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An ethnobotanical survey on medicinal plants used in reproductive health related disorders in Dubri wild life sanctuary of Sidhi District

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Abstract

The ethnobotany of a specific area is a very intricate or convoluted process. This paper documents the traditional knowledge of medicinal plants that are used in the treatment of different reproductive health related disorders and diseases by the rural people of Dubri Wild Life Sanctuary of Sidhi District. The survey was carried out by first hand questioning among traditional health practitioners and educated people. The present survey focuses 22 plant species for 11 different reproductive disorders, namely leucorrhoea, excess uterine bleeding, infertility in female, night fall or wet dream, vomiting at the time of pregnancy, gonorrhoea, easy delivery of baby, increase of breast milk, irregular menstruation, infertility in male and female contraception. Each entry includes the botanical and local names, family parts used, traditional method of preparation and mode of administration.

Keywords: Ethnobotanical, medicinal plant, reproductive disorders, Dubri Wild Life Sanctuary of Sidhi District

1. Introduction

People have been using medicinal plants from time immemorial for the treatment of various types of diseases traditionally (Ahmed *et al.* 2007) ^[1]. The traditional system of medicine plays an important role in health care of rural people for all types of ailments. In Rigveda and Atharvaveda, there have detailed medication systems to cure different diseases. Charaka Samhita, Shusruta Samhita are regarded two most important documents of this system of medicine. In the Rigveda there have documentation of about 99, the Yajurveda 82 and the Atharvaveda 28 medicinal plants to cure different ailments (Bhattacharjya & Borah, 2008) ^[2]. According to study reports, it is found that about 85% of traditional medicines used for primary healthcare derived from plants globally. A diverse array of utilization of medicinal plants has been reported by many researchers from Northeast India. It has also been reported that different tribal communities of Chhattisgarh including the area of present study used various medicinal plants for family planning and birth control (Das *et al.*, 2009) ^[3]. The rural people as well as the health practitioners of different localities of Dubri Wild Life Sanctuary of Sidhi District, which forms the present study area, use varieties of medicinal plants for their primary health care. The present study focuses the different plants and herbs used by the people of Dubri Wild Life Sanctuary of Sidhi District especially for reproductive health related disorders.

Dubri Wild Life Sanctuary of Sidhi district is another wildlife paradise located in Kusumi and Majhauri blocks of the Sidhi district of central Indian state Madhya Pradesh. The entire park is consist with Sanjay National Park, covers about 466.7 km² area, while Dubri is a wildlife life sanctuary covers an area of 370 km², both covers more than 835 km² area of the park. The park established in 1975 under wildlife protection act of 1972, geologically features are plain, mounds, hills, steep cliffs, water bodies, valleys, deep gorges, while altitude ranges from 200-500m. This is basically a moist deciduous forest consisting mainly of sal (*Shorea robusta*). The forest area of Sanjay Dubri is a main wild corridor connecting Bandhavgarh National Park's wildlife at north and Palamau Tiger Reserve's wildlife, but still there is strict need to ensure the peaceful transit of wild animals and conservation of connecting forest. Guru Ghasidas National Park, which falls in Chhattisgarh State area, shares its forest with Sanjay National Park on its northern boundary with Madhya Pradesh.

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Before the bifurcation of Madhya Pradesh the entire area of Guru Ghasidas National Park were unite with Sanjay National park. It is 70 km. away from Sidhi district headquarter. Mostly Gond, Kol, Baiga are reside their.

2. Methodology

Intensive field work has been carried out during 2012-2013 covering almost all the season of the year, and herbariums were prepared using the methodology of Jain and Rao (1969) [4]. While collecting information on ethno-medico-botanical aspects, standard approaches and methodologies have been followed. (Jain and Rao, 1969, Jain, 1989 and Schultes, 1962) [4-6]. The information on plants was mainly gathered from the village chiefs, Medicine men and women local old women, who have the knowledge of the utilization of plants as herbal medicine using semi-structured questionnaires. The plants were collected in its flowering

stage as soon as possible, from its natural habitat. The collected plant specimens were identified deposited in the Department of Botany, S.G.S. Govt. P.G. College, Sidhi (M.P.).

3. Observation

The information on different herbal and medicinal plants recorded during the period of present survey is presented in Table-1. Study confirmed about 22 plant species under 20 families which are being used for curing different reproductive health related ailments and contraception e.g. leucorrhoea, excess uterine bleeding, infertility in female, night fall or wet dream, vomiting at the time of pregnancy, gonorrhoea, easy delivery of baby, increase of breast milk, irregular menstruation and female contraception. The whole plants or the parts of the plants especially used for remedies along with their mode of use are also listed in the Table. 1.

Table 1: Different plant species traditionally used by the people of Dubri Wild Life Sanctuary of Sidhi District for curing different reproductive health related disorders and diseases.

Diseases / Disorders	Scientific Name	Family	Parts used	Mode of Administration
Irregular menstruation	<i>Tagetes erecta</i> L.	Asteraceae	Leaf	Two teaspoon of leaf juice with honey is taken for few days.
	<i>Cissus quadrangula</i> L.	Vitaceae	Whole plant	5 gm plant extract is taken two times in a day for 10-15 days.
	<i>Leucus plukenetii</i> Roth.	Lamiaceae	Young leaf	Young leaf 5 nos, 5 nos of flower with 8-9 Black pipers (<i>Piper niagram</i> L.) making a paste are taken three days in the empty stomach
	<i>Sida rhombifolia</i> L.	Malvaceae	Leaf	Leaf paste with cow milk is used orally at the time of menstruation.
	<i>Hibiscus rosea sinensis</i> L.	Malvaceae	Root	Root paste is orally used.
Infertility in makle	<i>Gmelina arborea</i> Roxb	Verbenaceae	Fruit	2 teaspoon of fruit juice is taken two times to cure sperm- disability.
Easy delivery	<i>Cissampelos pareira</i> L.	Menispermaceae	Root	The root is used in the vagina for early and easy delivery.
	<i>Carica papaya</i> L.	Caricaceae	Latex	The latex is externally used in the vagina for early delivery.
Vomiting at the time of pregnancy	<i>Phoenix dactylifera</i>	Arecaceae	Young leaf	4 teaspoon of young leaf juice is taken mixing with honey.
	<i>Swertia chirayita</i> (Roxb)	Gentianaceae	Whole plant	Equal amount of plant powder and sugar with honey is taken for few days.
Infertility in female	<i>Bombax ceiba</i> L.	Bombaceae	Fruit	15ml fruit juice with 250ml cow milk and honey are taken at early time of the night for one month and two times more amount are taken for second month and two times more amount are taken then second month for third month.
	<i>Clitoria ternatea</i> L.	Fabaceae	Root	The root paste is taken at night with black goat milk for few days for conceive.
Uterine bleeding	<i>Cynodon dactylon</i> L.	Poaceae	Whole plant	25gm plant extract with honey is taken 3 times in a day to stop bleeding.
Gonorrhoea	<i>Abroma augusta</i> L.	Sterculiaceae	Root	Two teaspoon of root juice is taken with un-boiled milk 2 times in a day.
To increase breast milk	<i>Ricinus communis</i> L.	Euphorbiaceae	Root, Leaf	The root juice is taken orally to increase breast milk and massage also done on breast with leaf paste.
Night fall or weat dream	<i>Terminalia arjuna</i> (Roxb)	Combritaceae	Root	The root powder is used with milk at bed time for few days to cure.
Female contraception	<i>Tamarindus indica</i> L.	Fabaceae	Fruit	The unripe pods are cooked and taken for abortion at early pregnancy and the flowers with Asafetida are also used for contraception.
	<i>Costus speciosus</i>	Zingiberaceae	Rhizome	The rhizome paste is used orally.
	<i>Plumbago rosea</i> L.	Plumbaginaceae	Root	The fresh root is used in the vagina.
	<i>Moringa oleifera</i> L.	Moringaceae	Leaf	The leaf is used as female contraceptive.
	<i>Nelumbo nucifera</i> L.	Nymphaeaceae	Seed	The seed of this plant is used orally for abortion at early pregnancy.
Leucorrhoea	<i>Solanum indicum</i> L.	Solanaceae	Leaf	Leaf-paste is used at varina.

4. Discussion

People use several methods to prepare medicines from local herbs and plant materials traditionally. Sometimes they use different parts of the plant and sometimes whole plants. Here the women of the study area were found to be more familiar with the use of such medicinal plants to cure reproductive health related disease. Among the plants in our survey 5 species are used for irregular menstruation; 5 species for female contraception; 2 species for easy delivery, 2 species for vomiting at the time of pregnancy; 2 species for infertility in female; 1 species for infertility in male; 1 species in uterine bleeding; 1 species for gonorrhoea; 1 species for night fall; 1 species for to increase breast milk and 1 species for leucorrhoea. The plant materials are used singly or sometimes in combination with milk, water or other plant parts. The study focuses the use of plant parts i.e. root 31.81%; leaf 31.81%; whole plant 13.63%; fruit 13.63% rhizome 4.54% and seed 4.54%. To know the proper medicinal value of the plants in traditional medication system it need more studies and research on pharmacological and clinical level.

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