

Plant Based Folk Recipes For Treatment of Hepatic Disorders In Jalgaon District (M.S.)India

Shubhangi Pawar

Department Of Botany, Pratap College, Amalner Dist-Jalgaon-425401(M.S.)India
shubhangipawarb@rediff.com

Abstract

The present papers reveals the use of 21 plant species belonging to 19 families as folk medicine against various hepatic disorders from Jalgaon district (M.S.)India. Application of 12 plant species are unknown or less known to India. Botanical names, local name part and product used mode and dosages administered are given as per information from the tribals of Jalgaon district

Keywords: *Folk medicine, hepatic disorder, Jalgaon*

1 Introduction

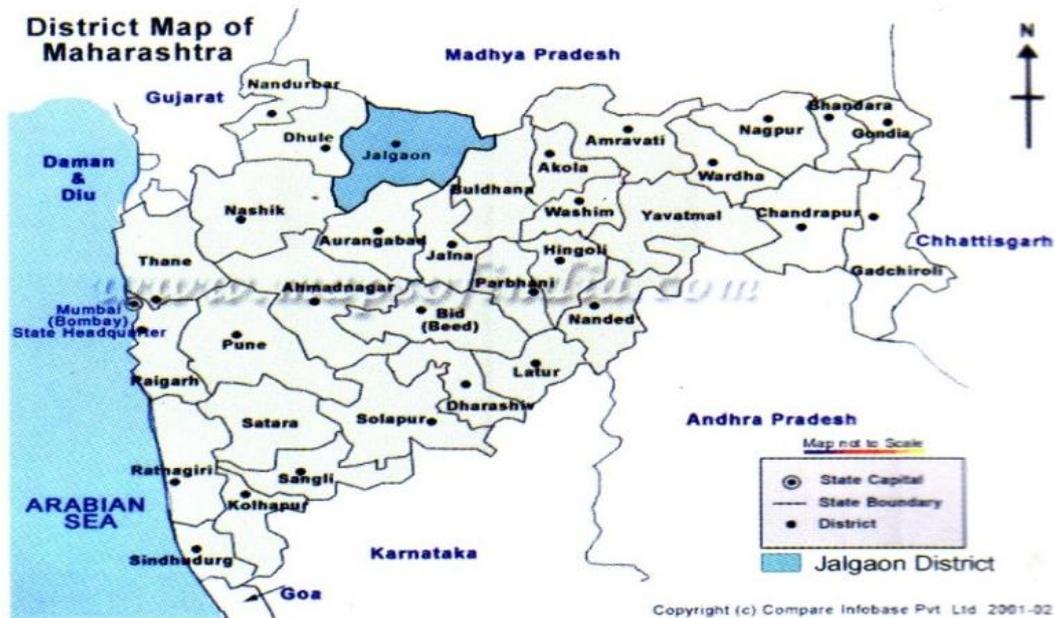
Ethnic people of the district have provided several kinds of miracle plants of food and medicinal value. The field of ethnobotany has playing a vital in sharing the direct contact between plants and human being. The present field study informs the important folk medicine practiced for treatment of Hepatic disorders in Jalgaon district. The need of the hour is to catalogue the plants used by indigenous people around the country and to collaborate with the chemists to analyze the compounds in medicinal plants, before the valuable ethnobotanical data gets disappeared. Pawar and Patil published several research papers in ethnobotany (2000a,b,2001,2003,2004,2005a,b,2006a,b,c,d).

2 Review of literature

A recent interest in ethnobotanical explorations has been increased on international and national level with the work of [3-12] contributed to the ethnobotany. Almeida and Almedia 1981; Ansari 1978 and Caius 1939; Das 2001; Karnik 1966; Gadgil and Vartak 1974; Vartak 1957; Bhamare and Patil 2005 etc. made valuable contribution in ethnobotany in India and Maharashtra.

3 Study Area

Jalgaon district is located on the northern part of the state of Maharashtra. It lies between 20° and 21° north latitude and $74^{\circ} 55'$ and $76^{\circ} 28'$ east longitude. The Satapura mountain extend northern parts of the district, whereas offshoots of the Western Ghats do so in south east parts. The forests in the district are dry deciduous type.



Map : Showing Jalgaon District in Maharashtra

4 Methodology

Field tours were arranged in tribal hamlets of Jalgaon district to collect information through verbal interviews with tribal and rural populace. Each claim was verified repeatedly. The plant collected has been housed in the Herbarium of PratapCollage Amalner. They have been identified using various district, regional floras by Patil (2003), Naik (1998) Lakshminarsimhan and Sharma the plants have been described alphabetically with reference to botanical name (family in parenthesis), followed by vernacular name, plant part and mode of administration.

5 Result/Enumeration

1. *Achyranthesaspera* L. (Amaranthaceae) Aghada

Use- Powder from dried seeds with some sugar crystals is dissolved in water and given twice daily do cure jaundice

2. *Aeglamarmelos* (L.) corr. (Rutaceae) Bel.

Use – *pulp of unripe fruit is mixed with pickled mango (*Mangiferaindica* L.) and lemon (citrus aruntifoliachristm (S.W) and eaten for jaundice

3. *Asparagus racemsus* wild. (Liliaceae) Shatavari

Use - *Root extract mixed with milk after boiling it, one spoonful of this consumed with honey per day to cure jaundice

4. *Boerhaviadiffusa* L. (Nytaginaceae) Ghotali.

Use – *About one cup of decoction of leaves is given twice a day to cure Jaundice till cure.

5. *Citrus aurantifolia*(Christm.) SW (Rutaceae) Nimboo.

Use- Juice of one fruit mixed in glass of water. Some sugar is added it and consumed thrice a day to cure jaunidice.

6. *Euphorbia nerifolia* L (Euphorbiaceae) sabar

Use - Two drops of latex with jaggary is taken at morning only for few days.

7. *Ensetesuperbum* (Roxb.) Cheesm. (Musaceae). 'Osadu'

Use- *3 gm of seeds of *Brassica juncea* (L.) (Zern. Etcoss and Jagaryis crushed in fruit and consumed a week to cure Jaundice

8. *Ecliptaalba*(L.) Hassk. (Asteraceae) ‘Maka’

Use – Leaf juice mixed in jaggery n and 40 gm of seed powder of *Piper nigrum* L and advised to consume with spoonful honey two times per day.

9. *Lawsoniainermis* L.(Lythracea) ‘Mehandi’

Use - A spoonful of leaf juice is consumed daily till cure the jaundice.

10. *Luffaacutengula* (L.) Roxb, (Cucurebitace) ‘Dodka’

Use- Powdered fruit snuff is smelled as snuff to cure the jaundice.

11. *Mehthaspicata* L. (Lamiaceae) ‘Pudina’

Use – Leaf juice about half (Cup, is given at morning and evening for. Hepatic disorder.

12. *Mimosa pudica* L. (Mimosaceae) ‘Lajalu’

Use – *Decoction of root (3 to 4 gm) given along with Honey in chronic liver problem.

13. *Ocimum sanctum* L. (Lamiaceae) ‘Kali Tulshi’

Use- Juice of fresh leaves about one spoonful is given twice daily for a 10 days in chronic liver problem.

14. *Punica granatum* L. (Puniceae) ‘Dalimb’

Use - Half cup of fruit juice for twice a day given for two weeks to the patients suffering from jaundice-

15. *Phyllanthus amarus* Sch. &Thoms (Euphorbiaceae) ‘Bhuiawala’

Use – A cup of decoction of entire plant is given orally twice day for jaundice till cure

16. *Ricinus communis* L. (Euphorbiaceae) ‘Erandi’

Use- Extract of one leaf is added in half cup of fresh unboiled cow milk and given for these days to cure Jaundice.

17. *Saccharum officinarum* L. (Poaceae)) ‘Oos’

Use - *Juice of r culm is drunk twice day to cure Jaundice

18. *Tamarindus indica* L. (Casealpiniaceae) ‘Chinch’

Use - Rind of pods is burnt. There gm of ash mixed in spoonful of cow using is taken orally for three to four times a day to cure jaundice.

19. *Terminalia chebula* Retz. (Combretaceae) 'Hirda'

Use - Consumption of two fruit boiled in cow urine at morning for three days to cure jaundice.

Use- *A cup of decoction of entire plant is given orally twice a day for jaundice still cure.

20. *Gardenia resinifera* Roth. (Rubiaceae) 'Dikamali'

Use- *Gum A spoonful of exudates mixed in powder sugar and consumed daily till cure hepatic disorders.

21. *Gossypium herbaceum* L. (Malvaceae) 'Kapas'

Use- *One spoonful of leaf juice drunk with honey twice a day to cure hepatic disorder

6 Discussion

The present Paper provides an account of 21 genera, 21 species and 19 families covering more than 21 recipes of plant five medicines used for the treatment of liver disorder in Jalgaon district Maharashtra. Most of the Preparation They orally administered either as extract, juice powder or exudates, decoction etc. Root, fruit, seed, culms, leaves. Plant part are used. There is enough scope of the amalgamation of these drug in the main stream of prenatal medicine suggest today after the tribal drug are subjected to the phytochemical and biological screening, together with clinical trials.

Acknowledgements

Author is thankful to Principal, Pratap College, Amalner for providing necessary facilities and inspiration.

References

- [1] Almeida, MR. and SM. Almeida. Folklore and utility of vascular plants from Savant Wadi in : Proc. on *India symposium on Biology and utility of wild plants.*

- Prof. G. L. Shah: Commemoration Vol. Dept.of Bio Science South Gujrath Univ. Surat, 1981,23-39.
- [2] Ansari, MY and MP Nayar. Some less known plants from western ghat useful for essential oil industries. *Indian Perfumes* 22(3) 1978, 210-213.
- [3] Ambasta, SP. The Useful Plants of India. Publication and information Directorate, CSIR, New Delhi, India,1986.
- [4] Anonymous.The Wealth of India: A *Dictionary of Indian Raw Materials and Industrial Products*: Vol.I-XI, Publication and Information Directorate, CSIR, New Delhi, India. 1948-1976,148-57.
- [5] Athwale, VB. Ayurvedic Oshadhi Rajan typography unit, new way Lonawala, 1997,161-162.
- [6] Das, AK and Saika DC.Indigenous practices of treating human liver disorders in Asam. *J.Ethnobot.*13:87-90.
- [7] Gadgil, M and Vartak VD.Groves dedicated to the Gods the illustrated weekly of India,1973.
- [8] Jain, SK. Dictionary of Indian Folk Medicine and Ethnobotany, Deep Publication New Delhi, India,1991.
- [9] Kshirsagar, SR. and Patil DA. Exotic Floral Element in the Flora of Jalgaon District, (Maharashtra)*J. Econ.Tax. Bot.* 26(3) 2002, 529-532.
- [10] Patil, DA. Key to Angiospermic families of North Maharashtra, Vidyarthi Gruha Prakashan, Pune, India,1992.
- [11] Singh, NP,Lakshinarshimhan P and Prassanna PV Flora of Maharashtra State Vol. II., Bot. Surv. India, Calcutta, India,2001.
- [12] Singh, NP and Kartikeyan S. Flora of Maharashtra State, Vol II., Bot. Surv. India, Calcutta ,2002.
- [13] Vaidya, AP, Shinde AB and Hallale BV. Plant drugs and respiratory diseases on asthma. Proc. Nat. Conf. on Biodiversity Sustainable Development and Human Welfare held at S.S.V.P.S's L.K Dr. P.R. Chogary Science college, Dhule Maharashtra India.