

Some Antidiabetic Plants from Dindori District of Madhya Pradesh (India)

***Ramesh Kumar Ahirwar and Girja Kumar Singh**

*Department of Botany, Govt. Degree College Pushprajgarh-484881 (India)

Department of Botany, Govt. Chandra Vijay College Dindori-481880 (India)

Email : dr.rkahirwar@gmail.com

Abstract

The Present study deals with the state of Madhya Pradesh in Dindori District Indigenous Plant therapy upon Diabetes is well informed. Today in India, Diabetes has been concerned as a disease of common People. In this paper the same has been reported in relation to oral administration lead on 15 plants species.

Dindori District is located in the central part of India. It is lying between 80°12" to 23° 12" N Latitude and 80°18" to 81°51" E Longitude and total area to 8771 sqm. extends to Dindori. The District has average rainfall 1400 mm. and temperature 45°C Maximum in June and 02°C Minimum in December.

The human being from prehistoric times has been dependent on plant medicines and his dependence on plants for treatment of diseases is proved by facts of Ayurveda. But the knowledge is being lost because of rapid progress in allopathic medicines and modernization of the tribesman.

In Ayurveda, diabetes is described as '*prameha madhumeh*' Diabetes mellitus is an universal health problems and it is well known as a group of disease caused by defective production or action of the hormone insulin which is secreted from Islets of langerhans of the

pancreas. It is characterised by chronic elevation of the concentration of sugar in blood and urine 80mg. to 120 mg./100cc. to blood is normal condition of sugar in blood, otherwise it creates diabetic condition.

The Present study was to find out the possibilities of utilizing medicinal plants of Madhya Pradesh in Dindori district for permanent relief from diabetes, which is alternative to allopathy.

In allopathic treatment the patient use tablets or insulin injection throughout their lives and suffer many side effects. The information on indigenous physiotherapy presented here has not been recorded till date in the literature¹⁻⁸.

We surveyed for a period of two years (2009-2010) to find out plants which are useful for diabetes therapy. During the survey we have gone through a good number of old and aged experienced people, herbal practitioners, diabetic patients by arranging discussions with

them. The specimen plants were collected and properly identified in Botany Research Lab of the Pt.S.N.S. Govt. P.G College, Shahdol, Madhya Pradesh, India

On the basis of survey, collection and study 15 ethnomedicinal plants are enumerated here along with their oral therapy. The specific name is followed by family name, local name and medicinal uses.

- 1- *Acacia nilotica* (L.) Willd.
Family-Mimosaceae
Local name-Babul
Medicinal uses -Flowers dipped in saccharine solution for 15 days and are taken twice a day for 15 days.
- 2- *Aegle marmelos* (L.) Corr
Family-Rutaceae
Local name-'Bel'
Medicinal uses-A cup of leaf extract are taken daily for ten days.
- 3- *Azadirachta indica* A.Juss.
Family- Meliaceae
Local name-Neem
Medicinal uses-Juice of leaves or powder of leaves or decoction of bark one tea spoonful used two times daily for seven days.
- 4- *Bauhinia variegata* L.
Family-Caesalpiniaceae
Local name-Kachanar
Medicinal uses-Decoction of bark is given twice a cup twice a day for a week.
- 5- *Carica papaya* L.
Family-Caricaceae
Local name-'Papeeta'
Medicinal uses-Juice of unripe fruits is given a cup twice a day for seven days.
- 6- *Ficus racemosa* L.
Family-Moraceae
Local name-Gular or Dumer
Medicinal uses- Stem bark decoction half a cup is given at morning for seven days.
- 7- *Gymnema sylvestre* (Retz.)R.Br.
Family-Asclepiadaceae
Local name-'Gurmar'
Medicinal uses-Leaf extract and seed powder of *Trigonella foenum-graecum* L. both one teaspoon are mixed and given twice daily before meals for 7 days.
- 8- *Momordica charantia* L.
Family- Cucurbitaceae
Local name-'Karela'
Medicinal uses-Stem, leaves, roots, extract are given for 7 days. Fruits used as vegetable.
- 9- *Moringa oleifera* Lam.
Family-Moringaceae
Local name-Munga
Medicinal uses-A cup of decoction of bark is given every morning for 15 days and flowers are also used.
- 10- *Musa paradisiaca* L.
Family. Musaceae
Local Name-'Kela'
Medicinal uses-A cup of stem extract is given a day for fifteen days.
- 11- *Paspalum scrobiculatum* L.
Family-Poaceae
Local name-'Kodo'
Medicinal uses-Cooked seeds are used as rice. It is the best alternative food for diabetic patients.
- 12- *Pterocarpus marsupium* Roxb.
Family-Fabaceae
Local Name-'Bijasal'
Medicinal uses-Leaf extract is given twice a day for ten days. The water kept over night in wooden tumblers of the plant is given two cups daily for one month.
- 13- *Syzygium cumini* (L.) Skeels.
Family-Myrtaceae

Local name-'Jamun'

Medicinal uses-A cup decoction of bark, leaves and seeds is given every morning for 15 days.

14- *Trigonella foenum-graecum* L.

Family-Fabaceae

Local name-'Methi'

Medicinal uses-Decoction or powder of seeds with a glass of milk are used orally twice a day for ten days.

15- *Zingiber officinale*, Rosc.

Family-Zingiberaceae

Local name-'Adark'

Medicinal uses-Extract or powder of rhizome two tea spoonful is given twice a day for 15 days.

The study has revealed that 15 plants species are commonly used by diabetic patients of Dindori district, Madhya Pradesh. We can evidently say that allopathic treatment has many side effects but indigenous phytotherapy are real source of good medicaments.

Diabetic patients shall have to control diet to overcome diabetes. It is suggested that phytotherapy is most popular, time tested and effective. It should be used in village health care programmes after clinical validity.

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