

**HERBAL AND FOOD PLANTS USED BY TRIBALS AND TRADITIONAL HEALERS FOR THE TREATMENT OF VARIOUS DISEASE IN BALOD, CHHATTISGARH****ANJU BHANDARI<sup>a1</sup>, SUNEETA PATRA<sup>b</sup>, P.K. PATRA<sup>c</sup> AND PRATIKSHA PANDEY<sup>d</sup>**<sup>ad</sup>Department of Botany, Bhilai Mahila Mahavidyalaya, Bhilai, Chhattisgarh, India<sup>b</sup>Department of Botany, Govt. N. P. G. College of Science, Raipur, Chhattisgarh, India<sup>c</sup>Pandit Jawahar Lal Neharu Medical College, Raipur, Chhattisgarh, India**ABSTRACT**

The state of Chhattisgarh is rich in natural resource so, Chhattisgarh is also known as herbal state. There are 27 districts in Chhattisgarh. Balod is a tribal district of herbal state (Chhattisgarh). Balod is located at 20.73°N 81.2°E (1). It has an average elevation of 324 meters (1063 feet) Jump up ^ Falling Rain Genomics, Inc- Balod. The tribals & traditional healers of Balod district have good knowledge of herbal & food plants. In present study we gathered traditional knowledge of tribals & healers about the use of plants against the remedy of various ailments.

In present study 15 villages of Balod district has been surveyed, interview, interaction & discussion was conducted with tribals & traditional healers of the villages. Total 56 plant species was found to be used by tribals & healers individually and in combination (mixture form) against various diseases such as skin disease, jaundice, tuberculosis, leprosy, asthma, Vata, pitta, diarrhea, itching, rheumatism & dysentery, hypertension, sickle cell anemia etc. In present study 37 herbal plants and 19 food plants which are used by the tribals and traditional healers of 15 village of Balod district in their daily life for the treatment of various ailments.

**KEYWORDS:** Ailment, Remedy, Herbal plant, Food plants.

Chhattisgarh has a very wide biodiversity of herbal and food plants, which play an important role in human life and human health. In Chhattisgarh about 41.48% of the total area is covered by the forests and 44% tribal population reside in herbal state (Chhattisgarh) Shukla *et al.* 2008. Nearly 80% of the global population still depends upon the herbal medicines for their health.

Balod is a tribal district of herbal state (Chhattisgarh). Balod is located at 20.73°N 81.2°E(1). It has an average elevation of 324 meters (1063 feet) Jump up ^ Falling Rain Genomics, Inc- Balod. The tribals & traditional healers of Balod district have good knowledge of herbal & food plants. In present study we gathered traditional knowledge of tribals & healers about the use of plants against the remedy of various ailments.

In present study 15 villages of Balod district has been surveyed, interview, interaction & discussion were conducted with tribals & traditional healers of the villages. Total 56 plant species was found to be used by tribals & healers individually and in combination (mixture form) against various diseases such as skin disease, ulcer, cough, cold, jaundice, tuberculosis, leprosy, asthma, Vata, pitta, diarrhea, itching, rheumatism & dysentery,

hypertension, sickle cell anaemia etc. Some other workers who have contributed in the field of ethno botany are Oommachan & Masih (1987), Shukla *et al.* (2006), Shukla *et al.*, (2008), Jain *et al.* (1989), Joshi (2000), Tirkey Amia (2004).

**MATERIALS AND METHOD**

Field survey has been randomly conducted during September 2013 to December 2014 in the tribal areas of Balod district. The information was collected through interview & interaction with tribal and traditional healers of 15 villages of Balod district. The information based on vernacular and botanical name of food & herbal plants and their beneficial uses in different diseases. Every information was carefully recorded in the survey book. The information of food and herbal plants & their properties was confirmed by referring pre-literatures on medicinal plants Panigrahi Ashok & Sahu Alaka (2000), Agrawal & Pati (2010) and Acharya *et al.* (2012).

**RESULTS & DISCUSSION**

37 herbal plants and 19 food plants which are used by the tribals and traditional healers of 15 villages of Balod district in their daily life for the treatment of various ailments (Table1&2). Important

food and herbal plants were collected and enumerated alphabetically with botanical names with correct nomenclature, families name, vernacular names and utilization of plants for remedy of different ailments (Table1&2).The present study revealed that the traditional healers & tribals of Balod know over various usages of more than 56 plant species belonging to 25families herbal and 18 families food plants(Table1&2). Application of herbal and food

plants mainly is to treat skin disease, jaundice, cough, cold, eczema, piles, fever, tuberculosis, leprosy, asthma, Vata, pitta diarrhea, itching, rheumatism & dysentery, Sickle cell anaemia etc. Collected data observation highest no. of herbal plants used families Papilionaceae, Asteraceae, Solanaceae, Lamiaceae & Combretaceae and highest number of food plants used families Poaceae.

**Table 1: Multiple application of Herbal Plants in Various Ailments-**

S.No.	Vernacular name	Botanical name	Family	Application of plants
1.	Circita	<i>Achyranthus aspera</i> L.	Amaranthaceae	Vata,kapha,skin disease,asthma
2.	Ghritkumari	<i>Aloe vera</i> L.	Liliaceae	Wort,increase memory.stomach problem, Sickle cell anaemia
3.	Kaalmeagh	<i>Andrographis paniculata</i> Wall	Acanthaceae	Jaundice,stomach ulcer, Cough,cold,
4.	Satavar	<i>Asparagus racemosus</i> willd	Liliaceae	Protracts pregnancy, epilepsy, Cough,cold,milk formation
5.	Neem	<i>Azadirachta indica</i> A. juss	Meliaceae	Small fox,skin disease,cough,asthma
6.	Brambhi, Brahmi	<i>Bacopa monnieri</i> L.	Scrophulariaceae	Vata,pitta,skin disease,ulcer, Neuralgia,epilepsy
7.	Punarnava	<i>Boerhaavia diffusa</i> L.	Nyctaginaceae	Vaginal cleaning to bear children,insect bite,cholera,fever
8.	Tesu,Parsa	<i>Butea monospora</i> (Lam.) Taub.	Papilionaceae	Abortion,contraceptive,leucoderma, fertility,ureteral stones
9.	Amaltas	<i>Cassia fistula</i> L.	Caesalpinaceae	Tuberculosis,leprosy,skin disease,constipation due to indigestion
10.	Hadjod	<i>Cissus populnea</i> L.	Vitaceae	Asthma,dog bite,insect bite,,vata,piles,fracture
11.	Hulhul	<i>Cleome viscosa</i> L.	Capparaceae	Stomach upset,Diarrhea,fever, cardio myopathy
12.	Nibu ghash	<i>Cymbopogon flexuosus</i> L.	Poaceae	Digestion,headache,nausea,relieve spasms
13.	Tiger nut	<i>Cyperus esculents</i> L.	Cyperaceae	Eye disease,burning sensation,leprosy,tuber used as stimulant,
14.	Datura	<i>Datura alba</i> L.	Solanaceae	Bronchitis,headache,asthma,
15.	Bringraj	<i>Eclipta prostrate</i> L.	Asteraceae	Cough,cold,asthma,dandruff,eczema,epilepsy,headache,
16.	Gular	<i>Ficus racemosa</i> L.	Moraceae	Diabetes,fertility,diarrhea
17.	Kamtakalya	<i>Hygrophilla auriculata</i> K.Schum.	Acanthaceae	Vata,pitta, rhrumatoid arthritis, sexual weaknees, cough, anaemia
18.	Heena ,Mehendi	<i>Lawsonia inermis</i> L.	Lythraceae	Jundice ,Sickle cell anaemia, Skin disease,stone in kidney, hypertension, Leprosy, hepatitis
19.	Chotta halkusha	<i>Leucas aspera</i> (Willd)L .	Lamiaceae	skin disease, kapha, pitta,worm infestation,inflammation
20.	Mahua	<i>Madhuca longifolia</i> Mach.	Sapotaceae	Snake bite, Jaundice,piles,relievers pain of hernia,piles
21.	Pudina, pippermint	<i>Mentha piperta</i> L.	Lamiaceae	Gastrodynia,deranged digestion, Skin disease
22.	Kaner,	<i>Nerium oleander</i>	Apocynaceae	Cuts & wounds,leucoderma

	Karber	L.		
23.	Kalonji	<i>Nigella sativa</i> L.	Apiaceae	Diuretic & galactagogue ,head ache,anaemia
24.	Basil, Sabza	<i>Ocimum basilicum</i> L.	Lamiaceae	Skin disease,leprosy,ear disease,dental disease
25.	Tejraj	<i>Peucedanum nagpurens</i> L.	Apiaceae	Promotes sexual desire, Male impotency
26.	Bhuiamla	<i>Phyllanthus debilis</i> Willd	Euphorbiaceae	Anaemia,jaundice,
27.	karanj	<i>Pongamia pinnata</i> Pierre	Fabaceae (Papilionaceae)	Dog bite,Itching, Rheumatism
28.	Kureta,Chi-kana	<i>Sida cordifolia</i> L.	Malvaceae	Physical & nervous weakness, Cough,cold, Skin disease
29.	Makoi	<i>Solanum nigrum</i> L.	Solanaceae	Constipation,jaundice,piles
30.	Gorakhmun	<i>Sphaeranthus indicus</i> L.	Asteraceae	Chicken-pox,mumps,jaundice,
31.	Meghapati	<i>Tephrosia purpurea</i> L.Pers.	Fabaceae (Papilionaceae)	Jaundice,anaemia,fever,pimple,hemorrhoids,vata,skin disease
32.	Kahua	<i>Terminalia arjuna</i> Roxb	Combretaceae	Heart disease,anaemia,skin disease
33.	Baheda	<i>Terminalia bellirica</i> (Gaerth.)Roxb	Combretaceae	Dysentery,cold- cough,asthma,eye disease Sickle cell anaemia,skin disease
34.	Harra	<i>Terminalia chebula</i> Rez	Combretaceae	Cold,cough,tonic,diabetes,asthma,bile disease,stomach disorder, Sickle cell anaemia,constipation
35.	Giloy	<i>Tinospora cardifolia</i> Miers ex Hook .F	Merispermaceae	Vata,pitta,jaundice,cough,burning sensation,cardiac debility,gout, Sickle cell anaemia,
36.	Coat button, Tri-daksha	<i>Tridax procumbens</i> L.	Asteraceae	Stop wound bleeding,free motion,scorpion bite,headache
37.	Aswagandha	<i>Withania somnifera</i> L.Dunal	Solanaceae	Nervous disorder, madness, sleepness

**Table 2: Multiple application of food plants in various ailments-**

S.no.	Vernacular name	Botanical name	Family	Application of plants
1.	Bel	<i>Aegle marmelos</i> Corree	Rutaceae	Anaemia,skin disease,constipation
2.	Jai,Jawa	<i>Avena sativa</i> L.	Poaceae	Diuretic properties,Diabetes
3.	Beet ,Sugar beet	<i>Beta vulgaris</i> L.	Chenopodiaceae	Paralysis,earache,purgative,inflammation,diuretic,leaves used as tonic
4.	Arhar	<i>Cajanus cajan</i> L.	Leguminaceae	Leaves as tonic, anaemia,
5.	Papita	<i>Carica papaya</i> L.	Cariaceae	Abortion, inflammation, jaundice, Sickle cell anaemia
6.	Charouta	<i>Cassia tora</i> L.	Caesalpinaceae	Skin disease, Ring worm, Scabies,
7.	Safed musli	<i>Chlorophytum tuberosum</i> Baker	Liliaceae	Leucorrhea, Sickle cell anaemia,pitta,diabetes
8.	Kalinga, Tarbuza	<i>Citrullus vulgaris</i> Schrad.	Cucurbitaceae	Anaemia,constipation
9.	Tikhur	<i>Curcuma angustifolia</i> L.	Zingiberaceae	Asthma,fever,leprosy,jaundice,leucoderma,anaemia,tonic,burning sensation,stone in kidney
10.	Amla	<i>Emblica officinalis</i> Gaerth	Euphorbiaceae	Anaemia,bleeding,indigestion
11.	Alasi,Tishi	<i>Linum usitatissimum</i> L.	Linaceae	Seeds used as tonic, ulcers, Leprosy,Cardiac tonic
12.	Munga	<i>Moringa oleifera</i>	Moringaceae	Eye defect,skin disease,cancerous gland, reduces

		Lamk		blood pressure, diabetes, anaemia
13.	Kela	<i>Musa paradisaica</i> L.	Musaceae	Diabetes, anaemia, kidney & bladder stone, sterilization
14.	Kali mirch	<i>Piper nigrum</i> L.	Piperaceae	Inflammation of penis, Malarial paroxysm
15.	Amrud	<i>Psidium guajava</i> Roxb	Myrtaceae	Bleeding teeth, cholera, loose motion, bronchitis, vomiting, Sick cell anaemia
16.	Anar	<i>Punica granatum</i> L.	Punicaceae	Dysentery, Nasal bleeding, Toothache, purgative Sick cell anaemia,
17.	Muli	<i>Raphanus sativus</i> L.	Brassicaceae	Diarrhoea, pemphigus, jaundice Sick cell anaemia
18.	Jawar	<i>Sorghum bicolor</i> L.	Poaceae	Anaemia, piles, tumour, ulcers, diuretic
19.	Mung	<i>Vinca rosea</i> L.	Apocynaceae	Diabetes, Sick cell anaemia

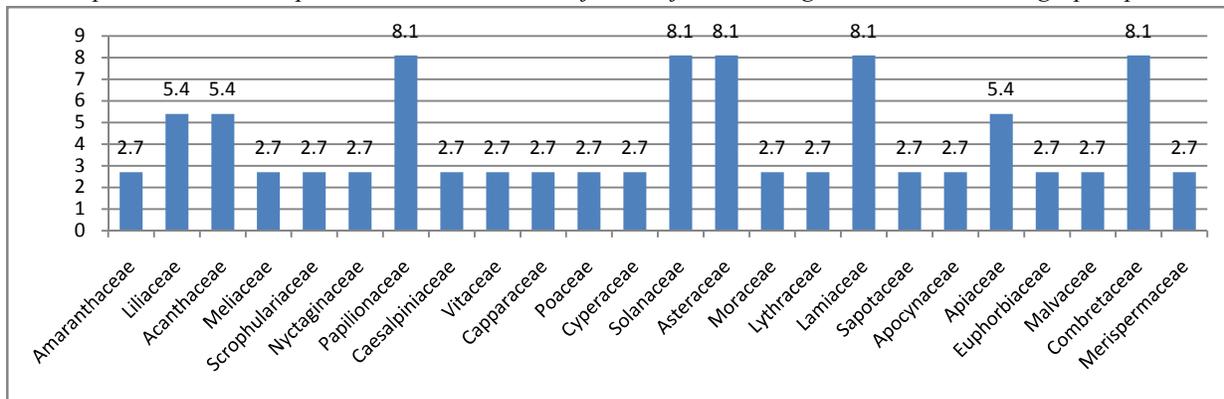
**E –Photos of Some Food & Herbal Plants**



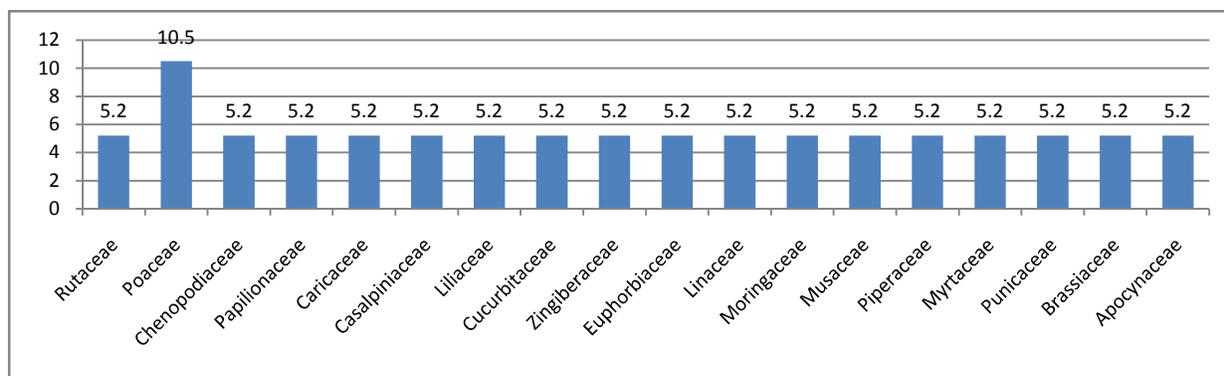
*Terminalia bellirica*      *Moringa oleifera*      *Aloe vera*      *Terminalia chebula*      *Carica papaya*



*Musa paradisaica*      *Raphanus sativus*      *Cajanus cajan*      *Aegle marmelos*      *Andrographis paniculata*



**Graph 1: Herbal plants: Percentage of families used in various ailments**



**Graph 2: Food plants: Percentage of families used in various ailments**

**CONCLUSION**

The study revealed that medicinal plants play main role in primary health care of tribes & traditional healers of Balod district of Chhattisgarh & the knowledge received by them will be very useful in future research work and documentation of traditional knowledge of plants.

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