

Phytotherapy for leucorrhoea from Srikakulam district of Andhra Pradesh

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Abstract: The present study yielded 29 empirically accepted and commonly used phytotherapeutical practices of 29 plant species from 29 genera belonging to 21 families with additives for curing leucorrhoea by the tribals and folklore of Srikakulam district. The mode of administration of drugs along with their dosage was studied.

Keywords: Phytotherapy, Leucorrhoea, Srikakulam, Andhra University

INTRODUCTION

Health and diseases are coeval with life. The use of plants as a source of medicine is as old as humanity and they have become continuing source of medicines in treating ailments with less or no side effects, as compared to synthetic and semi-synthetic medicines. Although modern medical systems accomplish miraculous feats such as organ transplantation and eradication of cancerous tumour etc., addressing crisis situations, offering little effective help for sufferers of chronic problems. Srikakulam district is the Northern most part of Andhra Pradesh state, which lies along the Coromandel coast. It is located with 18° 5'-19° 12' N 83° 32'-84° 47' E and bounded by Orissa state on the North and Bay of Bengal in the East and South-East and Vizianagaram district in the west and south-west. Srikakulam district is inhabited by 5.96% of tribals viz., Savara, Jatapu, Konda dora, Gadaba, Kutiya, Yerukula etc.

The survey of literature revealed that there are a few studies on ethnobotany of leucorrhoea in different parts of India (Borthakur 1993, Singh and Pandey 1996, Sikarwar 2002, Sarangi and Sahu 2004, Ratnam and Raju 2005, Yadav et al 2006, Jitu Buragohain 2008, Suneetha et al 2009, Augustine 2010, Raju et al 2011). This paper is an attempt to enumerate plants and therapeutical practices known for curing leucorrhoea and to understand how these plant resources are utilized by the local tribal communities and folk people.

MATERIAL AND METHODS

An ethnomedicinal exploration was carried out during 1997-2002 in Srikakulam district of Andhra Pradesh, one of the peninsular states of India. The taxa identified were enumerated with their family names, synonyms, Sanskrit,

Hindi, English/Trade and Vernacular names. The phytotherapeutical practices with their active principles have been presented.

The ethnomedicinal data of the present study is the outcome of series of intensive field trips over a period of five years in 14 tribal pockets and 6 coastal and plain pockets of Srikakulam district. In addition to randomly selected informants in the field, tribal villages and shandies, the ethnomedicinal information furnished by Vydhyas is also recorded. Every attempt was made to locate medicinal plants, voucher specimens were collected and the herbarium specimens were prepared according to conventional methods and they were deposited in the herbarium of Department of Botany, Andhra University, Visakhapatnam.

Enumeration

Aerva lanata (L.) Juss. Amaranthaceae V: Pindikura S: Pashanabhedhi H: Chaya

The roots along with those of *Smilax zeylanica* and *Asparagus racemosus* in proportion of 1:2:1 are crushed and the extract is administered twice a day in the morning and evening for a week.

Aristolochia bracteolata Lam. Aristolochiaceae V: Gadida gadapaku S: Kitamari H: Kiramar E: Bracteated birthwort

Two spoonful of stem juice mixed with black pepper and garlic is administered orally till cure.

Asparagus racemosus Will. Liliaceae VN: Pillipichara S: Satavari H: Shatavir E: Wild asparagus

The roots along with those *Smilax zeylanica* and *Aerva lanata* in proportions of 2:1:1 ratio are crushed and the extract in cold water is administered twice a day in the morning and evening for a week.

Bombax ceiba L. Bombacaceae V: Buruga S: Moca H: Semal E: Red silk cotton tree

One spoon of flower powder in hot water is administered twice a day for one week.

Cardiospermum halicacabum L. Sapindaceae V: Buddakakara S: Parvaragni H: Kanphuti E: Blister creeper

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Root extract in doses of two spoonful is administered twice a day for 3 days after the third day of menstruation.

Celastrus paniculatus Willd. Celastraceae V: Palleru tivva S: Pitataila H: Jamrasi E: Climbing staff plant

Root bark of about 10 g is ground with about 5 black pepper grains and the aqueous extract is administered once a day in the morning for about 2 weeks.

Cocculus hirsutus (L.) Diels Menispermaceae V: Duseritvva S: Vanatikika H: Jamti-ki-bel E: Broom creeper

Leaf juice mixed with sugar which becomes hard after half an hour is administered in the form of pills of bengal gram seed size twice a day for about 20 days.

Curculigo orchoides Gaertn. Hypoxidaceae V: Nelatadi S: Talamuli H: Mushali E: Black muscale

Hundred grams of tuber with 200 g of bark of *Bombax ceiba* and 200 g of sugar with ½ l of water is kept in a new mud pot and exposed to sun light for 21 days. After that the ingredients are thoroughly mixed and the extract is filtered. This extract is administered in doses of 100 ml twice a day for 15 days.

Dendrophthoe falcata (L.f.) Etting Loranthaceae V: Badanika S: Vrksadani H: Banda E: Mistletoe

An extract is prepared by crushing the whole plant and is administered in doses of one spoonful twice a day for 7 days.

Erythrina variegata L. Fabaceae V: Badita S: Paribhadrah H: Dadap E: Indian coral tree

About 10 g of bark is powdered and mixed with 50 ml of rice washed water and taken once a day for about 15 days.

Euphorbia hirta L. Euphorbiaceae V: Chukkamokka S: Dugdhika H: Lal dudhi E: Australian asthma weed

Twenty g of leaves are crushed and the extract is made in cold water and is taken with honey once in the morning for a month.

Ficus religiosa L. Moraceae V: Raavi S: Asvatthah H: Pipal E: Peepal tree

Stem bark along with the prop roots of *Ficus bengalensis* is taken in equal proportions and made into an extract. 15 ml of this extract is administered twice a day for about 15 days.

Flacourtia indica (Burm.f.) Merr. Flacourtiaceae V: Kanaregu S: Svadukantaka H: Baichi E: Madagascar

Decoction of the stem is administered in doses of one spoonful twice a day till cure.

Holarrhena antidysenterica (Roxb. ex Fleming) Wall. Apocynaceae V: Palabariki S: Kutaja H: Karchi E: Kurchi tree

Root bark mixed with stem bark of *Streblus asper* is crushed into an aqueous extract and is administered in 2 spoonful twice a day for about a month.

Jatropha gossypifolia L. Euphorbiaceae V: Seemyepalam S: Raktaeramada H: Bhereda E: Tua-tua

Latex is mixed with banana fruit and made into lumps. These lumps are administered in doses of 3 lumps twice a day for about 15 days.

Litsea glutinosa (Lour.) Robins. Lauraceae V: Naramamidi

S: Medasaka H: Garbijaur E: Vasa

Stem bark paste is made into pills of bengal gram seed size and these pills are administered in doses of 2 pills twice a day for 9 days.

Memecylon umbellatum Burm.f. Melastomataceae V: Allichettu S: Anjani H: Nirasa

Root bark extract in cold water is administered in doses of 2 spoonful twice a day for 15 days.

Mucuna utilis Wall. ex Wight Fabaceae V: Dulagondi S: Atmagupta H: Kivach E: Cowhage

Seed powder is mixed with fruit powder of *Tribulus terrestris* and is administered in doses of 2 spoonful once a day for about 15-21 days.

Paracalyx scariosa (Roxb.) Ali Fabaceae V: Adavikanda

Root bark extract in cold water is administered in doses of 1 spoonful once a day for 30 days.

Phyllanthus emblica L. Euphorbiaceae V: Usiri S: Amalaki H: Amla E: Gooseberry

Powder obtained by pounding the pericarp in 10 g doses twice a day is taken for about a week.

Pongamia pinnata (L.) Pierre Fabaceae V: Kanuga S: Karanjah H: Karanj E: Indian beech

Stem bark is crushed with that of *Alangium salvifolium*, *Syzygium cuminii* and *Terminalia arjuna* and the extract in cold water is mixed with little jaggery and given in doses of 3 spoonful once in a day for 9 days.

Prosopis cineraria (L.) Druce Mimosaceae V: Jammi

Root bark extract in cold water is administered in doses of 2 spoonful twice a day for 7 days.

Smilax zeylanica L. Smilacaceae V: Dursatheega H: Kamurika E: Sarsaparilla

The root along with those of *Asparagus racemosus* and *Aerva lanata* in 1:2:1 proportion are taken and crushed. The extract in cold water is administered twice a day in the morning and evening for a week.

Streblus asper Lour. Moraceae V: Baranikk S: Sakhotah H: Khorus E: Siamese rough bush

Stem bark along with the root bark of *Holarrhena pubescens* is crushed into an aqueous extract and is administered in doses of 2 spoonful twice a day for about a month.

Syzygium cuminii (L.) Skeels Myrtaceae V: Neredu S: Jambuh H: Jamun E: Black plum

Stem bark extract in cold water is administered in doses of 2 spoonful twice a day for 5 days.

Terminalia arjuna (Roxb. ex. DC) Wight & Arn. Combretaceae V: Maddi S: Arjunah H: Arjun saadadaa

Stem bark is crushed with that of *Alangium salvifolium*, *Syzygium cuminii* and is given in doses of 3 spoonful once a day for 9 days.

Urgenia indica (Roxb.) Kunth Liliaceae V: Adaviulli

Bulb paste with sugar candy in doses of 1 spoonful is administered once a day for 7 days.

Wrightia arborea (Dennst.) Mabblerley Apocynaceae V:

Tellapala

Root powder is ground with black pepper and the paste is made into pills of bengal gram seed size. These pills are administered in doses of 2 pills twice a day for 10 days orally.

***Xanthium strumarium* L.** Asteraceae V: Peddapalleru S: Kakubha E: Cockle-bur burweed

Plant decoction is administered in doses of 2 spoonful twice a day till cure.

DISCUSSION AND CONCLUSIONS

The tribal communities of Srikakulam district are most dependent on phytotherapy to cure chronic ailments. The ethnomedicinal knowledge and efficiency of the medicinal plants were proven in their communities since time immemorial and the empirical data were acquired by trial and error methods and is being transmitted to the posterity by oral means.

Information from ethnic groups on traditional herbal medicine had always played a vital role in the discovery of new drugs. In general the success of medicine depends on standard proportions and intelligent combinations of different plants. The use of a single plant in compound formulations needs more investigation for chemical constituents and biological screening. It is quite interesting to know that all the 19 plants enumerated here are being used singly, 5 plants doubly, 3 plants in triple combination and 2 plants in multiple combination to cure the ailments. This very information gives us a clue of their use in combination with other suitable plants or parts, so that the resultant experiences can be exploited in further ethnomedicinal practices and also to support and strengthen modern medicine.

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