DOCUMENTATION AND CONSERVATION OF ETHNOMEDICINAL PRACTICES IN TRIBAL PEOPLE OF CHITRAKOOT REGION

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ABSTRACT: A study on ethnomedicinal practices used by tribal people was conducted from April, 2018-March, 2019 in Chitrakoot district of M.P. The study was focused on the treatment of various diseases through medicinal plants found in the area, used by tribal people. We documented the plant parts used for drug formulations, method of preparation of drug, method of administration of drug and also the dose and duration of drug uses. The data was collected from 18 tribal dominant villages, 674 interviews were conducted through 86 intensive field visits, covering almost all seasons of the year.

Key words: Ethnomedicinal practices, Tribal people, Treatment of diseases

INTRODUCTION

India is a repository of medicinal plants due to varied climatic conditions. India is rich in its floristic wealth. Tribal people have been using plants as medicines since time immortal. Traditional herbal medicines play a significant role in the treatment of various common ailments and diseases. The present study is based on the conservation of vanishing traditional knowledge of ethnomedicinal practices done by tribals of Chitrakoot region. Jain (1991) given an enormous information on medicinal plants in his book "Dictionary of Indian folk medicines and ethnobotany". Chopra et al. (1956) also given a Glossary of Indian medicinal plants.

There are two streams of traditional knowledge of ethnomedicinal plants are prevalent in India. One is well documented and other is in the form of folklore or undocumented. Examples of first one are Ayurveda, Unnani, Homeopathy and of second one are transmitted orally from one generation to other, which is very common among tribal people. This stream still play a significant role in the treatment of various ailment and diseases, particularly in tribal and rural area of India.

MATERIAL AND METHODS

The study site is Majhgawan Tehsil of Chitrakoot, Satna district, M.P. It lies between 80°52'-80°73'N latitude and 25°10'-25°52'E longitude. The majority of population belong to Kol, Gond, Kairwar and Mawasi tribes. They generally reside in and around the forest areas. Around 79% of total population of Majhgawan Tehsil lives in rural areas. Schedule Caste (SC) constitutes 15% while Schedule Tribe (ST) is 28.8% of total population in Majhgawan Tehsil. This region has tropical mixed dry deciduous type of forest.

For documentation of folklore/traditional medicinal knowledge in Chitrakoot region 18 tribal dominant villages were selected for survey, these are Amilya, Barua, Bhargawan, Bundelapur, Chandai, Devlaha, Tagi, Hiraundi, Kailashpur, Kathauta, Koldari, Parewa, Patna, Patni, Pindra, Piparitola, Raiya and Turra. 674 interviews were conducted through 86 intensive field visits during April, 2018-March, 2019, covering almost all the seasons of the year.

The data was also collected through exploration of deep forest with Traditional Medicine Practitioner (TMP) to find out exact location of medicinal plants. Digital photography has been done for reference and further studies (Plate. 1).

The detailed information such as plant name, parts used, mode of preparation, mode of application, dose and duration etc. has been collected with the help of prescribed proforma. The voucher specimen were also collected and identified with the help of local flora; and preserved in the herbarium of Arogyadham, Deendayal Research Institute, Chitrakoot. The recorded medicinal uses of various plants were compared with the well known Indian literature and found that these uses are not recorded in the consulted literature.

For identification of these medicinal plants various flora's were used, such as flora of Madhya Pradesh by Verma et al., 1993; Singh et al., 2001 and Mudgal et al., 1997. Dictionary of Indian folk medicines and ethnobotany by Jain and Rao, 1977 was a milestone for this study. For identification of local plants Sikarwar (2001) and Sikarwar et al. (2008) gives an immense view on ethnobotany of Madhya Pradesh.

RESULTS AND DISCUSSION

It was observed that instead of single drug used by the local and tribal people of Chitrakoot, the Vaidhyas/traditional healers, generally use combined formulations of medicinal plants (Table 1). Because they believe that the compound formulations have synergistic effects. Total 252 formulations are being used for the treatment of 51 various diseases viz. Bone fracture & Sprain (15 formulations), Measles & chickenpox.

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### Table 1: Folklore/traditional practices used by tribal's of Chitrakoot region for treatment for various diseases.

**Note:** These formulations were obtained through survey in the study sites. These are general formulations, but it is an appeal that these formulations may not suit to one persons, it may suit to others, but may not suit to other.

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Name of Diseases</th>
<th>Ingredients/formulations name</th>
<th>Botanical name and family</th>
<th>Method of preparation</th>
<th>Method of administration</th>
<th>Dose &amp; duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Bone Fracture and Sprain</td>
<td>Haldi (rhizome); Chuna (Calcium carbonate)</td>
<td><em>Curcuma longa</em> Linn. (Zingiberaceae)</td>
<td>Mix the ingredients &amp; make a paste</td>
<td>Apply to the affected area</td>
<td>Twice a day for 5-7 days</td>
</tr>
<tr>
<td>&amp;</td>
<td></td>
<td>Haldi (rhizome); Chuna (Calcium carbonate)</td>
<td><em>Curcuma longa</em> Linn. (Zingiberaceae)</td>
<td>Mix the ingredients &amp; make a paste</td>
<td>Apply to the affected area</td>
<td>Twice a day for 3-5 days</td>
</tr>
<tr>
<td>&amp;</td>
<td></td>
<td>Haldi (rhizome), Ajwain (fruit), Onion (rhizome)</td>
<td><em>Curcuma longa</em> Linn. (Zingiberaceae); <em>Tannum</em> (L.) (Apiaceae); <em>Allium cepa</em> Linn. (Liliaceae)</td>
<td>Mix the ingredients &amp; make a paste</td>
<td>Apply to the affected area</td>
<td>Twice a day for 3-5 days</td>
</tr>
<tr>
<td>2.</td>
<td>Measles</td>
<td>Mahua (flower), Madar (leaves)</td>
<td><em>Madhuca longifolia</em> (Koenig) Macb. (Sapotaceae); <em>C.rovera</em> (Alton.) Dryand. (Asclepiadaceae)</td>
<td>Grind the ingredients &amp; make a paste</td>
<td>Apply to the affected area</td>
<td>Twice a day for 3-5 days</td>
</tr>
<tr>
<td>&amp;</td>
<td></td>
<td>Chuna (Calcium carbonate)</td>
<td><em>Calcium carbonate</em> (L.) (Asteraceae)</td>
<td>Extract the juice</td>
<td>Apply to the affected area</td>
<td>Twice a day for 3-5 days</td>
</tr>
<tr>
<td>&amp;</td>
<td></td>
<td>Haldi (rhizome), Ajwain (fruit), Menda (stem bark)</td>
<td><em>Curcuma longa</em> Linn. (Zingiberaceae); <em>Tannum</em> (L.) (Apiaceae); <em>L.glutinosa</em> (L.) Robins. (Lauraceae)</td>
<td>Grind the ingredients &amp; make a paste</td>
<td>Apply to the affected area</td>
<td>Twice a day for 3-5 days</td>
</tr>
<tr>
<td>&amp;</td>
<td></td>
<td>Mahua (leaves), Haldi (rhizome), Hjadi (aerial part)</td>
<td><em>Madhuca longifolia</em> (Koenig) Macb. <em>(Sapotaceae)</em>; <em>C.quandragularis</em> L. (Vitaceae)</td>
<td>Grind the ingredients &amp; make a paste</td>
<td>Apply to the affected area</td>
<td>Twice a day for 3-5 days</td>
</tr>
<tr>
<td>&amp;</td>
<td></td>
<td>Mehadi (rhizome), Mehandi (root), Muna (flowers), Malhi (leaves), Haldi (rhizome), Hjadi (aerial part)</td>
<td><em>C.vinianum</em> Robb. (Zingiberaceae); <em>C.procera</em> (Alton.) Wort.(Apiaceae); <em>L.glutinosa</em> (L.) Robins. (Lauraceae)</td>
<td>Grind the ingredients &amp; make a paste</td>
<td>Apply to the affected area</td>
<td>Twice a day for 2-5 days</td>
</tr>
<tr>
<td>&amp;</td>
<td></td>
<td>Tehuti (stem bark)</td>
<td><em>Diospyros esculenta</em> (Tueth.) (Ebenaceae)</td>
<td>Grind it and make a paste</td>
<td>Apply to the affected area</td>
<td>Twice a day for 2-5 days</td>
</tr>
<tr>
<td>&amp;</td>
<td></td>
<td>Ajwain (fruit), Haldi (rhizome), Madar (leaves), Dhatura (leaves), Maha (flower)</td>
<td><em>Lamium</em> (L.) (Apiaceae); <em>C.longa</em> Linn. (Zingiberaceae); <em>C.provera</em> (Alton.) Dryand. (Asclepiadaceae); <em>Datura metel</em> L. (Solanaceae); <em>M.longifolia</em> (Koenig) Macb. (Sapotaceae);</td>
<td>Roast all the ingredients and make a pulish</td>
<td>Take the pulish for Sudation of the affected area</td>
<td>Twice a day for 2-5 days</td>
</tr>
<tr>
<td>&amp;</td>
<td></td>
<td>Hahoot (fruit)</td>
<td><em>Arctocarpus integrifolius</em> (Mimosaceae)</td>
<td>Grind the fruits to make a powder</td>
<td>Take the powder</td>
<td>1-2 gm twice a day for 5-7 days</td>
</tr>
<tr>
<td>&amp;</td>
<td></td>
<td>Meda (bark), Gurbel (Leaf)</td>
<td><em>Litsea glutinosa</em> (Lauraceae); <em>Tecomella Menisperma</em> (Menispermaeaceae)</td>
<td>Grind it and make a paste</td>
<td>Apply to the affected area</td>
<td>Twice a day for 1-3 days</td>
</tr>
<tr>
<td>&amp;</td>
<td></td>
<td>Harganhali (leaves)</td>
<td><em>Martyrnyum annua</em> (Martyniaceae)</td>
<td>Grind it and make a paste</td>
<td>Apply to the affected area</td>
<td>Twice a day for 1-3 days</td>
</tr>
<tr>
<td>2.</td>
<td>Measles and Chiken pox</td>
<td>Haldi (rhizome), Durba (aerial part),</td>
<td><em>C.longa</em> Linn. (Zingiberaceae); <em>C.dactylon</em> (L.) (Apiaceae); <em>B.compestris</em> Linn.var. sarson Prain (Brassicaeaceae)</td>
<td>Grind, mix with oil to make a paste</td>
<td>Apply to the affected area</td>
<td>Twice a day for 3-5 days</td>
</tr>
<tr>
<td>&amp;</td>
<td></td>
<td>Haldi (rhizome), Mustard oil</td>
<td><em>Brassicaeaceae</em></td>
<td>Grind, mix with oil</td>
<td>Apply to the affected area</td>
<td>Twice a day for 1-3 days</td>
</tr>
<tr>
<td>&amp;</td>
<td></td>
<td>Dhua, Swati chandan</td>
<td><em>Cylonium</em> (L.) Pers (Poaceae); <em>Caladium</em> L. (Santalaceae)</td>
<td>Grind to make a paste</td>
<td>Apply to the affected area</td>
<td>Twice a day for 1-3 days</td>
</tr>
<tr>
<td>&amp;</td>
<td></td>
<td>Amta (leaf)</td>
<td><em>Phylanthus emblica</em> (Phyllanthaceae)</td>
<td>Grind to make extract</td>
<td>Take the extract</td>
<td>Twice a day for 1-3 days</td>
</tr>
<tr>
<td>3.</td>
<td>Jaundice</td>
<td>Papaya (fruit), Spinach (leaves), Radish (root), Carrot (root), Gram (leaf)</td>
<td><em>H.laurofolia</em> (Denn.) (Flacourtiaeaceae); <em>Spinach oleracea</em> (Amaranthaceae); <em>Radicis sativa</em> Br (Brassiaceneeae); <em>Daucus carota</em> (Apiaceae); <em>Cicer arrietinum</em> (Fabaceae)</td>
<td>Wash all the ingredients</td>
<td>Directly eat it</td>
<td>250 gm</td>
</tr>
<tr>
<td>&amp;</td>
<td></td>
<td>Mango (leaves), Janum (leaves) &amp; Arjun (stem bark)</td>
<td><em>M.indica</em> (Acalicaceae); <em>S.canina</em> (L.) Skeels (Myrtaceae); <em>Terminalia arjuna</em> (Combretaceae)</td>
<td>Roo with water and take a bath,</td>
<td>Directly take a bath</td>
<td>Once a day for 5-7 days</td>
</tr>
<tr>
<td>&amp;</td>
<td></td>
<td>Pumkin (fruit), Spinach (leaves), Radish (root)</td>
<td><em>L.esculentum</em> (M.Solanaceae); <em>Soleracea</em> (Chenopodiaceae); <em>R.sativus</em> (Brassicaceae);</td>
<td>Wash all the ingredients</td>
<td>Drink the juice twice a day</td>
<td>250 ml juice twice a day for 5-7 days</td>
</tr>
<tr>
<td>Sugarcane (stem)</td>
<td>S. officinarum Linn. (Poaceae)</td>
<td>Make Decoction</td>
<td>Drink the mixture</td>
<td>150 ml twice a day for 3-5 days</td>
<td></td>
<td></td>
</tr>
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<td>-----------------</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Aran (leaves)</td>
<td>Pennantia multipunctata Willd. (Cruciferae)</td>
<td>Make Decoction</td>
<td>Drink the decoction</td>
<td>50 ml twice a day for 7 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kalkatua (root)</td>
<td>Solanum nigrum L. (Solanaceae)</td>
<td>Grind and make the decoction</td>
<td>Take the decoction</td>
<td>100 ml twice a day for 7 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Daiva (roots, sugar)</td>
<td>Lycium barbarum L.</td>
<td>Grind the juice and mixed with sugar</td>
<td>Use an soothing water twice a day</td>
<td>100 ml twice a day for 7 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salted madar (latex), batasha</td>
<td>C. gigantea (L.) Dryand. (Asclepiadaceae)</td>
<td>Collect the latex</td>
<td>Latex is mixed with Batasha</td>
<td>2 drops latex put into Batasha for 2 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nali (Panchanga)</td>
<td>L. sancta (Bot. ex Linn.) A. Juss. (Gentianaceae)</td>
<td>Grind and make the decoction</td>
<td>Take a decoction</td>
<td>30-40 ml twice a day for 7 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Erandi (root), Jaggari</td>
<td>Ricinus communis L. (Euphorbiaceae)</td>
<td>Make the paste mixed with Jaggari and make vatti</td>
<td>Vatti is taken twice a day</td>
<td>2 vatti twice a day for 7 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Madar (leaves), Gud</td>
<td>Lasiostegia proserpi (Aiton.) Dryand. (Asclepiadaceae)</td>
<td>Wash and grind the leaf with jaggery to make a paste</td>
<td>Directly eat</td>
<td>1 gms twice a day for 3-5 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Punimana (roots), bitter pumpkin</td>
<td>S. diophia Linn. (Nyctanginaceae); L. scutellaria Mol. (Scrophulariaceae)</td>
<td>Grind to make a powder</td>
<td>Take with water</td>
<td>1-2 gms churna twice a day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Patharchata (root)</td>
<td>Bauhinia purpurea Linn. (Fabaceae)</td>
<td>Grind to make a powder</td>
<td>Power is taken</td>
<td>1-2 gms twice a day for 3-5 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almarbel (roots), Misreha/Milk</td>
<td>Lawsonia inermis Linn. (Lythraceae)</td>
<td>Mix and grind with misreha &amp; milk</td>
<td>Drink the infusion</td>
<td>100 ml once a day for 3-5 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Akawan (latex), Kela (fruit)</td>
<td>Araucaria hunsteinii Lat. (Asclepiadaceae); M. paradisiaca Linn. (Monaceae)</td>
<td>Latex put in the banana</td>
<td>Eat the banana</td>
<td>1-2 drops taken one a day for 3 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hinaunaha (Fruit and Leaves)</td>
<td>Pygmaea emblica Linn. (Euphorbiaceae)</td>
<td>Grind and make a solution</td>
<td>Take the solution</td>
<td>50 ml twice a day for 5-7 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pumpkin (fruit), Spinach (leaves), Radish (root), Sugarcane (stem)</td>
<td>L. scutellaria Mol. (Scrophulariaceae); S.oleracea (Brassicaceae); S. officinarum Linn. (Poaceae)</td>
<td>Extract the juice of all ingredients</td>
<td>Drink the juice directly</td>
<td>250 ml juice twice a day for 5-7 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Patrae (roots)</td>
<td>Eucalyptus leucoxylon (Solanoaceae)</td>
<td>Grind and make a solution</td>
<td>Take the solution</td>
<td>50 ml twice a day for 5-7 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Menkhi (root)</td>
<td>Lantana camara Linn. (Lythraceae)</td>
<td>Grind and make a solution</td>
<td>Take the solution</td>
<td>50 ml twice a day for 5-7 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Krona (root)</td>
<td>Carissa carandas Linn. (Capparaceae)</td>
<td>Grind and make a solution</td>
<td>Take the solution</td>
<td>50 ml twice a day for 5-7 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meheleb (root)</td>
<td>B. vahlii Grind and make Take the solution</td>
<td>50 ml twice a day for 5-7 days</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Komibhi (root)</td>
<td>C. gigantea Linn. (Euphorbiaceae)</td>
<td>Grind and make a solution</td>
<td>Take the solution</td>
<td>50 ml twice a day for 5-7 days</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4. Conjunction

<table>
<thead>
<tr>
<th>Milk, cream, cotton</th>
<th>Cotton dip into milk cream to make a pulvis</th>
<th>Cover the eye with a cotton</th>
<th>Every night for 1-3 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Honey</td>
<td>Use as such</td>
<td>Apply on the outside of the eye</td>
<td>Twice a day for 1-3 days</td>
</tr>
<tr>
<td>Neem (leaves)</td>
<td>Azadirachta indica A. Juss. (Meliaceae)</td>
<td>Extract the juice</td>
<td>2 drops twice a day for 1-3 days</td>
</tr>
<tr>
<td>Gilonyi (rhizome)</td>
<td>Alpinia officinarum L. (Zingiberaceae)</td>
<td>Extract the juice</td>
<td>2 drops twice a day for 1-3 days</td>
</tr>
<tr>
<td>Hulhur (leaves)</td>
<td>Gnetum gnemon Linn. (Gnetaceae)</td>
<td>Extract the juice</td>
<td>2 drops twice a day for 1-3 days</td>
</tr>
<tr>
<td>Utal (latex)</td>
<td>Elaeocarpus racemos L. (Lam), Linn.</td>
<td>Extract the juice</td>
<td>2 drops twice a day for 1-3 days</td>
</tr>
<tr>
<td>Halidi (rhizomes), Mehli (seed), Milk (mother), cotton</td>
<td>Curcuma longa Linn. (Zingiberaceae); Trigonella foenum graecum Linn. (Fabaceae)</td>
<td>Mixed and grind the Haldi and Mehli with mother milk to make a pulvis</td>
<td>Cover the eye with a cotton</td>
</tr>
<tr>
<td>Gola Milk, cotton</td>
<td>Cotton dip into milk cream to make a pulvis</td>
<td>Cover the eye with a cotton</td>
<td>Every night for 1-3 days</td>
</tr>
</tbody>
</table>

4. Conjunction

<table>
<thead>
<tr>
<th>Leafy vegetables</th>
<th>Leafy vegetables</th>
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<th>Leafy vegetables</th>
<th>Leafy vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aiywan (fruits), Mehli, milk, cream, cotton</td>
<td>L. nigrum L. (L.) Spreague (Amaranthaceae); Trigonella foenum graecum L. (Fabaceae)</td>
<td>Mixed and grind the Ajwain and Mehli with mother milk to make a pulvis</td>
<td>Cover the eye with cotton</td>
<td>Every night for 1-3 days</td>
</tr>
<tr>
<td>Ajan (leaves)</td>
<td>Argemone mexicana L. (Papaveraceae)</td>
<td>Extract the juice</td>
<td>Apply the extract in the eye</td>
<td>2 drops twice a day for 1-3 days</td>
</tr>
<tr>
<td>Chaukianda (leaves)</td>
<td>Senega tomentosa (L.) Rothb. (Leguminosae)</td>
<td>Extract the juice in the eye</td>
<td>Apply the extract in the eye</td>
<td>2 drops twice a day for 1-3 days</td>
</tr>
<tr>
<td>Chaukianda (leaves), Sahijan (leaves)</td>
<td>Senega tomentosa (L.) Rothb. (Leguminosae); Morinda oleifera Lam. (Moringaceae)</td>
<td>Extract the juice</td>
<td>Apply the extract in the eye</td>
<td>2 drops twice a day for 1-3 days</td>
</tr>
<tr>
<td>Dhitu (latex)</td>
<td>Euphorbia heterophylla (Euphorbiaceae)</td>
<td>Extract the latex</td>
<td>Apply the latex in the eye</td>
<td>3 drops twice a day for 1-3 days</td>
</tr>
</tbody>
</table>

Sendha namak, Water
Ache Nimbu (fruit), Sugar

1. Stomach
Ajowan (fruit), T. ammi (L.) Sprague (Apiaceae); Grind the ingredients
Drink the 50-100 ml twice a day for 1-3 days

Khair (stem bark),
Chiraungi (seed), (Convolvulaceae) to make a paste with honey

Majufal (fruit), A. (Menispermaceae) make a paste 1-3 days
& Ghee

Amala (leaf) of mint on the twice a day

2. Mouth

Chiraunji (seed) & Sugar

3. Ulcer

Chichida (root), Bargad (Aerial part of the Moraceae)

4. Throat

Majum (root), T. chebula Retz. (Combretaceae)

5. Mouth ulcer
Chirauangi (seed) & Milk cream

Buchanania lanzar Spreng. (Anacardiaceae)
Mix together and make a paste
Direct apply on the mouth ulcer
Thrice a day for 1-3 days

Majuphal (fruit) & Milk cream
Quercus infectoria Olivier (Fagaceae)
Rinse with water to make a paste
Direct apply on the mouth ulcer
Thrice a day for 1-3 days

Chamich (leal)
Assamum officinale Linn. (Oleaceae)
Wash the leaves
Chew the leaves 6-8 leaves twice a day for 2 days

Aliur (stein bark) & Milk cream
Anacris catescu (Linn. F.) Willh. (Mimosaceae)
Grind both the ingredients to make powder
Powder is taken 1-2 gm twice a day for 2-5 days

Bahroot (stein bark) & Milk cream
Vachellia monosica (L.) P. H. Harms & Mabb. (Leguminosae)
Grind the bark & make a powder
Powder is apply with cream
Thrice a day for 1-3 days

Majuphal (fruit), Chirauangi (seed), Milk cream
Quercus infectoria Olivier (Fagaceae)
Grind and make a paste
Thrice a day for 1-3 days

Amla (leal)
Emblica officinaris Gurté (Saposhnikovia)
Boil the leaves with water
Gargle with water
Thrice a day for 1-3 days

Curd
Use as such
Gargle with curd
Early morning (Sun. & Wed.)

Gudani (leal) & Ghee
Corokia dichotoma G. Forst. (Boraginaceae)
Grind the leaves and mix with Ghee
Directly apply on mouth ulcer
Thrice a day for 1-3 days

Janana (leaves)
Artemisia vulgaris Linn. (Asteraceae)
Grind the leaves to make a paste
Directly apply on mouth ulcer
Thrice a day for 1-3 days

Asar (leal)
Pimpinella grinans (Lythraceae)
Grind the leaves to make a paste
Directly apply on mouth ulcer
Thrice a day for 1-3 days

Billa (leal)
Platium gowdva (Myrtaceae)
Wash the leaves
Chew the leaves 6-8 leaves twice a day for 2 days

Mutebhi (root)
Lincrycrzsia glibere (Fabaceae)
Grind the leaves to make a paste
Directly apply on mouth ulcer with honey
Thrice a day for 1-3 days

Majattra (fruit), Chirauangi (seed), Kair (stem bark), Milk cream
Quercus infectoria Olivier (Fagaceae); Asamum officinale Linn. (Oleaceae); Acsias catescu (Linn. F.) Willh. (Mimosaceae)
Grind the ingredients to make a paste
Thrice a day for 1-3 days

6. Stomach ache
Ajowan (fruit), Nimbu (fruit), Sugar Sendha namak, Water
Tammi (L.) Sprague (Aipeae); Citrus aurantiifolia (Christm.) Swingle (Rutaceae)
Grind the ingredients to make a sharbat
Drink the sharbat
50-100 ml twice a day for 2 days

Ajwan (fruit), Jaggery
T.chebula Retz. (Combretaceae);
T.chebula Retz. (Combretaceae)
Grind & mix together & make a Vati (tablet)
Vati (tablet) is taken with water
1-2 vati (tablet) twice a 7 days

Mishri (fruit, honey)
Helicteris isora (Linn.) Pers.
Grind it and make a powder
Powder is taken with honey
Thrice a day for 2-5 days

Mitti, Batalia
Mentha piperita Linn. (Lamiaceae)
Use as such
Add few drops of mint to the bataasha
1-2 batalia twice a day for 2 days

Mitti (leaves, Sugar
Mentha piperita Linn. (Lamiaceae)
Grind the fruit & mix with sugar & water
Drink the sharbat
50-100 ml int twice a day for 2 days

Ajwain, Sendha namak, Harra (fruit), Bahera (fruit)
Tammi (L.) Sprague (Aipeae); T.chebula Retz. (Combretaceae); T.chebula Retz. (Combretaceae)
Grind all the ingredients to make powder
Powder is taken with water
Thrice a day for 2-5 days

Ajwain (fruit), Harra (fruit)
Tammi (L.) Sprague (Aipeae); T.chebula Retz. (Combretaceae)
Grind both the ingredients & make powder
Powder is taken with water
1-2 gm twice a day for 2 days

Dhaniya (fruits), sugar
Coriander sativum Linn. (Umbelliferae)
Grind the fruit & mix it with sugar & water
Drink the sharbat
50-100 ml int twice a day for 2 days

Hingi (excede)
Narangiocle Falc. ex Lindll. (Aipeae); Tammi (L.) Sprague (Aipeae)
Grind all the ingredients to make powder
Powder is taken with water
50-100 ml int twice a day for 2 days

Jhfa (root), Misari
Cykodon dactylor (L.) Fers. (Pooceae)
Grind the root & mix it with sugar & water
Drink the sharbat
50-100 ml int twice a day for 2 days

Jhfa (root)
(Anacardiaceae) make a paste
Apply the extract 3 drops twice a day for 1-3 days

Chechus (root), Sugar, Water
Acyrenthos vupper Linn. (Amarantaceae)
Grind the root & make a sharbat
Drink the sharbat
50-100 ml int twice a day for 2 days

Jugilin selvat (Root)
Corianda dichotoma
Grind the root & make a sharbat
Drink the sharbat
50-100 ml int twice a day for 2 days

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Timsa (root), Mahua (root)
Ougenia oegiteinensis (Fabaceae); Mahua longifolia (Sapotaceae)
Grind the root to make a powder
Take the powder
1-2 gm powder twice a day for 1-5 days

Pain (root), Kadiwu kanda (root)
Lissampelos parva (Menispermacea); Dioscorea bulbifera (Dioscoreaceae)
Grind the root to make a powder
Take the powder
1-2 gm powder twice a day for 1-5 days

Heindar (root)
Carbenia gymnophora (Rubiacceae)
Make the decoction
Take the decoction
40-50 ml twice a day for 1-3 days

7. Ear pain
Hurtur (leaf)
Gynandropsis gynandra (Linn.) (Cichoraceae)
Extract the juice
Apply the extract in the ear
10 drops twice a day for 1-3 days

Gentia (leaf)
Jugetes erecta Linn. (Asteraceae)
Extract the juice
Apply the extract in the ear
10 drops twice a day for 1-3 days

Labaun (bulb), Hingu (exude), Mustard oil
Amarbel Linn. (Amaryllidaceae); N.aufefida (Apiaceae); B.campestris Linn. Var. sarson Prain (Brassicaceae)
Lauun and Hingu gently boiled in mustard oil
Lauun oil apply in the ear
1-5 drops twice a day for 1-3 days

Narial (skill)
Amarbel Linn. (Arecaceae)
Extract the juice
Apply the extract in the ear
1-5 drops twice a day for 1-3 days

Water (Solanaceae)
Solanum nigrum L. (Solanaceae)
Extract the juice
Apply the extract in the ear
1-5 drops twice a day for 1-3 days

Mustard (oil)
Linum usitatissimum L. (Linaceae)
Grind and gently heat
Lauun oil
1-5 drops twice a day for 1-3 days

Mehandi (root)
Mentha arvensis L. (Lamiaceae)
Grind the leaf to make a paste
Apply the extract in the ear
4-5 drops, apply in to ear twice a day for 2 days

Tuhus (leaf)
Daucus carota L. (Lamiaceae)
Extract the juice
Apply the extract in the ear
4-5 drops twice a day for 1-3 days

Sudarshani (leaf)
Curcuma xanthorrhiza (Linn.) (Amaranthaceae)
Extract the juice
Apply the extract in the ear
4-5 drops twice a day for 1-3 days

Chelinda (leaf)
Acchorospermum aegro Linn. (Amaranthaceae)
Extract the juice
Apply the extract in the ear
5-6 drops twice a day for 1-3 days

Amarbel (areal part)
Cuscuta reflexa (Convolvulaceae)
Extract the juice
Apply the extract in the ear
5-6 drops twice a day for 1-3 days

Ama haldi (rhizome)
N. asafoetida (Linaceae) boiled with Alasi oil
Apply the extract in the ear
10 drops twice a day for 1-3 days

Kapash (leaf)
Gardenia gummifera (Gardenniaceae)
Extract the juice
Apply the extract in the ear
5-6 drops twice a day for 1-3 days

Kulur (leaf)
Prain mustard oil affected area
Apply the extract in the ear
5-6 drops twice a day for 1-3 days

8. Skin disease
Kalimirch (fruit)
Piper nigrum L. (Piperaceae)
Grind the bark to make a paste
Apply the extract in the ear
1-3 days

Mustard (oil)
B. campestris L. Var. sarson Prain (Brassicaceae)
Mixed boild ingredients in equal quantity
Apply the oil in the affected area
Twice a day for 21 days

Kapar
Alasi oil
Linum usitatissimum L. (Linaceae)
Grind and gently boiled with Alasi oil
Lauun oil apply in the affected area
Twice a day for 4-5 days

Labaun (bulb), Hingu (exude), Mustard oil
Allium sativum L. (Amaryllidaceae); N.aufefida (Apiaceae); B.campestris Linn. Var. sarson Prain (Brassicaceae)
Lauun and Hingu gently boiled in mustard oil
Lauun oil apply in the affected area
Twice a day for 4-5 days

Tirthbaka (Leaf), Water
Nicotiana tabacum Linn. (Solanaceae)
Leaf gently boiled with water
Lauun, Amarbel gently boiled with water
Twice a day for 4-5 days

Chameet (leaf)
J.grandiflorum Linn. (Oleaceae); Coccs macfieir L. (Arecaceae)
Leaf gently boiled with Nirial oil
Apply the water in the affected area
Twice a day for 4-5 days

Kela (leaf)
Musa paradisicae Linn. (Musaceae); Coccs macfieir L. (Arecaceae); Piper nigrum L. (Piperaceae); Linum usitatissimum L. (Linaceae)
Burn the Kela leaf & Nirial skill to make a powder mix together & gently boiled with Alasi oil
Apply the leaf in the ear
Twice a day for 4-5 days

Lasaun (bulb), Ajan (seed), Amarbel (aerial part), Mustard oil
Allium sativum L. (Amaryllidaceae); A.mexicana L. (Papaveraceae); Capstosa (Sapatoreae); Cirus quadrangularis L. (Linaceae)
Lauun, Ajan and Amarbel gently boiled with mustard oil
Lauun oil apply in the affected area
Twice a day for 5 days

Mahua (leaves), Hadzod (aerial part)
Madhuca longifolia (Fabaceae); Malvaceae
Grind the ingredients to make the paste
Apply in the affected area
Twice a day for 5 days

Bhatkatia (leaves)
Ougeinia oegiteinensis (Fabaceae); Malvaceae
Grind the ingredients to make the paste
Apply in the affected area
Twice a day for 3 days

Sagya (leaves)
Argemone mexicana L. (Papaveraceae); Piper nigrum L. (Piperaceae)
Grind the ingredients to make the paste
Apply in the affected area
Twice a day for 5 days

Sulphung (leaves), Bhaktia (leaves)
T.sarpiusa (L.) Pers. (Leguminoseae); Solanum virginianum L. (Solanaceae)
Grind the ingredients to make the paste
Apply in the affected area
Twice a day for 3 days

Paras papal (seeds)  
Sheepoa papula (Malvaceae)  
Grind the ingredients to make the paste  
Apply on the affected area  
Twice a day for 3 days

Neem (leaf)  
Azadirachta indica (Meliaceae)  
Grind the ingredients to make the paste  
Apply on the affected area  
Twice a day for 3 days

Hilgad (twigs)  
Ficus benjamina (Moraceae)  
Grind the ingredients to make the paste  
Apply on the affected area  
Twice a day for 3 days

9. Fever
Neem (leaves); Mammari (leaves)  
L. reticulata (L. Roem. (Cucurbitaceae); T. orixense (Asteraceae), Cut into small pieces of Decoction is 10-20 ml twice a day for 3-5 days

Harsingar (leaf), Kalimirch (fruit), Tulsi (leaf)  
A. indica L. (Asterlochloaceae); P. nigrum L. (Piperaceae)  
Cut into small pieces of ingredients and boiled to make a decoction  
Decoction is taken with water  
40-50 ml twice a day for 3-5 days

Tulsi (leaf), Kalimirch (fruit), Neem (twigs)  
O. volubilis (L.) Lamiaceae; P. nigrum L. (Piperaceae)  
Cut into small pieces of ingredients and boiled to make a decoction  
Decoction is taken with water  
40-50 ml twice a day for 3-5 days

Salerna (leaf), Kalimirch (leaf), Neem (twigs)  
N. americana (L.) Lamiaceae; A. indica L. (Asterlochloaceae)  
Cut into small pieces of ingredients and boiled to make a decoction  
Decoction is taken with water  
40-50 ml twice a day for 3-5 days

Guduchi (stem), Tulsi (leaves), Kalimngh (Panchang)  
T. cordifolia (Willd.) Miers ex Hook. & Thoms, (Menispermaceae); P. nigrum L. (Piperaceae); O. volubilis (L.) Lamiaceae; A. paniculata (Burm.F.) Wall. ex Nees (Acanthaceae)  
Cut into small pieces of ingredients and boiled to make the decoction  
Decoction is taken with water  
20-30 ml twice a day for 3 days

Kalmegh (Panchang), Kareli (seed), Gaduchi (stem)  
A. paniculata (Burm.F.) Wall. ex Nees. (Acanthaceae); M. charantia L. (Cucurbitaceae); T. orixense (Asteraceae)  
Cut into small pieces of ingredients and boiled to make a decoction  
Decoction is taken with water  
40-50 ml twice a day for 3-5 days

Shrestham (leaves), Kalimirch (fruit), Honey  
Dhativarga siroon O.C. (Leguminosae); P. nigrum L. (Piperaceae)  
Grind and make the churna  
Churna is taken with honey  
2 gm churna twice a day for 3-5 days

Van jeetra (seeds), Tulsi (leaf)  
B. oleifera (Poir. ex L.) A. Raynud (Gentianaceae); A. indica L. (Willd.) Miers ex Hook. & F. & Thoms (Menispermaceae)  
Cut into small pieces of ingredients and boiled to make the decoction  
Decoction is taken with water  
10-20 ml twice a day for 5 days

Van jeetra (seeds), Neem (leaf)  
A. indica L. (Asterlochloaceae); P. nigrum L. (Piperaceae); M. charantia L. (Cucurbitaceae); T. orixense (Asteraceae)  
Cut into small pieces of ingredients and boiled to make a decoction  
Decoction is taken with water  
40-50 ml twice a day for 3-5 days

Kala bakh (root)  
Hymenocallis orixense (Rubiacaceae)  
Cut into small pieces of ingredients and boiled to make the decoction  
Decoction is taken with water  
10-20 ml twice a day for 5 days

Peacock (feather), Jvanti Honey  
Leptadenia reticulata W & A. (Asclepiadaceae)  
Burn the feather to make a ash  
Powder is taken with honey  
1-2 gm powder twice a day for 1-2 days

11. Vomitting
Lavanga (flower bud), water  
Syzigium aromaticum (L.) Merr. & L.M. Perry (Myrtaceae)  
Boil the water with Lavanga flower bud  
Taken as such  
2-3 liters in day for 3-5 days

Onion (bulb), Lahmirch (seed), Water  
Allium cepa L. (Amaryllidaceae); Capsicum annuum L. (Solanaceae)  
Grind the bulb & Mirch seeds & make solution  
Taken as such  
30-40 ml twice a day for 3 days

Lahmirch (seed), Onion (bulb), Ajwan (fruit)  
C. annum L. (Solanaceae); A. cepa L. (Amaryllidaceae); T. ammi (L.) Sprague (Apiaceae)  
Grind all ingredients to make a paste and dissolve in water to make a solution  
Taken as such  
30-40 ml twice a day for 3 days

Lavanga (flower), Onion (bulb), Ajwan (fruit), Honey  
A. aromaticum (L.) Merr. & L.M. Perry. (Myrtaceae), A. cepa L. (Amaryllidaceae); T. ammi (L.) Sprague (Apiaceae)  
Grind all ingredients to make a paste  
Paste is taken with honey  
2-1 gm paste a day for 1-2 days

Sugar, Namak, Water  
Make a solution  
Taken as such  
2-3 liters in day for 3-5 days

Mustard (thand rani), Honey  
Elaeis oleracea (Zingiberaceae)  
Grind the dundia to make a powder  
Powder is taken with honey  
2 g powder twice a day for 1-3 days
ETHNOMEDICINAL PRACTICES IN CHITRAKOOT REGION

Bahera (stem bark), Honey  Terminalia bellirica (Bryan ex Gaertn.) Roxb. (Combretaceae)  Grind the ingredient to make a powder  Powder is taken with honey  1-2 gm powder twice a day for 1-3 days

12. Loose motion
Mango (ripe fruit), milk  Mangifera indica Linn. (Anacardiaceae)  Extract the juice of ripe fruit mixed with milk to make a solution  Taken as such  100 ml twice a day for 1-2 days

Ayvain (fruit), Onion (bulb), Methi (seeds), water  F. lactea (L.) Sprague (Asteraceae); A. sativum Linn. (Amarillideae); L. foeminiacum Linn. (Fabaceae)  Grind all ingredients to make a solution  Taken as such  100 ml twice a day for 1-3 days

13. Tooth- eruption
Loose Mango (ripe fruit), Honey  Mangifera indica Linn. (Anacardiaceae)  Extract the juice of ripe fruit mixed with milk to make a solution  Taken as such  100 ml twice a day for 1-3 days

14. Dislocation of shoulder
Babai (root), Kukraundi (leaf), Kukraundi (leaf)  Babusia Brunf. (Apiaceae); Grind to make a powder  Powder is given ½-2 gm powder twice a day for 1-2 days

15. Pneumonia
Ghaghar (fruit), Hingu, Mustard oil  Abrus precatorius L. (Leguminosae)  ½-1 fruit grind to make a paste & mix with milk  Take the solution 1-2 spoon twice a day for 3 days

Hingu (exuade), Lahuun (bulb), Mustard oil  Nigella sativa Linn. (Amarillideae); Brassica campestris Linn. Var. sarson Prain (Brassicaceae)  Both the both ingredients in mustard oil  Massage with lukewarm oil  1-2 gm powder twice a day for 3-5 days

Kukraundi (leaf)  Phyllanthus niruri (Burm.f.) DC. (Asteraceae)  Extract the juice  Taken as such  10-20 ml twice a day for 1 day

Kukraundi (leaf), Hingu (exuade), Sunthi (rhizome)  M. dactyloides (Burm. F.) DC. (Asteraceae); N. sativa Linn. (Amarillideae); Z. officinalis Rosc. (Zingiberaceae)  Extract the juice & mix with Hingu & Sunthi & gently warmed  Apply the liquid 1-2 spoon twice a day for 3 days & massage in body

16. Headache
Neptrix (root), Daggadu (seed), Honey  Neptrix (root), Daggadu (seed), Honey  Extract the juice of both3 ingredients in mustard oil  Powdered is given twice a day for 1-3 days

16. Cough & cold

Patharchata (root)  
Kalimirch (fruits)  
Kalimirch (fruits)  
Take the decoction  

17. Bawaris (Piles)

Sahdevi (leaves), Gajjar gjus (fruits), Kalimirch (fruits)

Kareli (root), Kantakari (fruits)

Kareli (fruits), Kalimirch (fruits)

Chakoda (seeds)  

18. Weakness (Tonic)

Makoy (fruit); Arwasaganda (root)

Sahjani (leaves), Mannmar (leaves); Sugar crystals

Natri (fruit shell)

19. Rakt Shodhak blood purification

Van Tulisi (fruits); Sugar crystals

20. Safed Pradar (Leucorrhoea)

Gulisarkar (root), Khand, Milk  

ETHNOMEDICINAL PRACTICES IN CHITRAKOOT REGION

21. Raktapradar (Leucorrhoea)
   Peepal (Gum), Elaichi (Fruit), Khand, Milk
   Physalis angulata (L.) Roem. & Schult. (Solanaeaceae)
   Use the leaf 2 kg powder
   Powder is taken with 200 ml milk once a day for 30 days

22. Anti-fertility
   Kabila (fruit)
   Physalis angulata (L.) Roem. & Schult. (Solanaeaceae)
   Use the leaf 2 kg powder
   Powder is taken with 200 ml milk once a day for 30 days

23. Napunshakata (Sterility)
   Shivlingi (Seed), Aswagandha (root), Cow milk
   Withania somnifera (L.) Dunal (Solanaceae)
   Use the leaf 2 kg powder
   Powder is taken with 200 ml milk twice a day for 5 months

24. Arthritis
   Sahjan (root bark), Nirgundi (leaves), Neem (leaves), Laung (flower), Til tail (oil), Nariyal (Pericarp) (Papaveraceae);
   Sesamum indicum (L.) Merr. (Pedaliaceae); small pieces & boiled affected area 3 months

25. Madhu makkhi (Bee-Hive)
   Kankana (leaves)
   Commelina benghalensis L. (Commelinaeaceae)
   Use the leaf 30 ml twice a day

26. Scorpion poison sting
   Chakunda (leaves), Jaggari
   Senecio vaglica (L.) Rchb. (Asteraceae)
   Use the leaf 30 ml twice a day

27. Asthma
   Desi madar (Root & leaves), Afzem, Nariyal (Percipar)
   Calotropis procera (Aiton) Dryand. (Asclepiadaceae);
   Use the leaf 30 ml twice a day

28. Retension of placenta of animal
   Retension Lajwanti panchanga
   Arhar (leaves)
   Grind and make the paste
   Powder is taken with 200 ml milk once a day for 30 days

29. Cut and wounds
   Ghamira (leaves); Vibhara (leaves) Euphorbia crepener
   Eclipta prostrata (L.) (Asteraceae);
   Argemone mexicana (Burm.f.) Bojer (Convolvulaceae)
   Mix and grind the both to make a paste
   Powder is taken with 200 ml milk once a day for 30 days

<table>
<thead>
<tr>
<th>Basondara (root)</th>
<th>Ageratum conyzoides (Asteraceae)</th>
<th>Grind and make the paste</th>
<th>Apply the paste</th>
<th>Twice a day for 5 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>30. Pathari (Stone)</td>
<td>Van bhandi (root)</td>
<td>Abelmoschus moschatus Medik. (Malvaceae)</td>
<td>Make the powder</td>
<td>Powder is taken with water</td>
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<tr>
<td></td>
<td>Chakouda (seeds), Honey</td>
<td>Senna tora (L.) Roxb. (Leguminosae)</td>
<td>Grind and make the powder</td>
<td>Powder is taken with water</td>
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<tr>
<td></td>
<td>Safed panunawa (root), Misari (Crystal sugar), Milk,</td>
<td>Boerhavia diffusa L. (Nyctaginaceae)</td>
<td>Cut the small pieces of Punarnava root to make paste mixed with misari and milk to make mixture</td>
<td>Take the mixture</td>
</tr>
<tr>
<td></td>
<td>Punarnava (Panchanga), Gokharu (Panchanga)</td>
<td>Boerhavia diffusa L. (Nyctaginaceae); Tribulus terrestris L. (Zygophyllaceae)</td>
<td>Cut into small pieces of all ingredients &amp; boiled to make decoction</td>
<td>Take the decoction</td>
</tr>
<tr>
<td></td>
<td>Kala Dana (seeds), Kanja (Panchaga), Khand</td>
<td>L.m (L.) Roth. (Convulvulaceae); Selaginella hysteric Kand (Selaginellaceae); Sugar</td>
<td>Make the decoction</td>
<td>Take the decoction</td>
</tr>
<tr>
<td></td>
<td>Indrayan (root), Kali musali (leaves)</td>
<td>Coriandrum sativum L. (Cruciferaeae); Coriandrum odoratissma Gaertn. (Hyptoxidaeae)</td>
<td>To make the decoction</td>
<td>Take the decoction</td>
</tr>
<tr>
<td>31. Kidney failure</td>
<td>Ashwagandha (leaves), Milk</td>
<td>Withania somnifera (L.) Dunal (Solanaceae);</td>
<td>Grind and make the paste</td>
<td>Powder is taken with milk</td>
</tr>
<tr>
<td></td>
<td>32. Dhat (Sperma-torrhoeca)</td>
<td>Aloe vera (L.) R. Br. (Aloeaceae); Solanum virginianum L. (Solanaceae)</td>
<td>Grind the ingredients &amp; mixed with Mishri to make a paste</td>
<td>Taken with milk</td>
</tr>
<tr>
<td></td>
<td>33. Lakwa (Paralysis)</td>
<td>Euphorbia hirsute (L.) Pers.</td>
<td>Grind the ingredients &amp; mixed with Mishri to make a paste</td>
<td>Taken with milk</td>
</tr>
<tr>
<td></td>
<td>34. Safed (Leproy)</td>
<td>M.pilipens (Lam.) Muell. Arg. (Euphorbiaceae); L.glutinosa (Lour.) C. B. Robins (Laureaceae); S.indicus L. (Apocynaceae); Holarhena pubescens Wall.ex G. Don (Apocynaceae)</td>
<td>Grind all the ingredients to make a paste</td>
<td>Apply in the affected area</td>
</tr>
<tr>
<td></td>
<td>35. Sno- phaelia</td>
<td>Citrus aurantiifolia (Christm.) Swingle (Rutaceae); Calotropis procera (Aiton.) Dryand. (Moraceae)</td>
<td>Make the paste</td>
<td>Apply in the affected area</td>
</tr>
<tr>
<td></td>
<td>36. Foda (Pimples)</td>
<td>Ricinus communis L. (Euphorbiaceae)</td>
<td>Grind and make a paste</td>
<td>Apply in the affected area</td>
</tr>
<tr>
<td></td>
<td>37. Hydrocele</td>
<td>S.glochidialis (L.) Link (Leguminosae)</td>
<td>Make the paste</td>
<td>Apply in the affected area</td>
</tr>
<tr>
<td></td>
<td>38. Blindness of one eye</td>
<td>Hibiscus rosa-sinensis L. (Malvaceae)</td>
<td>Grind and make a paste</td>
<td>Apply in the affected area</td>
</tr>
<tr>
<td></td>
<td>39. Mirgi (Epilepsy)</td>
<td>Senna occidentalis (L.) Link (Leguminosae)</td>
<td>Grind and make a paste</td>
<td>Apply in the affected area</td>
</tr>
<tr>
<td></td>
<td>40. Retention of Amas, Goda nikalna</td>
<td>Mnna sapaca L. (Leguminosae)</td>
<td>Make the paste</td>
<td>Apply in the affected area</td>
</tr>
<tr>
<td></td>
<td>41. Pechis (Dysentery)</td>
<td>Urochloa L. P.J.H. Hurter &amp; Mabb. (Leguminosae); S.cuimini (L.) Skeels. (Mrytaceae); Woodfordia fruticosa (L.) Kurz. (Lythraceae); Feronia limonia (L.) Swing (Rutaceae)</td>
<td>Grind all the ingredients to make a paste</td>
<td>Apply in the affected area</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>No.</th>
<th>Condition</th>
<th>Ingredients</th>
<th>Preparation</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>42.</td>
<td>Acidity</td>
<td>Kaccha Suaha, Sunthi (Rizome), Hinga (Excude), Sahijan (stem bark), Kala namak</td>
<td>Grind all the ingredients to make a churna. Powder is taken with water.</td>
<td>1-2 gm twice a day-15 for days</td>
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<tr>
<td></td>
<td></td>
<td>Kali Dana (seeds), Ajowan (fruit)</td>
<td>Grind and make the churna. Powder is taken with warm water.</td>
<td>1-2 gm twice a day 21 days</td>
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<tr>
<td>43.</td>
<td>Abortion</td>
<td>Bans (root)</td>
<td>Grind the root to make a juice.</td>
<td>40-50 ml once a day 3 days</td>
</tr>
<tr>
<td>44.</td>
<td>Sookha rog (Rickets)</td>
<td>Reetha (root), Rakta punarava (Panchanga), Ashwagandhla (root), Adusa (root)</td>
<td>Cut into small pieces of all ingredients and boiled to make the decoction.</td>
<td>40-50 ml twice a day 21 days</td>
</tr>
<tr>
<td>45.</td>
<td>Kuposhan (Malnutrition)</td>
<td>Gokchur (Panchang), Munga (leaves)</td>
<td>Murraya koelreuteri L. (Zygophyllaceae); Grind all the ingredients to make a paste.</td>
<td>30-40 ml twice a day 21 days</td>
</tr>
<tr>
<td>46.</td>
<td>Head ache</td>
<td>Kali Dana (seeds)</td>
<td>Ipomea nil L. (Roth. (Convolvulaceae); Make a paste.</td>
<td>Apply in the affected area 5 days</td>
</tr>
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<td></td>
<td></td>
<td>Til (seeds), Kala Dana (root), Dahi (Card)</td>
<td>Sesamum indicum L. (Pedalaceae); Grind the ingredients to make powder &amp; mixed with card and Mishri. 100 gm orally taken twice a day for 3 months</td>
<td></td>
</tr>
<tr>
<td>47.</td>
<td>Bleeding</td>
<td>Adusa (Panchanga), Timpatiya (root), Misi (Cystal sugar)</td>
<td>Justicia adhatoda L. (Acanthaceae); Grind the ingredients to make decoction.</td>
<td>40-50 ml one a day 7 days</td>
</tr>
<tr>
<td>48.</td>
<td>Kukur khansi (Whooping Cough)</td>
<td>Makkha ke bal (Fruit hair), Honem</td>
<td>Zea mays L. (Poaceae); Make the ash of Makkha hairs. Ash is taken with honey 1-2 gm ash is taken with honey twice a day for 5 days</td>
<td></td>
</tr>
</tbody>
</table>
|     |                      | San (leaves), Saptaparni (leaves), Honey                                                      | Crotalaria juncea L. (Leguminosae); Aeschynanthus L. (R.Br. (Apocynaceae); Grind and make the ash. Ash is taken with honey 2 gm ash is twice a day 3 days
| 49. | Bleeding             | Padhi (Panchanga), Gumi (Panchana), Kali musali (leaves)                                      | C.parenorum L. (Menispermeae); Mix all & make decoction. Decoction is taken orally 40-50 ml lice a day for 2 days |
| 50. | Snake bite           | Tinpatiya (whole plant), Baheda (leaves), Shresham (leaves), Eucalyptus (leaves)              | Ocimum tenuiflorum L. (Lamiaceae); Mix all & make decoction. Decoction is taken orally 40-50 ml lice a day for 2 days |
| 51. | Adha shish (Migraine) | Nari Maindari (Panchanga)                                                                      | A Raynal (Gentianaceae); Grind and make the juice mixed with deshi. Paste apply on the head and put into nose 4-5 drops twice a day 5 days |

Plate 1: Photographs of Tribal Villages of Chitrakoot during documentation
In the present study 64 plants were used as single drug and rest of 117 plants were used as compound formulations. It was also observed that different Vaidyas treats the same disease by different formulations in different villages such as malarial fever, acidity, leucorrhoea, pneumonia and paralysis etc. Out of 181 plant species, life form analysis showed that 69 species were herbs, 28 were shrubs, 53 species were trees, 22 species were climbers and 9 species were tubers. Leguminosae (Fabaceae) is the largest family contributes with 9 species, followed by Solanaceae with 6 species, Apocynaceae and Asteraceae with 5 species each, Poaceae, Malvaceae, Lamiaceae and Cucurbitaceae with 4 species each, Euphorbiaceae, Zingiberaceae and Myrtaceae with 3 species each, Piperaceae, Lythraceae, Papaveraceae, Convolvulaceae, Apiceae, Acanthaceae, Meliaceae, Rutaceae and Menispermaceae with 2 species each and rest of 22 families having single species. It was also observed that the leaves used of 54 species, root of 39 species, tuber of 8 species, fruits of 21 species, seeds of 13 species, whole plant of 15 species, stem of 12 species, stem bark of 4 species, latex of 3 species, gum of 2 species, flower of 6 species and 4 species of oil were used for ethno-medicinal practices. The total 181 plant species belonging to 89 genera and 51 families are used in 51 different ailments and diseases.

**Conclusion:** The programme has drawn up and implemented for improving the traditional knowledge and economic status of the Scheduled Tribes mainly; as well as the Scheduled Caste and other backward classes were also included for the sake of their awareness. It is evident that the area is highly rich in the forest and medicinal plants as well; efforts be made to share the collected information through this project for the welfare of Scheduled Tribe of the Chitrakoot region, so that the knowledge economy could be generated, which has enough scope in this region.

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