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TRADITIONAL HERBAL FOLK REMEDY FROM TRIBES OF AMBABARVA WILDLIFE SANCTUARY OF BULDHANA DISTRICT (M.S., INDIA)

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ABSTRACT

Present investigation based on herbal folk remedy used by the tribal of Ambabarva village in wildlife sanctuary and Saykheda village of Buldhana District. In this area tribes like Gond, Gawali, Pawra, Bhils are dominant in such remote areas very few persons are so called vaidoos and taboos, a well informant of medicinal plants. In the present work 40 plant species are identified, which are regularly used by them and other locality.

KEYWORDS: Traditional, Folk Remedy, Wildlife, Buldhana District.

INTRODUCTION

Buldhana is the Western district of West Vidarbha. The name of the district is derived corrupt form of Bhil's Thana i.e. the place of Bhil's. The district is situated partly in Tapi river basin and partly Godavari river basin. The northern half of the district is broadly called Payan Ghat and is drained by Penganga and Katepurna rivers, which are tributaries of Godavari. The Payanghat and the Balaghat occupy the vast fertile plane of the district between hill ranges of Satpuda. The district is situated between latitudes $19^0$51' and $21^0$17'North and 75^0 57' and 76^0 49' East longitudes. The district extends over an area of 9,745 sq.kms of which 1, 558 sq. kms constituted of forests which comes to less than 16% of the total area of district. The District includes Buldhana, Chikhali, Mehkar, Deulgaon Raja, Motala, Nandura and Sonala tahsil's. The climate of district is dry and hot in general and considered to be healthy. An average rainfall of the district is 754 mm and topology is

uneven, most part of the district unevenly constructed by rocky hills. About the botanical exploration point of view the district is almost virgin. Witt, (1908) published a list of trees, shrubs, climbers and other plants of economic importance. Later on Diwakar and Sharma, (2000) published a flora of Buldhana district while ethno-medico-botanical study was reported by Rothe and Ukesh, (2011).

Ascites is a gastroenterological term for an accumulation of fluid in the peritoneal cavity. The medical condition is also known as peritoneal cavity fluid, peritoneal fluid excess, hydroperitoneum or more archaically as abdominal dropsy. Diagnosis of the cause is usually with blood tests, an ultrasound scan of the abdomen, and direct removal of the fluid by needle or paracentesis. Mild ascites is hard to notice, but severe ascites leads to abdominal distension. Patients with ascites generally will complain of progressive abdominal heaviness and pressure as well as shortness of breath due to mechanical impingement on the diaphragm. Ascites results from high pressure in the blood vessels of the liver (portal hypertension) and low levels of a protein called albumin. Diseases that can cause severe liver damage can lead to ascites. These include long-term hepatitis C or B infection and alcohol abuse over many years.People with certain cancers in the abdomen may develop ascites. These include cancer of the colon, ovaries, uterus, pancreas, and liver. Other conditions that can cause this problem include.

- Clots in the veins of the liver (portal vein thrombosis)
- Congestive heart failure
- Pancreatitis
- Thickening and scarring of the sac-like covering of the heart

Human immunodeficiency virus infection and acquired immune deficiency syndrome (HIV/AIDS) is a spectrum of conditions caused by infection with human immunodeficiency virus (HIV) (Sepkowitz, 2001; Wilhelm Kirch, 2008). Following initial infection, a person may experience a brief period of influenza-like illness. This is typically followed by a prolonged period without symptoms. As the infection progresses, it interferes more and more with the immune system, making the person much more susceptible to common infections like tuberculosis, as well as opportunistic infections and tumors that do not usually affect people who have working immune systems. The late symptoms of the infection are referred to as AIDS. This stage is often complicated by an infection of the lung

known as pneumocystis pneumonia, severe weight loss, a type of cancer known as Kaposi's sarcoma, or other AIDS-defining conditions.

HIV/AIDS has had a great impact on society, both as an illness and as a source of discrimination. The disease also has significant economic impacts. There are many misconceptions about HIV/AIDS such as the belief that it can be transmitted by casual non-sexual contact. There are three main stages of HIV infection: acute infection, clinical latency and AIDS. The initial period following the contraction of HIV is called acute HIV, primary HIV or acute retroviral syndrome. (Mandell, *et al.*, 2011). Many individuals develop an influenza-like illness or a mononucleosis-like illness 2–4 weeks post exposure while others have no significant symptoms.(Marshall Cavendish, 2008; Mandell, *et al.*,2011). Symptoms occur in 40–90% of cases and most commonly include fever, large tender lymph nodes, throat inflammation, a rash, headache, and/or sores of the mouth and genitals. The initial symptoms are followed by a stage called clinical latency, asymptomatic HIV, or chronic HIV. While typically there are few or no symptoms at first, near the end of this stage many people experience fever, weight loss, gastrointestinal problems and muscle pains. Acquired immunodeficiency syndrome (AIDS) is defined in terms of either a $CD4^+$ T cell count below 200 cells per µL or the occurrence of specific diseases in association with an HIV infection (Mandell, *et al.*,2011). In the absence of specific treatment, around half of people infected with HIV develop AIDS within ten years (Mandell, *et al.*, 2011). The most common initial conditions that alert to the presence of AIDS are pneumocystis pneumonia (40%), cachexia in the form of HIV wasting syndrome (20%) and esophageal candidiasis (Mandell, *et al.*, 2011). Other common signs include recurring respiratory tract infections.

MATERIALS AND METHODS

In order to carry out traditional herbal folk remedies, Author made frequent visits at different place with local medicine men, vaidoos, taboos, also forest guards and foresters in that area. During survey every care was taken to collect data on detailed information based on oral interview and discussion with them. The specimens of plants numbered in the fields. The collected specimens are derived and processed, and then herbarium sheets were prepared. The dried specimen were critically studied and their identification confirmed by reference to Flora of British India, (Hooker, 1872-1897), Flora of Presidency of Bombay, (Cooke, 1956), Flora of Marathwada, (Naik, 1998), Flora of Buldhana District, (Diwakar,2000).

RESULTS AND DISCUSIONS

1. Family: Amaranthaceae

Genus: *Achyranthes aspera* L.

Uses: Ash Prepared after burning of *Achyranthes aspera* plant of about 20 gm, mixed with equal quantity of Gurr (jaggery) and one cup of drinking water take orally, for a month against Ascites.

2. Family: Cucurbitaceae

Genus: *Citrullus colocynthis* (L.) Schrad

Uses: Roots of *Citrullus colocynthis* 20 gm crushed them and prepared the powder, mixed with one cup of drinking water and take orally against Ascites.

3. Family: Cucurbitaceae

Genus: *Momordica dioica* Roxb. ex Willd.

Uses: Take 1 cup juice of *Momordica dioica* mixed with 4 tea spoon honey for one month against Ascites.

4. Family: Menispermaceae

Genus: *Tinospora cordifolia* (Thunb.) Miers

Uses: 10 gm Ash of *Achyranthes aspera* + 10gm of Gurr (jaggery) + 5 gm *Tinospora cordifolia* for a month against Ascites.

5. Family: Fabaceae

Genus: *Clitoria ternatea* L.

Uses: Seeds of white flowered *Clitoria ternatea* crushed and fine power obtained. Take 10 gm power mixed with 25 ml warm water, take orally for a month against Ascites.

6. Family: Asteraceae

Genus: *Grangea maderaspatna* L.

Uses: Powder of *Grangea maderaspatna* L.10 gm mixed with 10 gm ash and 20gm Gurr (jaggery), along with 2 cup water take orally for a month against Ascites.

7. Family: Poaceae **Family: Piperaceae**

Genus: *Cyanodon dactylon* (L) Pers. Genus: *Piper nigrum* L.

Uses: One cup juice of *Cyanodon dactylon* mixed with 5 gm *Piper nigrum* powder take orally for a month.

8. Family: Aizoaceae **Family: Acanthaceae**

Genus: *Trianthema portulacastrum* L. Genus: *Andraographis paniculata* (Burm.f.) wal.ex.Nees.

Family : Zingiberaceae

Genus: *Zingiber officinale* Rosc

Uses: Roots of *Trianthema portulacastrum* + *Andraographis paniculata* + *Zingiber officinale*, take all above content 100 gm each crushed them and fine power is prepared. Pour the power in one litre water and boiled it till 1/4 liters decoction is obtained. Filter it by using muslin cloth. Take 1 cup filtered decoction mixed with 5 gm edible "Kalami Soda" for a month against Ascites.

9. Family: Amaryllidaceae **Family: Apiaceae**

Genus: *Allium cepa* L. Genus: *Asafoetida northax* L

Uses: Take *Allium cepa* + Sodium salt + *Asafoetida northax* + *Zingiber officinale* all above contents are taken 100gm each crushed in a grinder a past is obtained. Prepare tablets of about 5 gm weighed. Take 2 tablets with two cup of curd milk once in a day for one month it reduces enlarge stomach.

10. Family: Combretaceae

Genus: *Terminalia chebula* Retz.

Uses: 10gm powder of unripe *Terminalia chebula* fruit with 1 cup of cow urine, take once in a day for 14 days against Ascites.

11. Family: Euphorbiaceae

Genus: *Euphorbia nerifolia* Auct.

Uses: 10-20 minims in doses latex of *Euphorbia nerifolia* used three times a day against Ascites.

12. Family: Euphorbiaceae

Genus: *Euphorbia antiquorum* L.

Uses: 2-3 drops latex of *Euphorbia antiquorum* mixed with rice and sugar used against Ascites.

13. Family: Zygophyllaceae

Genus: *Fagonia indica* Brum.*f.*

Uses: Stem and leaf powder of *Fagonia indica* in a doses of 10 gm once in a day against Ascites.

14. Family: Fabaceae

Genus: *Indigofera tinctoria* L.

Uses: 10gm powder or 20 ml decoction prepared by using *Indigofera tinctoria* take orally once in a day for a month against Ascites.

15. Family: Poaceae

Genus: *Cyanodon dactylon*(L) Pers.

Uses: A decoction of *Cyanodon dactylon* roots is diuretic prescribed 2 gm of roots with curd against Ascites.

16. Family: Menispermaceae

Genus: *Cissampelos pariera* L.

Uses: Fine powder prepared by using dried roots of *Cissampelos pariera* in a quantity of about 10gm prescribed against Ascites.

17. Family: Apiaceae

Genus: *Cuminum cyamium* (L) Schrad.

Uses: 4 tea spoons leaf juice of *Achyranthes aspera* + 10gm *Cuminum cyamium*, take orally for a month regularly against AIDS.

18. Family: Anacardiaceae

Genus: *Mangifera indica* L.

Uses: Juice of inner bark of *Mangifera indica* 30ml + 30ml milk of goat taken orally for a month against AIDS.

19. Family: Apiaceae

Genus: *Trachyspermum ammi* (L.) Sprague.

Uses: Take 10gm *Trachyspermum ammi* + 10gm dried fruit of *Cocos nucifera* + 2gm *Semecarpus anacardium* combined crushed and making 14 tablets in equal quantity, take a tablet per day against AIDS.

20. Family: Moraceae

Genus: *Ficus glomerata* Roxb.

Uses: Four spoons Water obtained from roots of *Ficus glomerata* + Powder of *Cuminum cyamium* + 50gms sugar combined taken for a month against AIDS.

21. Family: Euphorbiaceae **Family: Zingiberaceae**

Genus: *Ricinus communis* L. Genus: *Curcuma longa* L

Family: Fabaceae Genus: *Trigonella foenum* graecum L.

Uses: Take *Ricinus communis* oil + powder of *Curcuma longa* + *Trigonella foenum*, Crushed combined, and ointment is prepared applied externally for 14 days against injury in AIDS.

22. Family: Oleaceae **Family: Meliaceae**

Genus: *Jasminum arborescens* Roxb. Genus: *Azadirachta indica* A .Juss.

Uses: Take leaves of *Azadirachta indica* 100 gm + powder of *Jasminum arborescens* 100 gm boiled in a ½ liter of water till ¼ liter decoction is obtained. A decoction used externally to wash the injuries of both Ascites and AIDS.

23. Family: Mimosaceae

Genus: *Acacia nilotica* (L.) Del.

Uses: Inner bark of *Azadirachta indica* + Bark of *Acacia nilotica*. + *Tinospora cordifolia* in a equal amount with ½ liter of water decoction prepared + 10gm sugar, take for a month against AIDS.

24. Family: Meliaceae

Genus: *Azadirachta indica* A. Juss.

Uses: Inner bark *Azadirachta indica* 10 gm deep in a 20ml of water over night, filtrate it and take early in the morning for a month against AIDS.

25. Family: Apocynaceae

Genus: *Nerium indicum* Mill.

Uses: A paste prepared with roots of *Nerium indicum* by using water, applied externally to wash injury in AIDS.

26. Family: Smilacaceae

Genus: *Smilax sarsaparilla* L.

Uses: Take 10 gm powder of *Smilax sarsaparilla* mixed with 4 cup water, boil it for preparation of decoction. 30ml decoction mixed with 10gm sugar, take once upon a time regularly for a month against AIDS.

27. Family: Cucurbitaceae

Genus: *Citrulus lanatus* (Thumb.) Mustsumura.et. Nakai.

Uses: Take a ripened fruit of *Citrulus lanatus*, and at one part cut it in such a way that a quadrangular piece is removed, put the sugar at the cut part and a piece is fixed in cut portion. Keep the fruit over night; on next day morning, take 1 cup juice daily for 7 day against AIDS.

28. Family: Papaveraceae

Genus: *Argemone mexicana* L.

Uses: Leaf juice of *Argemone mexicana* 30ml mixed with 20gm Ghee take orally for a month also prescribed externally against scabies or itching in AIDS.

29. Family: Agavaceae

Genus: *Aloe barbadensis* Mill.

Uses: Pulp of *Aloe barbadensis* 20 gm + 20gm Ghee + 20 gm of Petroleum jelly. An ointment is prepared applied externally against injuries/spotted ring in AIDS.

30. Family: Cucurbitaceae

Genus: *Cucurbita maxima* Duch. Lamk.

Uses: Juice of *Cucurbita maxima* (Lal Bhopla), 1 cup mixed in 1 cup cattle milk; take orally for a month against AIDS.

31. Family: Fabaceae **Family: Malvaceae**

Genus: *Abrus precatorius* L. Genus: *Hibiscus rosasinensis* L

Uses: Take 20 ml juice of White flowered *Abrus precatorius* mixed with 20 ml leaf juice of *Hibiscus rosasinensis* L. leaf + 5 gm powder of *Cuminum cyamium* and sugar 50 gm for a month against AIDS.

32. Family: Poaceae

Genus: *Cyanodon dactylon* (L) Pers.

Uses: Take 30 ml juice of *Cyanodon dactylon* for a month against AIDS.

33. Family: Moraceae

Genus: *Ficus religiosa* L.

Uses: Externally applied bark juice of *Ficus religiosa* against the injury in AIDS.

34. Family: Mimosaceae

Genus: *Acacia nilotica* (L.)

Uses: A fine powder of *Acacia nilotica* leaves applied externally against injury in AIDS.

35. Family: Rutaceae **Family: Asparagaceae**

Genus: *Aegle marmelos* (L.) Corr. Genus: *Asparagus racemosus* Willd.

Family: Sterculiaceae Genus: *Sterculia urens* Roxb.

Uses: Dried leaves of *Aegle marmelos* 50 gm + 50 gm roots of *Asparagus racemosus* + 50 gm *Sterculia urens* finely crushed in a mixer and filtered by using muslin cloth, take 5 gm powder in a cup of milk for a month against AIDS.

36. Family: Rhamnaceae

Genus: *Zizyphus mauritiana* Lamk.

Uses: 20 gm fine powder of bark of *Zizyphus mauritiana* with sugar and water for a month against AIDS.

37. Family: Lythraceae

Genus: *Lawsonia innermis* L.

Uses: 20 ml juice of *Lawsonia innermis* leaves mixed with sugar, take orally for a month against AIDS.

38. Family: Clusiaceae **Family: Zingiberaceae**

Genus: *Garcina morella* L. Genus: *Cardamom aromaticum*

Uses: A fine powder of *Garcina morella* (Revachini) mixed with *Cardamom aromaticum* and Kalami Soda, crushed the material prepared into fine powder, take 10 gm powder of above mixture, mixed with 1 glass water for 7 days against AIDS.

39. Family: Menispermaceae **Family:Piperaceae**

Genus: *Cocculus hirustus* (L.) Diels. Genus: *Piper longum* L

Uses: Take 10 gm powder of dried roots of *Cocculus hirustus*, mixed with 2 gm powder of *Piper longum* L. for a month against joint pain in AIDS.

40. Family: Caesapiniaceae

Genus: *Caesalpinia bonduc* (L.) Roxb.

Uses: 20 ml leaf juice of *Caesalpinia bonduc* + 20 ml ghee + 5 gm jaggery for a month against AIDS.

CONCLUSION

List of enumerated 40 plant shows that Satpura hills is rich in plant high medicinal value, during exploration and survey of folk system specially based on ethnomedicinal value of this region has indicated that use of 40 species of plant for Ascite and Aids. An urgent need for documenting the knowledge of villages and the tribal so that the plant can be subjected to intensive screening for phytochemical and pharmacological action of the chemical component.

This would pave the way for the use of locally available plants as medicines to combat many of the disease, which are localized and sometime epidemic as well such investigation would be helpful in achieving the goat of 'Health for all' .It is just an attempt to document information. There is a note of caution for the readers, The medicines must not be used without the help of medical practitioners. This documentation is intended to facilitate future studies on toxicity, pharmacology and phytochemistry.

A vast majority of healing methods and other traditional practices and herbal folk remedies depends on medicinal plants either by using a single plant or in combination of 2-4 plants, by making decoction or paste. Most of the treatment recorded here has a natural component in the form of a plant, plant parts, form the main ingredients in the traditional medicine, not only because they often possess biologically active chemicals but also they are believed to provide vital energy. All the genera listed here by their scientific name, family and vernacular names with their uses recorded in the field during survey.

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