

Traditional medicinal practices among the rural people of Tilda, Raipur, India

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Abstract

Due to deforestation and loss of biodiversity natural resources, many valuable herbs are in the verge of extinction. The present paper deals traditional uses of plant species by the rural people of Tilda, Raipur. The claims were gathered by interviewing traditional healers, especially villagers, of the study area. Findings of the study show the increased use of traditional medicine among the natives of the study area.

Keywords: Ethno medicine, Medicinal plants, Phytotherapy

INTRODUCTION

Nature is a unit in which all parts complement each other. Therefore, the cure for many of the diseases and ailments that afflict man can be found in nature. This article only discusses the uses of plants as ethno medicine.

Herbs are mines of useful drugs. Medicinal plants have always been the principle sources of medicine in India. The medicinal use of plants is known as PHYTOTHERAPY. The interest in phytotherapy has been increased because of reasonably safe and affordable remedies for many diseased conditions. It is evident that many valuable herbal drugs have been discovered by knowing that particular plant was used by the ancient folk healers for the treatment of some kind of ailment (Ekka & Dixit, 2007). The status of the medicinal plant of the study area has been established (Mc. Neel et al. 1990, Phillips et. al. 1994; Dwivedi, S. et. al. 2007). Objective of the study is to find out the herbal and home remedies prevalent in the rural area of Tilda, near Raipur region.

Study Area

The present investigation has been carried out in the rural area of Tilda, located in the district of Raipur. For a proper and orderly

study the study sites were selected considering the population and density of flora. The local informants selected are:

- Village farmers
- Old persons
- Hakims, Vaidhayas, and Ojhas
- Ayurvedic doctors
- Experts in the field of Herbal Medicine

Direct discussion between the authors and different informants were made and the uses of the plants were recorded, mentioned in following tables.

OLD AGE AND INSOMNIA

During old age the body becomes drier, cold, and easily succumbs to disorders of Vata. With Insomnia predominantly being a Vatik disorder; the elderly are the most affected.

Many of the common health conditions seen in old age can be managed by plant showing in following table

Table 1

Botanical name	famous name	Parts used
<i>Withania somnifera</i>	Aswagandh	Roots
<i>Tinospora cordifolia</i>	Giloya	Stem
<i>Punica granatum</i>	Anar	Fruit, Root bark, fruit rind

DIABETES

Diabetes mellitus is the major endocrine disorder responsible for renal failure, blindness or diabetic cataract, poor metabolic control, increased risk of cardiovascular disease including atherosclerosis.

Antioxidants play an important role to protect against damage by reactive oxygen species and their role in diabetes has been evaluated (Yokozawa, 2004). Many plant extracts and products were shown to possess significant antioxidant activity (Sabu & Kuttan, 2002).

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Table: 2

<i>Andrographis paniculata</i>	Kirayat	Whole plant
<i>Tinospora cordifolia</i>	Giloya	Stem
<i>Azadirachta indica</i>	Neem	Flowers, leaf, bark, seeds and oil
<i>Curcuma longa</i>	halad	Tubers
<i>Phyllanthus emblica</i>	aamla	Fruit

CHILD CARE

Following table contains Medicinal plants that are used for treating common primary health conditions among children. These

plants are helpful to treat common cold, cough, fever, loss of appetite, dull memory, dysentery, skin rashes etc.

Table: 3

<i>Ocimum sanctum</i>	Tulsi	Leaves, Flower, roots
<i>Cyperus rotundus</i>	bara-nagar-motha	Tuber
<i>Piper longum</i>	Pipali	Fruits, roots
<i>Oxalis corniculata</i>	Aambat chuka	Whole stem
<i>Coleus aromaticus</i>	Patharchur	Leaves

WOMEN HEALTH

Following table shows plants those are used for women's health

issues. There are effective remedies for gynaecological disorders.

Table: 4

<i>Hibiscus rosa-sinensis</i>	Shoe-flower	Flowers
<i>Aloe vera</i>	Aloe	Leaves
<i>Asparagus racemosus</i>	Shatavari	Tubers
<i>Moringa oleifera</i>	Drumstick	Leaf, Seeds, Root bark
<i>Eclipta alba</i>	Garuga(KAN), Maka(MAR)	Leaf & stem, Whole plant, seeds
<i>Cyperus rotundus</i>	bara-nagar-motha	Tuber
<i>Phyllanthus emblica</i>	Aawla	Fruit

CONCLUSION

In every ethnic group there exists a traditional health care system. In rural communities health care seems to be the first and foremost line of defense. A detailed and systematic study is required for identification, cataloguing and documentation of plants, which may provide a meaningful way for the promotion of the traditional knowledge of the herbal medicinal plants.

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