



Ethno Medicinal Herbal Of Sikar District Of Rajasthan

Mohd.Manzoor Qureshi

INTRODUCTION

Sikar region of Rajasthan is divided in six tehsils which are Sikar Fatehpur, Lichmangarh, Srimadhapur, Neemkathana And Data ramgarh Areas are endowed with rich vegetation and the local people nicely learnt to use the areas vegetation resources including health care. These people successfully treat many difficult diseases using plant based medicines. Recent survey for Ethno medicinal plants among the people of these localities the use of 17 species of Angiospermic plants. Different type of uses of the recorded plants are presented and discussed in the Article.

Traditional medicines especially the folk herbal medicines have recently been receiving heightened interest the world over. Such age-old healthcare systems have been developed in different corners of the world where they were living in close interaction with the nature. Information from ethnic groups on indigenous traditional herbal medicines had always played a vital role in the discovery of novel chemotherapeutic agents from plants.

Modern healthcare in the tribal and rural area of Rajasthan is characterized by the deficiency of infrastructure, qualified personnel and of medicine. Access to and within the region is extremely difficult during certain periods of the year making it difficult to move to a distant place to avail the benefits of modern medicinal treatments. Given these extreme conditions the rural population has recourse almost solely to traditional herbal medicines. Medicinal uses of different plants have been recorded in numerous literatures standing from the age of Vedas. In Rajasthan also a lot of work has been done on Ethnomedicinal plants used for various ailments by different tribal communities. However, no such work has been done in the Sikar region of Rajasthan.

Study area:

The traditional healers of Sikar region of Rajasthan are having a commendable knowledge of the medicinal values of plants those grow around them. This knowledge of Sikar rural people is now fast disappearing due to modernization and the tendency among younger generation to discard their traditional life style. There is an urgent need to study and document this precious knowledge for the posterity of human society. It is also losing its popularity due to the scarcity or non-availability of such plants, which is caused by multifarious human activities coupled with natural calamities like droughts and over grazing. Thus, conservation and scientific verification of such rare lesser-known medicinal plants assume greater significance.

Methodology:

The traditional knowledge of plant based remedies rests with the medicine men and they maintain it as a closely guarded secret within the family. Generally, they do not keep any written document and pass it to the next generation through practice and discussion. The medicine men collect the plants needed for a particular application either directly from the vegetation or from the local shops. In view of such secretiveness of traditional medicine men and women it was decided to interview a number of elderly people who have a great deal of practical know how of this subject.

Before actually launching into the field work, a rapport was established with the chief of a community and his guidance was sought to establish contact with the medicine men of the locality. Then, the field sites were cited accompanying the local medicine men. Generally, the herbalists do not want to give all information about a plant. Cross check of collected information from different people has been done to understand the utility of a plant in its totality. Experienced people including elders, healers, medicine men, birth attendants, woodcutters, shepherds and headmen provide important information on useful plants. Also, personal observation was made for verification of the data provided by the informants at different places. And, only the verified and reliable information have been incorporated.

Medicinal uses:

I. *Adhatodazeylanica* Medic.

Family:-Acanthaceae

Local name:- Ardusa

Parts used: Leaf

Uses:-Leaf extract is given in cough, cold, headache and bodyache.

II. Aervalanata (L.) Juss ex schult.

Family:-Amaranthaceae

Local name:- Kali-bui

Parts used:- Root, whole plant

Uses:-

Root extract is given to the patients of liver congestion and jaundice.

Decoction of whole plant is given to cure pneumonia and typhoid.

III. Asparagus racemosusWilld.

Family:-Asparagaceae

Local name: Satawari

Parts used:- Root, Tubers

Uses:- Root powder is used orally in colic, dysentery, acidity, tuberculosis, seminal weakness, leucorrhoea, burning micturition, anorexia and peptic ulcers.

October-December

Tubers are boiled in mustard oil till they are completely charred. This oil is consumed in winters by the patients of rheumatoid arthritis.

IV. *Asphodelustenuifolius* Cav.

Family: Liliaceae

Local name: Piazi

Parts used:-leaves

Uses: Leaf decoction is given in toxemia and kidney stone.

Leaf paste is applied on swellings.

V. *Barleriaprionitis* Linn.

Family:-Acanthaceae

Local name: Bajardanti

Parts used:- Plant, Leaf

Uses:-Plant decoction is used in toothache and pyorrhoea.

VI. *Cleome viscosa* Linn.

Leaf extract is used to prevent pus formation in the ears.

Family:- Cleomaceae

Local name:- Singali

Parts used:- Seed

Uses:- Seed powder is taken orally to cure bleeding piles.

VII. *Euphorbia hirta* Linn.

Family:-Euphorbiaceae

Local name:- Dudhi

Parts used:- Latex, root, leaves

Uses:- Latex is used in warts and skin diseases (leucodermal spots).

Root paste mixed with honey is given to nursing mothers or initiation or to increase lactation.

Leaf decoction is given in asthma, cough, bronchitis, eczema, colic and spermator- rhoea.

VIII. *Euphorbia neriifolia* Linn.

Family:- Euphorbiaceae

Local name:- Danda-thor

Parts used: Latex

Uses:- Luke warm latex and common salt is taken with water for curing whooping coughs, dropsy, colic, jaundice, enlargement of liver, asthma and leprosy.

IX. *Impatiens balsamina* Linn.

Family:- Balsaminaceae

Local name:- Timodia

Parts used: Leaves

Uses:-Leaf extract is applied on boils, wound and swelling.

X. *Lawsoniainermis* Linn.

Family:- Lythraceae

Local name: Mehandi

Parts used: Leaves, seeds

Uses: Leaf extract mixed with sugar is given in jaundice.

Seeds are used in the treatment of fever and burning micturition.

Family:-Molluginaceae

XI. *Mollugocerviana* (L.) Seringe

Local name:- Chirioghas

Parts used:- Plant

Uses: The plant is cooked as vegetable and given to the ladies after childbirth to clean the uterus.

XII. *Ocimum americanum* L.

Family: Lamiaceae

Local name:- Bapchi

Parts used:- Seeds

Uses:- Seed powder is used in treatment of skin disease as leucoderma and leprosy.

The seeds are soaked in buttermilk and taken orally to cool the body.

XIII. *Pedaliium murex* Linn.

Family: Pedaliaceae

Local name:- dakhni-gokhru

Parts used:- fruits, seeds, whole plant

Uses:- Whole plant extract is used as a tonic for health and vigour. Decoction of fruits is used for continuance of urine and other complaints of urinary system.

Laddus (a type of sweet) prepared from the seeds are given to patients suffering from joint pain & lumbago and also given for better health.

XIV. *Physalis minima* Linn.

Family:- solanaceae

Local name:- Chirpotan

Parts used:- Fruits

Uses:- Ripe fruits are given in dropsy, constipation and enlargement of the spleen. Fruits are also used in colic complaints.

XV. *Sarcostemma viminale* (L.) R. Br.

Family:-Asclepiadaceae

Local name:- Khir-khimp

Parts used:- Whole Plant

Uses:-Plant extract is given in digestive disorders.

Plant paste is applied on fractured bone.

XVI. *Xanthium indicum* Koen. ex Roxb.

Family:- Asteraceae

Local name:- Bichhu-butti

Parts used:- fruit, seeds

Uses:-Fruit oil is applied on eczema and scabies.

Seed powder mixed with lemon juice and water is given orally to start urination.

XVII. *Ziziphus jujuba*:

Family: Rhamnaceae

Local name:- Jhari, ber

Parts used: Leaf, Dry fruit

Uses:- Fresh leaves are crushed, soaked in water for few hours and filterate is used for hair washing and shining.

Dry fruit boiled in half a liter of water till it is reduced to half, sugar or honey can be added to taste and given daily at night to increases the function of the brain.

Dry fruit directly eaten to purify blood and aid digestion.

Conclusion

In the present report, emphasis was laid only on less known medicinal uses of plants with different mode of application. of many plants were recorded only 17 plant species have been selected. Proper scientific evolution of these plants might lead to the discovery of some interesting and fruitful information.

Plants of ethno medicinal importance occurring in the sikar region have the property for curing wide range of diseases and disorder related to curing skin disease and related ailment followed by 9 plants, for sexual diseases and related problems followed by 6 plants and disorder related to respiratory system, diabetes, liver aliment, urinary troubles, animal bites, parasite related problems, rheumatism, diseases of eye, ear and teeth etc. (Table 1). Some plants are of common use for different kind of ailment. The survey indi- cates that the flora of sikar region is rich in medicinal plants and covers a wide spectrum of human ailments. The area is an important area of plant wealth for healthcare in Rajasthan.

There are many areas in the Sikar district, which have many commercially exploit- able medicinal plant species and if managed properly those can be a sustainable source of income for the local people. However, uncontrolled, illegal and over exploitation of Com- mercially important species like *Asparagus racemosus*, Willd, *Adhatodazeylanica* Medic.. *Pedalium murex*. Linn., *Sida ovata* Forssk., *Withaniasomnifera* (L.), etc. have been re-ported by the inhabitants.

However, the local people reported their wide occurrence in the area at several locations quite some times ago. The existence of these species is now under threat due to over exploitations. Immediate steps are to be taken for their conservations and sustainable utilization.

Table 1-Number of plants used as medicine for different types of ailments.

S.No	Ailments	No of plant species
1	Veterinary disease	2
2	Cardiovascular and circulatory diseases	2
3	ENT problems and dental care	3
4	Fever	1
5	Fractured bone	1
6	Gastro-intestinal problems	7
7	Genito urinary ailments	4
8	Liver complaint and diabetes	5
9	Ophthalmic ailments	1
10	Respiratory tract infection	5
11	Sexual disease and related ailments	6
12	Skin diseases and related ailments	9
13	Swelling, sprains, rheumatism & dropsy	6

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