

RESEARCH ARTICLE

TIME TESTED HOUSHOLD HERBAL REMEDIES FROM NANDED AND BEED DIST.

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The present work deals with household remedies for some common diseases. For this an ethno-botanical survey was undertaken in Nanded and Beed districts. Authors have collected traditional data regarding house hold remedies from rural regions of both Districts, such as Dharmapuri, Saradgaon, Ambajogai, Parli-Vaijnath in Beed District, Tuppa, Loni, Daheli, Anandwadi, Mahur, Kinwat in Nanded district. For data collection different methods were used such as interviews, recording, videography, paper evidents etc, which provided their knowledge for effective remedies used regularly 'Decoction' of *Andrographis paniculata* Nees. taken orally to cure Deworming *Mamordica charantia* and *Syzigium cumini* Linn. For bring down blood sugar.

Key words: Time tested herbal remedies; Nanded and Beed Districts, Jantas, Diseases.

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INTRODUCTION

Due to many side effects of drugs of medical science and their high cost, the traditional medicines are being used all over the world. Botanically derived medicines have played a major role in human society throughout history and prehistory. (Lewis and Elvin-lewis 2003).

In America, there seems to be an unparallel green wave of lay interest in herbs and natural plant medicines. (Tyler 1986). Plant products worth about 5,000 million are sold in developed countries (Parikh 1991). This wave is discernible in India by fast developing herbal industries. In rural communities therefore medicinal plants obtained from within the community where they grown in gardens. The country had around 0.4 million registered practitioners which had been medicine supported by 5000 licensed medicine manufacturing units which produce drugs worth 3400 million annually (Gupta 1986). It would therefore, be prudent to have a look at the fast depleting data on time tested household remedies. For this the survey carried out in Beed and Nanded districts.

Beed district is situated in Marathwada on the edge of 'Bindusara' river at Balaghat hills. It lies between 18.28 to 19.28 north latitude and 74.54 to 76.57 E longitudes. The population of district is 21 Lakh 59 thousand 891 from that 82% peoples live in villages and 18% People live in cities. Nanded district is situated on the edges of 'Godawari' river lies between 19.09 North and 77.27 E.

The population of Nanded district is 28.68 Lakhs. Considering the scarcity of work done on ethnobotany of this region the present study was carried out to document some herbal remedies used by tribal from Beed and Nanded districts.

MATERIALS AND METHODS

The ethnobotanical study was conducted in June 2007-May 2008. The information was collected through extensive field trips in rural region of Beed and Nanded Districts. Where the Jantas/healers resided. Regular visits in Beed district selected sites were arranged at Dharmapuri, Saradgaon, Parli -Vaijnath, Ambajogai and Saradgaon, from Nanded Kinwat, Mahur, Tuppa, Badnapur, Anandwadi, Daheli, Loni etc. Survey was carried out from different information collection methods through interviews, group discussion and questionnaires. The help of local medicinal practitioner's also taken voucher specimens were collected relevant data recorded in field note book. The specimens were identified using different floras (Naik V.N. 1998, 1979; Maheshwari J.K. 1980, 1989; 400)

Among 75 plants species being belonging to 48 families the ethno medicinal value of only 75 plant species which are used as house hold remedies is presented in Table 1.

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Binomials, Family vernacular name	Mode of preparation / Administration	Name of Jantas With Place of practice.
<i>Zingiber officinale</i> Rosc. (Zingiberaceae) 'Adrak'	Rhizome extract with honey especially to cure cough and cold	Khanapurkar Mohamad Abdul Razalk, At. Degloor Dist : Nanded
<i>Piper longum</i> Linn. (Piperaceae) 'Pippali'	Dried fruit powder taken with honey to cure cough and cold	P. Baswaraj At. Parali-Vaijnath Dist : Beed
<i>Terminalia belerica</i> Linn, (Combrataceae) 'Behda'	Dried fruit powder taken orally to cure cough and cold	P. R. Munde At. Saradgaon, Dist : Beed
<i>Curcuma longa</i> L. (Zingiberaceae) 'Haldi'	Rhizome extract boiled with milk and taken at bed time to cure cough and cold	Madawi N. R. At. Mahur, Dist : Nanded
<i>Piper betle</i> L. (Piperaceae) 'Pan'	Leaves with catechu and carum seeds to cure cough and cold	Patil D. H. At. Kinwat, Dist : Nanded
<i>Aloe vera</i> (L.) Burn. F. (Liliaceae) 'Korephad'	Whole plant extract with <i>Curcuma longa</i> Linn. Taken orally to cure cough and cold	Patil D. H. at. Kinwat, Dist : Nanded
<i>Adhatoda vassica</i> Nees. (Acanthaceae) 'Adulsaa'	Leaf extract one teaspoonful with salt one teaspoonful, taken at bed time to cure cough	Baba Khadeshwari At. Daheli Tanda Dist : Nanded
<i>Allium cepa</i> L. (Liliaceae) 'Piyaj'	Fresh plant part cutting, grinding and then filtering through cloths ('Swaras') given orally to cure cough and cold	Madawi M. R. At Daheli, Dist : Nanded
<i>Moringa oleifera</i> Linn. (Moringaceae) 'Shevga'	Take few leaves of this tree and squeeze with a little salt on the plam. Add some lime and apply around the neck to cure cough and cold	Puri S. H. At Dharmapuri, Dist : Beed
<i>Ocimum sanctum</i> Linn, (Lamiaceae) 'Tulsi'	Tea with ginger black paper and swaras with honey to cure cough and cold	Mohanlal Gupta At Mahur, Dist. Nanded
<i>Momordica charantia</i> L. (Cucurbitaceae) 'Karle'	Swaras taken orally to cure 'Diabetes'	Kadam V. T. At Beed
<i>Syzygium cumini</i> Linn. (Myrtaceae) 'Jamun'	Seed powder taken with warm water in the morning to cure Diabetes	Gutte M. G. At Mahur, Dist : Nanded
<i>Gymnema sylvestre</i> (Retz.) sch. (Asclepiadiaceae)	Meshasingi dried leaf powder taken with water cure 'Diabetes'	Baraskar A. M. At Nandurves, Dist : Beed
<i>Ficus bengalensis</i> Linn. (Moraceae) 'Vad'	'Decoction' of young roots, taken with sugar for 3 days to cure 'Diabetes'	Magare K. R. At Daheli Dist : Nanded
<i>Tinospora cordifolia</i> Linn. (Menispermaceae) 'Gullwel'	Dried leaf powder with <i>Syzygium cumini</i> Linn. Skeels. and <i>Momordica charantia</i> Linn. Leaf powder of all this mixture taken with warm water 3 times a day to cure Diabetes	Mohanlal Gupta At Mahur, Dist : Nanded
<i>Andrographis paniculata</i> Nees. (Acanthaceae) 'Kalmegh'	Used to cure 'Diabetes' 'Decoction' of leaves taken orally to cure 'Diabetes'	R. S. Madawi At Mahur, Dist : Nanded
<i>Punica granatum</i> L. (Punicaceae) 'Dalimb'	Root powder with honey to cure Deworming.	Patil D. H. At Loni Dist : Nanded
<i>Carica papaya</i> Linn. (Caricaceae) 'Papaya'	Milky latex 3 teaspoonful with honey 3 teaspoonful equally add warm water taken orally to cure 'Deworming'	Sharma S. D. At Kinwat, Dist : Nanded
<i>Areca catechu</i> Linn. (Areaceae) 'Supari'	Bark of fruit removed then it powdered taken with water to cure Deworming	Sharma S. D. At Kinwat, Dist : Nanded

Cont.....

<i>Allium cepa</i> Linn. (Liliaceae) 'Piyaj'	Swaras of the bulb at intervals of 2-3 hrs. to cure 'Dysentery'	Mukhedkar S. K. At Degloor Dist : Nanded
<i>Bauhinia purpurea</i> Linn. (Caesalpiniaceae) 'Tanki'	'Decoction' of bark given orally to cure 'Dysentery'	Narwade G. B. At Tuppa Dist : Nanded
<i>Begonia inflata</i> Clarke. (Begoniaceae) 'Banbegania'	'Decoction' of whole plant given orally to cure 'Dysentery'	Abdul Sattar At Mahur Dist : Nanded
<i>Mangifera indica</i> Linn. (Anacardiaceae)	Mesocarpe of fruit and seed powder 49gm taken with honey thrice a day to cure 'Dysentery'	K. R. Magare At Kinwat Dist : Nanded
<i>Syzigium cumini</i> Linn. (Myrtaceae) 'Jamun'	i) Bark of tree 30gm added into water boiled till it becomes a half add ghee and sugar, taken twice a day to cure 'Dysentery'	Pathan Sarwarkhaa F. At Sardgaon, Dist : Beed
<i>Holarrhena pubescens</i> Wall ex. (Apocynaceae) 'Khirra'	Decoction of bark taken orally to cure 'Dysentery'	Sharma P. S. At Parali-Vajinath Dist : Beed
<i>Psidium guajava</i> Linn. (Myrtaceae) 'Guava'	Tender leaves are made into a paste given orally to cure Dysentery.	Rode Sitaram Sopan At Paralivajinath Dist : Beed
<i>Terminalia elliptica</i> Willd. (Combretaceae)	Juice of fresh bark given orally to cure Dysentery.	Chate Ram Audaji at. Khapertone Tal. Ambajogai Dist : Beed
<i>Terminalia paniculata</i> Roth. (Combretaceae) 'Kindal'	Fresh bark juice mixed with large quantity of water and given orally to cure 'Dysentery.'	Munde B. V. At saradgaon Dist : Beed
<i>Halarrheno antidysenterica</i> Wall. (Apocynaceae) 'Naagakuda'	A glassful to root decoction is taken twice a day for 2-3 days to cure fever	Nirale G. V. At Parli-Vajinath Dist : Beed
<i>Curcuma longa</i> L. (Zingiberaceae) 'Haldi' Turmeric	'Decoction' of rhizome taken at bed time to cure fever	Patil D. H. At Loni, Dist : Nanded
<i>Ocimum sanctum</i> L (Lamiaceae) 'Tulsi'	'Decoction' of leaves with piper nigrum 'Golmirch' Black pepper (piperaceae) Zingiber officinale 'Rosc, Decoction of all these with little salt is good for maleria	Pawar P. T. At Dist : Nanded
<i>Swertia chirayita</i> Karst. (Gentianaceae) 'Chirayita'	'Decoction' of leaves taken orally to cure fever	Phad E. N. At Parli-Vajinath Dist : Beed
<i>Lantana camera</i> Linn. (Verbenaceae) 'Njandukali'	Leaves extract mixed with water bathing with this water cures fever	Pujari K. N. At Dharmapuri, Dist : Nanded
<i>Sphaeranthus indicus</i> Linn. (Asteraceae) 'Adackamaniyan'	Juice for entire plant given orally incase of fever	Rangade V. R. At Kinwat Dist : Nanded
<i>Litsea glutinosa</i> (Loor) Robinson (Lauraceae) 'Kukur-Chita'	Bark of paste applied on body in high fever.	Pujari K. N. At Dharmapuri, Dist. Beed
<i>Zingiber officinale</i> Rosc. (Zingiberanceae) 'Adrak'	Plant boiled in water and Decoction taken orally once a day in case of fever	Rangade G. H. at. Anandwadi, Tq. Kinwat Dist : Nanded
<i>Andrographis paniculata</i> Nees. (Acanthaceae) 'Bhui-Neem'	250gm leaves boiled with water and one glassful is taken twice a day for 3 days in case of fever	Rampurkar P. M. at. Nanded Dist. Nanded
<i>Allium sativum</i> Linn. (Liliaceae) 'Lahsun'	Mustard Oil with garlic essence pour in ear to cure Earache	P. Baswaraj At Parli-Vajinath Dist : Beed
<i>Syzigium aromatica</i> Merr. and Perry (Myrtaceae)	Mustard oil with essence of clove poured in ear to cure Earache.	Bhosaie G. V. At Parli-Vajinath Dist : Beed
<i>Adhatoda vasica</i> Nees. (Acanthaceae) 'Adusaa'	Fresh leaves paste applied on forehead, to get relief from headache.	Gupta D. B. At Mahur, Dist : Nanded
<i>Cayranta trifolia</i> (L.) Domin. 'Khat Katumbo'	One Teaspoonful decoction of root given orally, daily for week to get relief from headache.	Gupta S. M. At Mahur, Dist : Nanded

<i>Cissus quadrangularis</i> L. (Vitaceae) 'Hadsankal'	Decoction of stem extract with equal quantities of stem of <i>Tinospora cordifolia</i> Linn. Leaves of <i>vitex negendo</i> and fruit pulp of Ingoriyo <i>Balanites aegyptiaca</i> , is given orally to the cattle twice a day for 3 days to cure viral fever	Gupta S. M. At Mahur Dist. Nanded
<i>Azadirachta indica</i> A. Juss (Meliaceae) 'Neem'	Water boiled with leaves for taking bath, in case of skin diseases.	Gutte M. G. At Mahur, Dist : Nanded
<i>Bombax ceiba</i> Linn. (Bombacaceae) 'Semul'	Crushed bark heated with salt and applied to boil	Jadhav H. K. Tq. Kinwat Dist : Nanded
<i>Calatropis procera</i> (Ait) f.R.Br.(Asclepiadaceae)	Oil mixed with camphor applied to small boils	Gupta S. M. At Mahur Dist. Nanded
<i>Cocos nucifera</i> Linn. (Arecaceae) 'Coconut'	Paste applied to small boils	P. Baswaraj vaidya At Parli-Vajinath Dist. Beed
<i>Syzygium aromaticum</i> Merr. (Myrtaceae) 'Lawang'	The entire plant is made into paste and taken internally	P. Baswaraj At Parli-Vajinath Dist. Beed
<i>Luffa echinata</i> (Cucurbitaceae) 'Devdangar'	Fruit extract poured in nose of patient and patient is allowed to sit in sunlight After some time yellow fluid runs through nose, it cures Jaundice	Narwade G. B. At Tuppaa, Dist : Nanded
<i>Ricinus communis</i> Linn. (Euphorbiaceae) 'Erandi'	Leaves extract 5ml added in cow's milk 100ml, taken at morning on empty stomach for 7 days	Narwade G. B. At Tuppaa, Dist : Nanded
<i>Luffa amara</i> Linn. (Euphorbiaceae) 'Erandi'	Fruit extract poured in nose and then patient is allowed to sit in sun light ½ hr yellowish fluid flows through nose jaundice is cured	Gutte S. B. At Parli-Vajinath Dist : Beed
<i>Balanotis roxburghii</i> (Simarubiaceae) 'Higenbet'	Fruit paste is applied in the eye and oozing of fluid takes place irritation take place to cure jaundice	Magare Kamalakar At Kinwat Dist. Nanded
<i>Gossypium herbaceum</i> (Malvaceae)	Leaves juice given orally to cure jaundice	Madawi N. R. At Kinwat Dist. Nanded
<i>Zingiber officinale</i> Rosc. (Zingiberaceae) 'Adrak'	Dry ginger in cow milk given orally to cure jaundice	Jadhav H. K. At Loni Dist : Nanded
<i>Clerodendron enermii</i> Linn. (Vertiaceae) 'Takali'	Leaves juice with cow's milk, taken orally at the morning to cure jaundice	Madawi N. R. At Kinwat Dist. Nanded
<i>Curcuma longa</i> L. (Zingiberaceae) 'Haldi'	Rhizome powder with hot milk taken orally to cure Injuries	Jadhav M. K. At Loni Dist : Nanded
<i>Moringa oleifera</i> (Moringaceae) 'Shevga'	Leaves warmed and tied at the place of injury	Jogi P. C. At Daheli Dist : Nanded
<i>Coriandrum sativum</i> Linn. (Apiaceae) 'Dhane'	Dried fruit powder of Dhane with Cuminum cyminum L. Jeera and Foreniculum Vulgare Mill 'Ajwayan' and carum 'Decoction of fruits of all in equal proportion mixed with sugar and given to children'.	Madawi R. N. At Daheli Dist : Nanded
<i>Syzygium cumini</i> skeels (Myrtaceae) 'Jamun'	Seed powder with vinegar for removing pain	Magare Kamalakar At Kinwat Dist. Nanded
<i>Adrus precatorius</i> L. (Fabaceae) 'Ratti'	Extract of root is given on empty stomach in cases of retention of urine.	Munde B. V. At Saradgaon Dist : Beed
<i>Asparagus racemosus</i> Willd. (Liliaceae) 'Satawar'	Root powder with water is given on empty stomach in cases of retention of urine.	Rangade G. H. At. Anandwadi Dist : Nanded

<i>Foeniculum vulgare</i> Mill. (Apiaceae) 'Saunf'	Extract of leaves is given 2-3 times a days in cases at retention of urine.	Rathode V. R. At Badnapur Dist : Nanded
<i>Argyria pomacea</i> (Roxb.) (Convolvulaceae) 'Moola Kodi'	Fruit extract given with <i>Mirabilis jalpa</i> L. (Nyctaginiaceae) 'Andhimali' Rhizome extract given orally to cure piles.	Sardeshpande M. D. At Nanded Dist : Nanded
<i>Ficus benghalensis</i> Linn. (Moraceae) 'Vad'	Young leaves or buds crushed with deshi ghee and tied on anus to get relief in simple pile.	Sharma G. B. At Kinwat Dist : Nanded
<i>Callicarpa marophylla</i> Vahl. (Verbenaceae) 'Dhaya'	Make a paste of inner bark and apply as hemostat or wounds.	Sharma S. D. At Kinwat Dist : Nanded
<i>Fugonia arabica</i> Linn. (Zygophyllaceae) 'Dhamasa'	Leaf decoction serves as cooling agent. It is also good blood purifier.	Rampurkar P. M. At Nanded Dist : Nanded
<i>Eclipta prostrata</i> (L.) Mart. (Asteraceae) 'Bhangra'	Seeds are aphrodisiac.	Lahane G. S. at. Parli-Vaijnath Dist : Beed
<i>Datura metal.</i> L. (Solanaceae) 'Dhatura'	Seeds are purgative and are used in intestinal disorders and fevers.	Lahane G. S. At Parali-Vaijnath Dist : Beed
<i>Bauhinia variegata</i> L. (Caesalpiniaceae) 'Kachnar'	Dried buds are used to cure piles dysentery, diarrhea and for the removal of intestinal worms. Roots are used as antidote for snakebite.	Madawi N. R. At Daheli Dist : Nanded
<i>Vilex negundo</i> Linn. (Scrophulariaceae) 'Nirgudi'	Leaves are smoked to get relief from headache.	Madawi N. R. At Daheli Dist : Nanded

Conclusion

The present work shows over 75 herbal plant spe had been commonly used as household remedies either singly or in combination with other plants. These are utilized by different 'Janatas' from different places of Beed and Nanded Districts. The present study has been undertaken for the attention to some extent to Timte testing medicinal plants *Andrographis paniculata* Nees. (Acanthaceae). 'Bhuineem' is *Holarrhenu antidysenterica* Wall. (Apocynaceae). Noagakuda' are quite effective to cure fever the use of household herbal remedies is much alive and functioning a rural population. The study area remained nearly unexplored up till now.

From this work it can be concluded that study area was rich in herbal medicines which needs the attention of Botanists, NGOS, and Government for their progress.

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