
7.	Burseraceae	<i>Boswellia serrata</i> Roxb. ex Colebr.	Salad	Arthritis	Gum is fried in sesamum oil and massaged on affected parts.
8.	Celatraceae	<i>Celastrus paniculatus</i> Willd.	Kangan	Rheumatism	Seed oil is applied externally on affected parts.
9.	Cleomaceae	<i>Cleome viscosa</i> L.	Kuslya	Arthritis	Leaf paste is bandaged on swelling.
10.	Convolvulaceae	<i>Ipomoea carnea</i> Jacq.	Umarichata	Arthritis	Latex is applied on affected areas.
11.	Costaceae	<i>Costus speciosus</i> (J. Koeing) Sm	Jangali Aadu	Gout	Rhizome paste is applied externally on affected parts.
12.	Euphorbiaceae	<i>Euphorbia neriifolia</i> L.	Thuvar	Arthritis	Stem is mildly heated and the gel is applied externally.
13.	Euphorbiaceae	<i>Ricinus communis</i> L.	Arandi	Rheumatism	Seed oil is massaged on limb.
14.	Fabaceae	<i>Buchanania lanzan</i> Spreng.	Achar	Rheumatism	Stem bark paste is massaged over limb.
15.	Hypoxidaceae	<i>Curculigo orchioides</i> Gaertn.	Kali musli	Gout	Root paste is applied over swelling.
16.	Leeaceae	<i>Leea asiatica</i> (L.) Ridsdale	Nanli Danhi	Arthritis	1 gm root powder mixed with mustard oil is taken orally twice a day.
17.	Liliaceae	<i>Urginea indica</i> (Roxb.) Kunth	Jangali Piyaz	Rheumatism	Bulb paste is bandaged on the affected part.
18.	Lytharaceae	<i>Woodfordia fruticosa</i> (L.) Kurz	Dhawai	Arthritis	Leaf paste is massaged over affected
19.	Malvaceae	<i>Sida cordata</i> (Burm. f.) Borss.	Rajbala	Gout	Root paste is mildly heated and applied externally.
20.	Meliaceae	<i>Soymida febrifuga</i> (Roxb.) A. Juss.	Rohan	Arthritis	Stem bark boiled in mustard oil and is massaged twice a day.
21.	Menispermaceae	<i>Tinospora cordifolia</i> (Willd.) Miers ex Hook.f. & Thoms.	Giloy	Arthritis	5 ml stem decoction is given orally twice a day.
22.	Moraceae	<i>Ficus benghalensis</i> L.	Bad	Gout	Latex is massaged on affected area.
23.	Moringaceae	<i>Moringa oleifera</i> Lamk.	Sehajana	Rheumatism	Bark is pounded in water and the extract is given orally twice a day.
24.	Myrtaceae	<i>Eucalyptus umbellata</i> Dum.	Lipta	Arthritis	Leaves are crushed and mildly heated and gently massaged over affected parts.
25.	Papaveraceae	<i>Argemone mexicana</i> L.	Katseriya	Gout	Seed oil is boiled with mustard oil and massaged over the affected parts.
26.	Plumbaginaceae	<i>Plumbago zeylanica</i> L.	Chitawal	Gout	Root paste boiled in mustard oil and massaged over affected parts.
27.	Poaceae	<i>Cynodon dactylon</i> (L.) Pers.	Dub	Arthritis	Decoction of whole plant is given orally twice a day.
28.	Rubiaceae	<i>Morinda pubescens</i> Sm.	Aaledi	Arthritis	Fruit ground with <i>Ricinus communis</i> oil and the formed paste is massaged over affected parts.
29.	Salvadoraceae	<i>Salvadora persica</i> L.	Pilu	Gout	Root bark is ground with mustard oil and bandaged on swelling.
30.	Sapindaceae	<i>Sapindus emarginatus</i> Vahl	Reetha	Arthritis	Fruit pulp is massaged on affected part.
31.	Sapindaceae	<i>Schelcheria oleosa</i> (Lour.) Oken.	Kusumda	Arthritis	Seed oil is heated mildly and massaged over affected parts.
32.	Sapotaceae	<i>Madhuca longifolia</i> var. <i>latifolia</i> (Roxb.) Chevalier	Mahua	Gout	Seed oil is applied on affected parts.
33.	Solanaceae	<i>Physalis minima</i> L.	Kanfuta	Arthritis	Root paste is applied on affected parts.
34.	Verbenaceae	<i>Vitex negundo</i> L.	Nirgudi	Rheumatism	Leaf hot fomentation is used.
35.	Vitaceae	<i>Cissus quadrangularis</i> L.	Gathiya	Arthritis	Whole plant paste is bandaged on the affected parts.

Discussion and Conclusion

Current research shows that in the absence of modern health facilities people living in the area rely on plants for medicinal

purposes. In this study 35 plant species of 32 families that have been propagated for 35 generations were recorded (Table 1). These herbs are used to treat ailments, namely, arthritis,

rheumatism, and gout. The types of plants used by rural people in the treatment of various ailments are very common, readily available, and relatively inexpensive. Their preparation and management approach is also simple and straightforward. The average person can easily afford treatment without any side effects. Of the 35 plant species listed above, 16 (45.71%) are plants used in arthritis, 11 (31.43 in rheumatism and 08 (22.86%) in gout.

Based on preliminary experimental research and group discussion, it was found that the information about the use of the plant in medicine is mainly focused on older people. The younger generation is unaware of the many therapies available in the area and is increasingly prone to conventional medicine. It was also found that traditional healers are reluctant to disclose their knowledge.

The traditional knowledge system of medicinal processes is still very rich and is found among the tribal community of the Rewa district (Madhya Pradesh). The establishment of modern health facilities is underway in many rural areas which may gradually transform the existing system of traditional health care knowledge. It is therefore necessary to document the traditional knowledge of useful plants and their medicinal uses before losing them permanently to society.

It is important to note here that as the treatment offered by the nations is found to be very effective. There is therefore a need to raise awareness about this plant and to assist them in planting and conserving this plant for local people to meet their medical needs.

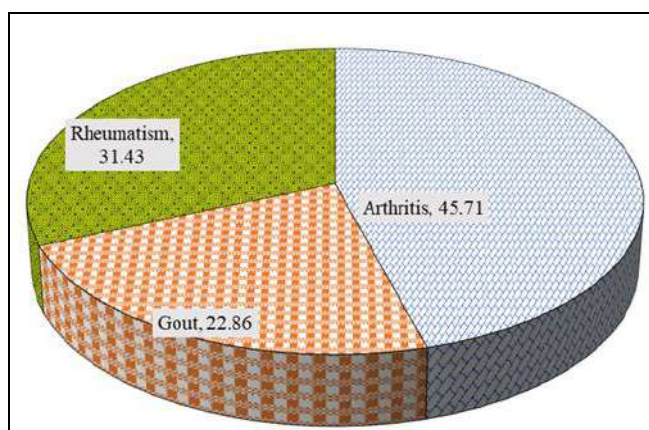


Fig 2: Distribution of Percentage Plant Species enumerated

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