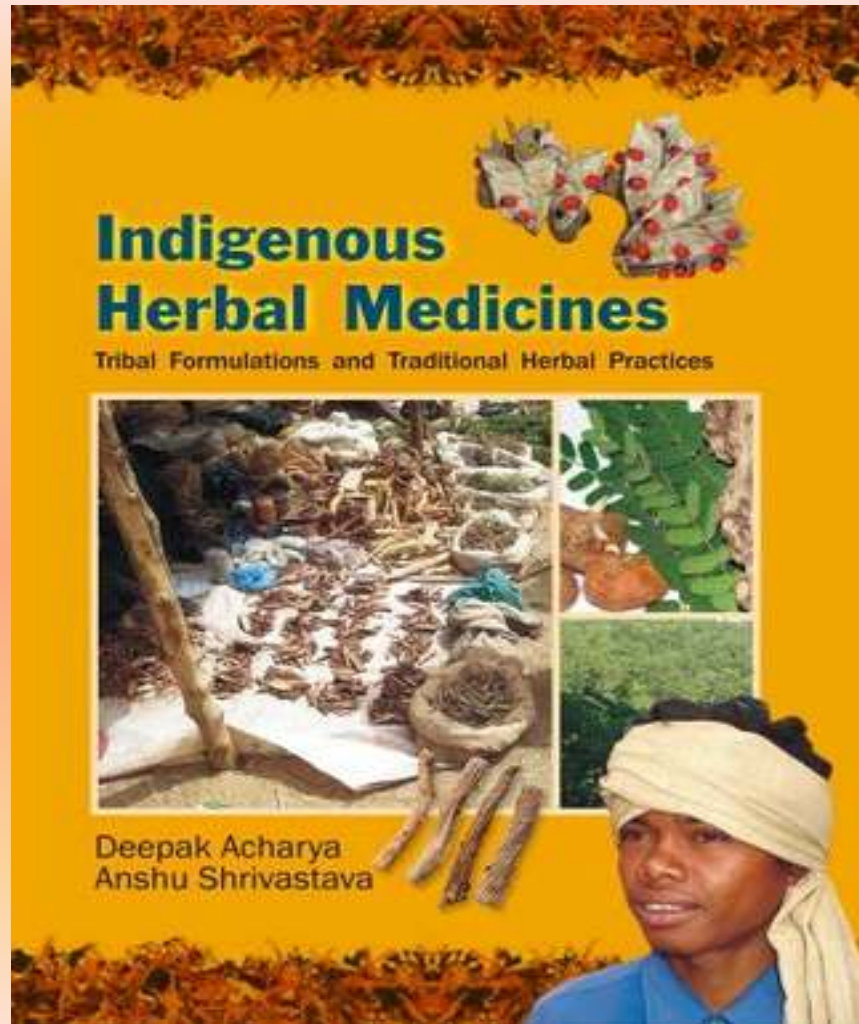


Indigenous Herbal Medicines

(Tribal formulations and traditional herbal practices)



ISBN 978-81-7910-252-7

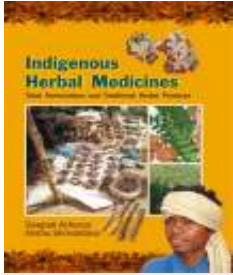
A book by

Dr Deepak
Acharya

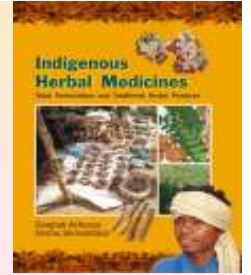
&

Dr Anshu
Shrivastava

**Aavishkar Publishers
Distributers- Jaipur**

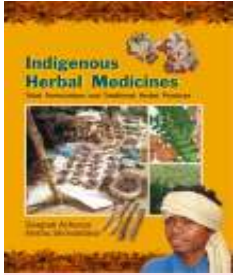


Major Inspirations



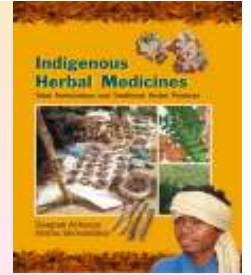
- **The unknown herbal healer in Balaghat District (MP)**
- **Peja (Traditional Probiotic Preparation) in Pataalkot**
- **Team Abhumka**





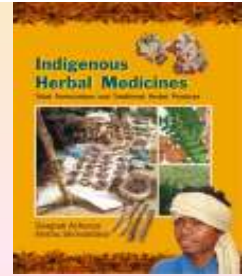
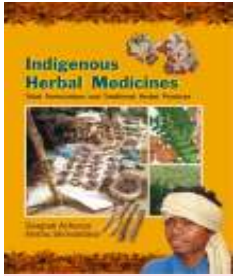
Book Contents

Introduction



- **Ethnobotany**
- **Key Works on Ethnobotany in Madhya Pradesh, Gujarat and Rajasthan**
- **What is Traditional Medicine?**
- **Methodology**
- **Needs and Opportunities**
- **Study Sites**
- **Life Style and Customs among Tribals of Patalkot**





- **Traditional Tribal Knowledge about Medicinal Plants- 210**
- **Complete profiles of medicinally important plants**
- **ICBN based most updated names**
- **Common/ community based herbal practices**
- **90 Colour Photos**
- **Terminologies**
- **Up to date references**
- **Index of Hindi and English names**



Traditional Medicine- A Priceless Heritage

What is Traditional Knowledge?

- » Passed generations to generation
- » No written text available
- » Performed world over mostly in developing countries
- » 80% of the Third World population relies on traditional medicine
- » Indigenous knowledge is knowledge that is unique to a given culture or society.

What is Traditional Medicine?

"An age old Tried, Tested and Trusted practice"

- » The sum total of health knowledge, skills and practices based upon theories, beliefs and experiences indigenous to different cultures...used in the maintenance of health.

- WHO, 2002.



Ethnobotanical study



- **Extensive surveys and sampling**
 - 8 yrs in Patakot (1997- 2005)
 - 3 yrs in Dangs (2005- 2008)
 - 3 yrs in Aravallis (2004-2007)
- **Scouting and documentation of traditional tribal herbal practices**
- **Study of Tribal culture, food habit, living style, customs, taboos, totems, dance, fairs, festivals, traditional delicacies**
- **Plants identification**
 - **Show-and-tell method**
 - **Walk-in-the area method**

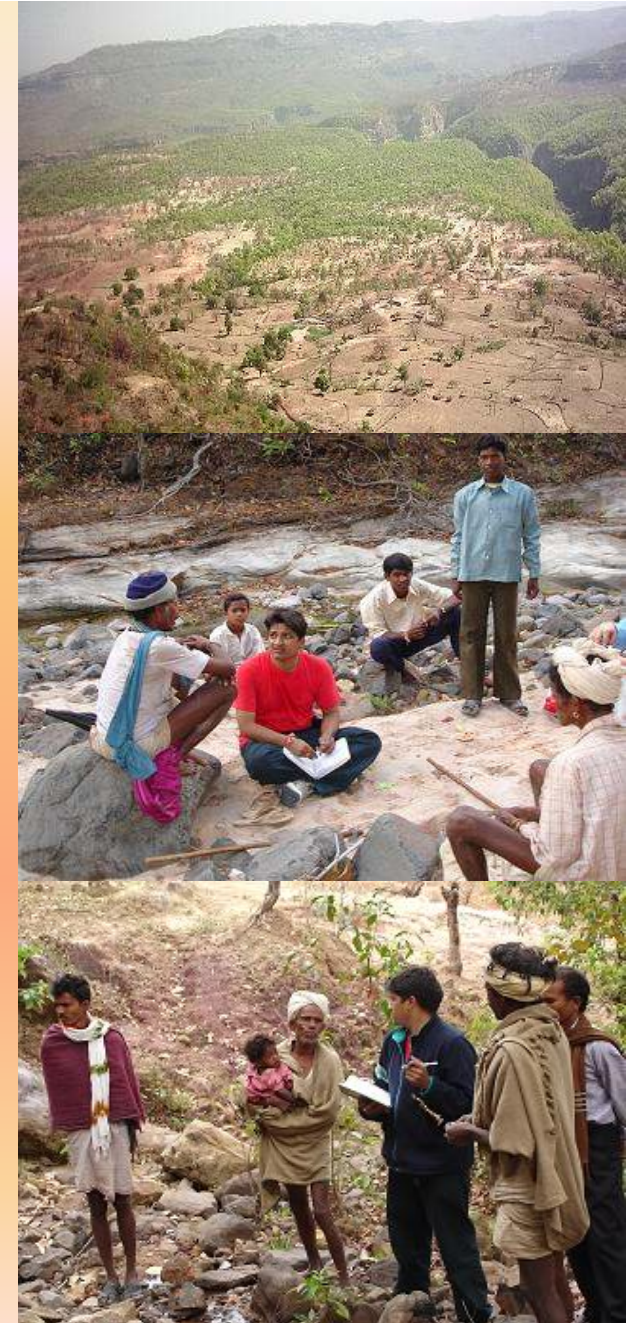
STUDY SITE- 1

PATALKOT: The Hidden World



- Horse-shoe shaped, 3200 feet deep valley
- Far behind the civilized world
- Dry deciduous forests
- Treasure of medicinal plants
- Home to indigenous human tribe- Bharia
- Native Tribes- Gonds and Bharia
- Traditional tribal herbal healer- The Bhumka

Log on to www.patalkot.com for more information



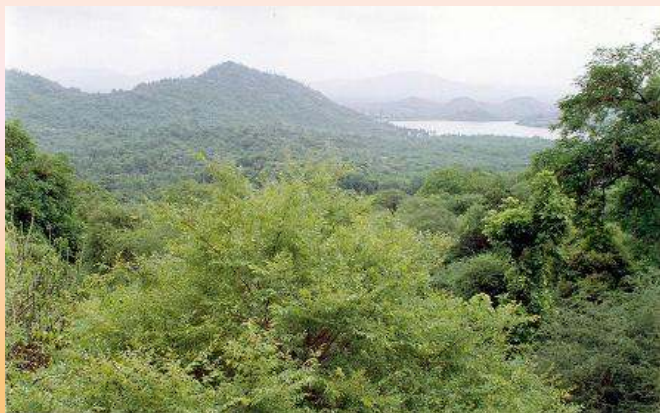
The Dangs- God's Own Land



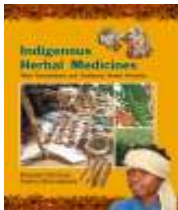
- **A junction of Sahyadri, Aravalli and Satpuda range**
- **Unique in India**
- **100% tribal district (Economic Times)**
- **One of the most backward district in India (Bulletin of Planning Commission)**
- **Moist deciduous Teak Forests**
- **Kokna, Bhils, Varli, Gamits, Kotwalia, Kathodi tribes**
- **Traditional Tribal Herbal Healer - The Bhagat**

Log on to www.thedangs.in for more information

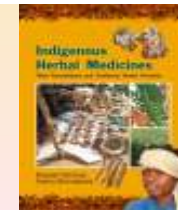
Aravalli Ranges



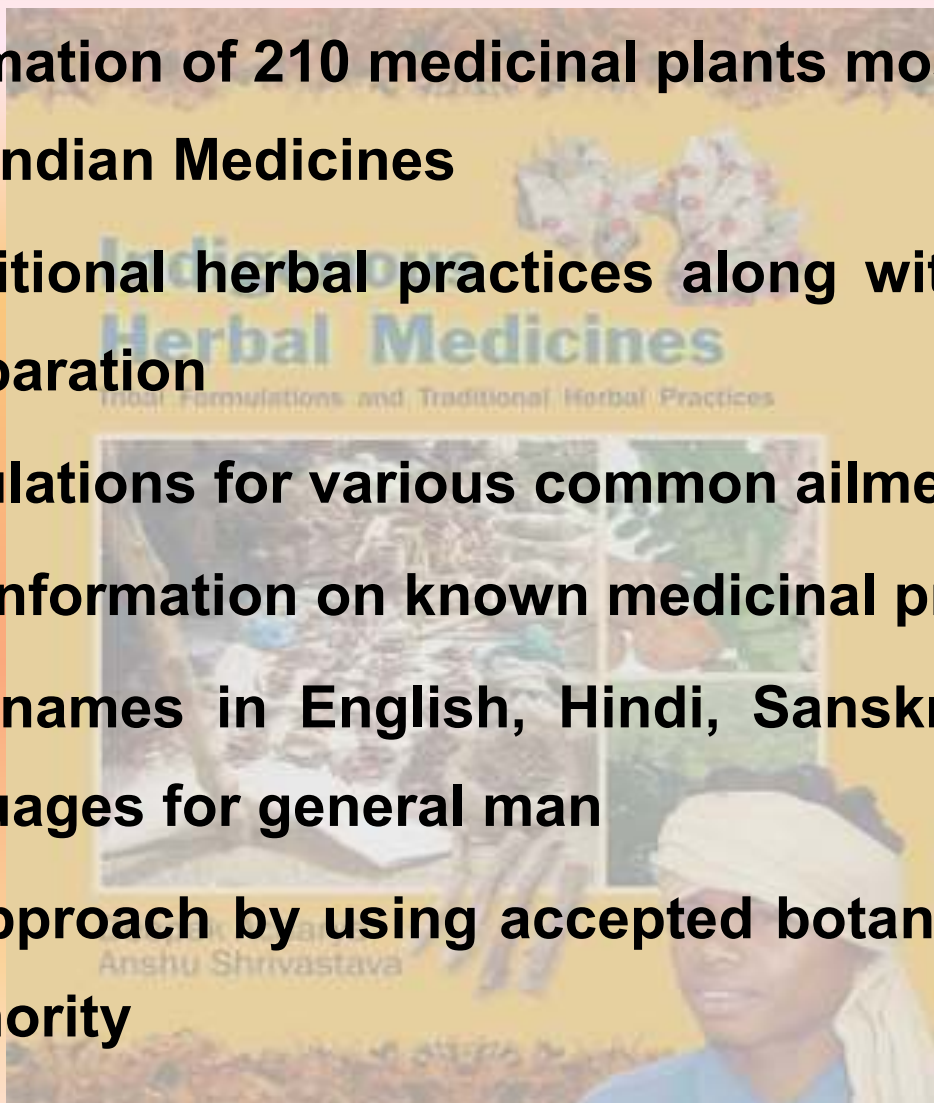
- In Rajasthan it runs 550 Km from Khetri to Khed Brahma
- Sawai Madhopur – also known in World map for *Tigers*
- Mostly dry and mixed deciduous & Scrub forests
- Bhil, Mina, Garasia, Sehariya, Damor and Dhanka tribes
- Traditional Tribal Herbal Healer– *Bhopa* or *Guni*

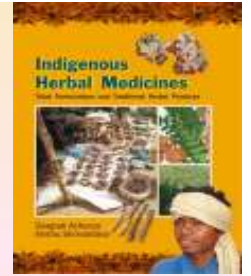
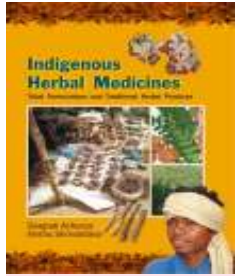


Key features of the book



- **Detail information of 210 medicinal plants mostly used in Traditional Indian Medicines**
- **+ 2200 traditional herbal practices along with methodology of drug preparation**
- **Tribal formulations for various common ailments**
- **Up-to-date information on known medicinal properties**
- **Vernacular names in English, Hindi, Sanskrit and regional Indian languages for general man**
- **Scientific approach by using accepted botanical names with correct authority**
- **90 colour plates Pataalkot, Dangs, Aravallis and various herbs**



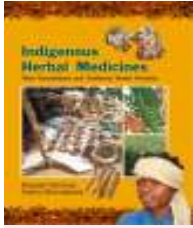


For Whom..!!

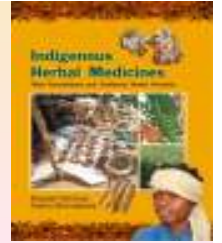
- **Scientists/ researchers engaged in new drug development**
- **Ethnobotanists, Herbalists and Pharmacologists**
- **Forest Department**
- **Research scholars and University teachers**
- **Government and Private Research Institutes and NGO's**
- **Housewives for home remedies**
- **One who wants to know about Indian tribes, tribal therapies and rich Indian Herbal Heritage**

Deepak Acharya
Anshu Shrivastava





Excerpts from Book



***Annona squamosa* L.**

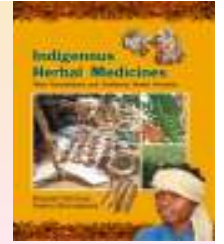
Family: Annonaceae

Vernacular Names:

Atakatal (**Assamese**); Ata, Seetaphal (**Bengali**); Custard-apple, Sugar-apple (**English**); Seetaaphal (**Gujarati, Marathi**); Seetaaphal, Sharifa (**Hindi**); Kon, Seethaphala (**Kannada**); Attichakka, Seethaapazham (**Malayalam**); Ato, Seethaapholo (**Oriya**); Sharifa (**Punjabi**); Gandhagataram, Seetaaphalam (**Sanskrit**); Atta, Seethappazham (**Tamil**); Gandhagaalaramu, Seetaaphalamu (**Telugu**).



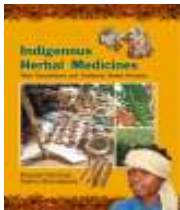
Contd....



Plant Profile and Distribution

Evergreen, shrubs or small trees; leaves elliptic-oblong to oblong-lanceolate; flowers greenish-white, axillary, solitary or few together, leaf-opposed; fruits globose, tuberculate, with white edible pulp; seeds many, shining, brownish-black. Native of Central America and West Indies, naturalized in the forests and fallow lands throughout India, also planted for edible fruits.





Medicinal Importance



The roots of this plant are purgative in nature. Bark is a powerful astringent. Fruits are considered as a good tonic in Ayurveda. It enriches blood and it is used as expectorant. It is known to enhance muscular strength. Seeds are cooling and it lessens burning sensation too. It relieves vomiting sensations. Decoction of the leaves is prescribed in painful spleen (Hodge and Taylor, 1956). In India, leaves of this plant alongwith a pinch of calcium carbonate and ash of Tobacco leaves mixed with Castor oil and applied externally to treat boils, wounds and peptic ulcers (Gurib-fakim *et al.*, 1996). Paste prepared from the leaves is used to treat lice and dandruff (Reddy *et al.*, 1989). Leaf decoction is good in amenorrhea (Asprey and Thornton, 1953), destroying and expelling worms (Gupta *et al.*, 1979a) diarrhea and dyspepsia. Leaves are also used for tumors, ulcers and venereal diseases (Duke, 1994). Ripe fruit is laxative and anthelmintic (Asprey and Thornton, 1955) and abortifacient (Vedavathy *et al.*, 2005, Rai *et al.*, 2008). It is given in rheumatism (Luu, 1975).

Contd....



Traditional Tribal Formulations



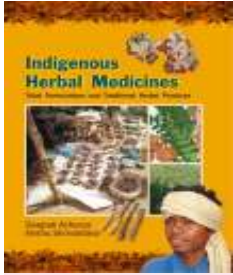
Pataalkot herbal healers dehydrate the unripe fruit in sunlight and prepare powder. The powder is mixed with Chana (*Cicer arietinum*) flour to destroy intestinal worms. The seed powder is applied on head to kill lice. Ethnic women apply the seed powder on their scalp for hair wash. Leaves are known to mend ulcers and wounds. Fresh trodden leaves are inhaled to conquer hysteria. Decoction obtained from the leaves is said to be effective in dysentery or severe diarrhea. The bark decoction is also good to bring diarrhea to an end.

According to Janu Kaka, Bhagat in Ahwa- Dangs, 500g leaves are boiled in water for 5 mins and if taken bath, it can cure rheumatoid arthritis. Leaves are excellent to cure diabetes. Gunis in Sawai Madhopur employ bark (15 gm) of the plant along with Arand (*Ricinus communis*) oil (5 ml) over the painful joints in Arthritis. Healers claim to cure almost 15 common ailments by fixing Sitafal in their formulations.

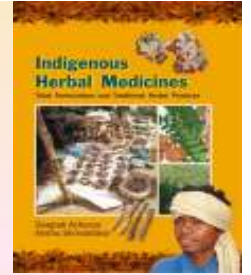
Tribal farmers in Patakot prepare a wonderful pesticide from the leaves of Sitafal. For this, they crush 500gm leaves of the plant and mix it with Cow urine and Tobacco powder and boil it with 10 liter water for 45 mins. The decoction obtained is the concentrated pesticide. Around 50ml of this concentrate solution is thus mixed with 15 ltrs of water and sprayed on the insect infested soil.

To get rid of lice and dandruff, mix equal amount of Sitafal seed powder and Ghodavach (*Acorus calamus*) in water and apply on hair. Avoid eye contact. To increase sperm count, control high blood pressure and weakness, fruit are eaten regularly. To minimize swelling due to insect bite, leaves are crushed and black salt is added. Paste is prepared and applied on the inflamed body parts.





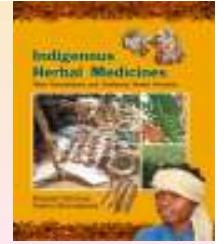
Few Common Herbal Practices



For Typhoid fever

- Decoction made out from Daru Haldi (*Berberis aristata*) is given with powder of leaves of Kalmegh (*Andrographis paniculata*) for 3 days. This drug is not given to children, pregnant ladies and old people. It causes dysentery sometimes.
- Decoction of Mehndi (*Lawsonia inermis*) leaves is given by the healers of Dangs thrice a day to cure this disorder.





For Anaemia

- Powder of Shatavari (*Asparagus racemosus*) Roots (2 tsp), Ashwagandha (*Withania somnifera*) roots (2 tsp), Aonla (*Emblica officinalis*) fruits (1 ½ tsp), Bhui Amla (*Phyllanthus fraternus*) leaves (1 tsp), Surpankha (*Tephrosia purpurea*) leaves (1 tsp), Mulethi (*Glycyrrhiza glabra*) roots (1 ½ tsp), Musli (*Chlorophytum borivillianum*) roots (1 ½ tsp) and Palak (*Amaranthus viridis*) Leaves (1 tsp). This combination is given to the patient who is suffering with Anaemic disorders.



Diseases covered in the book

Acne	Fistula	Paralysis
AIDS	Gaining Weight	Peptic Ulcer
Anemia	Gastritis	Piles
Aphrodisiac	General Health Tonic	Pneumonia
Arthritis & Rheumatism	Graying of Hair	Psoriasis
Brain Tonic	Gynac Problems	Reducing Weight
Chronic Constipation	Hair Problems	Remaining Vital and Energetic
Cough and Cold	Headache	Respiratory Disorders, Asthma Bronchitis
Dandruff	Heart Diseases	Sciatica
Dental Problem	Hyper Acidity	Skin Care
Dermatitis	Hysteria	Skin Disorders
Deworming	Impotency	Sleeplessness
Diabetes	Indigestion and lack of appetite	Stone in urinary tract
Diarrhea	Jaundice	Throat Problems
Dysentery	Leucorrhoea	Thyroid Problem
Earache	Liver Tonic	Tonsils
Eczema or Fungal Infections	Migraine	Typhoid fever
Fever	Mouth Ulcer	Worms



Medicinal plants with multifaceted role



No.	Plant Name	No. of Disorders
1	<i>Piper longum</i>	37
2	<i>Zingiber officinale</i>	34
3	<i>Trachyspermum ammi</i>	33
4	<i>Terminalia chebula</i>	30
5	<i>Allium sativum</i>	29
6	<i>Azadirachta indica</i>	27
7	<i>Curcuma longa</i>	27
8	<i>Piper nigrum</i>	27
9	<i>Tinospora cordifolia</i>	26
10	<i>Citrullus colocynthis</i>	25
11	<i>Glycyrrhiza glabra</i>	25
12	<i>Withania somnifera</i>	25
13	<i>Commiphora wightii</i>	23
14	<i>Emblica officinalis</i>	21
15	<i>Acorus calamus</i>	20
16	<i>Trigonella foenum-graecum</i>	20

17	<i>Citrus medica</i>	19
18	<i>Cuminum cyminum</i>	19
19	<i>Nyctanthes arbor-tristis</i>	19
20	<i>Papaver somniferum</i>	19
21	<i>Picrorhiza kurroa</i>	19
22	<i>Tribulus terrestris</i>	19
23	<i>Allium cepa</i>	18
24	<i>Elettaria cardamomum</i>	18
25	<i>Pongamia pinnata</i>	18
26	<i>Argyrea nervosa</i>	17
27	<i>Asparagus racemosus</i>	17
28	<i>Mangifera indica</i>	17
29	<i>Murraya koenigii</i>	17
30	<i>Nardostachys jatamansi</i>	17
31	<i>Punica granatum</i>	17
32	<i>Ricinus communis</i>	17

Disorders and their remedial plants

Disease	Plant Name
Rabies	<i>Acacia nilotica, Balanites roxburghii, Elephantopus scaber</i>
Abortion (Abortifacient, Retention of dead fetus, Prolaps of vagina, Retension of placenta)	<i>Achyranthes aspera, Argemone mexicana, Datura fastuosa, Glycyrrhiza glabra, Mimosa pudica, Nelumbo nucifera, Parthenium hysterophorus, Punica granatum, Rubia cordifolia</i>
Body ache, Backache, Headache, Migraine	<i>Abrus precatorius, Achyranthes aspera, Acorus calamus, Allium sativum, Argemone mexicana, Balanites roxburghii, Calotropis procera, Chlorophytum borivillianum, Cichorium intybus, Cissus quadrangularis, Citrullus colocynthis, Clerodendrum phlomoides, Eclipta prostrata, Embelia ribes, Helicteres isora, Leucas aspera, Momordica charantia, Momordica dioica, Nerium indicum, Papaver somniferum, Pennisetum americanum, Piper nigrum, Psidium guajava, Pueraria tuberosa, Ruta graveolens, Sphaeranthus indicus, Tabernaemontana divaricata, Trachyspermum ammi, Vitex negundo, Vitis vinifera, Withania somnifera, Zingiber officinale</i>
Aphrodisiac (Sex Vigor, Rejuvenative, Male sterility, Early orgasm etc.)	<i>Abelmoschus esculentus, Abrus precatorius, Allium cepa, Argyreia nervosa, Artocarpus heterophyllus, Asparagus racemosus, Bacopa monnieri, Bombax ceiba, Boswellia serrata, Buchanania lanzan, Chlorophytum borivillianum, Commiphora wightii, Curculigo orchiodes, Elettaria cardamomum, Evolvulus alsinoides, Ficus benghalensis, Ficus racemosa, Ficus religiosa, Hibiscus rosa-sinensis, Madhuca indica, Mucuna pruriens, Myristica fragrans, Nardostachys jatamansi, Pueraria tuberosa, Rivea hypocrateriformis, Tabernaemontana divaricata, Trachyspermum ammi, Trapa natans, Tribulus terrestris, Withania somnifera</i>

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- Akasbel
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- Ama Haldi
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- Amla
- Amlı
- Amlıka
- Amrita
-

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- Alexandrian Senna
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- Barleria
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- Belliric Myrobalan
- Bengal Gram
- Bengal Kino Tree
- Bengal Quince
- Bermuda Grass
- Bitter Gourd
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Pataalkot

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- Dudhi river in Pataalkot
- Documentation of Bhumkas in Pataalkot
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Aravalli

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- *Abrus precatorius*-seeds
- *Acacia nilotica*
- *Achyranthes aspera*
- *Adhatoda zeylanica*
- *Aegle marmelos*
-



Abhumka's VISION



- **Reward to Traditional Tribal Herbal Medicines**
- **Economical and Ecologically fit herbal formulations for crops, animals and human health**
- **Linkage of Tribal Herbal knowledge and Modern Science**
- **Tribal Welfare**
- **P3 role of action**
- **Benefit sharing**

What we offer now

Formulation for Human Ailments

- Anemia
- Wound Healer
- Piles
- Stones
- Thyroid problems
- Polyps and Sinus
- Nutricandy

Formulation for Plant Protection

- Herbal Insecticides
- Herbal Pesticides
- Growth Promoters
- Leaf Curl controller
- Termite controller
- Flower shedding controller

Formulation for Veterinary Care

- Milk Enhancer
- Bloat controller
- Wound Healer
- Diarrhea
- Foot and Mouth Disorders
- Prolapse of uterus

Acknowledgements

- **Traditional Herbal Healers**
- **Forest officials and staff**
- **Team Pataalkot (RRDO, Friends Nature Club)**
- **Research Scientists & Pharma personnel**
- **Electronic and Print Media**
- **Team Abhumka**



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- 35 Research Papers and more than 100 articles
- Associated with many universities and colleges as a member of board of studies
- Feature Writer/ member – editorial board
- Reviewer of many scientific journals
- Working for more than 10 years in Microbiology, Ethnobotany and Herbal Medicines

Anshu Shrivastava, M.Sc., Ph D.



- Botanist, Abhumka Herbal Pvt Ltd, Ahmedabad
- 12 Research papers and more than 50 articles
- Worked previously with Botanical Survey of India, Jodhpur
- Co-author of the Book “Biodiversity of Ranthambhore Tiger Reserve, Rajasthan”
- Working for more than 7 years in Floristics, Taxonomy, Ethnobotany and Medicinal Plants studies

Join our hands in the mission of translation of tribal
herbal knowledge into finished products....

Thank You



Dr Deepak Acharya

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