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Ethnomedicinal Applications of Spices and Condiments in Nandurbar District (Maharashtra)

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Abstract

The present work is a result of ethnobotanical investigations among tribal and rural folks of Nandurbar district. The traditional knowledge of medicinal virtues of spices and condiments are still put into practice by the tribals such as Pawara,Bhil,Mavachi,Kokani, and Tadavi,apart from rural people. The paper focuses 26 angiosperm species belonging to 23 genera and 18 families of spices and condiments hitherto undocumented. They are used to combat about 27 human ailments prevalent in the area.Modern scientific examination is obviously needed to test their efficacy and veracity.

1. Introduction

Nandurbar is predominantly a tribal district of Maharashtra.It is situated in northern part of the state of Maharashtra bordering the state of Madhya Pradesh and Gujarat.The ranges of Satpura mountain extend on the northern side of district.The tribes inhabiting the district are viz., Pawara, Bhil, Mavachi, Tadavi and Kokani. They are semi-agrarian and also dependent on forest products. They use some spices and condiments for different diseases. Their traditional knowledge is depleting fast and therefore it is imperative to document it at the earliest.Bhamare[1,2] and Borse *et al*[3], D`Souza[4],Tayade and Patil[5,6,7] and Ahirrao and Patil[8] brought forth the medicolore of this region. Ethnomedicinal activities of hitherto undocumented of spices and condiments employed for various ailments are being communicated in this paper.

2. Methodology

The ethnomedicinal claims have been gathered from all tribes and rural through personal communication. Heads of tribes, senior tribals especially women informants were interviewed on our ethnobotanical countings. There were verified during different visits in the area. Botanical identity is confirmed using district, state and regional floras and other literature by Patil[8,9,10]; Kshirsagar and Patil[11]; Cooke[13]; Bailey[14], Sharma *et al* [15]; Singh and Karthikeyan[16,17], Purthi[11,12]. The data accrued is tabulated in table-I. They are arranged alphabetically with their correct botanical name, family, vernacular name, part used, disease treated and medicinal recipe.

Table-1: Spices and Condiments employed in local remedies in Nandurbar District

Botanical Name and Family	Vernacular Name	Plant Part Used	Treated Disease	Medicinal Recipe
Allium cepa L. Liliaceae	Kando	Bulb	Cholera, Good sleep	Raw
Allium sativum L. Liliaceae	Gondlo, Losan	Bulb	Blindness,	Raw
Brassica juncea Koch. Brassicaceae	Mohari	Seeds	Cold, Paralysis,	Oil
Capsicum annum L. Solanaceae	Mirchi	Fruit	Cholera. Dysentery	Infusion
Carum carvi L Apiaceae	Shahajira	Fruit	Dysentery, Toothache	Decoction
Cinnamomum zeylanicum Bl. Lauraceae	Dalchini	Bark	Cough,Digestion,Enfluenza,Fever.	Infusion
Cocus nucifera L. Arecaceae	Naral	Fruit	To increase weight	Raw

Coriandrum sativum L. Apiaceae	Dhana, Khothbhuro	Fruit	Piles	Paste
Cuminum cyminum L. Apiaceae	Jira	Fruit	Worms, Acidity	Decoction
Curcuma longa L. Zingiberaceae	Haladi	Rhizome	Cough, Piles.	Decoction
Elettaria cardamomum Maton. Zingiberaceae	Veldoda	Fruit	Cough, Fever,	Decoction
Ferula asafetida L. Apiaceae	Hing	Root Gum	Cough, Toothache, Scabies	Powder
Foenicum vulgare Mill. Apiaceae	Badishop	Fruit	Mouth ulcer	Raw
Garcenia indica Choisy. Clusiaceae	Aamsul	Fruit	Acidity	Decoction
Guizotia abyssinica(L.*f.*) Cass. Asteraceae	Khurasini, Kali-til	Fruit	Eye disease	Infusion
Illicium verum L. Magnoliaceae	Badiyan	Fruit	Digestion	Decoction
Myristica fragrans Houtt. Myristicaceae	Jayfal	Fruit	Hiccup, Vomiting	Decoction
Papaver somniferum L. Papaveraceae	Khas-Khas	Seed	Muscle catch, Tonic	Raw
Piper longum L. Piperaceae	Pipar	Fruit	Mouth ulcer	Paste
Piper nigrum L. Piperaceae	Kalimiri	Fruit	Cold, Menstruation	Decoction
Sesamum indicum L. Pedaliaceae	Til	Seed	Tonic, Piles	Oil
*Syzygium aromaticum*L. Myrtaceae	Lavang	Dry-bud	Cough, Toothache	Decoction, Paste
Tamarindus indica L Caesalpiniaceae	Khati Amali	Fruit	Digestion	Infusion
Trachyspermum dmmi(L.) Sprague Apiaceae	Ova,Ajwan	Fruit	Cough, Stomach pain	Decoction
Trigonella foenumgraceum L. Fabaceae	Methi	Seed	Sunstroke	Decoction
Zathoxylum rhetsa (Roxb.)DC. Rutaceae	Tirfal	Fruit	Digestion	Decoction

3. Discussion

Spices and condiments have primary functions to flavor food and provide aroma, texture and colour. They also have secondary functions such as medicinal, nutritional and as preservative (Pruthi[11,12]).Spices since antiquity are considered indisponsable in the culinary art. They also emerged significant in healthcare. Their value as antimicrobials, antioxidants, antidiabetic, anti-inflammatory etc. is doubtless (Pruthi[11,12]). The present authors in their ethnobotanical forays in Nandurbar district documented 26 species of spices and condiments as employed in healthcare of tribals and rural people. They used usually the parts which are generally sold as spices or condiments as such in the local markets. Majority of these are nut cultivated in this area. They administered them in the form of decoction, infusion, paste, oil or as raw material, decoction being the common form. The chemical constituents, being very important economically, have been already on records (Pruthi[18];Patil[9,10]).However, their medicinal significance are little known. Such applications however, need veracity and efficacy should be studied on modern scientific lines.

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