

Ethnobotany: Traditional herbal remedies used by Tribals of Dhar district, Madhya Pradesh, India

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Abstract : The present paper deals with 40 plant species which are used traditionally since ancient times by Tribals used for the treatment of various ailments, such as mouth ulcer, constipation, earache, headache, asthma, ringworm, jaundice, snake bite, etc. A total of 40 plant species belonging to 29 genera and 18 families were identified as scientific name, local name and uses. The present observation puts into record some novel traditional uses of certain plants as medicines. Herbal remedies medicinal plants are arranged alphabetically which represents their botanical names, family, vernacular name and medicinal uses.

Keywords: Dhar district, Herbal remedies, Medicinal plants, Tribals, Madhya Pradesh.

Introduction - Dhar district is situated in the western most part of Madhya Pradesh. Most of village's habitants of Dhar district belong to tribal communities of the remote and rural areas. Major parts of the district is covered by dense forest area in which various tribes, like Bheel, Bhilala, Barela and Patelia are the dominant tribals of Dhar district, Madhya Pradesh. Out of these tribes Bheel and Bhilala stand high in strength Scattered in most of the villages of the study areas. These tribal peoples live close to the forest and mostly dependent on the wild Bioresources for their daily requirement of food, fuel, herbs, tools and implements. The Bheel tribes is an ancient tribal community of archers spread in many parts of India but presently living preponderantly in the forests of Madhya Pradesh and surrounding region of the world. Bheel stands for bow and thus represents archers who traditionally used bows and arrow dating back to hunter-stage of human evolution in the subcontinent. A review of Literature survey of ethnobotanical work was done (Srivastava 1984, Samvatser *et al.* 2004, Jain 2004, Jadhav 2007, Wagh *et al.* 2010, Vijay *et al.* 2010, Alawa *et al.* 2012, Shaikh *et al.* 2012, Alawa 2015, Alawa *et al.* 2016, Alawa 2018, Alawa 2021). Still there are some interior areas which need to be surveyed intensively like Dhar district for searching new traditional remedies medicinal plants. The present paper first time documented of the study area.

Materials and Methods: The present paper is outcome of extensive field survey of different tribal villages of Dhar district during 2024- 2025 to collect information on medicinal uses of different plant species. Herbarium of the collected plants specimen was prepared following customary method (Jain and Rao,1977). During field work, interviews were conducted with local knowledgeable villagers; local elders

and experienced tribal peoples (both men and women) were interviewed and cross interviewed again and again. Local 'Vaidyas,' 'Badwa' and 'Ojhas'. The collected plant species are arranged alphabetically along with their botanical name and family, local names, method of preparation of drug and mode of administration are given below in observation. The plant specimens were collected and identified with local flora available literature (Varma *et al.* 1993, Mudgal *et al.* 1997 & Khanna *et al.* 2001). Herbarium preserved in Department of Botany, PMB Gujarati Science College, Indore, Madhya Pradesh. Under enumeration, plant names have been arranged alphabetically followed by Botanical names, family, vernacular names and medicinal uses.

Enumeration of species: During ethnobotanical survey of Dhar district it was found that some wild medicinal plants are used by tribal of Dhar district Madhya Pradesh. The enumerations of field observation are given below:

1. ***Abrus precatorius* L.** (Fabaceae) **V.Ns.**-Ghumchi, Lal chirmi, Lal jurang, Ratti.

Uses: 1. Leaf paste with jaggery mixed is given twice a day for 2-3 days to control typhoid.

2. The leaves are chewed in mouth ulcer.

3. Seed powder is mixed with cow's ghee is used 1-2 drops to during conjunctivitis.

2. ***Achyranthes aspera* L.** (Amaranthaceae) **V.Ns :** Chirchita

Uses: Root paste is applied on a bitten area in scorpion bite.

3. ***Alangium salvifolium* (L.F.) Wang** ((Cornaceae) **V.Ns:** Okali

Uses: Root powder is mixed with water and given orally twice a day in constipation.

4. ***Alstonia scholaris* (L.) R.Br.** (Apocynaceae) **V.Ns:** Saptaparni
Uses: A glassful stem bark decoction is given twice a day in tuberculosis.
5. ***Butea monosperma* (Lam.) Taub.** (Fabaceae) **V.Ns.-** Palas, Dhak, Khankro.
Uses: 1. Paste of seed with water is taken twice a day for 3 day to remove intestinal worms.
2. Powder bark is taken during bodyache and abdominal pain.
6. ***Butea superba* Roxb.ex Willd.** (Fabaceae) **V.Ns.-** Palasvel, Bodla.
Uses: Dried root powder with cow's milk is given during debility.
7. ***Borassus flabellifer* L.** (Arecaceae) **V.Ns:** Tad
Uses: Leaf base is burned and squashed and the formed juice is put in ear in earache.
8. ***Caesalpinia bonduc* (L.) Roxb.** (Caesalpinaceae) **V.Ns:** Ghatar
Uses: One teaspoonful seed powder is given twice a day in burning sensation during urination.
9. ***Celastrus paniculatus* Willd.** (Celastraceae) **V.Ns:** Kangan
Uses: Seed oil is applied on forehead in half headache.
10. ***Costus speciosus* (J. Koeing) Sm.** (Costaceae) **V.Ns:** Jangali Aadu
Uses: Rhizome paste is applied on the forehead in chronic headache.
11. ***Cajanus cajan* (L.) Huth.** (Fabaceae) **V.Ns.-** Arhar
Uses: Paste of leaves is applied on mouth ulcer.
12. ***Clitoria ternate* L.** (Fabaceae) **V.Ns.** Aparajita
Uses: The extract of leaves is given orally to cure vermicide.
13. ***Crotalaria medicaginea* Lamk.** (Fabaceae) **V.Ns.-** Piliabuti
Uses: Powder of roots is mixed in water and taken orally to cure jaundice.
14. ***Crotalaria Juncea* L.** (Fabaceae) **V.Ns.-** Sann, Sanai
Uses: 1. Seed powder with milk is given orally twice day to cure paralysis.
2. Root powder with leaf of (*piper betle*) beetle is given twice a day for a week to cure jaundice.
15. ***Dalbergia sissoo* Roxb. ex DC.** (Fabaceae) **V.Ns.-** Sissoo, Sisham.
Uses: 1. Leaf Juice with sugar candy is given twice a day for 3 days to cure diarrhoea.
2. Paste of leaves is given orally cure for diabetes.
3. Oil of wood is also massage to cure for paralysis.
16. ***Desmodium gangeticum* (L.) DC.** (Fabaceae) **V.Ns.-** Chipti
Uses: Root powder with honey is given orally twice a day to cure cough and fever.
17. ***Desmodium triflorum* (L.) DC.** (Fabaceae) **V.Ns.-** Kodawla
Uses: 1. Paste of fresh leaf is applied wounds twice a day to relive fast healing.
2. Root powder with Kukad kand (*Geodorum densiflorm*) to made into "Laddu" given to one week in early morning in the empty stomach to cure spermatorrhoea.
18. ***Desmodium gangeticum* (L.) DC.** (Fabaceae) **V.Ns:** Rinzado
Uses: Fresh leaves juice is applied externally on scabies and ringworm.
19. ***Euphorbia nerrifolia* L.** (Euphorbiaceae) **V.Ns:** Hathlo thavar
Uses: Latex of plant is given in Pan (*Piper betel*) leaf in asthma.
20. ***Ficus benghalensis* L.** (Moraceae) Local name: Bargad
Uses: Latex of the plant is applied in mouth ulcers.
21. ***Haldinia cordifoila* (Roxb.) Ridsd.** (Rubiaceae) **V.Ns:** Haldu
Uses: Stem bark pounded overnight and the decoction is given twice a day in Jaundice.
22. ***Indigofera tintoria* L.** (Fabaceae) **V.Ns.-** Neel, Nili.
Uses: Powder of root with water is given orally to cure for cardiac, hepatic and dropsy.
23. ***Lannea coromondelica* (Houtt.) Merr.** (Anacardiaceae) **V.Ns:** Moyan
Uses: Stem bark is crushed with 500 ml water and heated gently for 5-20 minutes and the decoction is given twice a day to treat rheumatism.
24. ***Malilotus indica* (L.) Ali.** (Fabaceae) **V.Ns.-** Van methi
Uses: Leaves with salt to eaten in case of constipation.
25. ***Momordica dioica* Roxb. ex Willd.** (Cucurbitaceae) **V.Ns:** - Kicoda, Katle
Uses: Root tuber paste is applied on bitten area in snakebite.
26. ***Mucuna pruriens* (L.) DC.** (Fabaceae) **V.Ns.-** Kevach, Konch
Uses: 1. Root paste is given twice a day for 3 days to cure dysentery.
2. Burn seeds are eaten to cure for cough and cold.
27. ***Ocimum basilicum* L.** (Lamiaceae) **V.Ns:** - Safed Bhabdi,
Uses: Seed pounded in water overnight, and the extract is given orally in pimple and blemishes.
28. ***Ougeinia oogeinsis* (Roxb.) Hocker.** (Fabaceae) **V.Ns.-** Tinsa
Uses: Bark paste is given twice a day for 3 days to cure diarrhea and dysentery.
29. ***Pongamia pinnata* (L.) Pierre.** (Fabaceae) **V.Ns.-** Karanj, Karanji, Kanji.
Uses: 1. Seed oil is applied on skin for itching, ringworm and eczema.
2. Seed powder with cow's milk is given twice a day for bodyache.
3. Leaf juice is applied as ointment in the cure of urinary.
30. ***Pterocarpus marsupium* Roxb.** (Fabaceae) **V.Ns:** - Rangatroeda
Uses: Decoction of stem bark is given orally twice a day in

kidney stone.

31. ***Pterocarpus marsupium*** Roxb. (Fabaceae) **V.Ns.-** Karanj, Bija-sal, Bilawa.

Uses: 1. Decoction of stem bark is given twice a day for a week to cure anemia.

2. Decoction of stem bark is given twice a day for only women after delivery.

32. ***Pueraria tuberosa*** (Roxb.) DC. (Fabaceae) **V.Ns.-** Patal tumbadi, Bhui kumbra

Uses: 1. Tuber powder is given twice a day for 3 days to cure urinary disorder.

2. Decoction of leaves and tuber is given twice a day for a week to treat increase male potency.

33. ***Sesbenia bispinosa*** (Jacq.) Steud. (Fabaceae) **V.Ns.-** Dadon, Daden

Uses: 1. Seed powder is given with water twice a day for arthritis.

2. Seed paste is applied as an ointment on cuts, burns and wounds.

34. ***Syzygium cumini*** (L.) Skeels (Myrtaceae) **V.Ns.-** Jamun

Uses: One teaspoonful seed powder is given orally twice a day for blood purification.

35. ***Tamarindus indica*** L. (Mimosaceae) **V.Ns.-** Aamli, Uses: seed powder mixed with honey and the made pills are given twice a day in diabetes.

36. ***Tephrosia candida*** L. (Fabaceae) **V.Ns.-** Safed serpunkha

Uses: Root powder is given orally to cure diarrhea.

37. ***Tephrosia Purpurea*** (L.) Pers. (Fabaceae) **V.Ns.-** Sarpankha, Bayonia

Uses: 1. Decoction of root is given twice a day for 3 days to cure diarrhoea and urinary disorder.

2. Decoction of plant is used for children to cure blood purification.

38. ***Urginea indica*** (Roxb.) Kunth (Liliaceae) **V.Ns.-** Jangali pyaz

Uses: Bulb paste is bandaged on the swelling in rheumatism.

39. ***Uraria picta*** (Jacq.) Desv.ex.DC. (Fabaceae) **V.Ns.-** Prastparni

Uses: Root powder is given to cure fever.

40. ***Wrightia tinctoria*** R. Br. (Euphorbiaceae) **V.Ns.-** Kueda

Uses: One teaspoonful seed powder is given orally thrice a day for one week in Malaria.

Results and Discussion: The present study includes information on the total 40 plant species belonging to 29 genera and 18 families were identified as scientific name, local name, and uses. Generally local medicine men are known as 'Badwa' or Vaidyas. The rich treasure of indigenous knowledge of local medicinal plant is also under serious threat in rural areas due to the availability of allopathic medicines and treatment of ailments and disease. The indigenous knowledge of the tribal communities must be properly documented and preserved so that their

knowledge could be passed on the future generation. Such studies and documents provide important for understanding the complex heritage of tribal communities and their association with environment and nature. the important medicinal plants were used again cough and cold, diarrhea and urinary disorder of 3 species; abdominal pain, intestinal worms, typhoid, jaundice, mouth ulcer, eczema, paralysis, fever of 2 species each and arthritis, male impotency, diabetes, anemia, dysentery, spermatorrhoea and blood purification of 1 species. The collection of remote areas of traditional herbal remedies plants of photo graphs (Fig. 1 to 6).

Acknowledgement : The author is thankful to Dr. S.S.Baghel, Principal and Dr. K.S. Alawa, Head of Botany Department, Govt. P.G. College, Dhar for their help and support. We are also thankful to Divisional forest officer, Dhar for help during the ethno botanical survey in tribal villages and forest areas of the district. We are thankfully acknowledging the informants for the important information giving regarding ethnomedicinal plants.



Fig.1 ***Abrus precatorius***



Fig.2 ***Momordica dioica***



Fig.3 ***Mucuna pruriens***



Fig.4 ***Butea monosperma***



Fig. 5 Tribal medicine men



Fig.6 Tribal medicine men

Plate1: Traditional herbal remedies used by tribals of Dhar district (M.P.)

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