

IN DEPTH SURVEY ON AYURVEDIC REMEDIES BY ILLITERATE TRIBALS IN YADADRI BHUVANAGIRI DIST

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ABSTRACT

The Present study is based upon the survey conducted on various Ayurvedic remedies used by illiterates and tribal in the yadadri dist. of survey was done by vathsalya pharmacy college students of Bhuvanagiri, Allapur, Anantharam, Annampatla, Atmakur, Balampally, Bommaipally, Bommaramaram, Chandepally, Chimiryala, Chinna Kondur, Dharmojigudem, Ghouse Nagar, Gundala, Gundlabavi, Jammapur, Koratikal, Koyalagudem, Kurella, Lakkaram, Lingarajpally, Malkapur, Modumaigudem, Motakondur, Mothkur, Muthireddigudem, Muthireddy Gudem, Narayanapuram, Nelapatla, Padamati Somaram, Pallepahad, Pallerla, Pamukunta, Peddakondur, Raigiri, Rajapet, Ramachandrapur, Siddhapuram, Singaram, Tajpur, Tallasingaram, Thukkapur, Vasanthapuram, Wadaigudem, Wadaparthi, Yellanki, Yerrambelly, Gudur, Pagidipally, Bhuvanagiri railway station center. Almost each and every place in the whole dist we have done our survey, when we meet the tribal's they

have responded positively and explained their remedies in curing various disorders without any hesitation. As a team we have learned new things & new remedies used to treat various disorders like scorpion bite, kidney stones, hairline fractures, rheumatoid arthritis, joint pains, stomach ache, fever, infant fever, shoulder pains, knee joints, osteo arthritis, skin disorders, hypersensitivity, skin rashes, spinal and disc problems, jaundice, menstrual and infertility problems, peptic ulcer, eye disorders, tongue infections, migraine problems, paralysis and obesity & their treaties. From area to area the Ayurvedic treaties & the ingredients used by the tribal's are different by using various Ayurvedic plants. Overall survey while seeing

various ayurvedic treaties in curing various disorders we have a conclusion that Ayurvedic treatments are more efficient than that of synthetic treaties and having less side effects.

KEYWORDS: Sperm Count, Ayurvedic Treatment, Menstrual Problems, Snake bite, Ayurvedic treatments, Bamboo Sticks.

INTRODUCTION

General introduction

Since ancient period of civilization medicinal plants are known as one of the gifts of nature to cure a number of diseases of human beings. The knowledge of Ayurveda has led to the discovery of many potent bioactive agents in modern drug development. Still, 75 % of total population relies on the medicinal plants in the rural and remote areas by way of traditional systems of medicine. About 121 clinically useful prescription drugs worldwide are derived from plants and 74% of them are being manufactured by pharmaceutical houses, e.g., vinblastine, vincristine, morphine, codeine, quinine, atropine and digitoxin. Since then, many new chemical structures have been discovered from medicinal plants and found to be useful medicinally. So far, 50 medicinal herbs out of the known 300 have been studied exhaustively for medicinal applications. Most of the medicinally traditional medicine for primary health care. The drug development processes for traditional medicine, are altogether different from conventional drug discovery. The importance of plant medicine popularly known as herbal medicine and their Powers to cure diseases of human being as well as animals are well documented in ancient literature. In the Rig Veda which is considered useful plants present in India are yet to be analyzed. Interestingly, according to a recent survey conducted by WHO, approximately 80 % of world population relies mainly on the to be one of the oldest respiratory of human knowledge, written between 4500 to 1600 BC, the medicinal use of plants is emphasized. In Atharva Veda which is known as the fourth Veda the use of plants is documented in Greater detail. In the Ayurveda which is considered as the Upaveda to the Atharva Veda, Definite properties of plant remedies and their uses given detail. In fact, Ayurveda is the very foundation of ancient medical science in India. Followed by the monumental treaties of Charaka and Sushruta. Globally there are wide spread diseases like diabetes, hypertension, Atherosclerosis, ulcers etc., which are mainly caused by increase in free radicals. Plant constitute one of the major scavenging free radicals. Hence the efficacy of Scavenging property of plant will help to cure diseases. Dispensing of medication is often regulated the government into three categories.

1. **OVER THE COUNTER (OTC):** Which are available in pharmacies and supermarkets without special restrictions
2. **BEHIND THE COUNTER (BTC):** Which are dispensed by pharmacist without doctor's prescription.
3. **PRESCRIPTION ONLY MEDICINES (POM):** Which must be prescribed by a licensed medical Professionals and physician. In United Kingdom, BTC medicines are called pharmacy medicines which can be sold in Registered pharmacies, by or under supervision of a pharmacist. These medications are designated by letter P on the label.

Medications are typically produced by pharmaceutical companies and are often parented to Give the developer exclusive rights to produce them. Those that are not parented are called generic drugs. Hence they can be produced from other companies, without restrictions or licenses from the patent holder.

Herbal medicines

Herbal medicine is a major component in all indigenous people's traditional medicine and a common element in Ayurvedic, Homeopathic, Naturopathic, traditional oriental and Native American Indian medicine. Plants have been used in a number of systems of medicines in our country as well as in other countries. Atharva Veda suggests that man learn the therapeutic value of plants by observing the behavior of wild animals and birds in disease. India is well known as the Emporium of Medicinal Plants'. The use of plants to treat various diseases in India dates back to the times of Rig-Veda (3500 to 1800B.C.). Later, the monumental Ayurvedic works like charakasamhita and Sushrutasamhita followed by other Ayurveda and Siddha treatises have incorporated nearly 700 plant drugs entering into several medicinal preparations used in the management of health care. In fact these systems have been in practice even in remote areas of our countries for centuries.

India has a well-established indigenous system of medicine with material medica which include herbal, animal and mineral products. The use of herbs in India can be traced back to Vedic times; Rig Veda (200-1000 B.C.) mentions the name of some medicinal herbs while the Atharva Veda provides a more detailed account of herbs and the treatment of diseases. However, the most important and the authentic works on Indian medicinal plants is found in the classics of Ayurveda i.e., *Charakasamhita*, and *Sushrutasamhita* and *Astanga hridaya* which are believed to have written in the pre Buddhist period, i.e., before 600 B.C. These works incorporate 700-800 drugs of medicinal value used in several preparations for the

treatment of various diseases. They also serve as the basis for the medicinal plant research in India and other countries.

The development of systematic pharmacopoeias dates back to 3000 BC, when the Chinese were already using over 350 herbal remedies. Ayurveda, a system of herbal medicine in India, Srilanka and South-East Asia has more than 8000 plant remedies and using around 35,000-70,000 plant species. China has demonstrated the best use of traditional medicine in providing the health care. China has pharmacologically validated and improved many traditional herbal medicines and eventually integrated them in formal health care system.

Over the last few decades the role of medicinal plants as a primary tool in preservation of health and management of diseases is realized with great concern. This is mainly due to the use of synthetic drug molecules that produce harmful side effects, which are comparatively minimal in drugs of plant origin. Medicinal plants are commonly available in abundance, especially in tropics.

Herbal medicine definition

Herbal drugs are finished labelled products that contain active ingredients such as aerial or underground parts of plant or other plant material or combination thereof, whether in the crude state or as plant preparations.

Present status of herbal medicine

In India around 20,000 medicinal plant species have been recorded recently but more than 500 traditional communities use about 800 plant species for curing different diseases (Kamboj, 2000). Currently 80% of the world population depends on plant-derived medicine for the first line of primary health care for human alleviation because it has no side effects. Plants are important sources of medicines and presently about 25% of pharmaceutical prescriptions in the United States contain at least one plant-derived ingredient. In the last century, roughly 121 pharmaceutical products were formulated based on the traditional knowledge obtained from various sources.

Market value of herbal medicine

The market for ayurvedic medicines is estimated to be expanding at 20% annually. Sales of medicinal plants have grown by nearly 25% in India in past ten years (1987-96), the highest rate of growth in the world. But the per capita expenditure in India on medicines per annum is

amongst the lowest in the world. In other developing countries too, plants are the main source of medicine.

Two of the largest users of medicinal plants are China and India. Traditional Chinese Medicine uses over 5000 plant species; India uses about 7000. According to Export Import Bank, the international market for medicinal plant related trade having a growth rate of 7% per annum. China's share in world herbal market is US\$ 6 billion while India's share is only US\$1 billion. The annual export of medicinal plants from India is valued at Rs. 1200 million. All the major herbal-based pharmaceutical companies are showing a constant growth of about 15 per cent.

Traditional medicine has served as a source of alternative medicine, new pharmaceuticals, and healthcare products. Medicinal plants are important for pharmacological research and drug development, not only when plant constituents are used directly as therapeutic agents, but also as starting materials for the synthesis of drugs or as models for pharmacologically active compounds. A significant number of modern pharmaceutical drugs are derived from medicinal plants. The derivatives of medicinal plants are non-narcotic with little or no side effects. Future prospects of herbal medicine market. It is estimated that nearly three fourths of the herbal drugs used worldwide were discovered following leads from local medicine.

According to WHO about 25% of modern medicines are descended from plants first used traditionally. Many others are synthetic analogues built on prototype compounds isolated from plants. Almost, 70% modern medicines in India are derived from natural products. The basic uses of plants in medicine will continue in the future, as a source of therapeutic agents, and as raw material base for the extraction of semi-synthetic chemical compounds such as cosmetics, perfumes and food industries. Popularity of healthcare plant-derived products has been traced to their increasing acceptance and use in the cosmetic industry as well as to increasing public costs in the daily maintenance of personal health and well-being. In the dual role as a source of healthcare and income, medicinal plants make an important contribution to the larger development process. Though the efficacy of herbal requires development of quality consciousness in respect of the evaluation related evidences, supplying the demand for botanicals and herbals is a booming business.

Introduction to herbal cosmetics

Most cosmetics are distinguished by the area of the body intended for application.

- Primer, come in various formulas to suit individual skin conditions. Most are meant to reduce the appearance of pore size, prolong the wear of makeup, and allow for a smoother application of makeup, and are applied before foundation.
- Lipstick, lip gloss, lip liner, lip plumper, lip balm, lip conditioner, lip primer, and lip boosters. Lipsticks are intended to add color and texture to the lips and often come in a wide range of colors, as well as finishes such as matte, satin and luster. Lip stains have a water or gel base and may contain alcohol to help the product stay on the lips. The idea behind lip stains is to temporarily saturate the lips with a dye. Usually designed to be waterproof, the product may come with an applicator brush, rollerball, or be applied with a finger. Lip glosses are intended to add shine to the lips, and may also add a tint of color, as well as being scented or flavored. Lip balms are most often used to moisturize and protect the lips. They often contain SPF protection.
- Concealer, makeup used to cover any imperfections of the skin. Concealer is often used for any extra coverage needed to cover blemishes, under eye circles, and other imperfections. Concealer is often thicker and more solid than foundation, and provides longer lasting, more detailed coverage. Some formulations are meant only for the eye or only for the face. This product can also be used for contouring your face like your nose, cheekbones, and jaw line.
- Foundation is used to smooth out the face and cover spots or uneven skin coloration. Usually a liquid, cream, or powder, as well as most recently a light and fluffy mousse. Foundation provides coverage from sheer to full depending on preference. Foundation primer can be applied before or after foundation to obtain a smoother finish. Some primers come in powder or liquid form to be applied before foundation as a base, while other primers come as a spray to be applied after the foundation to help the make-up last longer.
- Face powder is used to set the foundation, giving it a matte finish, and also to conceal small flaws or blemishes. Tinted face powders may also be worn alone as a light foundation.
- Rouge, blush or blusher is cheek coloring used to bring out the color in the cheeks and make the cheekbones appear more defined. Rouge comes in powder, cream, and liquid forms.
- Contour powder/creams are used to define the face. They can be used to give the illusion of a slimmer face or to modify a person's face shape in other desired ways. Usually a few shades darker than one's own skin tone and matte in finish, contour products create the

illusion of depth. A darker toned foundation/concealer can be used instead of contour products for a more natural look.

- Highlight, used to draw attention to the high points of the face as well as to add glow to the face, comes in liquid, cream, and powder forms. It often contains a substance to provide shimmer. A lighter toned foundation/concealer can be used instead of highlight to create a more natural look.
- Bronzer is used to give skin a bit of color by adding a golden or bronze glow, as well as being used for contouring. It comes in either matte, semi matte/satin, or shimmer finishes.
- Mascara is used to darken, lengthen, thicken, or draw attention to the eyelashes. It is available in natural colors such as brown and black, but also comes in bolder colors such as blue, pink, or purple. Some mascaras also include glitter flecks. There are many different formulas, including waterproof versions for those prone to allergies or sudden tears. It is often used after an eyelash curler and mascara primer. Many mascaras now have certain components intended to help lashes appear longer and thicker.
- Eyeliner is used to enhance and elongate the size of the eye.
- Eyebrow pencils, creams, waxes, gels and powders are used to color and define the brows.
- Nail polish is used to color the fingernails and toenails. Transparent, colorless versions may be used to strengthen nails, or used as a top or base coat to protect the nail or polish.
- Setting Spray is used to keep applied makeup intact for long periods of time. An alternative to setting spray is setting powder, which may be either pigmented or translucent.
- False eyelashes are frequently used when extravagant and exaggerated eyelashes are desired. Their basic design usually consists of human hair or synthetic materials attached to a thin cloth-like band, which is applied with an eyelash glue to the lash line. Designs vary from short, natural-looking lashes to extremely long, wispy, rainbow-colored lashes. Rhinestones, gems, and even feathers and lace occur on some false eyelash designs.

Herbal cosmetics current value

- The worldwide cosmetics and perfume industry currently generates an estimated annual turnover of US\$170 billion (according to Eurostat – May 2007). Europe is the leading market, representing approximately €63 billion, while sales in France reached €6.5 billion in 2006, according to FIPAR (Federation des Industries de la Parfumerie – the French federation for the perfume industry). France is another country in which the cosmetic

industry plays an important role, both nationally and internationally. Most products with a label, "Made in France" are valued on the international market. According to data from 2008, the cosmetic industry has grown constantly in France for 40 consecutive years. In 2006, this industrial sector reached a record level of €6.5 billion. Famous cosmetic brands

Functions of pharmacognosist

- Identification of drug sources
- Determination of morphological character
- Investigation of potency purity, and admixture

Prescription of the detail processes of collection and drying preservation. Knowledge about active constituent's chemical nature and uses.

Types of pharmacopoeias

- Pharmacopoeia committee
- Chinese herbal pharmacopoeia
- British herbal pharmacopoeia
- United states herbal pharmacopoeia
- The Ayurvedic pharmacopoeia of India (API)
- Japanese standards for herbal medicines

These pharmacopoeias lay down monograph for herbs and herbal products to maintain their quality in respective nations. Government of India too brought out Ayurvedic pharmacopoeia India, which recommends basic quality parameters for eighty common ayurvedic herbal drugs.

Introduction to ayurvedic plants used in survey



Aloe vera

Scientific name: Aloe vera

Order: Asperagales

Genus: Aloe

Species: Aloe vera

Family: Asphodelaceae

Therapeutic uses: Skin burns & wounds, Anti acne and Antiseptic Helps to treat skin Problems, Promotes hair growth.

**Neem**

Scientific name: Azadirachta indica

Order: Sapindales

Genus: Azadirachta

Species: Azadirachta Indica

Family: Meliaceae

Therapeutic uses: Leprosy, Eye disorders, bloody nose, skin ulcers, Anti-aging effects, Promoting Wound healing, Anti acne Fighting skin infections.



Rose petals**Scientific name:** Rosa**Species:** Rosa kordesii, Rosa Canina**Kingdom:** Plantae**Order:** Rosales**Family:** Rosaceae**Therapeutic uses**

Anti-inflammatory

Anti-acne

Flavouring agent

Astringent

**Hibiscus leaves****Scientific name:** Hibiscus rosa-sinensis**Genus:** Hibiscus**Species:** H. rosa sinensis**Kingdom:** Plantae**Order:** Malvales**Family:** Malvaceae**Therapeutic uses**

Hair conditioner,

Hair cleanser,

Anti ageing,

Anti-wrinkle and in treating wounds and cholesterol levels.

**Ocimum sanctum**

Scientific name: Ocimum Sanctum

Genus: Ocimum

Species: Ocimum Tenuiflorum

Kingdom: Plantae

Order: Limiales

Family: Lamiaceae

Therapeutic uses

Hair conditioner

Hair cleanser

Anti-ageing,

Anti-Acne

Cathartic

MATERIALS AND METHODS

The Present study is based upon the survey conducted on various ayurvedic remedies used by illiterates & tribal's to treat various disorders in the yadadri bhuvanagiri dist was done by final year students of vathsalya college of pharmacy in all rural areas yadadri bhuvanagiri dist of Bhuvanagiri, Allapur, Anantharam, Annampatla, Atmakur, Balampally, Bommaipally, Bommalararam, Chandepally, Chimiryala, Chinna Kondur, Dharmojigudem, Ghouse Nagar, Gundala, Gundlabavi, Jammapur, Koratikal, Koyalagudem, Kurella, Lakkaram, Lingarajpally, Malkapur, Modumaigudem, Motakondur, Mothkur, Muthireddigudem, Muthireddy Gudem, Narayanapuram, Nelapatla, Padamati Somaram, Pallepahad, Pallerla, Pamukunta, Peddakondur, Raigiri, Rajapet, Ramachandrapur, Siddhapuram, Singaram, Tajpur, Tallasingaram, Thukkapur, Vasanthapuram, Wadaigudem, Wadaparthi, Yellanki,

Yerrambelly, Gudur, Pagidipally. Bhuvanagiri railway station center. Almost each and every place in the whole dist. we have done our survey, when we meet the tribal's they have responded positively and explained their remedies in curing various disorders without any hesitation. As a team we have learned new things & new remedies used to treat various disorders like curing scorpion bite, kidney stones, hairline fractures, rheumatoid arthritis, joint pains, stomach ache, fever, infant fever, shoulder pains, knee joints, osteo arthritis, skin disorders, hypersensitivity, skin rashes, spinal and disc problems, jaundice, menstrual and infertility problems, peptic ulcer, eye disorders, tongue infections, migraine problems, paralysis and obesity & their treaties.

From area to area the Ayurvedic treaties & the ingredients used by the tribal's are as follows

Name of the practioner: Thati Nagulamma

Village: Allapur

Age: 60 years

Qualification: 4th Class

Materials & Methods: To treat **Scorpion bite** a piece of **limonia** was applied immediately at the bited Portion & continue for the period of next **3 days**.

To treat drowsiness Aegle marmelos fruit pulp taken by mouth & continued up to 24 hours thrice.

Name of the practioner: Kurasam. Pichaiah

Village: Gudur

Age: 50 years

Qualification: Illiterate

Materials & Methods: To treat **kidney Stones** the ingredient like Aerva Lanata (Mountain Knot grass powdered drug was mixed with Milk & recommended to take along with milk twice daily in the early morning hours before breakfast and after dinner.

Name of the practioner: Kurasam. Nagababu

Village: Atmakur

Age: 35 years

Qualification: 7th class

Materials & Methods: To treat **Hairline Fractures** & joints breakage the ingredient like **Tinospora Cardifolia** dried powdered and was mixed with milk & recommended to take

along with milk and **Ajwain** twice daily in the early morning hours after breakfast and after dinner.

Name of the practioner: Punem buchaiah

Village: Balampally

Age: 45 years

Qualification: 4th Class

Materials & Methods: To treat **Rhematoid arthritis & joint pains** it is recommended to take **Bringaraj leaves** & extracted oil at the site of pain

Name of the practioner: Padham Munga

Village: Chandepally

Age: 30 years

Qualification: Illiterate

Materials & Methods: To treat fever **Tinospora cardifolia** juice was extracted and made into gutikas recommended to take along with honey daily twice.

Name of the practioner: Kunja suryanarayana

Village: Chimiryala

Age: 50 years

Qualification: 7th Class

Materials & Methods: Nutritional supplemented muscle strengthening food like **Asparagus Racemosus leaves & Curculigo orchoides** tubers boiled properly & recommended to take daily twice morning & dinner time

Name of the practioner: Esam srinu

Village: Dharmojigudem

Age: 50years

Qualification: 8th class

Materials & Methods: To treat stomach ache & the ingredients extracted from the bark of **kalonchae** was made into **Gutikas** taken twice daily in morning & night time

To treat jaundice **Benincasa hispida** milk which was freshly extracted and mixed with fresh curd & recommended to take as a juice twice morning & at bed time.

Name of the practioner: B.Venkatesh

Village: Ghouse Nagar

Age: 35 years

Qualification: Intermediate

Materials & Methods: To control sugar levels in blood naturally use **Costus Igeus** leaves have to be taken along with **Honey** by chewing or made decoction with the leaves & recommended to take as juice.

Name of the practioner: B.Ramarao.

Village: Gundala

Age: 35 years

Qualification: B.ed Homeopathy

Materials & Methods: To decrease heat in the reproductive system of women it is recommended to take prosopis cineraria bark & leaves juice was taken daily once in the form of decoction.

For decreasing **Polycystic Ovarian Syndrome**, it is recommended to take **Ficus rosemosa** bark along with **milk** daily upto 1 month still the **Water Bubbles** disappears in the **Uterus**.

Name of the practioner: Varun singh

Village: Gudur

Age: 32 years

Qualification: 10th class

Materials & Methods: To treat sugar naturally it is recommended to take **Andrographis Peniculata**, Curcuma longa, Gymnema sylvestre extracts were made into **Gutikas** and taken in morning time before breakfast.

For scorpion bite **Bheema Raj** oil along with **Forest Garlic** was triturated and applied at the Site of **Scorpion Bite** twice daily and continue up to **1week**.

Name of the practioner: K. Muthamma

Village: Anantharam

Age: 55 years

Qualification: Illiterate

Materials & Methods: To treat **Infant Fever** it is recommended to take a mixture of **Coccinia Grandis**, Ipomoea obscura, **Acalyphindica** to be taken in the white cloth and tied tightly to the shoulder of hand.

Name of the practioner: K. Rambabu

Village: Gundlabavi

Age: 40 years

Qualification: 7th class

Materials & Methods: To Treat Joint pains, Shoulder pains , **knee joints** ,osteo arthritis, rheumatoid arthritis, ingredients like **Raphanus Sativa**, Ailanthus excels,terminalia arjuna, Eclipta Prostrate,**Terminalia Chebula** was mixed and recommended to take as **Panchagika Churnam**

Name of the practioner: Kumpati Veeraswamy

Village: Koratikal

Age: 50 years

Qualification: Illiterate

Materials & Methods: To treat knee pains & knee joints 2 methods were used in the first method Collect **Tamarinda Indica seeds** air dried and make into powder then mixed with **Milk** and recommended to take twice daily morning and evening & continue upto **5days**.

In the second method **Caldera leafs** were taken and mixed with hot water and applied at the place of pain to decrease **Inflammation** as well as to relieve from **knee pain & knee joints**.

Name of the practioner: CH Anitha kumari

Village: Koyalagudem

Age: 30 years

Qualification: Nursing

Materials & Methods: To Treat skin disorders & hypersensitivity reactions caused to the skin rashes on the skin by using ingredients like Rubia cardifolia, Azadirachta indica leaves, Andrographis peniculata powdered & mixed with water & drink twice 3 times a day.

Name of the practioner: Ramu

Village: Jammapur

Age: 35 years

Qualification: 10th class

Materials & Methods: To Treat kidney Stones the ingredient like **Aerva Lanata (Mountain Knot grass** powdered drug was mixed with milk & recommended to take along with milk twice daily in the early **morning** hours before breakfast and after dinner.

Name of the practioner: U. Venu babu

Village: Kurella

Age: 45 years

Qualification: Bio Medical Engineering

Materials & Methods: To Treat Spinal & Disc problems by using the Natural Ingredients like 2types of Ingredients were used **Dhanvantharam-101** may contains **Sidha** Cardifolia, **Hordeum** vulgare, **Aegle** Mermelos oroxylem Indicum, **Sausarria** lappa, it is recommended to take along with capsule Twice in a day

Ksherrabala-101 the ingredients consists of **Sidha** Cardifolia, **Cowmilk**, **Tila** Taila, **Bala** Moola Kalka Powdered and it is recommended to take along with **capsules** twice in a day.

Name of the practioner: Arshiya

Village: Pallerla

Age: 27 years

Qualification: B. com

Materials & Methods: To treat Jaundice it is recommended to take **Aulum** mixed along with **Musa Paradisica** and take daily morning & bed time

Name of the practioner: Manemma

Village: Annampatla

Age: 52 years

Qualification: Illiretrate

Materials & Methods: To Treat Menstrual Disorders use **Wrightia Tinctoria** mixed with **Syzium Cumini** and recommended to take along with raw milk & take as a drink.

To treat Piles **Alium Cepa**, **Aesculus Hippocastanum** mixed with water and make into **Decoction** and recommended to take as a **Juice twice** morning and Evening.

Name of the practioner: Mahesh

Village: Chinna kondur

Age: 37years

Qualification: 5th

Materials & Methods: To **Treat** Infertility Problems in men it is recommended to take **wrightia Tinctoria**, **cocculus hirsutus**, **Aulum** mixed and made into **Gutikas** and diluted into milk take twice with a Glass of **Milk**

Name of the practioner: MD. Abdhul khadar

Village: Raigir

Age: 42 years

Qualification: MSc MPhil

Materials & Methods: To Treat **Peptic-Ulcer** the Ingredients like **Banslochan, Cardamom, Aulum** was taken as powder form it is recommended to take along with butter continue upto one month.

To treat **leucorrhoea** in women it is recommended to take the **Husk** of Isapgol powder along with **Ashwaganda Powder** a table spoon twice morning & evening

Name of the practioner: Salma

Village: Tajpuram

Age: 35 years

Qualification: Intermeditate

Materials & Methods: To treat **kidney stones** it is recommended to take the **powdered stonelean- Gokshukradi** daily twice & continue upto 1 one week.

To treat **Migraine** problems it is recommended to take **Datura, Azadirachta** indica leaves was triturated and extracted juice was applied on the **head** portion daily.

Name of the practioner: Michael

Village: Lakkaram

Age: 43 years

Qualification: 10th class

Materials & Methods: To treat Eye **Disorders** and **Eye Sites** it is recommended to take **Poonaganti aaku** (*Alternanthera sessilis*) along with food, **Roti** daily in the diet as Nutritional supplement.

To treat **Ashtama** and **Chronic Obstructive Pulmonary Disease** it is recommended to take **Terminalia Arjuna** leaves made into decoction and taken as **Syrup** daily twice.

Name of the practioner: Chintha Kannayya

Village: Motakondur

Age: 62 years

Qualification: Illiterate

Materials & Methods: To Treat **Hairline Fractures** and and to Improve the condition of the **Broken-Bones** it is recommended to set bones with the help of **Bamboo Stick** and **Cedrus deodara leaf extract** at the broken part of bone and continue upto 15 days.

Name of the practioner: Gulam singh

Village: Raigiri

Age: 54 years

Qualification: Illiterate

Materials & Methods: To treat Body **Pains & Inflammation** caused due to body pains it is recommended to take **Eucalyptus** leaves and **vitex** negundo leaves steamed and made into **Decoction** and applied on the Effected area.

To treat the **Toothache** it is recommended to take **Clove-Buds** along with **Orozylum Indica** **Triturate** thoroughly and make into **Paste** and applied on the Swelled affected area.

Name of the practioner: K. Kotaiah

Village: Mothkur

Age: 61years

Qualification: Illiterate

Materials & Methods: To treat Toes **Irritation** pain and **tonsils** affected the **latex** extracted from the **milk** of **Colotropis Gigantea** milk at the affected portion of **toes Irritation**, It is recommended to take **Colotropis Gigantea Milk** along with **Curcuma longa** powder to treat tonsils.

To relieve from the **Tongue Infections** caused by the various **bacterias** it is recommended to take **Phoenix Sylvestris** roots made into juice by expression method and those juice is applied at the infected area.

Name of the practioner: Mohana chary

Village: Vasantapuram

Age: 40 years

Qualification: 10th Class

Materials & Methods: To Treat Knee **Pains** mixture of **Juice** containing **maharasnadi kwad** with **Cedrus deodara** and **Mucuna Pruriens** & Recommended to take twice.

Treating Tuberculosis which containing the preparations made from the triphala churna & ingredients like **Terminalia Chibula**, **Terminalia Bericella**, **Phylanthus Embilica** officinalis made **Pulverized & Grinded** make **Powdered** recommended to take **2times** a day.

Name of the practioner: Kurasam Krishnaveni

Village: Malkapur

Age: 50 years

Qualification: Illiterate

Materials & Methods: To treat Migraine Problems it is recommended to take **Alangium Salifolium** mixed with water heat it and applied on the fore head portion

Name of the practioner: Amulya

Village: Pagidipally

Age: 50 years

Qualification: Illiterate

Materials & Methods: To treat Paralysis it is recommended to take Garlic, Tamilnadia Uliginosa, **Tindora** leaves, Triturate make into **Juice** and applied at the site of affected area

Name of the practioner: Sundaram

Village: Pagidipally

Age: 50years

Qualification: Illiterate

Materials & Methods: To Improve **lactation** in the New Mothers A mixture of **Aloe vera** and sugar is Recommended to take as a juice **200 to 300ml** per a day. In case of animals Aloe vera along with **Jaggery** is recommended.

Name of the practioner: Narendhar reddy

Village: Pagidipally

Age: 50 years

Qualification: Illiterate

Materials & Methods: To Treat joint pains it is recommended to take **Thymol flower** made into paste and applied at the affected or **Swelled** area.

Name of the practioner: Swetha

Village: Bommaipally

Age: 50 years

Qualification: 10th class

Materials & Methods: To Treat Paralysis Platanus Orientalis bark was taken tritured and applied on the affected area.

Name of the practioner: Swarupa rani

Village: Yerram Balle

Age: 50 years

Qualification: Illiterate

Materials & Methods: To treat **Obesity** it is recommended to take **Honey** along with **Cinnamon Powder** daily morning before **Breakfast** & after dinner along with hot water.

DISCUSSION

- In the present survey based upon various Ayurvedic remedies conducted in different areas of Bhadrachalam dist.
- We have totally focused on illiterates and their remedies used to treat various disorders in tribal areas.
- The survey conducted in different areas of Bhadrachalam district Bhuvanagiri, Allapur, Anantharam, Annampatla, Atmakur, Balampally, Bommaipally, Bommalararamam, Chandepally, Chimiryala, Chinna Kondur, Dharmojigudem, Ghouse Nagar, Gundala, Gundlabavi, Jammapur, Koratikal, Koyalagudem, Kurella, Lakkaram, Lingarajpally, Malkapur, Modumaigudem, Motakondur, Mothkur, Muthireddigudem, Muthireddy Gudem, Narayanapuram, Nelapatla, Padamati Somaram, Pallepahad, Pallerla, Pamukunta, Peddakondur, Raigiri, Rajapet, Ramachandrapur, Siddhapuram, Singaram, Tajpur, Tallasingaram, Thukkapur, Vasanthapuram, Wadaigudem, Wadaparthi, Yellanki, Yerrambelly, Gudur, Pagidipally, Bhuvanagiri railway station centre.
- We have metted around 32 tribal Practitioners and their remedies in curing various diseases
- Here on live survey we have gained thorough knowledge by interacting illiterate tribals & their novel treatments in decreasing various disorders without causing any side effects. Hence we have learned new treatments like scorpion bite, kidney stones, hairline fractures, rheumatoid arthritis, joint pains, stomach ache, fever, infant fever, shoulder pains, knee joints, osteo arthritis, skin disorders, hypersensitivity, skin rashes, spinal and disc problems, jaundice, menstrual and infertility problems, peptic ulcer, eye disorders, tongue infections, migraine problems, paralysis and obesity etc.
- In this present discussion we have discussed live treatments in curing various disorders. Further investigation has to be done.

CONCLUSION

From the above live survey conducted on various Ayurvedic Remedies in curing wide variety of disorders. Hence we trust & believe on Ayurvedic therapy. when we have a talk with

tribal illiterates & Practitioner's regarding Ayurvedic remedies. Hence as a team we have a conclusion that when compared to allopathic medicine Ayurveda had less side effects. Further investigation has to be done.

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