(VI)

ETHNOBOTANICAL REMEDIES FOR GASTRO-INTESTINAL PROBLEMS FROM SONBHADRA DISTRICT (U.P.) INDIA

Introduction

The present century has witnessed the emergence of ethnobotany as a distinct academic branch of natural sciences. All over the world there has been an increasing interest in the scientific study of man and plant interaction in natural environment among various indigenous people.

District Sonbhadra (Uttar Pradesh) is inhabited by large number of tribes such as Baiga, Bhil, Gond, Kharwar, Musahar, Parja etc. Among these Gonds and Baigas are dominant in pursuit of therapeutic uses of plants.

Although ethnobotanically this region is under exploration, but still a vast area remains untouched. Due to the displacement of the original population, establishment of thermal power station and cement factory, construction of G.B. Pant Sagar reservoir, there had been conversion of the natural forest ecosystem into savanna and marginal croplands (Singh *et al.*, 1991). This necessitates a rapid survey as well as the safeguarding of plants to learn their medicinal use (Singh *et al*., 2002).

Study Area

The area of exploration lies in the Vindhyan plateau in Sonbhadra District of Uttar Pradesh at 23°45' to 24° 30' N Latitude and 82° 45' to 83° 23' E Longitude. The elevation above the mean sea level ranges between 315 and 485m (Singh and Singh, 1992).

Material and Methods

The present study was carried out in Sonbhadra during 2001-2003. The ethonobotanical data was collected through interviews, discussions and observations in the followings ways. Many remote villages were visited to interact with tribals living there. Care was taken that elders were part of each group, as they had more knowledge about plant uses. Information was recorded specially from native people who were familiar with herbal medicines.

The families of the plants are arranged alphabetically with their botanical names, local names, field number, part of the plant used and gastro-intestinal problem with mode of intake of medicine in tabulated form (Table 1).

Table 1

Plants used in gastro-intestinal problems (Sondhadra Distt, Uttar Pradesh).

Sl. No.	Botanical name, vernacular name & field no.	Family	Plant parts used	Gastro-intestinal problems	Mode of intake and method of cure
1	2	3	4	5	6
1.	*Actinopteris radiata* (Sw.) Link,; Sanjeevani, 18116.	Actinopteri-daceae	Leaves	Stomachache	10 gm leaves are made into fine paste and taken with water for 3 days.
2.	*Achyranthes aspera* L., Chirchiri, 18082.	Amaranthaceae	Root	Diarrhoea	25gm root made in fine paste and taken with beaten curd 2 times for 3 days.
3.	*Amaranthus spinosus* L., Kantelichaulai, 18189.	Amaranthaceae	Leaves & roots	Constipation	25gm root paste and 5gm leaf paste is taken with pinch of salt and lime juice along with 25gm root powder of *Achyranthes aspera* L.
4.	*Lannea coromandelica* (Houtt.) Merill., Jiggan, 18190.	Anacardiaceae	leaves	piles	Bark & leaves is taken with the bark Bleeding 50gm powder leave decoction 4 times a day (empty stomach) with beaten curd for 6 days.
5.	*Calotropis procera* (Willd.) Dryand ex Ait., Ekvan, Ak, Madar, 18098.	Asclepiadaceae	Buds	Dysentery	Buds (2-3) all taken with a glass of milk 2-3 times for 3 days.
6.	*Helianthus annuus* L., Surujmukhi, 18193.	Asteraceae	Leaves & seeds	Constipation	The fine paste of leaves and seeds is taken with lime juice and 2-3 spoons of honey.
7.	*Bauhinia vahlii* Wt. & Arn., Kachnar, 18191.	Caesalpinia-ceae	Root	Dysentery	75gm root paste given with beaten curd with with 2-3 pinch of salt 3 times a day for 4 days.
8.	*Terminalia chebula* Retz., Bahera, 18125.	Combretaceae	Fruit	Stomachache	Fruit is fried in desi ghee and 1 fruit is taken with water for 3 days.

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1	2	3	4	5	6
9.	*Euphorbia hirta* L., Dudhi, Dudhiabanwar, 18035.	Euphorbiaceae	Whole plant	Dysentery	The whole plant is made into fine paste and 10gm is taken with beaten curd 2 times a day for 3 days.
10.	*Emblica officinalis* Gaertn., Amla, 18101.	Euphorbiaceae	Root	Diarrhoea	10 gm root paste given with honey and salt 3 times a day for 3 days.
11.	*Dalbergia sissoo* Roxb. ex DC., Sheesham, 18105.	Fabaceae	Leaves	Diarrhoea	25gm of ground leaf paste is given with 2-3 pinch of salt and 1 spoon lime juice and is taken 3 times a day for 3 days.
12.	*Pueraria tuberose* (Roxb. ex Willd.) DC., Patalkohda, 18121.	Fabaceae	Fruit	Gastric-problem	The cooked fruits are eaten with the beaten curd.
13.	*Butea monosperma* (Lam.) Taub., Chihula, 18156.	Fabaceae	Flower & bark	Diarrhoea	Infusions of flowers with bark is given in acute cases of diarrhoea.
14.	*Lagerstroemia parviflora* Roxb., Siddha, 18126.	Lythraceae	Flower & bark	Diarrhoea	25gm root paste is given with 2 glass of water.
15.	*Sida cordata* (Burm.f.) Borss., Bariara, 18095.	Malvaceae	Flower & root	Diarrhoea	Flowers and the root is soaked for 3 hours in saline water and there paste is given 3 times at 6 hours a day.
16.	*Ficus bengalensis* L., Bar, 18130.	Moraceae	Leaves	Diarrhoea	50gm leaves taken with batasha (sugar) and a glass of milk 2 times for 3 days.
17.	*Ficus racemosa* L., Bar, 18150.	Moraceae	Inflores-cence	Diarrhoea	Inflorescence is boiled and eaten with beaten curd 2 times for 2 days.
18.	*Oxalis corniculata* L., Tinpatia ghas, 18192.	Oxalidaceae	Leaves	Dysentery	Fresh leaves juice is given 3-4 times with a spoon of honey in dysentery.
19.	*Helicteres isora* L., Murerua, 18165.	Sterculiaceae	Whole	Stomachache	Root paste of whole plant is given with 2-3 pinch of salt.

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