

## A Review on Ethnomedicinal Plants of Nimar Area in Madhya Pradesh

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### ABSTRACT

Medicinal plants are a boon for disease. Nature has provided a rich botanical wealth with diverse plantation in different parts of India. Medicinal plants are useful for human ailments because of the presence of bioactive constituents or phytochemicals which are secondary metabolites such as alkaloids, saponin, glycosides, lactones, steroids etc. Due to the rapid extension of side effects of allopathic medicines, Herbal medicines are becoming popular day by day as Herbal drugs are safe, cheaper and easily available with therapeutic properties. In Nimar region of Madhya Pradesh, lots of common medicinal plants are available that are used by Nimari people and tribes as remedy to cure diseases. Nimar is the south western region of Madhya Pradesh state in west central India. The present paper provides information on 52 medicinal plants of Nimar area.

**Keywords:** Ethno medicinal plant, Bioactive constituent, Nimar area, Ailments, Traditional medicine.

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### INTRODUCTION

India has treasure of traditional medicines. Herbal medicines have therapeutic value. An Indian traditional medicinal system are based on various therapies including Ayurveda, Homeopathy, Unani. The Herbal drugs are initially evaluated on the basis of phytochemical and pharmacological approach. WHO has prepared list of medicinal plants that used globally<sup>1</sup>.

Medicinal plants are foundations of pharmaceutical companies because parts of plants are good generator of medicine. In India medicinal plants have been used since ancient time. Indian citizens are using spices in their food daily for better health<sup>2-3</sup>. S

ince last four decades considerable growth has been observed in the study of ethno medicinal plants<sup>4</sup>. Medicinal herbs are considered to be a chemical factory, which contain different kinds of chemical compounds like steroids, alkaloids, saponins, lactones, glycosides, sesquiterpene & oils<sup>5</sup>. Under indigenous systems of medicine, medicated herbs have been used in different form.

Phytochemical isolation and identification from medicinal plants should be carried out<sup>6</sup>, because this phytochemical or secondary metabolites are essential for plants and also commercially important<sup>7</sup>. Extract of medicinal plants or phytochemicals has been exhibiting antibacterial activity against bacterial disease<sup>8</sup> and also showing anti-inflammatory, antioxidant, anti diabetic etc.<sup>9</sup>

Medicinal herbs have been used for different ailments and also for wound healing by Nimari people and tribes in the Nimar region of Madhya Pradesh.

Nimar is the south western region of Madhya Pradesh state in west central India. Nimar region falls under tropical dry deciduous forest. The main vegetation of this is Wheat,

Cotton, Soyabean, Chilly and thorny trees like Babul etc. The most common tribes are Bhil, Bhilala, Banjara, and Korku. Tribal communities depend on their surrounding vegetation for their livelihood. Nimar consists of two region - East Nimar and West Nimar. The Kargone district region was normally known as west Nimar region. Topographically west Nimar region is situated in Northern part covered with Vindhyan scabs and southern part with Satpura hill ranges, the whole area covered by black cotton soil.<sup>10</sup> Khandwa district region was also known as East Nimar region. East Nimar situated on southern part of Madhya Pradesh. Nimar area has plentiful diversity of vegetation.

#### *Survey Method*

The ethnomedicinal survey was conducted and information was gathered through interview with the tribal medicine man (commonly called as Badwa, Bhopa) and with local experience people, as they possess inherited knowledge regarding medicinal uses of plants.

The information and data has been collected from authentic sources and different literature and publications have been referred for verification. From the collected data a list prepared on medicinal plants in alphabetical order with their family, vernacular names, and their uses.

#### *Enumeration*

A list of plants that are used by Nimari people for treatment of diseases is given in alphabetical order in Table 1<sup>11-13</sup>.

### DISCUSSION

The study revealed that 52 plants species belonging to 31 families are used for treatment of various disease by Nimari people. These herbs are easily available at low cost and very commonly seen. Their mode of administration is quite easy. During survey it was observed that the tribals

are dependent on medicinal plants for their livelihood and treatment of various diseases like Diarrhea, Dysentery, Asthama, Tuberculosis, Jaundice, Arthritis, Tonic, Dull

memory etc. Presence of secondary metabolites such as alkaloid, steroid, saponin, etc in these plants are responsible for their therapeutic value.

Table 1: Ethanomedicinal Plants used by Nimari People.

S.no.	Botanical name with family	Vernacular name	Traditional uses
1.	<i>Abelmoschus moschatus</i> Malvaceae	Jangali bhindi	Root paste helps to cure undesirable discharge of semen.
2.	<i>Abelmoschus ficulneus</i> Malvaceae	Ram bhindi	Root juice helps to cure diabetes.
3.	<i>Abrus precatorius</i> Linn. Fabaceae	Safed gomchi	Seeds help in the treatment of intestinal worms.
4.	<i>Acacia nilotica</i> Linn. Fabaceae	Keekar	Leaves are used in the treatment of diarrhea, dysentery, diabetes.
5.	<i>Achyranthes aspera</i> Linn. Amaranthaceae	Hathijhara	Root is used as a toothbrush. Root juice helps in the treatment of snake bite, scorpion bite etc.
6.	<i>Actinopterys australis</i> <i>linn.</i> polypodiaceae	Bhuitar	Extract of plant exhibits cooling effect in body.
7.	<i>Adhatod vasica</i> <i>Nees</i> Acanthaceae	Adusa	Leaf juice helps to cure Tuberculosis
8.	<i>Ageratum conizoides</i> Linn Asteraceae	Osari	It is used in Leucoderma.
9.	<i>Aristolochia bracteata</i> Aristolochiaceae	Girdhan	Seed powder treats intestinal worm.
10.	<i>Aristolochia indica</i> Linn Aristolochiaceae,	Ishwari	Root paste is used as an antidote to snakebite.
11.	<i>Anogeissus pendula</i> Edgw Combretaceae, Liliaceae	Kala Dhawda	Fruits are given in dysentery and diarrhoea.
12.	<i>Asparagus racemosus</i> Liliaceae	Nimari Harachara	Dry powder of root acts as tonic.
13.	<i>Barleria prionitis</i> Linn. Acanthaceae	Deo Katsla	In powder form given in dental carries.
14.	<i>Boerhaavia diffusa</i> Linn. Nyctaginaceae	Vishkhapra	Leaves help to cure jaundice and kidney.
15.	<i>Butea monosperma</i> Fabaceae	Palas	Flowers are taken in urinary problem and colic pains.
16.	<i>Cassia tora</i> Linn. Fabaceae	Pawar	Has been used for treating skin diseases such as leprosy, ringworm, itching, & psoriasis and also for treatment of snakebite and arthritis.
17.	<i>Cheilanthes argentea</i> Adiantaceae	Bal	Plant produces cooling effect in the body.
18.	<i>Chlorophytum tuberosum</i> Liliaceae	Safed musli	Root powder is taken as tonic.
19.	<i>Cuscuta reflexa</i> Cuscutaceae	Amarbel	It helps in recovery from jaundice.
20.	<i>Curculigo orchioides</i> Hypoxidaceae	Kali Musli	It helps in recovery of wounds.
21.	<i>Cynodon dactylon</i> Poaceae	Durba	Plant extract used to cure epilepsy, dysentery, chronic diarrhea.
22.	<i>Datura metel</i> Linn. Solenaceae	Dhatura	Fresh leaves soaked in coconut oil are applied externally on burnt skin.
23.	<i>Desmodium gangeticum</i> Fabaceae	Sarivan	Root powder used as tonic and Spermatorrhoea.
24.	<i>Diospyros melanoxylon</i> Ebenaceae	Temru	Extract of root is given with black pepper orally to patient as an antidote in snakebite.
25.	<i>Dioscorea bulbifera</i> L. Dioscoreaceae	Morus bel	For curing cough and asthma, root paste with cow milk is taken orally.
26.	<i>Echinops echinatus</i> Asteraceae	Omkata	Root extract is helpful to cure cough and cold.
27.	<i>Eclipta alba</i> Linn. Asteraceae	Bhangra	Seed oil is used for hair growth.
28.	<i>Enicostema axillare</i> Gentianaceae	Nai	Leaf extract is given orally for reduce fever, also as antidote.
29.	<i>Euphorbia clarkeana</i> Euphorbiaceae	Chhoti dudhi	It is used to cure mouth blisters.
30.	<i>Euphorbia hirta</i> Linn. Euphorbiaceae	Bari dudhi	Extract of plant is helpful to cure urinogenital disease, dysentery, colic problem.

31.	<i>Evolvulus alsinoides</i> L. <i>Convolvulaceae</i>	Shankhpushpi	Leaf extract is given to enhance memory power and to treat cough & cold
32.	<i>Ficus glomerata</i> <i>Moraceae</i>	Gular	Applied for piles, wound, swelling, insect bite. Root helps to cure malignant tumor.
33.	<i>Gynandropsis pentaphylla</i> <i>Capparidaceae</i>	Ajagandha/Ti Iparni/ Jakhiya	Root and seeds are used to cure malignant tumor.
34.	<i>Gloriosa superba</i> Linn. <i>Liliaceae</i>	Kalhari	Tuber juice helps to cure gout rheumatism and gonorrhoea.
35.	<i>Grewia pilosa</i> <i>Tiliaceae</i>	Ghordhaman	Root paste is given orally to control excess discharge of semen through urine.
36.	<i>Gymnema sylvestre</i> <i>Asclepiadaceae</i>	Gurmar	Leaf juice can cure diabetes asthma and piles.
37.	<i>Gynandropsis gynandra</i> <i>Capparidaceae</i>	Hurhur	Seeds work as anthelmintic.
38.	<i>Helicteres isora</i> L. <i>Sterculiaceae</i>	Marorphali	Fruit powder given to new born baby for increase sucking of milk.
39.	<i>Hedychium coronarium</i> <i>Zingiberaceae</i>	Banhaldi	It is used as antidote in snakebite.
40.	<i>Holarrhena pubescens</i> <i>Apocynaceae</i>	Kurchi	Bark decoction helps to cure dysentery .
41.	<i>Ipomoea carnea</i> Linn. <i>Convolvulaceae</i>	Behaya	Leafs are used to reduce swelling in joints.
42.	<i>Jatropha gossypifolia</i> L. <i>Euphorbiaceae</i>	Lal arenda	Seed oil applied on eczema and itches.
43.	<i>Leucas cephalotes</i> <i>Lamiaceae</i>	Goma	Flowers cure to cough and cold and intestinal worm.
44.	<i>Lycopersicum esculentum</i> <i>Solanaceae</i>	Tomato/tamater	Fruit juice help to cure malignant tumor.
45.	<i>Mucuna pruriens</i> L. <i>Fabaceae</i>	Kivach / kavach	Pod powder is given to kill intestinal worm.
46.	<i>Oxalis corniculata</i> Linn. <i>Oxalidaceae</i>	Tinpatia	Extract of leaves, help in fertility and menstrual disorder.
47.	<i>Tribulus terrestris</i> Linn. <i>Zygophyllaceae</i>	Gokharu	Dried fruit powder is taken with honey in urinary, kidney trouble and stone trouble.
48.	<i>Tinospora cordifolia</i> <i>Menispermaceae</i>	Giloy / Gulbel	It cures several diseases, mainly stem juice is given orally in plasmodium infection (malaria).
49.	<i>Tridax procumbens</i> <i>Asteraceae</i>	Ghamra/ Baramasi/Bishal ya karani	Plant juice mixed with mishri in half cup of water is given to cure from urinary problem in male and also used for hair problems.
50.	<i>Urginia indica</i> <i>Liliaceae</i>	Jangli piyaz	Bulb of this plant helps to cure malignant tumor.
51.	<i>Vitex negundo</i> Linn. <i>Verbenaceae</i>	Nirgundi	Nirgundi flowers are given in cardiac, liver trouble.
52.	<i>Withania somnifera</i> Dunal <i>Solanaceae</i>	Asgand /Aswgandha	Root are used as antibacterial, antibiotic, tonic, in rheumatism. It helps to cure tuberculosis .Stem juice help to relieve joints pain.

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