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## Plants used by Gond and Mawasi women in ethnogynaecological disorders in Karwi district (Uttar Pradesh) India

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### Abstract

In Indian towns, people still use traditional medicines that have been passed down from generation to generation. The information in this letter comes from first-hand accounts of 18 plant species that Gond and Mawasi women in Karwi district have traditionally used to treat a range of gynecological problems and illnesses. Through interviews and data gathering, valuable information was gathered about how Gond and Mawasi women used certain plants to treat a range of illnesses. Along with the medicinal uses, the botanical names, families, local names, and places where these collections are found are also mentioned.

**Keywords:** Ethnogynaecology, Gond & Mawasi women, Karwi district

### Introduction

The district lies between the latitude 24°53' and 25°23' north and 80°44' and 81°34' east longitudes. The northern boundary of the district is formed by the river Yamuna, across which lie districts of Fatehpur and Kaushambi. In the east the district borders with Allahabad and the state of Madhya Pradesh and on its westside lies the mother district Banda. The southern boundary of the district consists of Vindhyan plateau across which lie districts Satna and Rewa of Madhya Pradesh state. Most of the sacred places of Chitrakoot religious complex are in fact in the state of Madhya Pradesh. Northern part of the district is a flat expanse and southern part is mainly the Vindhyan plateau, which is full of hills and forest cover. On the plains of the district Karwi lies at about 120-125m., Rajapur and Mau at 100-105m. above the level of sea each. As usual in rest of U.P., the lowland in the district is made of alluvium deposited by many streams coming down from southern hills and flowing into Yamuna. Paisuni is the chief stream among these. The lowland formed is uneven in nature and riversides full of ravines. The ethno-medicinal research is important aspects of ethno-botanical research. The tribal tracts are storehouse of information and knowledge on the multiple uses of plants. The common tribal communities are Kol, Gond, Mawasi and Khairwar tribes. They are partially or completely dependent on forest product for their survival (Singh *et al.* 1989; Bala and Singh, 2015b; Gupta and Singh 2021a&2024; Chopara *et al.* 1969; Jain, 1989 & 1991 and Oommachan M. & Saini, 1923) <sup>[1-8]</sup>.

Indigenous knowledge could be used to help tribe people find new economic plants and medicinal plants that can be used for a variety of reasons. The majority of the people live in rural places and are mostly from Gond tribes or other non-tribal groups. A lot of people are interested in ethnogynaecology, which is the study of different diseases that affect Gond tribal groups and have to do with infertility, pregnancy, abortion, and the use of drugs that cause abortions. From what I've read and seen, not much research has been done on how plants are used in gynecology to treat and care for women's health (Oommachan & Masih, 1987; Sahu, 1982; Sashikumar J.M. & Janardhanan, 2002; Shrivastava *et al.* 1999; Sikarwar, 1993 & 2002; Singh and Pandey, 1996; Tarafdar, 1983; Verma *et al.* 1995 and Singh *et al.* 1989) <sup>[9-18]</sup>.

### Materials and Methods

The survey to collect the data, presented in this paper was conducted during the period of 2023-2024 in 10 villages of the Karwi district namely, Ahira, Amwan, Bagrehi, Baihar,

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Chaura, Dahini, Dighari, Gouria, Mahuli and Taura. The tribal medicine men or herbal sources from the area were chosen, and what they had to say about the subject was used. While doing the survey, it was noticed that the chief trainer women are very involved in talks because they know more about how to use local herbs to treat different melodies. Medicine men and women with a lot of experience and knowledge were asked to give information on how to make ethno-herbal recipes and how to use them.

In this sanctuary, more than twenty plants were said to be widely used as medicine. Some plants are used to treat problems with the uterus (Sashikumar & Janardhanan, 2002; Shrivastava *et al.* 1999; Sikarwar, 1993) <sup>[11-13]</sup>.

### Results and Discussion

The botanical names are arranged in alphabetical order, followed by family, local name, locality, plant parts used and medicinal importance.

**Table 1:** Medicinal Plants and Their Uses

S. No.	Plant names	Family	Local name	Locality	Parts used and medicinal importance
1.	<i>Achyranthus aspera</i> L.	Amaranthaceae	'Chirchitta, Adhajara'	Taura, Chaura	The fresh root is tied around the right leg's thumb to make it easy to give.
2.	<i>Aloe vera</i> L.	Liliaceae	'Gwarpatha'	Ahira, Baihar, Dighari	People who are in labor are given leaf juice to ease the pain.
3.	<i>Alstonia scholaris</i> (L.)	Apocynaceae	'Chitwan & Saptarni'	Amwan, Dighari, Taura, Bagrehi	The stem bark is dried out and turned into a powder. 5 grams of crushed bark mixed with cow's milk should be taken once in the morning for 3 to 7 days if you have gonorrhea.
4.	<i>Annona squamosa</i> (L.)	Annonaceae	'Sitaphal'	Mahuli, Amwan, Chaura	A leaf mixture is drunk to make giving birth easier. For three to four days, a woman who wants to have an abortion takes one teaspoon of seed powder mixed with a cup of water.
5.	<i>Argemone maxicana</i> (L.)	Papaveraceae	'Bhatkatai & Satyanasi'	Dahini, Ahira, Taura	The dried root powder is made into a tea that can help control fertility. People smoke the ripe fruits and say they can help with genital infections. In leucorrhoea, juice from the leaves is given.
6.	<i>Asparagus racemosus</i> Willd.	Liliaceae	'Satavar'	Bagrehi, Gouria, Mahuli	Women who want to breastfeed are told to eat boiled tuberous roots. People who are pregnant are given two teaspoons of leaf juice every day to make labour easier.
7.	<i>Boerhaavia diffusa</i> L.	Nyctagenaceae	'Patherchatta'	Bagrehi, Chaura, Amwan	During birth, about 20 ml of leaf juice is given to stop bleeding. Take two grams of root paste and mix it with 25 millilitres of cow's milk.
8.	<i>Butea monosperma</i> (Lamk.) Taub.	Caesalpiniaceae	'Palas, Dhak'	Ahira, Mahuli	Paste of the bark is applied to treat gonorrhea.
9.	<i>Cassia fistula</i> Linn.	Caesalpiniaceae	'Amaltash, Kirware'	Baihar, Dahini	To treat gonorrhea, a flower paste is put on the affected area.
10.	<i>Cassia tora</i> L.	Caesalpiniaceae	'Charota, Pawar'	Chaura, Taura, Chaura	Pregnant women chew on young seedlings of the plants after washing them to help them give birth quickly and easily.
11.	<i>Cocculus hirsutus</i> L. Diels.	Menispermaceae	'Jaljamni'	Amwan, Chaura	People with gonorrhea take the juice of the leaves mixed with water by mouth.
12.	<i>Curculigo orchoides</i> Gaertn.	Amaryllidaceae	'Kali musli'	Amwan, Dahini	Tuberous roots of the plant that have been ground up and mixed with milk are used to treat impotence.
13.	<i>Cuscuta reflexa</i> Roxb.	Convolvulaceae	'Amar bel'	Taura, Dighari	Powder of seeds used orally for antifertility.
14.	<i>Datura metel</i> Linn.	Solanaceae	'Kala Datura'	Dighari, Taura, Ahira	If you take one teaspoon of dried root twice a day for 15 days after your period, you will never be able to get pregnant again.
15.	<i>Dolichos biflorum</i> Linn.	Leguminosae	'Kulthi'	Taura, Bagrehi	Decoction of seeds is used orally in leucorrhoea.
16.	<i>Euphorbia hirta</i> (L.)	Euphorbiaceae	'Dudhi'	Amwan, Dahini, Mahuli and Taura	People with leaky gut take the crushed leaves and honey extract by mouth once a day in the morning for a month.
17.	<i>Gossypium arboreum</i> L.	Malvaceae	'Kapas'	Taura, Amwan	A lack of periods or painful periods can be treated with root bark.
18.	<i>Vitex negundo</i> (Linn.)	Verbenaceae	'Nirgundi'	Dighari, Amwan	Women who are having problems with their periods are given one teaspoon of young root powder mixed with milk. This is also done to help them get pregnant again.



**Fig 1:** Author is interacting with women tribal



**Fig 4:** *Annona squamosa*



**Fig 2:** *Achyranthus aspera*



**Fig 5:** *Asparagus racemosus*



**Fig 6:** *Datura metel*



**Fig 3:** *Aloe vera*



**Fig 7:** *Euphorbia hirta*



**Fig 8:** *Gossypium arboreum*



**Fig 9:** *Vitex negundo*

### Conclusion

During the survey time, it was seen that the tribal people who live in this sanctuary are still at a very basic level of economic life and get most of their food and supplies from the wild areas nearby. However, they do know a lot about how to use plants as medicine. As a result of living in the bush all the time and not having access to any other medical facilities, they have learned interesting things through tribal methods and come up with their own way to treat illness.

The results show that the tribe women in the study area have a lot of faith in traditional medicine. They seem to depend on the plants to heal a wide range of illnesses that affect them, such as abortion, infertility, problems with conception, monthly problems, leucorrhoea, and more. They don't usually go to a doctor or clinic. Instead, old women (Chief trainers) or experienced medicine men in the town tell them what herbs to use.

This study looks at twenty different types of medicinal plants from 14 different families that are used by tribal women in Karwi area to treat a range of gynecological problems and illnesses.

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