Herbal Remedies for Hair Disorders by the Tribals of East Godavari District, Andhra Pradesh

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Abstract

The present study deals with the documentation of ethnomedicinal plants used for curing hair disorders by the tribals of East Godavari district, Andhra Pradesh. The study resulted in the documentation of 35 medicinal plant species belonging to 34 genera and 24 families used for hair wash, alopecia, dandruff, cooling effect, hair tonic, lice killing and hair tonic. Fabaceae is the dominant family followed by Malvaceae, Combretaceae, Rubiaceae and Sapindaceae.

Key Words: Herbal remedies, Hair care, Tribals, East Godavari, Andhra Pradesh

Introduction

Human beings are using herbal products for their healthcare since time immemorial. Though plenty of modern allopathic drugs are available in the market people are attracted to the herbal products since they believe that they are safer and proved elixir in the treatment of various ailments. Though there are many studies on ethnomedicine exclusive studies on hair disorders are not many [1-3].

East Godavari district lies between 16° 3’ and 18° 20’ of N and 81° 30’ and 82° 36’ of E. The total geographical area of the district is 10, 807 km². The average rainfall is 1137.6 mm. The total population of the district is 49, 01, 420 of which 1, 91, 561 are tribal inhabitants comprising 3.91% of the total population. Konda Reddi, Konda Dora, Konda Kammara, Konda Kapu, Manne Dora and Valmikis are the main tribal communities inhabiting the forest areas. The tribals have their own language, heritage, religious practices and customs.

Material and Methods

The areas inhabited by different ethnic communities were surveyed during 2005-2007. The first hand information was obtained from aboriginals in 126 interior tribal pockets with good forest cover and cross checked with the local medicine men or vaidyas. The data generated from different villages and tribal tracts were carefully analysed, compared, verified and presented in this paper. The voucher specimens are deposited in the Herbarium of the Department of Botany, Andhra University, Visakhapatnam. Each plant is enumerated with a correct botanical name followed by the author, family, vernacular and English names.

Enumeration

**Abrus precatorius** L. Fabaceae VN: Guriginja E: Indian liquorice

Seed paste is used for hair wash.

**Acacia sinuata** (Lour.) Merr. Fabaceae VN: Sikaya E: Soap pod

**Dandruff:** Seed paste is massaged on the scalp once a day for one week.

**Albizia amara** (Roxb.) Boivin Fabaceae VN: Narlinga Leaf paste is used for hair wash.

**Aloe vera** (L.) Burm. f. Liliaceae VN: Musambaramu E: Indian aloe

Leaf juice is used for hair wash to stimulate growth of hair, for hair fall and dandruff.

**Annona squamosa** L. Annonaceae VN: Seethaphalam E: Custard apple

To kill lice: Fifty g of dried seed powder mixed in 250 ml of coconut oil is applied to the scalp twice a week to kill lice.

**Anogeissus latifolia** (Roxb. ex DC.) Wall. ex Guill. & Perr. Combretaceae VN: Chirumanu E: Gum ghatti

Wood ash is used as detergent and for hair wash.

**Azadirachta indica** A. Juss. Meliaceae VN: Yepa chettu E: Margosa tree

**Dandruff:** Leaf paste is applied on the scalp externally daily once for one hour before head bath for 3 days.

**Carica papaya** L. Caricaceae VN: Boppayi E: Papaya

**Alopecia:** Flower paste is applied on the scalp daily once regularly for one week for luxuriant growth of hair.

**Ceiba pentandra** (L.) Gaertn. Bombacaceae VN: Burugu E: White silk cotton tree

Tender leaves are used for hair wash.

**Cleome viscosa** L. Cleomaceae VN: Kukka vaminta E: Wild mustard

**Eradication if lice:** Seed paste mixed with coconut oil is used as hair oil.
Cochlospermum religiosum (L.) Alston
Cochlospermaceae VN: Konda gogu E: Yellow- flowered cotton tree.

Leaf decoction is used for hair wash.

_Datura innoxia_ Mill. Solanaceae VN: Tella ummetha E: Downy thorn apple

_Alopecia_: Leaf juice is applied to the scalp one hour before washing the hair. This is continued for 10 days.

_Eclipta prostrata_ L. Asteraceae VN: Guntagaliaraku E: Trailing Eclipta

_Hair tonic_: Whole plant and leaves of _Hibiscus rosa-sinensis_, seeds of _Trigonella foenum-graecum_ taken in equal quantities are ground. Paste is soaked in 500 g of coconut oil for one hour and incubates for one week and then oil is filtered and used as hair oil.

_Glycyrrhiza glabra_ (Retz.) DC. Fabaceae VN: Atimadhumaru E: Liquorice

_Hair tonic_: Root decoction is used as shampoo for growth of hair and also to control hair fall.

_Grewia tilaefolia_ Vahl Tiliaceae VN: Tada chettu

Leaf paste is used for hair wash.

_Heliceres isora_ L. Sterculiaceae VN: Nulikaya E: East-Indian screw tree

Leaf paste is used for hair wash.

_Hibiscus rosa-sinensis_ L. Malvaceae VN: Dhasani E: Bimlipatam-Jute

_Hair tonic_: Leaves with fruits of _Terminalia chebula_, _Phyllanthus emblica_, leaves of _Eclipta prostrata_, _Lawsonia inermis_ and seeds of _Trigonella foenum-graecum_ are taken in equal quantities and soaked in 2 Kgs of coconut oil for 20 days, filtered and applied to the scalp for vigorous growth of hair.

_Limonia acidissima_ L. Rutaceae VN: Elikkaya E: Dog wood apple

Tender fruit pulp is used for hair wash.

_Kydia calycina_ Roxb. Malvaceae VN: Konda patti

_Hair tonic_: Stem bark with that of _Albizia amara_ taken in equal quantities are ground and the paste is used as shampoo.

_Lawsonia inermis_ L. Lythraceae VN: Gorintaku E: Henna

_Hair tonic_: Leaves with those of _Hibiscus rosa-sinensis_, _Eclipta prostrata_ and seeds of _Abrus precatorius_ are taken in equal equantities and ground. Paste is soaked in sesam oil for 5 days and used as hair oil.

_Madhuca indica_ J. F. Gmel. Sapotaceae VN: Ippa chettu E: Indian butter tree

Oil extracted from seeds is used as hair oil.

_Maytenus emarginata_ (Willd.) Ding Hou Celastraceae VN: Danti

Leaf paste is used for hair wash.

_Murraya koenigii_ (L.) Spreng. Rutaceae VN: Karivepaku E: Curry leaf

_Hair tonic_: Leaves with that of _Lawsonia inermis_ are taken in equal quantities and ground into paste. It is boiled with sesam oil and cooled. It is applied to the hair regularly.

_Nyctanthes arboristis_ L. Nyctaginaceae VN: Pagadamalti E: Night jasmine

_Alopecia_: Two spoonful of seed powder mixed with a spoonful of honey is taken orally twice a day for 15 days. Meanwhile the paste is applied on the scaly patches.
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References
