



Medicinal plants used to cure Stomach disorders by the Tribes of Khammam district, Telangana State

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ABSTRACT

Medicinal plants have proved to be effective for the cure of various Stomach disorders. Participatory Rural Appraisal (PRA) methods and tools were used for interacting with the tribal women who were used as the main source of information. Scientific validation helped to determine the pharmacognosy and pharmacology status of the plants. The sources used for scientific validation were mainly the view of the experts and scientific literature besides adding the social value considering the views of vaidyas. The identification validation and documentation of the plant material from the Khammam forest reveal that 19 species belonging to 18 genera and 17 families were used for Stomach disorders. Most of them were herbs closely followed by trees. The common Stomach Disorders are Stomach pain, Gastric pain, Amoebicdysentery, Constipation etc. The ethno medicinal practices involved plants ranging from one to two. The common dosage forms include paste, decoction, and juice. They were used for their preventive and curative properties. Most of these plants were available in the vicinity or their parts were in the form of species at the household level. These indigenous methods of treatment based on medicinal plants are still an important part of social life and culture in Khammam. The claimed therapeutic values of the reported species are to be critically examined to establish their safety and effectiveness and to preserve this flora, which may otherwise be extinct due to deforestation.

Keywords: Ethno medicine, Preserve, Species, Social life, Indigenous

INTRODUCTION

Khammam district came into existence on October 1, 1953. It was carved out from the taluks of Warangal and East Godavari districts and occupies an area of 16,029 km² covering 46 Mandal Praja Parishads. It lies between 16° 45' and 18°35' North latitude and between 79° 47' and 80° 47' East longitude. The total population of the district is 25, 78, 927 of which 6, 82,617 (26.46%) are scheduled tribes as per 2001 census. The district presents a rough topography with dissected uplands and hills, which sometimes exceeds 600 m. Temperature varies from 10 to 44° C. The average rainfall of the district is 1045 mm. The main tribes of the district are Koyas, Gonds/Naikpods, Lambadas and Konda Reddis. The district has more than 52.6% forest land with 4 divisions. Dry deciduous, moist deciduous, riparian, scrub and grass land forest types are predominant.

METHODOLOGY

An ethnobotanical survey was conducted among the tribal communities of the district. Elder people, medicine men, tribal physicians and village old mothers were consulted to record first-hand information on ethno medicinal uses, methods of preparation and administration of crude drugs. The information from the tribal people was compared with literature.

***Abelmoschus moschatus* Medic. MALVACEAE**

VN: Yerra benda S: Latakasturika H: Maskdana E: Musk mallow, Bethampudi **GastricPain:** Equal quantities of fruit peel along with fruit pulp of albakara and tender leaves of *Syzygium cumini* are ground. Ten g of that paste is administered with water once a day for 3 d.

Stomach disorders: Ten ml of leaf juice is taken orally once a day till cure.

***Acacia caesia* (L.) Willd. MIMOSACEAE**

VN: Korintha E: African acacias, Chintur

stomach pain: Ten ml of root paste is taken orally twice a day.

***Acacia sinuata* (Lour.) Merr. MIMOSACEAE**

VN: Sikaya S: Amala H: Ritha E: Soap pod, Chintur

Stomach disorders: One spoonful of root powder mixed with a cup of water is administered once a day for 3 d.

***Alstonia venenata* R. Br. APOCYNACEAE**

VN: Tella ganneru S: Rajadhana E: Digit bark, Chintur

Stomach pain: A spoonful of stem bark paste with a pinch of salt is administered daily twice for 2 d.

***Argemone mexicana* L. PAPAVERACEAE**

VN: Bramma dandi S: Swarnakshiri H: Brahmadundi E: Mexican poppy, Lakshmipuram

Stomach pain: One spoon of root paste along with a cup of water is administered twice day for 3 d.

***Aristolochia indica* L. ARISTOLOCHIACEAE**

VN: Nalla eswari S: Ishvari H: Isharmul E: Indian birth wort, Mothugudem **Stomach pain:** Two spoonful of root powder mixed with one spoon of black pepper powder is administered along with a cup of water twice a day for 3 d.

***Capparis brevispina* DC. CAPPARACEAE** VN: Adavi uppi E: Indian caper, Chiruthapalli

Stomach ache: Ten g of root bark paste is taken twice a day for 3 d.

***Cassia auriculata* L. CAESALPINIACEAE**

VN: Tangedu S: Avartaki H: Taswar E: Tanners cassia, Peruru

Amoebic dysentery: Three spoonful of stem decoction is administered twice a day for 3 d.

Constipation: Two spoonful of stem decoction is taken with a cup of water once a day for 3 d.

Stomach pain: Tender leaves are ground with jaggery and tablets of 5 g is administered once a day for 7 d.

***Curcuma amada* Roxb. ZINGIBERACEAE**

VN: Mamidi allam S: Karpuraharidra H: Ama-haldi E: Mango-ginger, Singhabhupalem

Stomach pain: Rhizome with that of *Zingiber officinale* is taken in equal quantities and pestled. Two spoonful of paste along with jaggery is administered daily twice for 2 d.

***Eryngium foetidum* L. APIACEAE**

VN: Kerala kottimera E: Black benny, Enkuru

Stomach pain: Ten ml of root decoction is taken twice a day till cure.

Gmelina arborea Roxb. VERBENACEAE

VN: Burugu tekku, Nela gummudu S: Bhadraparni H: Jugani-chukur E: Candahar

tree,Vissapuram

Stomach pain: Two spoonful of root decoction is administered twice a day till cure.

Leucas aspera (Willd.) Link. LAMIACEAE

VN: Tummi S: Drona pushpin E: Chota-italkusa E: Thumbbe, Ellendu

Stomach pain: One spoonful of leaf paste mixed with half spoon of black pepper powder is administered twice a day for 3 d.

Limonia acidissia L. RUTACEAE

VN: Velakkaya S: Kapittha H: Bell E: Elephant apple, Sarapaka

Stomach disorder: Three spoonful of fruit pulp is administered once a day for 3 d or fruit pulp is taken once a day till cure.

Mukia maderaspatana (L.) M. Roem. CUCURBITACEAE

VN: Kuthuru budama S: Trikosaki H: Bilari E: Rough bryony, Tekulapalem

Stomach pain: Half spoonful of leaf juice is administered once a day for 3 d.

Ocimum tenuiflorum L. LAMIACEAE

VN: Krishna tulasi S: Hari priya H: Kala tulasi E: Holy basil, Thaliperu

Stomach pain : Two spoonful of seed powder mixed with 2 equal quantities of crystal sugar is taken along with a cup of mildly heated water.

Pavetta indica L. RUBIACEAE

VN: Papidi S: Camicara H: Angari E: White pavetta, Yerram Padu

Stomach disorders: Ten ml of root decoction is taken orally twice a day for 3 d.

Sterculia urens Roxb. STERCULIACEAE

VN: Kondagogu, Tapasi chettu S: Batika H: Gulu E: Gum karaya, Bhadrachalam

Constipation: Five g of young root paste is taken orally once a day till cure.

Stomach pain: Two spoonsful of seed powder is administered daily once for 5 d.

Yucca gloriosa L. LILIACEAE

VN: Chaga E: Spanish dagger, Bayyaram

Rheumatism: Three spoonful of root decoction is administered once a day till cure.

Stomach disorders: Ten ml of root decoction is administered twice daily till cure.

Ziziphus xylopyrus (Retz.) Willd. RHAMNACEAE

VN: Gotti kaya S: Ghonta H: Kat-ber E: Golden silk cotton tree, Peruru

Stomach pain: Root decoction is administered in doses of 2 spoonful twice a day till cure.

The present study yielded 19 species belonging to 18 genera 17 families used for Stomach disorders by the aborigines of the district. There are five herbs, six shrubs, seven trees, one Rhizome. Malvaceae, Mimosaceae, Apocynaceae, papavaraceae, Aristlochaceae, Capparaceae, Caesalpinaceae, Zingibaraceae, Apiaceae, Verbanaceae, Lamiaceae, Rutaceae, Cucurbitaceae, Rubiaceae, Sterculiaceae, Liliaceae, Rhamaceae the families used for curing the Stomach disorders. The ethno medicinal practices involved ranging from one to two. The common dosage forms include paste, decoction, juice. The forests are rich medicinal plants, many

are still not known to us. Present investigation indicates the Khammam district is blessed with magnificent diversity of ethno-medicinal plants used to cure many diseases. The present study will give new incentive to the traditional system of health care. Further, this approach for the treatment of Stomach disorders is a practical, cost-effective and biological safe.

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