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### RESEARCH ARTICLE

## MEDICINAL PLANTS USED BY LOCAL INHABITANTS IN MARATHWADA

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#### ABSTRACT

Based on survey in Marathwada the different visited places are Parli-Vaijnath, Saradgaon, Mahur, Dahelitanda, Tappa, Degloor, Nandurves, Loni, Kinwat etc. Author collected the traditional knowledge from local inhabitants modes of application of the medicinal plants and plant parts utilized by local inhabitants are given with their names.

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#### INTRODUCTION

India is rich in traditional knowledge with lot of medicinal practices. In Marathwada in rural areas hospitals are away from cities, few decades ago, there were no roads, light and means of communication, due to this villagers were unable to take the patient to the city hospital immediately. In such condition people used to go to "Jantas" (local inhabitants) majority of them seems to be illiterate, but their methods and treatments are sure so response found to be quite good.

Due to vast development in modern science, allopathic hospitals, these jantas are winked at, not only this but they are not allowed to use their traditional knowledge, saying that it is unscientific crude though their uses show its validity. Kale, (1997). Due to these reasons valuable important traditional knowledge is vanishing and disappearing. Hence the main aim of this study is to preserve, protect and propagate such a valuable important knowledge. The present communication provides information on new uses of plant species from Marathwada (Jain, S.K. 1991).

#### MATERIAL AND METHODS

The information was collected through interviews and informal talks with village elders and local healers of different localities, such as Dharmapuri, Saradgaon, Parli-Vaijnath, Nanded, Kinwat, Tappa, Dahelitanda, Mahur, Nandurves etc. Survey is carried away during Jan. 2004 – Dec. 2004 some of the 'Jantas' accompanied the author during field trips for correct identification. Voucher specimens were collected relevant data recorded in field note book.

The specimens were identified using different floras; (Naik, 1998;1979; Maheshwari, 1980, 1989; Hooker, 1990; Jain 1991, 1989, 1963).

##### *Asparagus racemosus* Willd. (Liliaceae) 'Satawar'

- i)\*About 200 ml root extract is given on empty stomach at morning to control gastric trouble & high blood pressure. In this survey, is utilized by Khanapurkar Mahammad Abdul Razak at Degloor Dist : Nanded.
- ii)\*Root powder with water is given on empty stomach in cases of retention of urin given by Madhusudan Jadhav at Daheli Tanda. Tal: Kinwat Dist : Nanded.
- iii)\*Dried root powder with roots of *Withania somnifera* (L.) Dunal. given twice a day. (1:2 ratio) in cases of general debility this method is used by P. Baswaraj Vaidya at Parli-Vaijnath. Dist : Beed.
- iv)\*Fresh leaves juice with *Tinospora cordifolia* (L.) Merr. (Menispermaceae). 'Gulwel' leaves juice 5ml & *Andrographis paniculata* (Burm.f.) wall. (Acanthaceae) 'Bhuilimb' Fresh leaves juice 5ml each in equal quantity all this mixture taken orally once a day for 7 days in cases of acidity used by Pandurang Ramrao Munde at Sardgaon Dist : Beed.
- v)\*Dried tubers taken with 'Jaggery' once a day in the case of habitual abortion, miscarriage taken for whole of the period to strengthen the womb, used by Mr. Ramrao Sonbaji Madawi at Daheli Dist : Nanded.
- vi)\*Fresh leaves juice 2-3 drops added to opposite side nostrils in case of migraine used by Madawi, N. R. at Mahur Dist : Nanded. It has also been reported by S.K. Jain, (1991)
- vii)\*Leaf powder with honey given for 15-20 days in case of sciatica used by Patil D.H. at kinwat Dist.

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**Nanded. *Adhatoda vasica* Nees. (Acanthaceae) 'Adulsa'**

- i)\*Fresh leaves used (3-4) for making tea one cup given at morning in case of dysentery used by Baba Khadeshwari at Daheli Dist: Nanded.
- ii)\*Fresh leaves with *Convolvulus microphyllus* (Convolvulaceae) 'Shankhapuspi' (Convolvulaceae) & *Ocimum sanctum* Linn. (Lamiaceae) 'Tulsi' leaves with 'Gawti tea' all this mixture is given for drinking twice a day one cup in case of asthma utilized by Baraskar A. M. at Nandurves Dist: Beed.

***Calatropis procera* (L.) R. Br. ex. Ait. (Asclepiadiaceae) 'Ruchaki'**

- i)\*Fresh root is used as a tooth brush used by Puri S.H. at Dharmapuri Dist: Beed.
- ii)\*Latex applied on boil, oil smeared leaves warmed and tide to ripe boil.
- iii)\*Leaves along with turmeric and onion are applied over affected parts by strain headache. Used by Tauphic Khat at Kinwat Dist: Nanded.
- iv)\*Fresh leaves and fruits boiled with water and are used in case of guinea worm, for this purpose the infected limbs are immersed in the 'decoction' for several hours has been utilized by Munde M.R. at Parli -Vajinath Dist: Beed.
- v)\*Root bark along with 'black pepper' given twice a day for 3 days in malaria fever utilized by Madawi M. R. at Daheli Dist: Nanded.
- vi)\*Root powder (25gm.) and black pepper powder (15gm) mixed with 'Jaggery' tablets are made and given twice a day for 15 days in case of syphilis used by Baba Khadeshwari at Daheli Dist: Nanded.

***Convolvulus microphyllus* (Convolvulaceae)****'Shankhapuspi'.**

- i)\*Dried plant ground with sugar in (3:1) ratio given twice a day to improve memory, as a brain tonic.
- ii)\*Dried Plants are given with water thrice a day in case of 'measles'.
- iii)\*Leaves powder with *Withania somnifera* (L.) Dunal. (Solanaceae) 'Ashwagandha' and *Ocimum sanctum* Linn. 'Tulsi' and *Bacopa monnieri* (L.) Wettst. (Scrophulariaceae) 'Bramhi' leaves all this mixture is ground in powder given with honey in case of 'fits' utilized by Sharma S.D. at Kinwat Dist: Nanded.
- iv)\*Leaves with *Asparagus racemosus* Willd. (Liliaceae) 'Shatavari' leaves, and *Withania somnifera* (L.) Dunal. (Solanaceae) 'Ashwagandha' leaves and *Bacopa monnieri* (L.) Wettst. (Scrophulariaceae) 'Brahmi' root all this mixture is powdered and given with warm water to imbecile person utilized by Baraskar A.M. at Nandurves Dist: Nanded.

***Diplocyclos palmatus* (L.) Jeffery (Cucurbitaceae) 'shivlingi'.**

- i)\*Seed powder mixed with *Withania somnifera* (L.) Dunal. (Solanaceae) 'Ashwagandha' and Root powder 3gm and *Asparagus racemosus* Willd. (Liliaceae) 'Satawar' root powder 3gm with *Drypetes roxburghii* Linn. 'putrajiva' bark powder 3gm all this mixture given with warm water once a day for 3 months. It promotes fertility in women. In my survey this plant is used by Mohanlal Gupta at Mahur Dist: Nanded.
- ii)\*Seed powder 3gm of *Diplocyclos palmatus* (L.) Jeffery (Cucurbitaceae) 'shivlingi' with 'decoction' of *Ficus bengalensis* Linn. (Moraceae) 'vad' bark given 3 days in the cases to promotes fertility in women. In the survey this method is used by Hiranman Kashiram Jadhav at Mahur Dist: Nanded.
- iii)\*Seed powder with *Thespesia populnea* (L.) sol. ex. correa. (Malvaceae) 'parshi pimple' fruit powder, this

mixture taken with 'jaggery' after menstrual cycle starting from 4<sup>th</sup> day of M.C. up to 3 days continuously in cases to promote fertility in women. It is used by Mahammad Abdul Sattar at Mahur Dist: Nanded.

- iv)\*Seeds rubbed and paste applied locally in case of scorpion bite used by Narwade N.B. at Tuppa Dist: Nanded

***Emblca Officinalis* Gaertis. [Euphorbiaceae] 'Awalla'**

- i)\*Exudates from incisions of the fruit applied externally in the case of inflammation of the eyes, used by Vaidya Rathod at Nawanda Dist: Beed.
- ii)\*Juice of fresh bark mixed with honey & turmeric used in case of gonorrhoea used by Kadam V.T. at Nawanda Dist: Beed.
- iii)\*Infusion of leaves along with fenugreek seeds is given in cases chronic dysentery used by Gutte M.G. at Mahur Dist: Nanded.
- iv)\*Dried fruit powder 1 spoonful thrice a day in case of diabetes used by Magare Kamlakar Ranabaji at Daheli Tal: Kinwat Dist: Nanded.

***Ocimum gratissimum* Linn. [Lamiaceae] 'Bantulsi'**

- i)\*Fresh leaves juice heated and given for drinking, in the cases of fever, utilized by R. S. Madawi at Daheli Dist: Nanded.
- ii)\*Aromatic baths with fumigants prepared from the plants in cases of rheumatism and paralysis utilized by H.K. Jadhav at Mahur Dist: Nanded.
- iii)\*Leaves are chewed to cure toothache used by R.S. Madawi at Daheli Dist: Nanded.
- iv)\*Leaves juice or powdered seeds given with warm water in case of headache used by Mohanlal Gupta at Daheli Dist: Nanded.

***Pongamia pinnata* (L.) Pierre. [Fabaceae]**

- i)\*Dried leaves powder (50gm) with *Vitex negundo* Linn. (Verbanaceae) 'Nirgudi' leaves powder (50gm) & dried leaves powder of *Calatropis gigantea* (Asclepiadiaceae) 'Safed aak' (50gm) all this mixture powdered & added in 4 lit. water and that water is boiled till it becomes half, then sesame oil is added and then this mixture is filtered and used for malish in case of paralysis. In my survey, it is utilized by Patil D.H. at Loni Tal: kinwat Dist: Nanded
- ii)\*Seed oil is mixed with *Diplocyclos palmatus* Linn. Jaffery. (Cucurbitaceae) seed oil 3-4 drops of oil obtained after filtering put in the ear twice a day to cure earache, pus formation, if any also cases in 2 application. It is utilized by Jogi P.C. at Daheli Dist: Nanded.
- iii)\*Loog seeds & *Argemone mexicana* (Papaveraceae) 'Amerbel' about 100gm panchang of 'ghamoya' are boiled in 500ml mustard oil slowly. Oil obtained is very effective as massage oil.

***Rauvolfia serpentina* Linn. Benth. ex. Kurz. (Apocynaceae) 'Serpagandha'.**

- i)\*Root powder with warm water (5gm) given twice a day in cases of blood pressure. Mr. Mukhedkar S. K. at Degloor Dist: Nanded uses above plant species to cure blood pressure patients. It has also been reported by Jain, S. K. (1991).
- ii)\*Root powder (5gm) with root powder (5gm) of *Withania somnifera* (L.) Dunal. (Solanaceae) 'Ashwagandha' and root powder (5gm) of *Asparagus racemosus* Willd. (Liliaceae) 'satawar' all this mixture ground and given twice a day for 2 to 3 months in case of hysteria. In my survey it is used by Mr. Mohanlal Gupta Tal: Mahur Dist: Nanded.

***Ricinus communis* Linn. [Euphorbiaceae] ‘Arand’.**

- i)\*Fresh leaves juice 5ml given with cow's milk 100ml on empty stomach at morning for 7 days, utilized by Narwade G.B. at Tuppa. Tal : Kinwat Dist : Nanded in cases of Jaundice.
- ii)\*Seed oil is applied once a day for 7 days as a coolant in case of sunstroke utilized by Narwade G.B. at Tuppa. Tal: Kinwat, Dist: Nanded.
- iii)\*Seed oil is applied externally twice a day, for a week to cool inflammation at the intestine utilized by Tauphic khan at Degloor Dist : Nanded.
- iv)\*Root powder with dried Rhizome at *Zingiber officinale* Linn. (Zingiberaceae) ‘Adarak’ taken with warm water once a day at morning in case of ‘rheumatic arthritis’ used by Gutte M.G. at Parli -Vajinath Dist: Beed.
- v)\*Root powder with rhizome powder of *Zingiber officinale* Linn. (Zingiberaceae) ‘Adarak’ taken with warm water in case of acidity.
- vi)\*After removing seed coat, seeds (50gm) are cooked in pure milk (200ml) to prepare ‘Kheer’ by adding sugar taken twice a day in a week, in case of painful inflammation of joints about used by Jogi P.C. at Daheli Dist : Nanded.

***Tinospora cordifolia* (L.) Merr. (Menispermaceae) ‘gulwel’**

- i)\*Decoction of stem (stem of ‘gulwel’ boiled with water) given thrice a day in case of fever. It is utilized by Ramrao Madawi at Daheli Dist : Nanded.

***Tectona grandis* Linn. (Verbanaceae) ‘Sagwaan’**

- i)\*Roots are chewed or ‘decoction’ of root taken case of snakebite. Leaves of *Azadirachta indica* A. Juss. (Meliaceae) given to patient for eating, if snake is poisonous then leaves are sweet in taste, and when snake is not poisonous then leaves are bitter in taste depending on taste, of patient the poisonous snake can be identified till the taste of patient become bitter the ‘decoction’ is given to patient for drinking. It is utilized by Kamlakar Ranbaji Magare at Daheli Tanda Tal : Kinwat Dist: Nanded.

***Thespesia populnea* (L.) sol. ex. correa, (Malvaceae.)**

- i)\*Fruit powder with *Diplocyclos palmata* (L.) Jeffery. (Cucurbitaceae) seed powder 50gm. with ‘Jagary’ to given on 4th day of menstrual cycle continue up to 3 days, it promotes fertility in women's. Used by Abdal Sattar at Mahur Dist : Nanded

***Vitex negundo* (Verbanaceae) ‘Nirgudi’**

- i)\*‘Root decoction’ (about 5cm long 10 roots boiled in 100ml water) is applied twice a day for 3-4 days in joint pains used by Sharma S.B. at Parli-Vajinath Dist : Beed.
- ii)\*Fresh leaves juice applied locally on swollen body parts used by Baswaraj Vaidya at Parli-Vajinath Dist : Beed.
- iii)\*Dried leaves are smoked as local cigarettes in sinusitis utilized by Magare K. R. at Daheli Dist : Nanded.

***Withania somnifera* (L.) Dunal. (Solanaceae)**

- i)Root powder with *Asparagus racemosus* Willd. (Liliaceae), ‘Satavar’ root powder 3gm. and Suwarnabhasma (3gm.) and *Chlorophytum tuberosum* Sm. var. (Zingiberaceae) ‘safed musali’ root powder 3gm all this mixture is taken with milk twice a day in cases of increase in sperm quantity in males. This mixture is used by S.K. Mukhedkar at Degloor Dist : Nanded.

Medicinal plants used by local inhabitants in Marathwada. Many more traditional medicines given orally, by local inhabitants all these and many more medicines are given in Ayurveda.

**RESULTS AND DISCUSSION**

The present study focuses on traditional medicines used by local inhabitants in Marathwada. The observation revealed that the tribes used fruit powder, leaves powder, followed by root, stem and bark.

Ethno medicinal uses of 45 species of Indian plants have been documented on the basis of information gathered & verified by cross checking with local inhabitants healers. This survey revealed that the tribal's and other inhabitants of the Marathwada area have sound knowledge about the medicinal plants available in the region. Unfortunately the tribal's are not interested to share their traditional knowledge with other and their lore ends with the end of their life. However author collected some traditional knowledge from ‘Jantas’. The present paper shows that over 45 plants are commonly used to cure various diseases either singly or in combination with other plants.

Many of the folk medicines reported in this investigation are based on single plant species. While in some cases a mixture of species may be used. They may also be used along with certain additives. Information on the collectiveness to cure the ailments by using these species in different combination is based on continuous use by succeeding generations of local inhabitants. This will enrich our knowledge on the folklore uses and may lead to opening up of ways for effective utilization of herbal medicines in future.

In the view of present observation, the ethno medicinal uses of these plant species may lead to interesting findings some ethno medicinal uses already reported in Jain, S.K. (1991), where as some reported are new. So such most valuable traditional knowledge should be propagated and preserved.

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