

# Ethanomedicinal uses of some important plants of Jhajjar district, Haryana, India

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## Abstract

A large, number of rural people are still dependent for much of their therapeutic needs on the plants of their vicinity. The present paper incorporates the result of ethanomedicinal uses of widely use indigenous medicinal plants. Information on 30 plants along with medicinal application are given in the paper.

**Key Words:** *Ethanomedicinal, medicinal plants, rural people, Jhajjar district, Haryana.*

## Introduction

The curative properties of the plants have been of main interest to mankind since time immemorial. According to the report of World Health Organisation (WHO 1978) over 80% of the world’s population rely on traditional systems of medicines, largely plant based, to meet primary health care needs. Traditional medicines refer to the indigenous systems of healthcare. In Asian countries traditional system of medicines has been an important part of the National Healthcare System. India’s medical heritage is centuries old and more than millions of people depend upon traditional health system. Even after the induction of 200 years of modern system of medicines 90% of the population of rural India take the help of Local Village Health Practitioners (LVHP) for the treatment of various diseases (Yadav and Patil-2001).

Over 7500 species of plants are estimated to be used by 4635 communities for human and veterinary health care (Tewari 1999). Most of the countries worldwide have brought out herbals material medica of centuries old traditional medicines. In India Rigveda, which is considered to be the oldest available

record dating back to 4000-5000 B.C recounts some medicinal plants. Atharvaveda, another religious book of the Hindus, has described about 2000 plants having medicinal properties. Sushruta Samhita (1000 B.C) further records the medicinal virtues of 700 plants. Chark. Watts, Kirtikar and Basu, Chopra, Nadkarni etc. have described the medicinal importance of plants from time to time. Indian Material Medica accounts for the nearly 3500 species. About 1000 plants have been used in the Indian system of medicine. However, systematic work on traditional medicines gained momentum with the publication of Chopra's book on Indigenous Drugs of India in 1933. In India, ethnobotanical studies with a good scientific base have appeared in last 1-2 decades, leading to the publication of a number of valuable regional accounts of medicinal plants. (Handa *et al.* 1951; Jain 1964, 1967; Shabnam 1964; Shah and Kapoor 1974; Jain and Dam 1979; Vartak 1983; Aminuddin & Khan 1994; Girach *et al.* 1994; Maikhuri *et al.* 1998; Dhiman and Khanna 2001).

## Geology and Geography

The Haryana state is one of the northwestern states of India adjoining Delhi, the capital of the country. The Jhajjar District headquarter is situated at 28° 36' north latitude and 76° 42' east longitude. The climate of the district is dry with an intensely hot summer and a cold winter. Only during the three monsoon months of July, August and September does moist air of oceanic origin penetrate into this district to make the weather comparatively milder. From October to June the weather is dry except for a few showers received from western cyclones.

Jhajjar possesses rich alluvial soil, the surface soil, being loamy and slightly on the alkaline side. Sandy tracks occur in some part of the district.

## Vegetation

On account of the pressure of population and extensive cultivation very little vegetation has been left of the natural forests. These, where present, are of the open evergreen scrub or thorn type.

## The people

The total area of district Jhajjar is 1834 sq kms and the population is 8,87,392. The natives of the district Jhajjar are known as Haryanavis and the language spoken by them is Haryanavi, a dialect of Hindi.

## Materials and Methods

The study involved fieldwork, interviews, study of specimens and comparison from literature. Extensive field trips during different seasons of the year were made in the area since 1998 to 2002. The

plant specimens were collected and the therapeutic uses and vernaculars of the plants were recorded through interviews with the peasants, shepherds, local medicinal practitioners elderly persons.

## Results

It was found that traditional medicine man called Shyana (Knowledgeable person) and Vaidji still have a very strong hold in the rural population. There has been little made to explore the possibilities to get the knowledge from these medicine men. The results of the study from the Jhajjar district have been given in the Table 1.

## Discussion

Haryanavi folk medicine is an art practised mainly by elderly persons who are said to be capable of healing various diseases, viz, asthma, diabetes, jaundice, kidney stones, leprosy, liver troubles, piles, rheumatism, etc. the treatment is known to majority of people but for the serious ailments Shyana or Vaidji is considered competent.

There are common beliefs of the inhabitants regarding various types of ailments, however. sometimes variations in the remedial measures are also observed. Most of the informants consulted were consistent about the information regarding use of the plants as medicine. However, some of the informants differed in their reports on the way to use the same plant. In most of the cases the plant parts are taken as raw or in the form of juice or decoction for internal administration, while applied as juice or paste in external applications. Usually a single plant makes the remedy but use of combination of plants is also practised.

The people practising Haryanavis folk medicine have strong faith in their own recipes and common people have often observed the positive effects of their medicinal preparations. Still the people prefer to be treated for really serious ailments by doctors in the government hospitals or dispensaries, while plant remedies are employed in emergencies and for routine maladies. Yet the acceptability of these remedies is quite high among 80% of the Haryanavi population of the district.

It obviously requires painstaking scientific research to test the validity of these putative remedies. Since there is no systematic schooling for transmitting knowledge of these plant remedies from one generation to the next, it is believed that with the passing of one more generation, little of this traditional knowledge will survive. In the meanwhile, it is believed that this information should be recorded before it is lost with the passing of another generation.

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Table 1:- Showing the Botanical name, vernacular name, part(s) used, mode of administration, quantity, diseases and dosage.

S. No.	Botanical Name	Vernacular Name	Parts (s) used	Mode of Administration	Quantity	Diseases	Dosage
1.	Acacia arabica	Kikar	Stem barked	Powder, Decoction Roasted As such	10 gm 10 ml 10 gm	Gum problem Gum problem, mouth ulcer Urinary problem, strength Pyorrhea, mouth was	Twice daily for 1 month Twice daily until cure Twice daily for 15 days Twice daily
2.	<i>Achyranthes aspera</i>	Chirchita	Whole plant  Leaf Leaf Root	Decoction  Juice Paste Extract	10 ml.  10 ml. 10 gm. 2 gm.	Diarrhea Skin eruptions Piles & bites wasps & bees Menstrual disorder	Twice daily for 3 days Twice daily until cure. Twice daily until cure Twice daily for 1 month
3.	<i>Adhatoda vasica</i>	Bansa	Flower Root Leaf	Powder Powder Powder	10 gm. 10 gm. 10 gm.	Chest Infection & T.B. Asthma Asthma	Twice daily for 15 day Twice daily for 1 month. For 1 month.
4.	<i>Aegle marmelos</i>	Bel	Ripe fruit Ripe fruit Root Bark	Decoction Syrup Powder	1 cup 1 cup 20 gm.	Digestive Stimulant Piles & constipation Fever & heart palpitation	Once daily for 15 days. Once daily for 15 days As require.

5.	<i>Albezzia lebbek</i>	Siris	Seed Leaves Whole plant	Powder As such Decoction	10 gm. 4-5 leaves 10 ml.	Purification of blood, acne, improved vision. Locally Bandage for snake & scorpion bite. Snake & scorpion bite.	Twice daily for 1 month  Twice daily for 15 days.  Twice daily for 15 days
6.	<i>Aloe vera</i>	Gvarpatha	Whole Plant Pulp	Extract Paste	2 gm. 10 gm.	Jaundice & common cold For easy lactation	Twice daily for 15 days. Twice daily for 7 days.
7.	<i>Amaranthus spinosus</i>	Cholai	Root Leaves	Docoction As such	10 ml. 5-6 leaves	Colic pain Constipation	As required Twice daily for 3 days.
8.	<i>Argemone maxicana</i>	Satyanashi	Leaves	Paste	10 gm.	Skin disease	Twice daily until cure.

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9.	<i>Azadirachta indica</i>	Neem	Leaf stalks Young plants Leaves  Stem bark	As such Sweet Juice  Boiled in water As such Paste	6  5 ml  2-leaves. 10 gm.	Swellings of gum Fever antihelmenthatic, Jaundice Skin infections Snake bite. Boils, open source, bruised joints	Twice daily brushing. Twice daily for 7 days.
			Seed	Oil	5 ml.	Intestinal worms Headache Rheumatism	Daily bath until cure. Twice daily 7 days. Twice daily for 7 days.
10.	<i>Butea monosperma</i>	Palas	Flower Seeds Flower Leaves Gum	Decoction  Paste  Roasted	10 ml.  10 g  10 gm	Wormicide, sore eyes Pimples & acne  Impotency, seminal strength	Twice daily for 7 days. Twice daily until cure. Twice daily for 15 days.

11.	<i>Calotropis</i>	Aak	Stem Bark Stem Leaf	Powder  Juice As such warmed	2 gm.  10 ml. 4-5 leave	Asthmatic cough  Applied in swelling & painful joints, Insect bite Ulcers & Pustules.	Twice daily 7 days Twice daily until cure. Twice daily for 3 days.
12.	<i>Cassia fistula</i>	Amaltas	Stem Bark Leaf	Powder  As such	20 gm  4-5 leaves	Pustules Suppuration Pustules Suppuration	Twice daily for 5 days. Twice daily for 5 days.
13.	<i>Citrullus colycynthis</i>	Gudumba	Root Fruit	Powder Pulp Oil	10 gm 10 gm 10 ml.	Rheumatism, appetizer diarrhea, Pimples Hair growth & premature graying	Twice daily 7 days. Twice daily 7 days Twice daily 3 months.
14.	<i>Datura stramonium</i>	Dhatura	Leaves	Extract Apply as such	2-3 gm. 2-3 leaves	Cough, back ache, Swellings on hand & feet	Twice daily for 7 days. Twice daily for 7 days.
15.	<i>Desmostac hya bipinnata</i>	Dabh	Root	Decoction	20 ml.	Renal calculi, strangury, janundice & heat stroke	Twice daily for 21 days.



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16.	<i>Eugenia jambolana</i>	Jamun	Stem bark	Powder	10 gm	Eczema, Menstrual disorder, dysentery Diabetes Mouth sore, Bad odor Appetizer, liver tonic. Diabetes, urinary disorder.	Twice daily until cure. Twice daily until cure Twice daily for 3 days. Twice daily for 15 days. Twice daily until cure.
			Leaves	As such, Juice	2 leaves		
			Fruits	As such	10 ml.		
			Seeds	Powder	100 gm. 20 gm.		
17.	<i>Ficus glomerata</i>	Gular	Leaves	Decoction	10 ml.	Externally on fissures, piles rhinitis, internally for diabetes Skin diseases Mumps & backache Vomiting, Flatulence , Gum problem, diabetes.	Twice daily until cure Twice daily for 7 days. Twice daily for 7 days. Twice daily 15 days. Twice daily until cure
			Stem bark	Juice	10 ml.		
			Root	Decoction	10 ml.		
			Fruit	Powder	10 gm.		

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18.	<i>Nerium odorum</i>	Kaner	Root Leaves	Paste Boiled in water	10 gm. 4-5 leaves	Ulcers on genitals, ring worm, Water bath in leprosy	Twice daily for 7 days Twice daily until cure
19.	<i>Nicotiana tobaccum</i>		Whole plant	Powder	10 gm.	For caries of teeth & toothache, padiculli, bite of wasp.	Twice daily for 3 days.
20.	Ricinus	Arandi	Leaves  Root Seeds	Warmed and mustard oil Paste Oil	4-5 leaves  10 gm. 5 ml.	Rheumatic joints, inflammation Abortion Constipation, Renal colic	Twice daily for 7 days Once daily for 5 days Once daily as required.
21.	<i>Saccharum munja</i>	Munj	Root Fiber	Powder Rope tied around waist	10 gm.	Urinary problem Urinary disorder, mark of holiness	Twice daily for 7 days For 45 days.
22.	<i>Saccharum officinarum</i>	Inkh.	Stem	Chewed as such	1 full stem	Disorder of bile, heat stroke	Twice daily for 7 days.
23.	<i>Salvadora persica</i>	Jal	Leaves  Fruit	Warmed & mustard oil Ripe fruit	4-5 leaves  25 gm.	Skin disease, Piles Piles	Twice daily for 7 days. Twice daily for 7 days.

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24.	<i>Solanum nigrum</i>	Makoi	Leaves Root Fruit	As such warm Powder Syrup	2-3 leaves 10 gm. 20 ml.	Boils Fever, Skin disease Liver tonic, Tooth ache	Twice daily for 5 days. Twice daily for 7 days. Twice daily for 15 days.
25.	<i>Tamarix articulata</i>	Farash	Fruit   Stem bark	Powder   Decoction	10 gm.   10 ml.	Applied to injuries to stop decay, toothache and gum decay, skin ailments Pedicullai (External applied)	Twice daily for 7 days.   Twice daily for 7 days.
26.	<i>Terminalia arjuna</i>	Arjan	Stem bark	Powder  Paste	10 gm.	Heart Diseases Diabetes Bone Fracture	Twice daily until cure  Twice daily for 15 days.
27.	<i>Tinospora cordifolia</i>	Giloe	Stem   Leaves	Paste Extract  Paste	10 gm. 5 gm.  10gm.	Fever Jaundice, urinary trouble Boils	Twice daily for 7 days. Twice daily until cure. Twice daily for 7 days.

28.	<i>Tribulus terrestris</i>	Bhakri	Whole Plant  Fruit	Decocti on  Powder	20 ml.  20 gm.	Painful macturition Renal stones Old age weakness, headache seminal strength	Twice daily for 21 days. Twice daily 45 days.
29.	<i>Trigonella foenum-graecum</i>	Methi	Seeds   Leaves  Flowers	Powder   Paste  Powder	20 gm.   10 gm.  10 gm.	Dyspepsia, Rheumatism , Migraine, Asthma, Bronchitis Tumors  Dysentery, Diarrhea	Twice daily until cure.  Twice daily for 7 days. Twice daily for 7 days.
30.	<i>Withania somnifera</i>	Guga	Stem bark  Root	Powder  Powder/ Paste	10 gm.  10 gm.	Fever, Cough Asthma, Migraine	Twice daily for 7 days Twice daily until cure