

Medicinal plants used by tribals of Rajgarh District (M.P.) for Epilepsy

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ABSTRACT

A survey of medicinal plants of Rajgarh District has been carried out with co-operation of Vaidyas and tribal villagers. During study 14 medicinal plant species belonging to 11 families have been identified for the treatment of epilepsy Herbarium has been prepared which contains information pertaining to botanical name, local name, parts used, dose and mode of administration.

Key words : Medicinal plants, Ethnomedicinal uses, Tribals, Rajgarh District.

Rajgarh district lies in the northern part of Malwa Plateau and in the east part of Madhya Pradesh, it forms the north western part of Bhopal Commissioner's division. Rajgarh district extends between the latitude (23°28' and 24°18' north and the longitude 76°11' and 77°20' east) The total area of the district is 6,154 sq.km. It is one of the smallest districts of Madhya Pradesh.

The tribes of the area are Sehariya, Gond and Korku, Nat, Kal, Belia or Sapera who have been traditionally using the local plants particularly for the treatment of various diseases. However, they constitute only 0.33 percent of this district's population of scheduled tribes.

The area is floristically very rich and

harbours a wide range of bio-diversity. People living in these forests and adjacent rural areas depend upon plants for their daily needs and food.

Villagers have good knowledge about medicinal plants and their uses in different types of diseases. A perusal of literature shows that no systematic study and survey from Ethnobotanical point of view has been carried out in the present area of investigation.

The present communication deals with 14 medicinal plants used by the tribal communities inhabiting the region of Rajgarh district for the treatment of epilepsy. The plants are arranged alphabetically each by its botanical name, family local name and use of the plants (Table-1).

Table-1. Medicinal Plants used for Epilepsy

S. No.	Botanical Name & local name	Family	Part used	Used for Epilepsy
1.	<i>Acorus calamus</i> L. Bach	<i>Araceae</i>	Whole plant	Give 500 mg. to 1 gm. of its powder sieved through a fine cloth, with honey, every morning and evening.
2.	<i>Adhatoda vasica</i> Nees Adusa	<i>Acanthaceae</i>	Leaf latex	Patient should take only milk and rice as recommended food and take 2.5 gm. of malabar nut powder with 1 teaspoonful honey regularly get cured of old epilepsy disorder.
3.	<i>Butea monosperma</i> (Lam.) Kuntze Palash	<i>Fabaceae</i>	Root bark	Grind its root bark and put 4-5 drops of the paste in the nose, it controls epilepsy attack.
4.	<i>Caesalpinia bonduc</i> (L.) Roxb. Lata Karanj	<i>Caesalpinaceae</i>	Leaf juice	Extract of its whole plant helps cure excessive flow in menstrual cycle or prolonged cycle, madeness and epilepsy mix powder of white sandal wood and sugar in its juice and give this to the patient.
5.	<i>Convolvulus microphyllus</i> Shankhapushti	<i>Convolvulaceae</i>	Whole plant Juice	Give 2 gm. of its juice with honey to the patient, every morning and evening, it is beneficial in epilepsy
6.	<i>Cynodon dactylon</i> (L.) Doob	<i>Poaceae</i>	Whole plant	Grind its root bark and put 4-5 drops of the paste in the nose, it controls epilepsy attack.
7.	<i>Eranthemum nervosum</i> L. Saffa	<i>Acanthaceae</i>	Root's Paste	Fresh roots paste is taken one teaspoonful with a cup of cold water mixed with some mishri twice a day for one week.
8.	<i>Flemingia congesta</i> Roxb. Aeri	<i>Fabaceae</i>	Roots	One tea spoonful of roots paste is taken with a cup or cold water twice a day for one month.

9.	<i>Glorisa superba</i> Kalihari	Liliaceae	Roots	Ten grams of root boiled with one glass of milk and taken once a day in the morning for one month to cure epilepsy.
10.	<i>Ixora arborea</i> Kukurmutta	Rubiaceae	Roots	Ten grams of root boiled with one glass of milk and is taken once a day at morning for one month to cure epilepsy.
11.	<i>Lygodium flexuosum</i> Mahajar	Lygodiaceae	Leaves	Decoction of leaves is given one glass full, twice a day for fifteen days.
12.	<i>Malvastrum coromandelianum</i> Dhela Ghaji	Malvaceae	Roots	Roots made into pills and taken 2-3 pills early morning for one month.
13.	<i>Moringa oleifera</i> (Lam.) Munga	Moringaceae	Roots	In case of epilepsy and hysteria in women given 20-50 mg. decoction of its root, every morning and evening.
14.	<i>Sesbania grandiflora</i> August	Fabaceae	Leaf powder	Extract of its whole plant helps cure excessive flow in menstrual cycle or prolonged cycle, madness and epilepsy. Mix powder of white sandal wood and sugar in its juice and give this to the patient.

Plants were collected during flowering period with the help of tribals and vaidyas; parts of the medicinal plants used in the treatment of epilepsy and other informations were recorded as stated by the tribals and vaidyas. The specimens were identified with the help of published flora and relevant authorities.

Botanical name, local name, plant part used and mode of administration of medicinal plant have been reported. The specimens collected have been maintained in the form of herbarium.

On reviewing we noticed that many workers have worked in different regions on medicinal plants, which are employed in the treatment of epilepsy, such as *Hydrocotyle javanica* (L), *Lycianthes laevis* (Dunal) and *Pandanus thwaetesii* (Mart)¹ *Limnophila heterophylla* & *Aloe vera*¹⁴ and *Picrorrhiza kurrooa* (Singh, 1996) Some other workers who have contributed in the field of ethnobotany are Jain²⁻⁵, Judah *et al.*,⁶, Khan *et al.*^{7,8}, Lal⁹, Oommachan and Masih,^{12,13}, Masih¹¹, Sikarwar¹⁵.

We have identified 14 medicinal plants, which are used by the tribals of Rajgarh in their daily life for the treatment of epilepsy, most of these plants are wild and some plants are cultivated. The medicinal plants have been listed alphabetically (Table-1) Despite extensive use of medicinal plants by the people of these regions, extensive work has not yet been done on ethnomedicinal aspects in general and epilepsy treatment in particular.

It can be concluded from this study

that Rajgarh District is mainly agrarian and most of the plants grow luxuriantly as weeds in wastelands, fallow lands, cultivated fields etc. A good number are locally used in medicine, as vegetables and in folklore. Most of the medicinal plants are used by tribal and local people of the district in day to day life for the treatment of different diseases including epilepsy.

The authors are grateful to Principal Dr. R.M. Tiwari & Prof. Qausar Jahan Shammi Govt. NMV Hoshangabad M.P. for providing valuable suggestions and encouragement.

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