

## **Contribution of Oraon tribe of Jashpur District in the Traditional preparation of Medicines (Part-12)**

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### **Abstract**

The application of plants for different medicinal uses evolved and maintained is determined by the locally available biodiversity both in the past and present. Jashpur district the present study area in Chhattisgarh state and is situated in the north- east part of the state is rich in biodiversity. Many of the plant species used in various medicinal formulations naturally exist here for long time. The major types of tribes found in the Jashpur region are Pahari korwa, Oraon/ Kurunkh, Kanwar, Birhor, Gond, Nagesia and Ganda. Oraon tribe is the major dominating population's amongst all the types found in Jashpur. In Jashpur the tribal's are 65.37% of the total populations. The total forest area in this region is 2752.28 sq km which constitutes 51.45% of the total area of the district. Tropical deciduous type of Sal forest is found in Jashpur. The diversity and richness of soil- microbes results in growth of various types of plants which is used by Oraon tribe for their health- care and livelihood security. The present study comprised an ethnobotanical survey among the Oraon tribe in Jashpur district for their documentation of herbal medicine. This paper deals with the herbal treatment for abdominal pain, Piles, Stomach disorders, Tetanus and Tingling.

**I**n the past decade, there has been renewed attention and interest in the use of traditional medicine globally. The world health organization (WHO) has pointed out that traditional medicine is an important contributor to its health goals. In India 65% of the population in the rural areas use medicinal plants to help meet their primary health care needs. Thus traditional medicine practices, conserved over decades from old civilizations,



Figure1: Study site of Jashpur

can serve as effective basis for the discovery and development of modern therapeutic drugs. There are considerable economic benefits in the development of indigenous medicines and in the use of medicinal plants for the treatment of various diseases. Herbal medicines are comparatively safer than synthetic drugs. Plant based traditional knowledge has become a recognized tool in search for new sources of drugs. The ethno botanical survey can bring out many different clues for the development of drugs to treat human diseases.

#### *Study site:*

The Jashpur district lies between 22°2' at north latitude 23°16' at north longitude and 83°28' at east longitude, covering an area of 5322.67 sq km. The altitude of Jashpur upper ghat 1000 m above sea level. it is the eastern most district of the state, Chhattisgarh(India). The district touches the border of Jharkhand and Orissa. The temperature range is 10-32°C and total annual rain fall ~ 95 days and in between 1200-2396 mm. Pahari korwa, Oraon/Kurunkh, Kanwar, Birhor, Gond and

Ganda represent the indigenous groups of people residing in the area. Major portion of the district is covered by deciduous forests which is congenial for luxuriant growth of many valuable medicinal plant species.

#### *Survey:*

Several field trips were undertaken for collection of plants during different seasons in 2012 -2013. In formations of the plants were gathered through oral interviews of the local Oraon tribal people, specially elder persons, local medicine men, baidyas and herbalist. Throughout the interviews local plant names, useable plant parts, diseases treated preparation methods for medicine, application mode and doses were recorded. Photographs of plant species taken and also collected for herbarium preparation. The data was verified and compared with the existing literature, photographs and herbarium. The methodology of the present work was adopted from some of the workers<sup>1-5</sup>.

In this study, the traditional uses of plants against various diseases such as

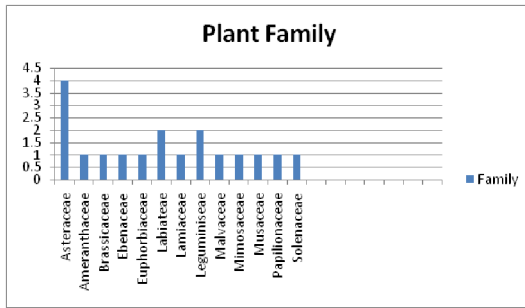


Figure 2. Family wise (number) distribution of ethnobotanicals.

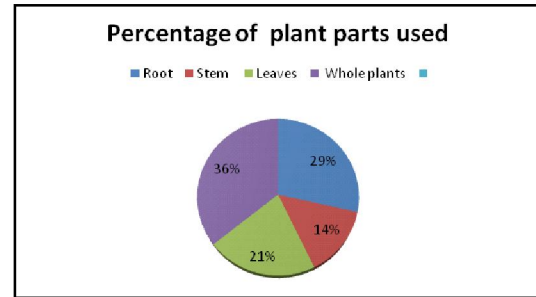


Figure 3. Percentage distribution of plant parts used as ethnomedicines.

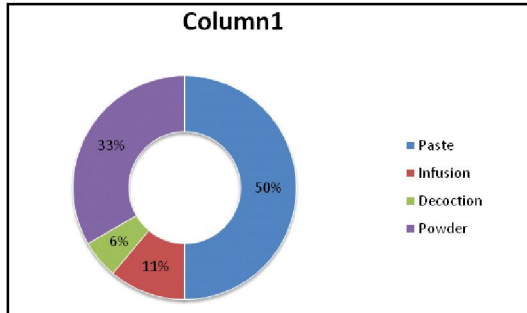


Figure 4. Percentage distribution of methods of preparation of ethnomedicines

Abdominal pain, Piles, Stomach disorders, Tetanus and Tingling were considered.

### 1. Abdominal pain:

*Plant used:*

#### 1. Guma—(*Leucas cephalotes*, Spreng, labiatae)

*Plant parts used:-* Whole plant

*Methods:-* One handful plant with root taken and grounded

*Dose:-* For adults—plant paste dissolved in one cup of water, taken orally 3 times a day in empty stomach till cure.

For children – plant paste dissolved in 1/2 cup of water, taken orally 3 times a day in empty stomach till cure.

### 2. Akarkara (*Anacyclus pyrethrum*, Asteraceae)

*Plant parts used:-* Whole plant

*Methods:-* One handful plant with root taken and grounded.

*Dose:-* For adults- 2 teaspoon plant paste dissolved in a cup of water, taken orally 3 times a day in empty stomach till cure.

For children:- ½ teaspoon plant paste dissolved in 1/2 cup of water, taken orally 3 times a day in empty stomach till cure.

### 3. Putri (*Croton oblongifolius* R., Euphorbiaceae)

*Plant parts used:-* Root

*Methods:-* A finger length root is taken and grounded, paste dissolved in 2 teaspoon of water

*Dose:* For adults- 2 times a day in empty stomach till cure.

For children- half finger length root is taken and grounded, paste dissolved in 2 teaspoon of water, 2 times a day in empty stomach till cure.

### 2. Piles:

Gorakh mundi (*Sphaeranthus indicus*, Asteraceae), Imli (*Tamarindus indicus* L., Leguminosae), Lajwanti (*Mimosa pudica* L., Mimosaceae), Bariyari (*Sida acuta*, Malvaceae), Mooli (*Raphanus sativa*, Brassicaceae).

*Plant parts used:-* Whole plant of Gorakh



*Moghania chapper*



*Sphaeranthus indicus*



*Amaranthus spinosus*



*Elephantopus scaber*



*Anacyclus pyrethrum*



*Croton oblongifolius*

Figure 5. Photographs of medicinal plants

mundi, leaves of Imli, Lajwanti & Bariyari and stem of mooli.

*Method:-* plant parts grounded separately & mixed together. Made pea shape tablets & shade dried.

*Dose:-* For adults- 2-2 tablets taken orally 3 times a day in empty stomach for 15 days. If not cured till day, after interval of one week, repeat same process.

For adults- 1-1 tablets taken orally 3 times a day in empty stomach for 15 days. If not cured till day, with a gap of one week, repeat same process.

### 3. Stomach Disorders :

1. Minjur jhutti or Jurbulwa (*Elephantopus scaber*, Asteraceae)

*Plant parts used:-* Root

*Methods:-* A handful root paste dissolved in a cup of water and mix with 1 teaspoon of sugar candy.

*Dose:-* For adults- 3 teaspoon 3 times a day in empty stomach till cure.

For children- 1 & 1/2 teaspoon 3 times a day in empty stomach till cure.

2. Rakatfar (*Ardisia*, Solanaceae) & Galphuli (*Moghania chapper*, Papilionaceae)

*Plant parts used:-* Root of both plants.

*Methods:-* Pices of root of both plants are grounded then paste to be mixed in 1/2 cup of water and some sugar or sugar candy.

Decoction is orally administered for adults and for children 3 times a day in empty stomach till cure.

### 4. Tetanus:

Charaigorwa (*Vitex peduncularis* W., Lamiaceae), Guma (*Lucas cephalotes* Spreng, Lamiaceae), Jurbulwa or Minjur jhutti (*Elephantopus scaber*, Asteraceae), Amaltas (*Cassia fistula* L., Leguminosae), Kela (*Musa*

*paradisiaca*, Musaceae), Tendu (*Diospyros melanoxylon* R., Ebenaceae)

*Plant parts used:-* Stem bark of Charaigorwa, whole plant of Guma & Jurbulwa, root of Amaltas, Kela & Tendu.

*Method:-* Each plant part grounded separately & made powder. 1-1 handful powder of each plant part taken & mixed in 3 liters of water. Remove 1 cup of water separately. Rest of the solution boiled & filtered.

*Dose:-* For adults- 1/2 cup of decoction given orally 3 times a day in empty stomach till cure. For children- 1/4 cup of decoction given orally 3 times a day in empty stomach till relief.

*Note:-* Separated cup of solution applied all over the body. This is common for adults & children.

### 5. Tingling:

Kanta bhaji (*Amaranthus spinosus* L., Amaranthaceae)

*Plant parts used:-* Whole plant

*Method:-* Whole plant boiled with water & decoction made.

*Dose:-* For adults- A cup of decoction 2 times a day in empty stomach till recovery.

For children- 1/2 cup of decoction 2 times a day in empty stomach till recovery.

A total number of 16 medicinal plants belonging to 13 families were reported having claimed curative properties against Abdominal pain, Piles, Stomach disorders, Tetanus and Tingling, by the Oraon tribe of Jashpur. Family Asteraceae have 4 numbers of plants, Leguminosae & Lamiaceae 2 each include the maximum number of plants. The remaining 10 families are each represented by 1 number of plants. Whole plant, were reported as the most popular plant parts, followed by others, such as roots, leaves, stem bark & modified

stem. Pastes as method of preparation and topical, as mode of administration were preferred for preparing and applying the traditional formulations. Information on *Moghania chapper*, *Elephantopus scaber* and *Ardisia* are found to be new, from this area when compared with the other literature on Indian medicinal plants.

The aforementioned plants were found to be prescribed by local traditional medical practitioners. The dose of administration, especially for the oral mode, was found to be dependent on age, health and condition of the patient, disease-type and severity of symptoms. The patients are advised to follow the medication regime strictly.

Presently the developing state such as Chhattisgarh have imperative need of systematically documenting the traditional knowledge on the use of medicinal plants in all autonomous areas or communities, many of which are still largely unexplored. Such documentation is necessary because older people are usually the only custodian of such information. The fast disappearance of traditional cultures and natural resources arising from urbanization and industrialization of such areas, suggest that unrecorded information may be lost forever. Documentation of plant materials used in traditional medicine could be beneficial for general health care and to promote forest conservation and for ecological research. Such medicinal plants could also be incorporated into primary health care, as

people generally feel safer with indigenous cures and also the costs of medicine could be much lesser than the modern drugs.

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